

# Vikingskip

www.vesterdalen.org



november 2023

Vesterdalen Lodge No. 2-131 • Sons of Norway • Auburn/Kent, WA • Chartered October 23, 1983

Vol. XLI No. 10

## Hilsen Fra Presidenten



Hello Vesterdalen Lodge Members:  
I returned home from my month-long trip to Scandinavia (and a couple of other countries) just in time for our wonderful 40th Anniversary Party for Vesterdalen Lodge. It was a very successful event and really showcased much of the fellowship within the lodge over the years through the slide presentations we saw during the meal. I will recap the dinner in a separate article, but I wanted to share that I

was so happy to see some members we had not seen in awhile. I was surprised by some of the Charter Members who attended and helped to make the dinner a success. October of 1983 was also the year I joined Sons of Norway, though I did not join this lodge. I lived in Federal Way at the time, and it wasn't too long before I transferred to Vesterdalen, thanks to Howard Oliver and a Lutefisk dinner. It is nice to know I have been a member as long as the Lodge has been in existence. During our dinner, I learned about our Charter from Don Olson who told me it originally had hung in his chiropractic office. Then at some point, it was taken out of his office to be put somewhere else, and sadly, we don't know where it is now. Don said it had beautiful rosemaling on it. If anyone has any idea where it might be, please let us know. It would be great to have it with our items at the church.

One thing I mentioned at the dinner was that it is important to keep our lodge going and healthy, and that we needed active leadership to do that. I had originally said I would take over as Treasurer, but the slate of officers I was given was missing both a President and Vice-President, and a lodge cannot function well without both of those positions. I had also said if someone else would take on the Treasurer position, I would continue (one more year), as President. I am happy to say that a few people took this to heart and have stepped up to help us fill out our slate of officers for 2024. You can see the slate of officers in a separate article. Amanda Redding did a great job helping with a presentation as our current Historian, but she has agreed to be our Publicity Director, which we really need. So we will have a new Historian. We also need to remember that we should be bringing in additional members to remain a vital lodge. It should be each member's responsibility to look for new members. We should work on this next year, so we can have the capability to put on another Lutefisk Dinner, as that was our biggest fund raiser. There is interest in the community for us to bring back the dinner, and it would be great to be able to try for next October.

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## Upcoming Meeting

**Monday, November 20, 2023**

Messiah Lutheran Church

410 "H" Street NE • Auburn, WA

**6:00 PM Pumpkin  
Pie**



**7:00 PM Marv Nelson will  
introduce us to the  
Bygdebøker**

Have You Ever Wanted to Delve More into Your Norwegian Genealogy and History of Your Family's Farm? Come to our November meeting and hear our own Marv Nelson Speak on Bygdebøker!

What are Bygdebøker? They are books showing the history of individual Norwegian farms in a local area; and, thus, of course, very useful in tracing one's family genealogy. Detailed historical family records are often kept by church parishes in Norway (and Europe). Marv only received his family's Bygdebøk recently. He'll be showing it to us, as well as what he learned, and the process he followed. If you have a Bygdebøk, bring it to our meeting.

## Social Directors' Report

### At the Last Meeting

What a wonderful Anniversary Dinner we had! Many thanks to everyone who made this such a festive and wonderful occasion! There were 52 tickets sold. The lucky winners from the raffle were: **Amanda Redding, Vernene Scheurer, and John Nyseth**. Many thanks to **Tom Bellerud** who drove clear to Poulsbo to purchase the Norwegian baked goods for the raffle.

### Upcoming meeting

For our November meeting, we will be serving pumpkin pie topped with whipping cream.

*Jorunn Ruff, Social Director*

Thank you all for continuing to support Vesterdalen Lodge - we have made it 40 years and we don't want to quit now!

Beste Hilsener,

*Vernene*

## Sunshine Report

Get well cards were sent to **Tom Bellerud**, **Lois Ladderud** and **Nils Ladderud**. Long time member, **Doug Staats**, passed away in October at the age of 91. We send our sympathy to his wife, **Ina Staats**, and family. **Carol Matson** passed away on October 6, 2023 at the age of 89. Our condolences to her family.

### November Birthdays:

- 3 Shirley Olson, Joanna Antrim
- 4 John Lee
- 8 Sherry Fleury, Karin Plagens
- 13 Stephen Johnson
- 15 Karen Tofte
- 19 Nancy Heavey
- 20 Daniel Grette
- 21 Sharon Bersaas
- 23 Clayton Nasset
- 24 Linda Kleppe-Olson  
Hannah Ronhovde
- 25 Steven Winsor
- 26 Ina Staats, Tom Bellerud
- 27 Dianne Snell
- 29 Karen Brown
- 30 Wendy Olson

Eight members who are 80+ years of age will receive birthday cards in November.

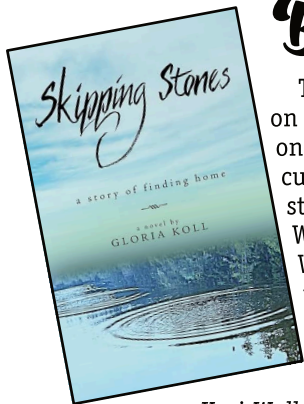
Please email or call when you know of a member who needs some Vesterdalen sunshine. Your help is needed to reach everyone. Thank you so much.

*Nancy Sommerfield, Sunshine Chair*

[dnsommerfield@comcast.net](mailto:dnsommerfield@comcast.net) 206-612-6389



## Book Club



*Kari Waller*

The Sons of Norway book club will meet on November 14, 2023 at 11 AM at Maggie's on Meeker in Kent. We will be discussing *Skipping Stones* by Gloria Koll, a story of finding home. Gloria Koll lives on Whidbey Island with her husband, William Koll. She is a member of The Authors Guild and Whidbey Island Writers Association. *Skipping Stones* is her first novel. If you have questions, you can call me at 253-277-1805.

### Julefest 2023

The Lodge Julefest will be held on Friday, December 8 at the Messiah Lutheran Church. It will be a potluck, as we typically have done. Please bring your favorite dish to share. Dinner will be at 6:15 (to allow those coming from work). The doors will be open before 6:00. We hope to have Santa join us again this year. If you have any children or grandchildren, they are welcome to join us. We will also sing some Christmas Carols. We hope to see you there!



## Kultur Hjørne

### Vesterdalen Member Arne Grette Wins Scholarship!

Arne was one of the 222 applicants to win a 2023 Sons of Norway Foundation Scholarship--the Bernt Anker Scholarship. This scholarship is a four-year scholarship made possible by the fund's namesake, Bernt Anker

Arne is currently on a foreign study with Dartmouth College in Namibia, a country northwest of South Africa. It is an economics and environmental studies course where they are focusing on wildlife conservation and management, fishing, mining, and the governmental policies and interest groups involved.

Arne is grateful for all the wonderful opportunities that both Vesterdalen and the larger Sons of Norway organization have provided for him.

In 2021, Dan and Ginger Grette were able to travel for a month with Arne in Norway from Kongsberg, where Dan was able to visit his grandparents' farms, all the way to Tromsø. Arne is very fluent in Norwegian. Thanks from us for the Vesterdalen scholarships to heritage camps that sparked his interest in all things Norwegian.

### Epler (Apples) in Norway

Autumn is apple season in Norway. If you peruse a Norwegian cookbook or visit a home in Norway in September or October, you are likely to find many apple desserts. The most common are



Eplekake (apple cake) and Tilsorte Bondepiker (Veiled Peasant Girl, a layered dessert with apples, cream, and sweet crumbs.)

The first documented apple orchard, mentioned in Sverre's Saga, was in Vik i Sogn, but apples were probably cultivated back as far as Viking times. In the 13th century, apples were a royal symbol and apple orchards were often owned by the town bailiff (sheriff) and used primarily for the production of hard cider.

Apple orchards are seen all over Norway, particularly on south-facing slopes in sunny locations. Balestrand is known all over Norway for its apple orchards. We visited Balestrand Fruklager, an 80-member co-op and also Balestrand Ciderhus, which produces juice, hard cider, and apple wine.

Norway's Allemannsretten (Freedom to roam) law has a provision for the right to glean fallen fruit in commercial and personal orchards, and the right to pick apples and other fruit on public land. Currently, there are over 400 apple varieties grown in Norway, but only a few varieties are commercially grown. Prior to 2015, Norwegian law did not allow import of apple trees, but since hybrids and varieties from Denmark and the Netherlands are more prodigious, most old varieties are only found in private orchards. Every fall, in fruit-growing regions, there are apple festivals that attract people from all over Norway.

*Ruthanne Henderson*

## Arne's Scholarship Essay

As long as I can remember, I've associated Scandinavian culture with the good life—I started doing Scandinavian folk dance at age 3 and have enjoyed lefse as long as I've had teeth. Throughout my childhood, I've embraced Norwegian language and culture with support of the Sons of Norway in every way possible: starting with District 2 Youth Camps, then Skogfjorden Language Village in Minnesota (attending both as a camper then a counselor), and then receiving the Foundation's support to attend Valdres Folkehøgskole after high school. I am the person I am today because of these great experiences!

I am now studying Economics and Sustainability at Dartmouth College and hope to work in ski resort management in making the ski industry more resilient to climate change, sustainable, and accessible.

Ever since I first put on skis at age 2, something about it has just felt right. They say Norwegians are born with skis on their feet, and while I suppose being born a Norwegian-American comes with a two-year delay, it's always been an important part of my life. Some of my earliest memories on Nordic skis are the District 2 ski races at Trollhaugen lodge in Washington state—great people, skiing, and Norsk food at a beautiful volunteer-built lodge adorned with rosemaled paintings of trolls and viking ships. It's also where I first saw adaptive skiing—the "Ski for Light" program paired guides with visually-impaired skiers so that they could experience skiing too.

When I got to high school, I began helping share my heritage sport with others as well. Volunteering with the Outdoors for All Foundation, I taught alpine skiing to kids with intellectual disabilities and developmental delays, gaining perspective and finding meaning in helping others feel the joy of skiing as well. Going to folk high school in Norway, I learned to ski telemark style, connecting with my heritage in Telemark county. Instructing for the Dartmouth Skiway on weekends, I get to help international students who have never seen snow before experience that same magic glide that has such a grip on Norwegian culture.

For my whole life, I've loved skiing of every form, and the industry is in need of some help. The ski industry is really struggling in the face of climate change, with winters starting later and ending earlier—resulting in fewer and fewer people getting out on skis. In studying economics and sustainability so far at Dartmouth, I've been doing research on how the ski industry can stay alive to keep providing those magical experiences on snow and keep Nordic winter sports culture alive. Norway, despite being very far north, has fairly low elevations and is prone to above-freezing spells that threaten the vitality of the sport that began as a way to get around in the winter. Beyond being a sport, for Norway and other countries skiing has become a national symbol, as seen in every Norwegian's pride for their country's Winter Olympics medal count.

The ski industry also historically struggles with inclusion, both of those who haven't grown up in families that have the means or desire to go skiing and of those with different disabilities. In a career in ski resort management, I hope to

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## 2024 Slate of Officers to be voted upon at November Meeting

I am very happy to announce our new, complete slate of officers. Thank you to our excellent nominating committee (Carol Larson and Marv Nelson), and to Don & Kathleen Olson for agreeing to some important positions that needed to be filled.

### Board Positions:

President: Vernene Scheurer  
 Vice President: Don Olson  
 Secretary: Nancy Sommerfield  
 Financial Secretary: Dotty Erickson  
 Treasurer: Kathleen Olson  
 Social Director: Kay Broman

John Fatland (Mentor)

Cultural Director: Karen Tofte  
 Sports and Recreation: Dave Eidsaune  
 Sunshine Director: Diane Fatland  
 Publicity Director: Amanda Redding  
 Foundation Director: Tom Heavey  
 Editor: Lois Ladderud  
 Youth Director: Linda Kleppe-Olson  
 Historian: Carol Larson  
 Webmaster: Andy Wangstad

### Support Officers:

Lodge counselor: Tom Heavey  
 Marshal: Larry Scheurer  
 Assistant Marshal: David Sommerfield  
 Greeter: Nancy Heavey  
 Trustee third-year term: Jim Larson  
 Trustee second-year term: Don Jensen  
 Trustee first-year term: Dianne Snell

Librarian:  
 Musician: Ruthanne Henderson

If YOU would like to be involved, please consider being on the Social Committee to help Kay Broman. This isn't a one-person job. She should have 2-3 others to help determine the socials prior to our meetings. Please contact Kay Broman (253-639-1427 or 206-618-0053) to offer your help on this committee.

Thank you so much to all who have agreed to fill a position this year. It is exciting to see some of the positions filled that we haven't had for a little while. We will be voting on this slate of officers in November.

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both make skiing more durable to climate change, more environmentally responsible, and more accessible than it currently is. A scholarship from the Sons of Norway Foundation would allow me to continue to connect with the heritage sport I love while trying to help it adapt to changing times and change for the better. Dartmouth is a school with a strong skiing culture and the resources to help me continue to research solutions and gain job experience towards my goals, and I would be extremely grateful for the Foundation's support of my continuing education here in New Hampshire.

*Arne Grette*

# Kalender

Annual Calendar is at [www.vesterdalen.org](http://www.vesterdalen.org)

## november

- 6 Board Meeting - via Zoom.....6:30 PM
- 20 Social - Pumpkin Pie!.....6:00 PM
- Lodge Meeting - in person and via Zoom .....7:00 PM
- Budget, Officer nominations/elections, membership pins
- Marv Nelson's Bygdebøk presentation

## desember

- 5 Board Meeting - via Zoom.....6:30 PM
- 8 JuleFest (Christmas Party)
- Potluck Supper.....6:00 PM

## januar

- 8 Board Meeting - via Zoom.....6:30 PM
- 15 Lodge meeting in person and via Zoom
- Social .....6:00 PM
- Lodge meeting & Officer Installation .....7:00 PM

## Upcoming Events

Nov. 4 - Bothell S/N Bazaar and Bake Sale - 9-3 PM

Nov. 11 - Daughters of Norway Solveig Lodge Bazaar and Nordic waffle bar 10-2 PM at Prince of Peace Lutheran Church 19030 8th Ave. S. Seatac.

Nov. 10-12 Viking Days, Normana Hall Tacoma Fri. (12-5, Sat. 10-5, Sun 10-4).



# 2023 Vesterdalen Officers

- President ..... Vernene Scheurer ..... 253-848-7231  
president@vesterdalen.org
- VP/Membership ..... Tom Bellerud ..... 253-226-8011  
tombellerud@comcast.net
- Secretary ..... Carol Larson ..... cell 859-321-4577  
larsonjw@aol.com
- Treasurer ..... Linda Kleppe-Olson ..... 360-825-4304  
kleppe43@msn.com
- Financial Secy ..... Dotty Erickson ..... 206-356-1858  
dortaerick@comcast.net
- Cultural ..... Karen T. .... 206-359-1556  
fotojourn@live.com

Rose Stevens - 1-800-210-0240  
Sons of Norway Financial Benefits Counselor



## 40th Anniversary Dinner a Wonderful Success

To start, I thank Dotty Erickson for organizing our 40th anniversary party – it was a smashing success. I hope you enjoyed it as much as I did. Thank you to the Fatlands for helping to check in all who attended, Sonja Whitcombe and her niece, granddaughter, and great-granddaughter, who decorated the tables, Nancy Sommerfield for selling calendars and Kari Waller for selling raffle tickets. Thanks, also, to John Nyseth who provided a wonderful slide presentation with photos from over the years, showing many of the lefse making, parades, and dinners we have put on. Amanda Redding put together another slide presentation showing some of the charter photos, as well as various photos taken at other events, such as field trips and gnome-making. Ed Olson, the second president of Vesterdalen, gave a good presentation of the history of Vesterdalen. We were also treated to a video of John Fatland singing "Oh Lutefisk"! We enjoyed the recorded music of Toby Hansen playing during the dinner, which was catered by Café Pacific Catering. They provided salmon, chicken and Swedish Meatballs with mashed potatoes, veggies and rolls. It was delicious. There was even food left over that many got to take home.

Also, thank you to Jorunn Ruff for arranging for all the Norwegian desserts we got to sample. With the cake and all the cookies, we were treated to a real cultural ending to our meal. Everyone was also given a box of Hygge chocolates to take home and enjoy.

Thank you to Tom Bellerud for providing three raffle prizes, won by Amanda Redding, John Nyseth and myself. I was thrilled to get the rosettes and cookies he brought! We also had a silent auction and raised \$870 from that. I know two will enjoy going on a short vacation by buying the 3-night stays at a WorldMark by Wyndham Resort of their choice.

We were honored with a certificate and words from Jerry Erickson, our District 2 President. He and his wife attended, as did James Wraalstad who is our District 2 Secretary.

We introduced all the attending charter members. There were 13 in attendance. I was surprised by some of the names I read, as I wasn't aware some of them were charter members. It was a very special way to celebrate 40 years as Vesterdalen Lodge!

Vernene