

Vikingskip

www.vesterdalen.org



februar 2024

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

Vol. XLII No. 2

Hilsen Fra Presidenten



Hello Vesterdalen Lodge Members – I hope you had a great start to the year and the weather hasn't been too much of a bother – though it has been a chilly start, for sure!

Our January Meeting was time for the Installation of Officers. Joanne Gray, our District 2 Vice President came up from Olympia, with her husband, to do the honors. It was most interesting – particularly since the only members who came to the meeting were the officers!! We did have 6 members on

Zoom, so there were 15 members present in the room and 6 attending remotely. Our A/V person from the church did not attend, so we were without a microphone and the screens to see the Zoom Members. I started the Zoom meeting on my phone, and that is what we used to include the remote members in the meeting – not ideal, but at least they were a part of the meeting. When the Installation began, the room was empty (except for Joanne's husband), as all the officers were in the Gathering area getting lined up to enter the hall to be installed. John Fatland was our Installation Marshal, so he led all the officers to their assigned locations to be installed. Once the installation was completed, all the officers returned to the round tables for the remainder of the meeting. As there were so few in attendance, we "set" only 4 tables, initially. There were many wonderful desserts brought by our members to share for the social time. Thank you to all those who brought all the goodies to share, including Hardanger lefse, special cookies, berry cobbler, cornbread with honey butter, a beautiful "charcuterie" plate with cookies, chocolate-covered Strawberries, other fresh berries and grapes, and other desserts (brownies, Krumkake, Chocolates, Etc.). No one left hungry for sweets!!

Before we began the Installation, the Nelsons offered to be the Social Directors, so they were nominated and elected before the Installation. It is great to have a full set of officers this year – I am very confident they will all be active participants. I do hope more members will also attend our meetings to hear the reports and all that is going on in the Lodge.

During the meeting we discussed and approved the budget for 2024, heard from Dave Eidsaune about the Sports Awards (he wore many of his pins to encourage others to participate). Because Messiah Church is not available to use Saturdays, we discussed using the Auburn United Methodist Church for a Nordic Fest. We are also having a larger discussion of investigating changing locations for our meetings, if it would

continued on next column

Upcoming Meeting

Monday, February 19, 2024

Messiah Lutheran Church

410 "H" Street NE • Auburn, WA 98002

6:00 PM Social Time - Soup & Stew

Potluck Buffet

7:00 PM Lodge Meeting

Bjørn Ruud

Scandinavian Specialties

At February's meeting, we hope to hear from Bjørn Ruud, owner of Seattle's Scandinavian Specialties. He will be tuning in from Norway. The store features Norwegian and Scandinavian food you can't buy anywhere else, a panoply of specialty utensils and gift items, and a café.

Bjørn would be speaking by Zoom from Norway. Because of his hectic buying schedule and the time difference, we might not be able to hear from Bjørn at our meeting, but will have to schedule another time. In that case, we will have another great speaker on our meeting night.

Welcome New Members!

Dustin & Ellen Stewart

save us money. Tom Heavey gave a great Foundation report and encouraged all to review the possible scholarships available. We are awaiting a decision on our recent grant request to help support the youth baseball club we have sponsored over the past couple of years. Thank you, Jim Larson, for writing that grant for us again. Also, our By-Laws are close to being completed, thanks to Dave Eidsaune and Marv Nelson. They should have them done by the next Lodge Meeting for approval. We will then send them to Sons of Norway International for final approval.

I also thank, with all my heart, the outgoing officers for all their hard work the past couple of years. It has been wonderful working with all of you. I look forward to working with this year's officers and helping our Lodge continue strongly for our members, old and new, as well as our community.

Vernene

Sunshine Report

A thinking of you card was sent to **Kay Broman**. A get well card was sent to **Carol Larson** as she recovers from RSV.

February Birthdays

- 3 Marvin Bartlemay
- 4 Lorraine Bartlemay
- 7 Heather Petersen
- 11 Barbara Rom
- 14 Donna Severson
- 17 Trudie Harris
- 20 Andrea Milton
- 28 Amanda Reding



The Board voted to send special birthday cards to members on milestone birthdays 70, 75, 80, 85, 90, 95, etc. There are no milestone birthdays in February.

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

*Nancy Sommerfield and Diane Fatland, Sunshine Committee
206-612-6389 dnsommerfield@comcast.net*

Book Club



The Sons of Norway Book Club will meet at Maggie's on Meeker on February 13, 2024, at 11 AM. The book we will be discussing is *The Weaver and the Witch Queen* by Genevieve Gornichec.

The lives of two women—one desperate only to save her missing sister, the other a witch destined to become Queen of Norway—intertwine in this spellbinding, powerful novel of Viking Age history and myth. When Oddny's farm is destroyed and Signy is kidnapped by Viking raiders, Oddny is determined to save her sister no matter the cost. And in the far north, Gunnhild, who fled her home years ago to learn the ways of a witch, is surprised to find her destiny seems to be linked with that of the formidable King Eirik, heir apparent to the ruler of all Norway.

But the bonds—both enchanted and emotional—that hold the two women together are strong, and when they find their way back to each other, these bonds will be tested in ways they never could have foreseen in this deeply moving novel of magic, history, and sworn sisterhood.

Genevieve Gornichec earned her degree in history from The Ohio State University, but she got as close to majoring in Vikings as she possibly could, and her study of the Norse myths and Icelandic sagas became her writing inspiration.

Kari Waller

*What's going on around here?
Check out Sons of Norway's District Two web site!
<http://sonsofnorway2.com>*

Kultur Hjørne

More about Bjørn Ruud and March Events

For a bit of background about Scandinavian Specialties gleaned from a *Seattle Times* article, the store was founded in 1962 as Norwegian Sausage Company -- and still makes sausages today from the founder's original recipe. Many of us treasure the store as a hub of Scandinavian life in the heart of Ballard.

Stay tuned in March for another great meeting speaker, and a walk through Soos Creek Botanical Garden!

Our March speaker will be Lori Ann Reinhall, Editor of the Norwegian American, speaking on "The Norwegian Mayflower."

A walk through Soos Creek: Dave Eidsaune will lead our group on a fun walk through this impressive local garden founded by the descendant of Norwegian immigrants! Please RSVP to Vernene, Dave or Karen T. now if you know you'd like to attend, as well as your ideal Saturday in March.

Karen T., Culture Chair

Nordic Fest

Now is the time for the Nordic Fest Committee to begin work on a Nordic Fest for 2024. We are most likely going to hold this at the Auburn United Methodist Church, as they have the availability on Saturdays. We are likely looking at the first Saturday in May (the 4th). I have a preliminary list of those who are willing to help, but we should start planning in February. I will be contacting those who signed up, but if you are willing to help with this, PLEASE let me know soon. We hope to have a very successful event.

Vernene



VESTERDALEN LODGE

Torsk Dinner



If we want to have a Torsk Dinner this year (which is typically held in March, but isn't required to be held then), we need some volunteers to organize it and get it going. I believe Diane Fatland had notes about what she did last year so those can be used to determine what is needed. It is one of the ways we can make a little money, by inviting friends and other Lodge Members who may not always attend meetings. Please let me know if you are willing to take this on.

Thank you, Vernene

The Scandinavian Hour

with Seth Tuffeland is on KKNW 1150 AM
on Saturdays, 9:00 - 10:00 AM
Listen anytime at:
<https://www.thescandinavianhour.org>



Social Directors' Report

At the Last Meeting

The cold weather probably limited the attendance at the Jan. 15 Vesterdalen meeting. We had six people online and about 15 in person plus two guests. Those who came enjoyed a delicious, abundant dessert buffet. The raffle winners of the rosemaled calendars were: Tom Heavey, Don Olson, and David Sommerfield.

The new officers are installed, all ready to work with you to make it a productive year. We will be doing many things in the old familiar way, but there will be new things too, just to keep us up to date. Looking forward to seeing you in February. Have you noticed? The days are getting just a bit longer!!!

Upcoming Meeting

Join us February 19th for a soup and stew potluck buffet to warm your heart and body. Please bring soup or stew to share. Help is also needed to set up and take down before and after the meeting.

Marv and Sande Nelson, Co-Social Directors 2024

New Social Directors!

Thank you to Sande and Marv Nelson for stepping forward to be our Social Directors for 2024. We are so grateful for their service to the Lodge and filling this very important position(s). As Sande said, things will be different this year, to which I replied – yes, go for it! We look forward to our social time this year with the Nelsons in charge! Please also offer to help them if you are able or would like to be more involved with this part of our Lodge.

Vernene



*Most train lines in eastern Norway were closed, flights from Oslo airport were temporarily grounded, and Oslo's public transport system was brought to a standstill by a snowstorm on January 17. For the first time in recorded history, the thermometer in Oslo dipped below -30°C. The pictures above were sent to us by our relatives in Tvedestrand, south of Oslo.
– Lois & Nils Ladderud*



Sports Director's Report

Lodge Members! It is time to get out your hiking shoes. **Mark your calendar for March 2.** We will go on a leisurely walk, not more than 3 miles and on fairly flat ground. I assure you it will not be 20 degrees! But, it is always wise to dress in layers and bring a rain jacket. More details to follow at the next meeting.

The following Vesterdalen members have earned the following medals:

Karin Plagens - Enamel Sports and Fitness

John Nyseth - Enamel Sports and Fitness

Jim Larson - Enamel Sports and Fitness

Dave Eidsaune - Enamel Walking

Dave Eidsaune, Sports Director

Meeting Cancellation Procedure

In the event of snow, ice, or other bad weather on meeting nights we will send out an email to let everyone know whether the meeting is cancelled. Please keep an eye out for it, as we want to make sure everyone stays safe. If we decide to meet remotely via zoom a meeting link will be included in the email. Not receiving our emails? Reach out to another lodge member who does, or contact us at andy@vesterdalen.org or publicity@vesterdalen.org so we can add you to the list!

Amanda Reding, Publicity Chair



Scholarships Available

Members of the Sons of Norway, their Children and Grandchildren, are eligible to apply for thousands of dollars in educational and vocational scholarships through the Sons of Norway Foundation. Last year the SofN Foundation awarded almost \$250,000 in Scholarships and grants for education and training.

Students, parents and grandparents should view the information at www.sofn.com/foundation/scholarships/

In addition to the fifteen scholarships available from the Foundation, our own District Dist.2 has a scholarship for Tuition, Room and Board to the Oslo Summer School. There is no age limit on this, just ask Karin Plagens who attended this educational experience in 2016.

All the scholarships have due dates for the applications. Check the website for the requirements of each opportunity. Education, especially international education, is a vaccine against the disease of Ignorance. Apply now.

Tom Heavey, Foundation Director

Kalender

Annual Calendar is at www.vesterdalen.org

februar

- 5 Board Meeting via Zoom6:30 PM
- 13 Book Club at Maggie's on Meeker Café11:00 AM
- 19 Social6:00 PM
Lodge Meeting in person and via Zoom.....7:00 PM

mars

- 2 Lodge Walk TBD
- 4 Board Meeting via Zoom6:30 PM
- 18 Social6:00 PM
Lodge Meeting in person and via Zoom.....7:00 PM

april

- 1 Board Meeting via Zoom6:30 PM
- 15 Social6:00 PM
Lodge Meeting in person and via Zoom.....7:00 PM

mai

- 6 Board Meeting via Zoom6:30 PM
- 17 Syttende Mai Celebration in Ballard
- 20 Social6:00 PM

Heritage and Cultural Camp Scholarships are Available

If you have a child or grandchild who would like to attend the Sons of Norway Heritage Summer Camps (to learn about Norwegian Heritage and Culture), there are a couple of scholarships available. The Draxten Memorial Fund divides \$10,000 (Foundation funds) between the number of members in each of the six US Districts within Sons of Norway. Around two hundred children are awarded scholarships to attend camps every year.

To receive one of these scholarships, the camper must be accepted into one of the three camps in District 2 AND be receiving a scholarship from their local lodge. Vesterdalen Lodge does have a camper scholarship (\$350-400, typically 1/2 of the full tuition cost) for children or a grandchild of Vesterdalen members this year.

Applicants can get their application from Linda Kleppe-Olson, our Youth Director. The application should be in by April 1, 2024. The Sofie/Olson Memorial Scholarship is a District 2 scholarship that is awarded to children and grandchildren of District 2 members who attend Camp Nidaros, Camp Normanna or Camp Trollhaugen. The scholarship is named for Sherrie Sofie (District president from 1988-1989) and Bernice Olson (District treasurer from 1980-1994). Any recipient can receive this award once within a three-year period.

Camp Nidaros and Camp Normanna are for applicants between the ages of 9-12. Camp Trollhaugen is for applicants between the ages of 13-15.

Applications must be postmarked no later than April 15, 2024. Applications should be sent to Sons of Norway – District Two, c/o Seth Tufteland, Scholarship Chairperson, PO Box 1422, Bothell WA 98041.

Questions can be directed to Seth Tufteland (206-605-4112), Ingrid Hueneke, 360-377-4454, or Jane Bueing, 425-882-2212.

2024 Vesterdalen Officers

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- Publicity Amanda Reding..... 509-881-7639
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Rose Stevens – 1-800-210-0240
Sons of Norway Financial Benefits Counselor

Skiing in Norway

You may think that skiing is a modern sport, but it is actually one of the oldest forms of travel known to man! The word itself comes from the Icelandic word scidh, which means "snowshoe" or "piece of wood." Some historians claim that skiing goes back to the Stone Age, and they have found ancient carvings that show people on skis.

Long before Christianity appeared, the ancient Sami were known in Scandinavia as SxriaFinnen, or "sliders." They even had a goddess of ski, and their winter god was shown on a pair of skis with curved toes!

The first skis of which there is any record were long, curved frames, often made of the bones of animals, and held to the foot by thongs. And there is a picture carved on stone that is 900 years old that shows a scidh. Skiing as a sport began in Norway, in the province of Telemark. In fact, the town of Morgedal in this Norwegian province is known as "the cradle of skiing."

Because this region would be snowbound for long periods at a time, it was necessary to use skis to get about. In winter, when the natives went hunting or trapping in the mountains, or to neighboring villages to market or to visit, they had to depend on skis.

And if you think skiing meets are a modern development, it may surprise you to know that in Norway they were having skiing competitions for prizes way back in 1767! Videos for you:

1. Skiing in Norway, Hovden : Mountains of Norway
<https://youtu.be/u6TBFpKxkAU>
2. Ski Norway The Epic Sunnmøre Alps
<https://youtu.be/E3nNbVQ0c54>



Visit the following website to find local Nordic events.

WWW.NORDICSEATTLE.COM