

Vikingskip

www.vesterdalen.org


februar 2026

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

Vol. XLIII No. 2

HILSEN FRA PRESIDENTEN



Dear fellow Lodge Members,

The days are getting longer, and February provides us a last little bit of winter before the renewal of spring. This month I'd like to reflect on how we might encourage renewal within our Vesterdalen Lodge community.

Communities tend to grow naturally not because they're marketed, but because people talk about them with warmth and enjoy taking part in them. So, building a community that others want to be a part of begins with building

a community that we ourselves enjoy. Whether it is built around learning, shared hobbies, or social connection, people return when their experience feels welcoming, meaningful, and sustainable. That applies to current members as well as newcomers.

Our Lodge community reflects the care, attention, and intention of all the wonderful members who are a part of it. Making events more accessible is one way we are currently trying to take a step towards making sure everyone has the opportunity to enjoy our programs. Among other things we are working to improve our zoom coverage so that those attending online can see and hear better, and to make sure we use the microphone at meetings so that everyone in person can hear as well.

Renewal necessarily doesn't require adding more, sometimes it means softening expectations for a time, shifting how we do things, and reflecting on why we gather in the first place. Taking this final bit of winter to refocus will allow us to move forward more efficiently and put our energy into planning Lodge activities we enjoy. I invite you to ask yourself, do you enjoy the ways we spend time together? What do you want more (or less) of during our time together? What activities fill us up and are worth carrying forward? As we move towards spring, let's make sure the time we spend together is something we genuinely enjoy.

Amanda



Vernene and Amanda are installed as Co-Presidents at the January Lodge meeting.

Upcoming Meeting

Monday, February 16, 2026

Messiah Lutheran Church

410 "H" Street NE • Auburn, WA 98002

6:00 Potluck Buffet -
Please bring something to share

7:00 Lodge Program
Seth Tufeland
Co-director of summer camps

See you at our February 16th, Vesterdalen Lodge meeting. (Dinner/Social hour at 6 PM and Program at 7PM) We will welcome. **Seth Tufeland**, who is co-Director of our Sons of Norway District 2 Summer Camp Program. We will learn about Camp Trollhaugen, Camp Nidaros and Camp Normanna. Seth will fill us in on dates and programs and how we go about registering our family and friends. There may even be a **special camp surprise for us** so hope you can make it.



Vesterdalen Field Trip

Sometime this year we plan to take a bus trip to a regional location probably no more than 1.5 to 2 hours away from the church, where we will meet.

We have a few tentative choices for itineraries, but want to hear from any and all with suggestions.

Tentative itineraries: #1: Poulsbo, one of 7 giant art trolls on Bainbridge Island, perhaps another destination on Bainbridge.

#2: Tulip fields; another destination in nearby towns.

Suggestions? Please email/call!

Vesterdalen goes to the Symphony

We have some great regional symphonies: Auburn Symphony as well as Rainier Symphony. Tickets are reasonably priced. Please let me know if you are interested in a trip to the symphony with other lodge members.

Suggestions for activities? Please let me know!

Thank you!

Karen T.

SUNSHINE REPORT

February Birthdays

3 Marvin Bartlemay
4 Lorraine Bartlemay
7 Heather Petersen
12 Brenda Johnson
14 Donna Severson
20 Andrea Milton
27 Madison Warren
28 Amanda Reding



One milestone card will be sent in February. 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.

Diane Fatland, Sunshine Chair

dianefatland@gmail.com 206-947-8776

What's going on around here?
Check out the Sons of Norway District 2 website
<http://www.sonsofnorway2.com>

SONS OF NORWAY FOUNDATION

The Sons of Norway Foundation is very important as one of the "three P's" underpinning SON: Philanthropy. The Foundation enables us to assist members and their families as well as make the wider community a better place to live.

I am honored to be your new Vesterdalen Foundation director and to be following such a great director with such hands-on experience in philanthropy through his founding and leadership of the Greater Tacoma Peace Prize organization: Tom Heavey.

In 2025, the Foundation distributed over \$273,000 in awards: \$148,000 In scholarships, \$110,000 In grants, and \$15,000 In camp scholarships.

Because of the work of Jim and Carol Larson and others with the Auburn Little League team, Vesterdalen is fortunate to have received grants from the Foundation to help fund the team. Our financial support has enabled wider participation in Little League by local families.

While the annual deadlines for Foundation scholarships and grants are several months in the future, there are two kinds of grants to members (Humanitarian Fund Helping Hands to Members) – Disaster Relief Grants and Medical Relief Grants — that allow applications to be made on an ongoing basis. These grants are up to \$5,000.

Disaster Relief Grants are offered to "provide assistance to current Sons of Norway members whose homes are significantly damaged and are deemed unlivable for a period of time due to a natural disaster. Such disasters include floods, wildfires, hurricanes, tornados and other catastrophes."

Medical Relief Grants are offered to "provide assistance to current Sons of Norway members experiencing severe financial hardship from extreme medical illness or personal injury. The Foundation may provide aid for expenses not fully reimbursed by insurance or other organizations, such as personal fundraising events, government and other charitable organizations, etc."

With both these grants, there are further requirements that must be met.

If you think you qualify for either of these two grants, the lodge is here to help you apply.

Thank you!

Karen T. Foundation Director

KULTUR REPORT

A Special Recipe for You!

Bob and Marge Nanstad were Social Chairpersons when we first joined Vesterdalen back in the early '90s, and they nicely invited us into the kitchen where we were able to help, learn, and meet other members. You really get to know someone when you are able to work next to them. It takes the WORK out of it! When you prepare and serve this recipe, remember Bob and Margie and their gracious natures. Enjoy!!

Marv and Sande Nelson



Nanstad's Sweet and Sour Beans

Cook and crumble 8 slices of bacon.

2-3 Onions peeled and chopped. Sauté in bacon fat.

Simmer together for 2 minutes,

1 cup brown sugar

1 tsp. dry mustard

1 tsp. salt

2 T cider vinegar

1/2 c. catsup

In a crockpot, combine

2, 1 pound cans cooked dry butter beans, drained

1, 1 pound can kidney beans, drained

1, 28 ounce can baked beans

Combine all ingredients and cook for about an hour. Stir occasionally.

This may also be baked in a roasting pan in the oven at 350 degrees. Avoid it drying out. May cover with aluminum foil.

To make this an entree, add browned hamburger.

Serve and enjoy, and remember those who brought you into Vesterdalen!!

Visit the following website to find local Nordic events

WWW.NORDICSEATTLE.COM

**SATURDAY
FEBRUARY 28**



at Fika
coffeeshop,

part of the Farm 12 restaurant complex in
Puyallup: 1:00 PM.

It is flat and very accessible for
walkers and wheelchairs.

The Kaffe Stuas we've had thus far
at Fika have been really fun and well-
attended!

Fika is the café near the main restaurant.
3303 8th Ave. SE, Puyallup, WA 98372
(253) 697-9486

Carol Larson for the Cultural Committee

SOCIAL COMMITTEE REPORT

At the Last Meeting

At the January meeting the following were lucky winners of the drawing: **John Fatland**, **Vernene Scheurer**, and **Marv Nelson**.

Upcoming Meeting

Our next Vesterdalen meeting will be February 16. Please bring something to contribute to the potluck.

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>



The Mission of Sons of Norway
is to provide quality insurance
and financial products to our members,
promote and preserve the
heritage and culture of Norway,
and celebrate our relationship
with other Nordic countries.

New TV Station in Norway



In Norway, there is a tv station called TV BRA (TV Good in Norwegian) that provides wonderful opportunities for people who are autistic or have disabilities. Not only do all the reporters of the TV station have a learning disability, but the program is made specifically for similar people in Norway. It is a one-hour long program that about 4,000 to 5,000 people tune into every week. The station covers topics unique to those with autism or learning disabilities, but also touches on news, entertainment, and sports.

The founder of TV BRA, Camilla Kvalheim, felt that there were many untold stories and experiences that needed to be heard. She also stressed the importance of those with learning disabilities knowing about and understanding the news so that they can take part in society.

The Norwegian government also agrees that TV BRA is important. Lubna Jaffrey, Norway's minister of Culture and Equality, stated: "TV BRA takes on an important role by presenting news and current affairs in a way that's understandable and inclusive."

S/N Newsletter Service

SPORTS DIRECTOR'S REPORT

Sports Medals: An Overview

Let's get started earning some sports medals!

At the very successful Julefest in December, Dave Eidsaune wore several of the sports medals he has earned. They were really nice looking!

The sports medal program was designed to emphasize the importance of fitness, exercise, and outdoor sports as part of the Norwegian ethos.



Earning medals is fun and healthy. While there are specific medals earned for cycling, swimming, skiing and walking, there is also a "sports and fitness" category which can encompass many other forms of physical activity or sport, such as fitness classes or workouts at a gym, gardening, or kayaking.

All one has to do is keep track of one's miles or time. There are cards for this purpose; but the easiest thing is to print out a card from the links below; or, until you can obtain a card, just reproduce the same columns on a piece of notebook paper and keep track that way. When one has earned a medal, please give card(s) to Karen T. and she will order the medal.

Once one earns a medal, one starts all over to earn the next. In 2020 the Sports Hero Medal ("Idrettshelt") was added as a fifth medal to the existing bronze, silver, gold, and enamel medals. One is eligible to work towards a sports hero medal once one has earned the bronze, silver, gold, and enamel medals in a given category.

Important Legalese: (Please, note that you should consult with your doctor before engaging in any kind of exercise regimen and that SON/Vesterdalen is not responsible for any mishaps/illness etc. that may result.)

Below, find links to print the cards to get started. Please note that to access them one needs to be signed in to the SON member website: you will need your email address and password. If you aren't able or don't wish to sign in to the website; basically, for walking, biking, swimming or skiing you need to keep track of the date, the place, and the distance (in miles); and for general fitness, the dates, activity, time, and points.

Please initial each entry on the cards.

Depending on your age, there are different distance/time requirements to earn medals. For the general fitness category, the card lists a number of sports, but if yours isn't there we can figure out which is closest to your activity.

Links to download the cards:

(walking):

<https://www.sofn.com/wp-content/uploads/2018/11/Gangemerke Card.pdf>

(biking):

<https://www.sofn.com/wp-content/uploads/2018/11/Sykklemerke Card.pdf>

(swimming):

<https://www.sofn.com/wp-content/uploads/2018/11/Svømmemerke Card.pdf>

(skiing)

<https://www.sofn.com/wp-content/uploads/2018/11/Skimerke Card.pdf>

(general fitness)

<https://www.sofn.com/wp-content/uploads/2018/11/Idrettshelt Card.pdf>

(for the sports hero medal)

<https://www.sofn.com/wp-content/uploads/2021/03/idrettshelt.pdf>

—Karen T.

KALENDAR

The entire calendar will always appear at www.versterdalen.org

februar

- 2 Board Meeting via Zoom 6:30 PM
 16 Social 6:00 PM
 Lodge Meeting in person and via Zoom 6:00 PM
 28 Kaffe Stua at Fika Café 1:00 PM

mars

- 2 Board Meeting via Zoom 6:30 PM
 16 Social 6:00 PM
 Lodge Meeting in person and via Zoom 6:00 PM
 28 Kaffe Stua at Fika Café 1:00 PM

april

- 6 Board Meeting via Zoom 6:30 PM
 20 Social 6:00 PM
 Lodge Meeting in person and via Zoom 7:00 PM
 25 Kaffe Stua at Fika Café 1:00 PM



July 18, 2026 – Trollhaugen Steak Fry, \$35. All activities start at 10 a.m.. Horseshoe and Kubb tournament. There is something planned for all to enjoy. Make your reservations early. Dinner Reservation–Bill Hicks 425-672-0194 or Hicks1015@msn.com Overnight Reservation email trollhau@outlook.com. Remember to say Steak or Salmon. Kids hotdog meals \$5.00. Deadline July 6, 2026. Happy Hour (BYOB) 2:30 pm.

For Norwegian Happy Hour

I noticed that the Total Wine store in Tukwila is now stocking Aass Pilsner from Norway. I've purchased some in Minnesota and it is truly delicious. Impress your Norwegian friends when you offer them one of these! It's available in both Regular and Light.

Andy Wangstad



Amanda at her Installation as Co-president at the January Lodge meeting.

2026 VESTERDALEN OFFICERS

Co-Presidents: Amanda Reding, Vernene Scheurer
 Vice President..... Don Olson
 Secretary Nancy Sommerfield
 Treasurer Kathleen Olson
 Financial Secretary..... Dotty Erickson
 Sunshine..... Diane Fatland
 Publicity Vernene Scheurer
 Cultural Carol Larson
 Social OPEN
 Foundation Karen Tofte
 Sports & Recreation..... Karen Tofte
 Volunteer Coordinator: OPEN
 Historian..... OPEN
 Sunshine:..... Diane Fatland
 Trustees:..... Marv Bartlemay, Don Jensen, Jim Larson
 Youth Judy Isaksen

Appointed by incoming Co-Presidents:

- Marshal
- Assistant Marshal
- Webmaster
- Newsletter Editor
- Greeter
- Vocal Musician
- Assistant Secretary

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



Viking Swords in Oslo Airport

In early September, a new exhibition was installed at Oslo's Gardermoen Airport. This display consists of seven Viking Age swords that have been unearthed in various places in Norway. The project was a joint effort between the Historical Museum and Gardermoen. Each sword has additional information with it and there is a QR code that travelers can scan to visit the museum's homepage.

The hope is that the exhibition will promote cultural experiences in Norway since nearly four million people will likely pass by the display within the year. The director of the airport, Stine Ramstad Westby, is very pleased that they now have an Edvard Munch and Viking Age exhibition as those are two things that Norway is well-known for. A couple of the first passengers to see the display were asked their opinion on it and they shared the same sentiment; they immediately felt the culture of Norway when they saw it. *S/N Newsletter Service*