

# Vikingskip

www.vesterdalen.org



april 2026

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

Vol. XLIII No. 4

## HILSEN FRA PRESIDENTEN



Hello Lodge Members,

It has been very nice seeing so many attending our recent meetings – some new and those who haven't been as active for a while.

I am also grateful to Diane F., Dotty E. and Carol L, along with Don O. who have come up with a member interest sheet which will allow for some member articles in the Vikingskip. This will help us all learn more about members you may know only on the surface. They will be fun to read!

We hope you are seriously considering joining us for the Torsk Dinner on May 16, the day before Syttende Mai! This will be our celebration of that day. We will not have a May Lodge Meeting, so please get your tickets and invite others to join us.

This will be our big fundraiser for the year. There is also a need for a few additional helpers, so if you can assist, please let either Vernene or Amanda know (our numbers are on page 4). You can also sign up at the April Lodge Meeting, as well as buy your "tickets" (spots on the list).

It will be a fun evening, and we will have a silent auction with several Scandinavian items (including sweaters). There will be a list of the items in the May Vikingskip. We had considered an online auction, but that is a bit challenging for some who may be technologically challenged. You will see much of what will be available in May.

As Spring is here and the weather warms, we can look forward to some outdoor activities, including the Troll Walk in Maple Valley, beginning at the Maple Valley Farmer's Market on May 2. You get two-in-one for that day – a walk and the Market. That will be a fun day!

Hope to see you at our April meeting – and our upcoming events!

Fondly,

*Vernene*

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.

## Torsk Dinner Help requested

We still need additional help with setting up, serving and cleaning up for the Torsk Dinner. Please be sure to sign up at the next meeting or let Vernene know how you can help (253-221-7059). We got some signups at our March meeting, but need others.

This is our "big" fundraiser, we can use lots of help.

Also, please invite others and contact Dottie to get your tickets (see Torsk Dinner Flyer) - Vernene

## Upcoming Meeting

**Monday, April 20, 2026**

Messiah Lutheran Church  
410 "H" Street NE • Auburn, WA 98002

**6:00 Potluck Dinner**

**7:00 Lodge Program  
Game Night**



Come for an evening of great food, wonderful socializing and a night of playing your favorite board games.

We will provide games to play, but if you have a favorite board game bring it to share. See you on April 20.

Vesterdalen Lodge  
SONS OF NORWAY 2-131



# TORSK DINNER

Poached Torsk (cod) and Lefse  
with potatoes, cole slaw, vegetable and dessert selection

**May 16, 2026 at 4:00 PM**

Messiah Lutheran Church  
410 "H" Street NE, Auburn, WA

\$25/person until April 21, then \$30/person  
Call Dotty Erickson at 206-356-1858 for reservations

Visit the following website to find local Nordic events

**WWW.NORDICSEATTLE.COM**

## SUNSHINE REPORT

### April Birthdays:

- 1 Pat Braaten, Samantha Pitman
- 2 Nancy Sommerfield
- 3 Ruth Dahlin, Lawrence Scheurer
- 5 William Healey, Kathy Meckle
- 10 Sylvia Cavness
- 12 John Nyseth
- 13 David Sommerfield
- 18 Lisa Carlstrom Yagen
- 20 Sarah Thompson
- 21 Thalia Kirst

There are 2 milestone birthdays in April. 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.

Diane Fatland, Sunshine Committee  
206-947-8776 [dianefatland@gmail.com](mailto:dianefatland@gmail.com)



### Getting to know you -

## Judy (Zampardo) Isaksen

### A Life Rooted in Heritage, Family, and Community

#### Where were you born and raised?

Born in Detroit, MI, and raised in Milton, WA Judy (Zampardo) Isaksen carries a rich cultural legacy shaped by both Scottish and Sicilian roots. These influences have played a meaningful role throughout her life, from childhood memories to present-day traditions.

*What childhood memories do you have of your parents or grandparents and their culture?* Growing up, Judy's



mother—who was from Scotland—introduced her to a vibrant cultural world filled with tradition and pride. Judy fondly remembers attending Highland Games, Military Tattoos, and events at her Scottish lodge—experiences that sparked a lifelong connection to her heritage. Today, she continues those traditions and has attended the annual Tartan Ball for over 50 years.

*What country and area are your ancestors from?* Her ancestry reflects both Scotland and Sicily, and that cultural blend was especially present in family life. Judy's mother prepared authentic Sicilian dishes, creating lasting food traditions that Judy still cherishes today. Her favorites include shortbread, spaghetti, prime rib, and seafood. Banana cream pie remains her all-time favorite dessert, made even more special by a thoughtful tradition from her husband Roger after the birth of each of their children.

*What brought you to Vesterdalen?* Judy's connection to Vesterdalen began through her brother-in-law, Roy Isaksen, a former president. Her involvement grew through family participation, especially as her grandchildren attended Norwegian youth camps and sang in the Barnacor choir.

*What are your hobbies?* A dedicated community member, Judy has spent years contributing her time and talents. She has written numerous newsletters and frequently served as a board member in the organizations she supports. Her love of reading, writing, and staying involved continues to guide her today. In her free time, Judy enjoys swimming, watching soccer and football, and staying closely connected with her family.

Through cultural pride, community service, and strong family ties, this member exemplifies the spirit of connection and tradition that makes Vesterdalen so special.

## KULTUR REPORT

### Vesterdalen's Famous Coleslaw

- |          |                       |
|----------|-----------------------|
| 16 oz    | Best Foods Mayonnaise |
| 1/2 cup  | sour cream            |
| 1/4 cup  | vinegar               |
| 1/4+ cup | sugar (to taste)      |
| 1/4+ tsp | salt (to taste)       |
| 1/4 tsp  | celery seed           |
| 1/4 tsp  | dry ground mustard    |

Blend together well and add to shredded cabbage to taste. This recipe makes about 1 1/2 quarts and keeps well for some time in the refrigerator.

Sherry Fleury and I made this by the gallons many times for our past Lutefisk Dinners!

Dotty Erickson



### Vesterdalen Torsk Dinner

Please join us for a Torsk Dinner on Saturday, May 16 starting at 4:00. Also consider inviting friends and neighbors. We have room for about 100 people. One serving time.

Reservations are required for the dinner. We will have an initial price of \$25 per person until April 21, when the cost will rise to \$30 per person (6 and under are free). This is our primary fundraiser for the year. You can buy "tickets" (with cash, check or charge) at the April 20 meeting or by calling Dotty Erickson at 206-356-1858, where you need to use your credit card to make your reservation. We will need your reservation by Wednesday, May 13.

Nancy Sommerfield will manage desserts. Please let her know if you can provide a dessert (Nancy: 206-612-6389)

We will need help to set up, decorate, serve or clean up, so please contact Amanda Reding (509-881-7639) or Vernene Scheurer (253-221-7059). We will also have signup sheets at the meetings so please help where you can.

We will also have a silent auction and will start the auction with an online event. We will have some items available only online and some items available only at the event. More information about this will be coming soon.

At this time, we will not have a meeting in May, so this will be our Syttende Mai celebration event. Please join us for this celebration and fundraising event.

Vernene Scheurer

### Getting to know you -

**Carol Mitchell**, Tacoma Peace Prize Recipient and March's wonderful speaker

*Where were you born and raised?* Born in Georgia and raised in Washington 1968 to the present.

*What childhood memories do you have of your parents or grandparents and their culture?* Did they learn to make any of their cultural foods? I remember the smell of sweet potatoes baking in the hot ashes of the fireplace. My maternal grands were "Geechees".

*What country and area are your ancestors from?* West Africa (Nigeria, Ghana, Sierra Leone) to Georgia, Florida and Carolinas + English & Irish

*What brought you to Vesterdalen?* Greater Tacoma Peace Prize Presenter

*What are your hobbies?* Perry Mason reruns, cooking - creating new fusion dishes, International travel

*What games/sports do you like to play?* Spectator only! Basketball, football & soccer

*What's your favorite food?* New York strip steak with blue cheese, seafood gumbo with rice & okra



## SOCIAL COMMITTEE REPORT

### Help Needed!

### Vesterdalen Needs a Social Chairperson!

Vesterdalen Lodge does not have an elected Social Chair this year - but we do have a temporary solution for keeping food at our meetings. It has been working because we have had great help from volunteers. For each meeting, a volunteer Coordinator decides about six weeks in advance what our food for the meeting will be and tells Amanda or Vernene and Lois so it gets in the next *Vikingskip*. For January and February, we had potlucks and in March we had a special St. Patrick's Day dessert. Each month, two or three volunteers come to the meeting early and work with the Coordinator to set up the food serving table and set the eating tables. These volunteers are important because Sonja Whitcombe, who has been doing this job forever, is not able to do it now.

After the meeting, everyone is asked to help with cleanup and it goes quickly.

Marv Nelson and/or Jim Larson will arrive at Messiah by 5:00 to unlock the doors, make coffee, advise the volunteers where needed and then clean up the coffee makers after the meeting. They will also monitor supplies and buy more when needed.

Now we need volunteers - for the Coordinator job and volunteers to set up tables. So join and let Amanda or Vernene know which meeting you can help with. And if time is running short and you get asked to help - please say YES! An added bonus is the fun time you will have working with fellow Lodge members and catching up on news. And... when you find out how easy the job is... we hope you will volunteer to take over as Social Chair.

*Jim Larson*

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

# SATURDAY

## APRIL 25



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*

## Youth Camp Program



For over 50 years, Sons of Norway District 2 has provided safe & educational summer camps. Our camps teach an appreciation for Scandinavian heritage to campers in an engaging environment.

District 2 offers 3 separate 2-week long camps for children ages 9-15. The unique natural setting of

each camp enhances the cultural experience of all who attend. There are scholarship opportunities for members of Sons of Norway District 2 Lodges.

The dates for the Youth Camps in 2026 are as follows:

Trollhaugen-Ages 13-15 located in Easton, WA June 28-July 11 ([sofncamps.com/camps](http://sofncamps.com/camps))

Camp Nidaros Ages 9-12 located near Seaside, OR July 12-25 ([sofncamps.com/camps/camp-nidaros/](http://sofncamps.com/camps/camp-nidaros/)) Camp Normanna Ages 9-12 located at Lake Riley, WA July 26-August 8 ([sofncamps.com/camps/camp-normanna/](http://sofncamps.com/camps/camp-normanna/)).

Application can be found on District 2 website. Campers accepted on a first come first serve basis.

Campers must be sponsored by a member of SofN and accepted by the camp of their choice before applying for a scholarship.

To apply for Vesterdalen scholarship contact Judy Isaksen ([judithisaksen@reagan.com](mailto:judithisaksen@reagan.com)) or phone 253-380-3363.

## Come join us to cheer on our Little League Vikings!

Vesterdalen's Little League team, the Vikings, will play their first game on March 28th at 2:00 pm at Frank Fulmer Park - 441 K Street NE, Auburn, WA 98002.

We can hope for sunny weather but do dress warmly. We look forward to seeing you at the games.

### Auburn Vikings Schedule

DATE	TIME	LOCATION	HOME/VISITOR
Wed. April 1	6:00 PM	Fulmer Green	Home
Wed. April 15	6:00 PM	Fulmer Green	Visitor
Sat. April 18	1:00 PM	YMCA 1	Home
Wed. April 22	6:00 PM	Fulmer Blue	Home
Sat. April 25	4:00 PM	Sunset 2	Home
Wed. April 29	6:00 PM	SKC 1	Visitor
Sat. May 2	1:00 PM	Fulmer Blue	Home
Wed. May 6	6:00 PM	John Matchett	Visitor
Sat. May 9	1:00 PM	Fulmer Blue	Home
Wed. May 13	6:00 PM	SKC 3	Visitor
Sat. May 16	12:30 PM	SKC 3	Visitor
Wed. May 20	6:00 PM	Brannan 2	Visitor
Wed. May 27	6:00 PM	Brannan 2	Home

Frank Fulmer Park - 441 K St NE, Auburn

YMCA - 1620 Perimeter Rd, Auburn

Sunset Park - 1201 69th St SE, Auburn

South King County Ball Fields - S 354th St, Auburn

John Matchett Memorial Park - Warde St, Algona

Brannan Park - 1019 28th St NE, Auburn

# KALENDAR

The entire calendar will always appear at [www.versterdalen.org](http://www.versterdalen.org)

## april

- 6 Board Meeting via Zoom ..... 6:30 PM
- 19 Rainier Symphony..... 3:00 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

## mai

- 2 Gnome Walk ..... 11:00 AM
- 4 Board Meeting via Zoom ..... 6:30 PM
- 16 Torsk Dinner ..... 4:00 PM
- 30 Kaffe Stua at Fika Café ..... 1:00 PM

## juni

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



**Saturday, April 4, 9AM-12PM: Pancakes with the Easter Bunny.** Egg hunt and games start at Noon at the Conway Fire Hall, 21020 Greenfield St, Conway WA 98238. Hosted by Abel Lodge 2-029 and Sons of the American Legion

**Saturday, April 18, 10AM-4PM: 18th Annual Norway Day** at the Thurston County Fairgrounds, Olympia WA. Presented by Hovedstad Lodge 2-094 of Sons of Norway and Prillar Guri Lodge of Daughters of Norway. Music, Vikings, Fjord horses, tasty goodies, and more. Admission \$3, Children under 12 free with adult. [www.OlympiaNorwayDay.com](http://www.OlympiaNorwayDay.com)

**Saturday, April 18, 9A-3PM Spring Scandinavian Bake Sale and Craft Fair** hosted by Sons of Norway Abel Lodge Conway WA, 21098 Second Street, Conway, WA. Come get your Scandinavian breads, cookies, and other treats. Plenty of our classics, including lefse. Variety of crafter tables to shop from, and if you are interested in being a seller, please contact Kathy at 360-202-2788 to reserve your spot now. Tables are only \$35.

**Sunday, May 17, Syttende Mai,** many locations! Celebrate Norwegian Constitution Day.

**Thursday-Saturday, May 27-30: District 2 Convention** hosted by Poulsbo Lodge 2-044 in Bremerton. This is a great place to show off your crafts at the Folk Art Competition. You may have learned some of these crafts at one the events above. See you there.

## The Norwegians say: Å være pling i bollen

Translation: To be a ping in the bowl.

Meaning: To be empty-headed/stupid

(from the "ping"-like noise an empty bowl makes when you tap it).

# 2026 VESTERDALEN OFFICERS

- Co-Presidents: ..... Amanda Reding, Vernene Scheurer
- Vice President..... Don Olson
- Secretary ..... Nancy Sommerfield
- Treasurer ..... Kathleen Olson
- Financial Secretary..... Dotty Erickson
- Vikingskip Editors ..... Nils & Lois Ladderud
- Poofwreader ..... Andy Wangstad

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

# SPORTS DIRECTOR'S REPORT

**April 19th (Sunday) 3 p.m. Vesterdalen goes to Rainier Symphony.** You are Welcome to Join the Group

Rainier Symphony is a gem right in our backyard! Tickets may be purchased online in advance or at the door (box office opens 45 mins before 3p.m. performance).

The Ladderud's daughter, Jean, is a performer (strings) with the Symphony!

Concerts are held at a new, nice high school in Seatac; Foster Performing Arts Center; 4242 S 144th St. Tukwila, WA 98168-4130. Please note that some road speed limits in the immediate area are reduced.

We will meet at 2:45 in the outer area where tickets are sold. At least three-four of us thus far!

Single concert tickets:

- Adults/general admission: \$25
- Students & Seniors 62+: \$18
- Children 12 and under: Free

Please let me know if you plan to attend so we can look for you! <https://rainiersymphony.org/tickets.shtml>

## Coming right up: Gnome Walk

May 2, Maple Valley, 11 a.m.

Wander the first farmers' market of the season after (shared parking lot).

Suggestions for activities? Let me know!  
Thank you!  
Karin T



### A Little Humor

Lars, Sven and Ole were asked, "When you're in your casket and friends and neighbors are mourning you, what would you like them to say?"

Lars said, "I would like dem to say dat I vas a vonderful husband, a fine spiritual leader and a gut family man."

Sven said, "I would like dem to say dat I vas a great teacher and servant of God who made a huge difference in da lives of people."

Ole said, "I would like dem to say, Look! He's moving!"



# SONS OF NORWAY FOUNDATION

Good News from the Sons of Norway Foundation!

The Sons of Norway Foundation announced that they have awarded Vesterdalen Lodge a grant of \$500 to sponsor a Little League baseball team in Auburn in 2026. Vesterdalen applied for this grant in the Foundation's category "Helping Hands to Children." We have sponsored a team every year since 2022.

Jim Larson