

Vikingskip

www.vesterdalen.org



mai 2026

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

Vol. XLIII No. 5

HILSEN FRA PRESIDENTEN



Gratulerer med dagen, fellow Lodge Members!

This month we celebrate Syttende Mai, Norway's Constitution day, which is known for its vibrant parades, music, food, and gatherings. Celebrations and holidays have a way of bringing people together, but what makes days like this feel so full isn't the celebration itself, but the way it reflects a culture that values togetherness year-round. Families, neighbors, and communities come together not as strangers, but as people

who are already connected through everyday life.

It's easy to overlook how much everyday interactions matter. Moments like meeting for kaffe stua or book club, sharing meals, and seeing familiar faces create many small connections. They can become so common you don't even notice them, but it is partly these smaller moments that make larger celebrations feel more meaningful. When people already feel connected in small ways it becomes easier and more joyful to come together to celebrate holidays and special events.

Those daily interactions are the foundation for something stronger: a sense of belonging that carries through seasons of change. Holiday gatherings like Syttende Mai become a celebration of those everyday connections.

Big moments are important, but they're strongest when they're supported by regular, everyday connection - cleaning up together after the monthly meeting, a work party for moving the storage unit, or making lefse together. Taking time to engage with one another, even in small ways, builds trust, familiarity, and a shared sense of purpose. Over time, those simple interactions add up to something that feels supportive and meaningful.

Given our shared fondness for Norwegian culture, May is the perfect time to lean into that everyday connection in addition to celebration. A time for showing up, lending a helping hand where you can, and for simply being present. A time for recognizing that even the smallest moments of togetherness can have a lasting impact, whether it's a get well soon message, a shared laugh over coffee, or time spent working toward a common goal. These are the experiences that shape us into a stronger, more connected community, so that when the time comes to celebrate it feels that much more genuine because it's built on something real.

Med vennlig hilsen,

Amanda

We're Making Lefse!

Additional help is needed making Lefse for the Torsk Dinner. Come and join in the fun - no experience necessary.

Available dates are on Saturday, May 2nd and Sunday, May 3rd, from 10 am until about 2 pm, at Don and Kathleen Olsen's. Please reach out to Kathleen at 253-569-3083 if you are interested in helping out.

Upcoming Meeting

Saturday, May 16, 2026

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

4:00 PM Torsk Dinner!

Vesterdalen Lodge
SONS OF NORWAY 2-131



TORSK DINNER AND SILENT AUCTION

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

May 16, 2026 • 4:00 PM • \$30

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

Call Dotty Erickson at 206-356-1858 for reservations

No tickets sold at the door!

Vesterdalen Torsk Dinner

Invite friends and neighbors! We have room for about 100 people. One serving time.

Reservations are required by Wednesday, May 13. The price is \$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) by calling Dotty Erickson at 206-356-1858, where you need to use your credit card to make your reservation.

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 a silent auction with many Norwegian items. We hope you will find something you would like to bid on and help the fundraising efforts. Items will be emailed.

This will be our Syttende Mai celebration event.

Vernene Scheurer

SUNSHINE REPORT

A Thinking of You card was sent to **Don Jensen**.
Vernene Scheurer and **Lois Ladderud** received Get Well cards.

May Birthdays

2 Raegan Warren
7 Melissa Lee
8 Mark Olson
11 Allie-Mae Valerie Jones
16 Sandy Amoldt
17 Carole Anderson
18 Jim Larson
19 Chuck Milton
20 Jackie Cole
21 Kathleen Olsson
24 Tormod Svensson
25 Dan Lysne, Larissa Warren

There were no milestone birthdays in May.

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



Recipe of the Month

Our May recipe comes to us from Vesterdalen Lodge Sons of Norway 1997 Kokebok

VARM PØLSE

Ingredients:

One (1) sausage
One (1) round lefse
One (1) tablespoon of spicy mustard

First, seek a nice, spicy sausage. I prefer Oberto's keibasa sausage. Smoked German sausage also works well. Never, never, use any type of sausage or wiener that "plumps when you cook it!"

It's preferable that you char-grill the sausage, but a microwave will work in a pinch. Simply cook for 3 mins. on medium high (may vary with type of microwave). Can be boiled in water if desperate.

When the sausage is very hot (about the temperature of McDonald's coffee - remember that incident?), place it on the lefse, apply a bit of spicy mustard and wrap the lefse around the sausage. Eat and Enjoy!

This dish goes very well with a 2021 cabernet sauvignon ... or any type of beer.

I saw it served when we were in Gjøvik for Syttende Mai a couple years ago.

Andy Wangstad

KULTUR REPORT



Getting to know you -

Anita White (Pat Braaten's daughter)

Where were you born and raised?

Auburn, WA

What childhood memories do you have of your parents or grandparents and their culture? Did they learn to make any of their cultural foods?

Going to North Dakota in the summer and frying doughnuts. Making fattigmann in the garage of a family friend and making lefse for every holiday. A family tradition I remember is always saying the Norwegian table grace at family gatherings - Mom and I each have a rosemaled plate in our dining rooms with the prayer on it.

What country and area are your ancestors from?

Norway-paternal grandparents and maternal grandfather. Ireland-maternal grandmother.

What brought you to Vesterdalen?

My mother. I have a degree in Scandinavian studies from UW (many years ago) and am trying to refresh my memory of my language classes with Duolingo-it's a slow process. We are both enjoying being a part of Vesterdalen lodge and Sons of Norway. What a great way to share, learn and grow in traditions and culture with fellow members.

What are your hobbies?

Knitting and quilting

What games/sports do you like to play?

Swimming and soccer as a teen

What's your favorite food?

Too much to list!

Patricia Braaten (Anita White's mother)

Where were you born and raised?

Lignite, North Dakota

What childhood memories do you have of your parents or grandparents and their culture? Did they learn to make any of their cultural foods?

My grandmother would tell me of her childhood in Norway.

What country and area are your ancestors from?

My father's parents came from Tronjen Norway and Trysil Norway. My Mother was from Ireland.

What brought you to Vesterdalen?

Denny Carlson

What are your hobbies?

Knitting and quilting

What games/sports do you like to play?

Bridge

What's your favorite food?

Chocolate candy

SOCIAL COMMITTEE REPORT



There were 19 members and one guest at the April Vesterdalen Lodge meeting. The raffle winners of the Martha Washington geraniums donated by **Marv Nelson** were **Anita White** and **Diane Fatland**. There was a lot of delicious food at the potluck and everyone enjoyed game night. The Torsk Dinner is Saturday, May 16th in place of the regular lodge meeting.

Nancy Sommerfield, Lodge Secretary



We had a great time at the Kaffe Stua on April 24th. David and Nancy Sommerfield took advantage of our beautiful weather and arrived on their bikes. They are working on their cycling sports medals!

SATURDAY MAY 30



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 three 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)

Camp Nidaros Ages 9-12 located near Seaside, OR July 12-25 (sofncamps.com/camps/camp-nidaros/) Camp Normanna Ages 9-12 located at Lake Riley, WA July 26-August 8 (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 Sons of Norway and accepted by the camp of their choice before applying for a scholarship.

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



Come join us to cheer on our Little League Vikings!

Come join us to cheer on our little league Vikings! Vesterdalen's Little league team, the Vikings, are doing a great job this season. You still have a chance to take in one of their games and they are delightful. Bring a chair and it's especially fun when it's a sunny day.

DATE	TIME	LOCATION	HOME/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
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
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

juli

No Board Meeting this month

- 20 Picnic 5:00 PM
- 25 Kaffe Stua at Fika Café 1:00 PM



Jean (Ladderud) Coy, David & Nancy Sommerfield, Karen T. & friend

Vesterdalen Members Went to the Symphony; it was Superb!

In April, the Sommerfields, Sandra, and Karen T. attended the Rainier Symphony in Tukwila. Jean (Ladderud's daughter) plays violin in the symphony and it was great watching her play (we got seats very close to the stage)! The concert was excellent, featuring an invigorating flute solo and a powerful Tchaikovsky piece.

If you are interested in attending the May concert (the next concert isn't until October) please let Karen know. It feels great to support a local performing group - especially one with a connection to our lodge. We will have at least one member there who has already purchased her ticket. Tickets are \$25 general admission, \$18 for seniors.

Karen T.

Visit the following website to find local Nordic events

WWW.NORDICSEATTLE.COM

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

Upcoming Gnome Walk

May 2, 11 a.m.

Trail head at Maple Valley Farmer's Market
The Gnome Walk should be a lot of fun!

There are gnomes hidden along the route; you can bring one to hide if you want.

Following are specific parking instructions, as the farmer's market parking lot will probably be full:

First, there is an elementary school across the road (Maple Valley Black Diamond Rd.) **DO NOT PARK AT THE ELEMENTARY SCHOOL;** it will be dangerous getting back and forth as it's a 50-mph road with no crosswalk.

Instead, take a right turn when leaving the farmer's market parking lot, drive about 2 blocks, and the next right will be into the overflow parking lot. Hopefully farmer's market personnel will be directing people to the overflow lot, but I talked to Mark of the market to get these specific directions. The overflow lot is on S.E. 260th - it's the only lot around there and easy to find. Will need to walk back 2 blocks to the Market/trailhead.

The Gnome trailhead is on the north end of the parking lot in the NW corner opposite the Farmer's Market.

Nancy and David Sommerfield will be at the walk along with several others; please let David and Nancy know if you plan to attend so they can look out for you.

Address Farmer's Market/Gnome Walk: Maple Valley Legacy Site, 25719 Maple Valley Black Diamond Road SE.

Farmer's Market: (425) 835-3269

A Little Humor

Over-the-road truck driver Ole is sitting in a truck stop diner enjoying his morning coffee and breakfast, reading a newspaper.

Six boisterous motorcycle bikers burst into the café, notice Ole and sit at his table. One grabs his newspaper, another drinks his coffee. Still a third eats his toast.

Ole slowly gets up, pays and tips the waitress and leaves. The bikers roar with laughter.

They comment to the waitress, "That fellow sure isn't much of a man, is he?"

She replies, "He's not much of a truck driver either. He just drove his truck over six motorcycles."



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.