

Vikingskip

www.vesterdalen.org



juli-august 2026

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

Vol. XLIII No. 7

HILSEN FRA PRESIDENTEN



In Norway, the arrival of summer and long daylight hours is something to be celebrated. One well-loved tradition is Sankthansaften, or Midsummer Eve, celebrated on the summer solstice in late June with bonfires, shared meals, and time spent near the water with friends and family. The focus is less about elaborate plans and more about simply being together and enjoying the season.

As a community, we have a similar approach during the summer. We continue our informal get-togethers like kaffe stua and the summer picnic, without the structure and planning that regular meetings carry, giving everyone the opportunity to connect with each other at their own pace. These moments may seem small, but they help build the relationships and sense of community that carry us through the rest of the year. These informal gatherings also offer us the chance to plant new seeds. Spend some time chatting with someone you don't often talk to this summer! The community harvest later begins with building more connections through small moments of care and attention now.

There are a number of opportunities over the summer to get to know our wider District community as well - Trollhaugen Horseshoe and Kubb Tournament (followed by Steak and Salmon Fry), the Golf Tournament, the Border Festival, and the Heritage Retreat in September. You can find more information about some of them here in the newsletter and on the district 2 website and Facebook pages.

I had a great time connecting with new friends from District 2 at our recent convention, so I encourage you to take advantage of these opportunities over the summer if you can.

This summer we also have a unique opportunity: a Vesterdalen hosted bus trip to Poulsbo in August. Member or not, we hope that you will join us! Invite your friends and family, invite other members you know from around the district, and let's all experience Little Norway together!

Aranda

A Little Humor

Ole lay dying at home and awoke to smell fresh-baked rhubarb pie, his favorite, and crawled to the kitchen, found it on the counter and got a knife. Lena grabbed it from him and said, "Dat's for da funeral. I got yew a cupcake."

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.

Upcoming Meeting

Monday, July 20, 2026

Sunset Park

1201 69th Street SE, Auburn

Picnic!

5:00 PM Games

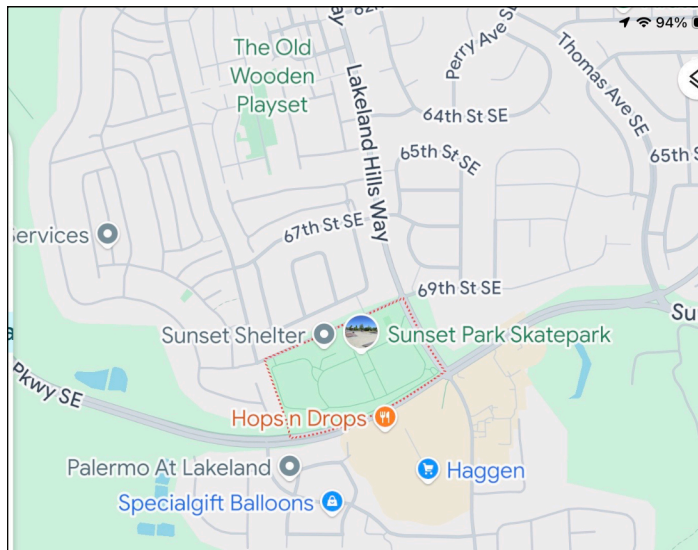
6:00 PM Potluck Dinner

Join us for an evening of fun, games, and good food for a picnic on July 20. We will meet at Sunset Park, 1201 69th Street SE, Auburn.

Games at five (Corn Hole and Kubb, and if you don't know, KUBB, this will be your chance to learn). It's a great time to socialize with our Lodge members and guests.

We plan to eat around six. Bring a dish to share. We will provide hot dogs and trimmings. We will also provide paper plates and utensils and beverages. See you there!

Carol Larson larsonjw@aol.com



SUNSHINE REPORT

A Thinking of You card has been sent to **Clayton Naset**.

July Birthdays:

- 3 Donald Lockrem
- 4 Sande Nelson
- 7 John Fatland, Sandi Peterson
- 10 Rose Stevens
- 12 John Leghorn
- 13 Janeil Post
- 16 Carla Evans
- 19 Jarid Scheurer
- 21 Ella Densmore
- 26 Raymond Meckle, Jr.

August Birthdays

- 1 Don Olson
- 2 Grace Helman
- 11 Marisa Kirst
- 12 Judith Parker
- 16 Neeva Svensson
- 23 Thomas Heavey
- 24 Kirsten Hayley
- 26 Dustin Stewart
- 31 Ed Olson

There were 6 milestone birthdays in July and August. 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



August 15th (Saturday) Bus Trip to Poulsbo/Bainbridge

We are planning a Vesterdalen bus trip to Poulsbo on Saturday, August 15th — but we need you to say, “yes, I want to go!” In order for the trip to move ahead, we need a certain number of commitments in advance.

We will leave from the lodge at 10:00, and return around 4:00. Cost is only \$25! Family/friends/members of other lodges are invited to attend! We all know Poulsbo as a quaint Norwegian community, bustling with shops, restaurants, and bakeries.

On the weekend of our trip, an artist fair will also be taking place on the waterfront. Poulsbo also has two small heritage museums (right next to each other and across from the lodge).

Our group will also venture over to Bainbridge Island to see one of seven giant art trolls in the Pacific Northwest: “Pia the Peacekeeper.” <https://www.bainbridgeisland.com/bainbridge-island-troll/>

It would be fun to go on a bus as a group and not worry about driving!!! If you want to go, **please let us know**: the sooner, the better!

Karen T. 206-359-1556 cafeventure@yandex.com

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

Getting to know you -

Kathleen Olson



Where were you born and raised?

Huxley, Iowa - I was the middle of 3 daughters born to my parents, Beverly & John Lee.

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

My grandma Elizabeth, my Dad's mom, would speak Norwegian to her friends. Since she was born in 1900 she died when I was in high school so much of what I remember of the cultural things are from when I was a little girl. I believe she did talk Norwegian with her daughters who were both much older than my dad. I think the language ended with them. I remember some Christmases when we had lunch at Grandma's and they would eat fish with potatoes wrapped in lefse. My Mom said it was just salt cod, not lutefisk. I didn't like it so Grandma made me fish sticks. The ladies came to our house several times to make lefse, the kind without potatoes so they had broom handles to hang it over. My grandma would make potato cakes which were a form of potato lefse but softer. They were my favorite and I wish I had her recipe. They stopped making it at our house before I was old enough to learn. My Mom showed me how to make Krum Kaka and I would help her wrap them around the cone and burn my fingers. My Mom did teach me how to make rice pudding, kringla and thin pancakes. If anyone remembers Mavis Hansen, she was the one that taught me how to make lefse.

What country and area are your ancestors from?

On my Dad's side - his maternal great grandparents were from the Skånevik district and came to America after they were married in 1854. Their daughter, Hellen was Elizabeth's mother. His paternal grandparents were from Vats in Rogaland county, Norway. I'm not sure what year his dad came to America but I know two of his brothers came as well. I could tell you interesting stories about one of his brothers.

On my mother's side - Maternal side grandfather came from Copenhagen, Denmark and her grandmother came from Sunnfjord, Norway. As for her paternal side I don't know much about them other than her grandmother was a full blooded German and I believe her grandfather was English.

What brought you to Vesterdalen?

I married Don Olson who is a charter member.

What are your hobbies?

Sewing - I make quilts, bags, burp cloths, book sleeves, card holders, cord keepers and more. I make many other things but not clothing.

What games/sports do you like to play?

Cards, especially Pinochle, Canasta, Rook, Five Crowns, etc.

What's your favorite food?

Pizza, blueberries & strawberries and any pastry with an almond flavor, especially almond paste.

And Even More Humor

Ole said his wife, Lena, has the worst habit of staying up until one or two o'clock in the morning, and he can't break her of it.

I asked him, "What is she doing all that time?"

Ole replied, "Waiting for me to come home."

SPORTS DIRECTOR'S REPORT

Sports Medals:

At our June meeting, I reviewed the history of the sports medal program and brought along some paper forms for those who want to start keeping track and earning medals! Here are links for printing out the cards used to keep track of your sports/fitness activities:

(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/Idrettsmerke_Card.pdf

(for the sports hero medal) <https://www.sofn.com/wp-content/uploads/2021/03/idrettshelt.pdf>



Vesterdalen's Little League Team "The Vikings"

The Vikings, our Vesterdalen Little league team, had a wonderful season winning games, improving skills and having fun. They celebrated with a wonderful swim party on June 13. The weather was perfect and they had so much fun being together and playing in the water. Thank you to all the parents who made it possible. Our lodge was presented with a plaque showing the team's appreciation.

Saturday, May 16, the Vikings won their game and then they waved Norwegian flags to celebrate the Syttende Mai. We have watched the team make amazing progress in their baseball skills this season. And two of the team members have older brothers who played on our Vesterdalen Little League teams in the past. *Go Vikings!*

Carol Larson



UPCOMING EVENTS



July 18 - Trollhaugen Horseshoe and Kubb tournament

\$35 - Steak & Salmon Fry

Trollhagen is a jewel constructed by and for District 2 in the gorgeous Cascade Mountains near Snoqualmie. The annual Steak Fry is the biggest fundraiser of the year for this special place. Also, if you enjoy playing Kubb at our annual picnic, you will also enjoy playing at Trollhagen! Dinner 3:30 pm.

August 22 - District 2 Golf Tournament

- Icicle Course Leavenworth, WA

Registration form:

<https://www.sonsofnorway2.org/wp-content/uploads/2026/04/2026-D2-Golf-Tournament-Registration-Form-1.pdf>

SATURDAY JULY 25 AUGUST 29



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

KALENDAR

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

juli

No Board Meeting this month

- 20 Picnic Games at 5:00 PM
Dinner 6:00 PM
- 25 Kaffe Stua at Fika Café 1:00 PM

August

No Board Meeting or Lodge Meeting this month

- 16 Bus trip to Poulsbo 9:00 AM
- 29 Kaffe Stua at Fika Café 1:00 PM

september

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

oktober

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

november

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

desember

- 4 Julefest 6:00 PM
- 7 Board Meeting via Zoom 6:30 PM
- 26 Kaffe Stua at Fika Café 1:00 PM

RECIPE OF THE MONTH

Classic Norwegian Waffles

- 6 large eggs
- 1/2 c sugar
- 1 tsp vanilla extract

In a large bowl, use a hand mixer to beat together eggs, sugar and vanilla until creamy

- 1 1/2 cup all-purpose flour
- 1 tsp baking powder
- 1/8 tsp salt

Mix in flour, baking powder and salt until just combined

- 1 cup sour cream
- 1/2 cup melted butter

Add in sour cream and melted butter and mix until the batter is smooth. Let it rest 20 minutes before making the waffles. Heat a heart-shaped waffle iron and spray it with non-stick cooking spray or brush with melted butter. Pour 1/4 c of batter onto the waffle iron, close, and cook until light brown. Serve with butter and brown cheese, or with jam topped with whipped cream.

Dotty Erickson from the S/N Recipe Box

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

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District 2 Convention

Tom Heavey, Amanda Reding, Nancy Sommerfield and Vernene Scheurer represented us at the Sons of Norway District 2 convention in Poulsbo.



Visit the following website to find local Nordic events

WWW.NORDICSEATTLE.COM