

Vikingskip

www.vesterdalen.org



september 2026

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

Vol. XLIII No. 8

HILSEN FRA PRESIDENTEN



Hello fellow lodge members,

I hope you are all enjoying your summer! It was nice to see some of you at the picnic in July and share some conversation, food, and games. As we move into fall our regular monthly meetings resume, and in September we will have a chance to share another Norwegian food tradition together - hjertevaffler.

Waffles in Norway are thinner and softer than what we typically have in the United States, and made in a round waffle iron. They are meant to be broken into smaller heart-shaped sections - hence their name, which means heart waffles. These heart-shaped waffles are often shared to welcome others to homes and community gatherings, with a wide variety of tasty toppings available such as jams, berries, sour cream, butter, sugar, and even brunost. Norwegian waffles are a symbol of hospitality, enjoyed over coffee and small talk, so don't be afraid to invite someone new who might enjoy sharing this tasty treat with us!

The lodge will be providing waffles, but if you have a waffle iron you could bring or that we could arrange to borrow for the meeting please email me. We will have gluten free waffles, too, so hopefully everyone can enjoy them.

Let's welcome our friends and guests together, Norwegian style.

Med vennlig hilsen

Amanda

Audio Visual Tech Person needed for meeting

We have found out that our audio/visual technology person is retiring and will no longer be available for helping with our meetings. We hopefully can find someone within the Lodge who would be willing to do this for us each month. There is a stipend of \$50/meeting. There will be training available (but not until October, as Scott Gillette is out of town until the end of September). Please let Amanda or me know if you are interested or know someone who could do this for us.

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.

Upcoming Meeting September 21, 2026

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

Surprise!



6:00 PM – Heart Waffles and Fruit will be served by the lodge.

7:00 Program – Lodge Meeting

September Program

Join us at our September 21 meeting. Our program is to be decided. It will be a great surprise. We are working on two ideas and we will make the program decision closer to the date.

Thank you for attending our summer picnic. It was a perfect evening of great food, fun conversations and an intense corn hole tournament.

See you in September.

Carol Larson

Officers Needed

It's time to be thinking about officers for the 2027 year.

Due to my husband's situation, I am unable to run for an office that requires a lot of time, as I must be available for Larry and his care. I hope some of you will strongly consider helping the lodge this year to continue to keep our lodge vibrant and fun. We have a great board, but we can always use new ideas to keep us moving forward. We need to vote on new officers in November and install them in January. There are "job descriptions" available for each officer position, so if you are curious about any of the positions, please ask one of the current officers. We hope to have many returning officers and should know by October but be thinking how you can help our lodge and be ready to take a leadership role, if asked.

Vernene Scheurer



2027 Classic Paulstad Calendars

Get an "Early Bird Special" on your 2027 Paulstad Calendars! From now until August 31, we will be taking pre-orders and you can get those beautiful calendars for just \$12 each. Call Dotty Erickson at 206-356-1858 with your credit card # and she will process your order. They can then be picked up at our September 21 General Meeting. As of September 1, the price will go up to \$15!!

SUNSHINE REPORT

Thinking-of-You cards were sent to **Tom Heavey, David Sommerfield** and **Vernene** and **Larry Scheurer**.
SEPTEMBER BIRTHDAYS

- 2 Grace Winsor
- 5 Marleen Mandt
- 7 Lois Ladderud
- 9 Vicki Wickham, Patty Ann Ronhovde
- 10 Donald Jensen
- 12 Tom Anderson
- 13 Marne Larson
- 15 Marv Nelson
- 16 David Eidsaune
- 18 Kenneth Sroka, Julie Taylor
- 27 Lee Erickson, Delores Johns

There is one milestone birthday in September. 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



IMPORTANT NOTICE

Dear members:

Please join us for an All-Member meeting on Monday, September 14 from 4:00 - 6:30 PM PDT (our time).

Join BetterLife CEO Chris Campbell and International Board President Luella Grangaard to hear highlights regarding the partnership transition, governance updates, cultural updates and information on the Sons of Norway Foundation's "Together We are the Future" campaign.

To register for the meeting on September 14 at 4:00 PM PDT check your email for the link. It was sent to every member who has an email listed with Sons of Norway. This will be an online meeting to update us all on the changes to Sons of Norway as we join BetterLife. This is good news for our organization's future.

Due to the large number of people invited, please email questions by Tuesday, September 8 to fraternal@sofn.com.

KULTUR REPORT

Doreen J. Parker Heritage Retreat

Sept. 18-20, 2026

Come and spend the weekend in the mountains at Trollhaugen Lodge, learning about the Trolls, and their secrets

A weekend of crafts, cooking, and fun.

Some of the activities to choose from are Rosemaling, Woodcarving, Hardangersøm. (Depending on instructors)

Maybe even learn to sing some of those favorite Norwegian songs.

Registration fee of \$160.00 (\$170.00 after September 1st) per person includes room, all meals and class supplies.

Mail Checks made out to: Heritage Retreat to:

Paula Boerner
 201 29th St.
 Hoquiam, 98550

More information and applications on the District 2 Website, <http://www.sonsofnorway2.com>



SONS OF NORWAY FOUNDATION

October is the Sons of Norway Foundation Month, so it's time to begin thinking about applying for potential scholarships and assistance programs offered by the Foundation. Applications open October 1st and close January 15th for scholarships; there are medical and emergency assistance programs where applications are accepted on an ongoing basis, detailed below.

There are approximately 15 scholarships available to members of our district; this link provides a great start in determining basic requirements:

https://www.sofn.com/wp-content/uploads/2025/09/Foundation_Scholarship_Grid_2025.pdf

As someone who was honored to assist SofNF with initial evaluation of applications for a scholarship last year, I can attest that the quality of applications was extremely high!

Humanitarian Fund Helping Hands to Members grants:

1. Disaster Relief Grants. Up to \$5,000.
2. Medical Relief Grants. 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 or a family member qualify for any of these scholarships or grants, the lodge is here to help you apply.

Thank you!
 -Karen T.

SPORTS DIRECTOR'S REPORT

Nancy and David Sommerfield have both earned Sports Medals in Cycling! Congratulations!

David has completed the bronze and silver medals in cycling, and Nancy the bronze.

Proposed walk on Sat, Oct. 3, 2026

Nelson Nature Park, 2228 118th Avenue E. Edgewood, WA 98372, 9 a.m. Meet in parking lot.

Nelson Nature Park is a little oasis carved out of a neighborhood. There are a few loops about 1/4 mile each. Except for one portion where a trail goes upward and down over a small bridge, the trails are flat, ADA accessible width wise, covered with a soft bark.

We will gauge interest at the September meeting. We can drive to the nearby Starbucks afterwards for a brief coffee hour.

Corn Toss at July picnic

Thanks to everyone who helped make the July picnic a success, to Jim and Carol Larson for bringing the Corn Toss set, and to all those who participated in the matches! Corn Toss is a game that can go either very fast or very slow as one team inches towards the magic score of "21."

Karen T.



Don Olson and Tyler Reding



Amanda Reding and Karin Tofte

**SATURDAY
SEPTEMBER 26**



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



GETTING TO KNOW YOU:

Marv Nelson

Where were you born and raised? The "real" Lakewood WA (north Snohomish County).

What childhood memories do you have of your parents or grandparents and their culture? Did you learn to make any of their cultural foods? All of them, Norsk Bible and Dakota Posten by radio table and the Norwegian they used when they didn't want the "kids" to understand.

What country and area are your ancestors from? FarFar, FarMor and Mor Mor - Norway. I visited their farm several times. MorFar - Sweden.

What brought you to Vesterdalen? Lois Ladderud and their lutefisk dinners.

What are your hobbies? Gardening, woodworking, developing new varieties of peas and dahlias.

What games/sports do you like to play? Did - Baseball, Now - Watching the grass grow.

What's your favorite food? ALL - I am willing to try any food. I have had fermented fish in Iceland and a whale steak in Norway.

GETTING TO KNOW YOU:

Sandra (Petersen) Nelson

Where were you born and raised? Charleston, Illinois.

What childhood memories do you have of your parents or grandparents and their culture? Culture is largely passed on the female side and my paternal grandmother had passed years before I was born.

What country and area are your ancestors from? Ribe and Bornholm, Denmark.

What brought you to Vesterdalen? My Norwegian husband.

What are your hobbies? Crossword puzzles, reading.

What games/sports do you like to play? Watching Seahawks football, baseball & U of Illinois this year, Kraken hockey.

What's your favorite food? Popcorn.



Harvesting lefse in Norway

KALENDAR

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

- 12 Block Party** at Kent Lutheran Church 11:00 - 3:00 PM
14 Board Meeting via Zoom 6:30 PM
21 Social - Waffler & Fruit 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 Potluck Dinner 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 Potluck 6:00 PM
7 Board Meeting via Zoom 6:30 PM
26 Kaffe Stua at Fika Café 1:00 PM

RECIPE OF THE MONTH

Brunost Chunk Cookies

Makes 20

Time to make: 40 min

Ingredients:

- 1 egg
- 1 egg yolk
- 2 1/4 cups (270 grams) flour
- 1 tsp baking powder
- 1/2 tsp. salt
- 3/4 cup (170 grams) butter
- 1/2 cup (100 grams) brown sugar
- 3/4 cup (150 g) white sugar
- 2 tsp. vanilla extract
- 150 g. TINE Gudbrandsdalen brown cheese (cut into chocolate-chip-sized chunks)

How to make:

Mix the salt, flour and baking powder in a bowl. Melt the butter in a saucepan. Add both quantities of sugar and stir until any lumps are dissolved. Stir in the egg, egg yolk and vanilla extract. Pour this mixture over the dry ingredients and stir until you have a smooth dough. Stir in the brunost chunks. Chill dough in refrigerator for half an hour to an hour.

Divide the dough into 20 equal pieces. Roll each one into a ball and flatten slightly. They will spread somewhat during cooking, so be sure to leave space between them.

Bake at 165°C / 325°F for about 15-20 minutes.



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

Sons of Norway International Office
 612-827-3611 or 1-800-945-8851
 1455 W Lake St - Minneapolis, MN 55408



Saturday, September 12 Block Party

Kent Lutheran Church, Community Food and Entertainment Music - Pastor Tormod Svensson (Vesterdalen Member)

Saturday, September 19, Salmon and Pulled Pork

Social hour at 5PM: Norden Lodge 2-002, 1106 S 15th, Tacoma WA. \$30.
 Reservations karlynrachel@gmail.com or Quinn at 253-627-9012.

Saturday, October 3, 6 PM Puget Sound Ski for Light

Dinner: alder smoked/cooked salmon or cod fundraising dinner hosted by Bothell Lodge 2-106, Sons of Norway, 23905 Bothell Everett Highway, Bothell WA 98042. Tickets \$40. Reservations by calling 425-485-9085 by September 27. Live music. Lots of free parking!

Reservations by emailing dinner@bothellsonsofnorway.org. Leave name, phone number, email and number of diners at 425-485-9085. Check the website: www.bothellsonsofnorway.org

Puget Sound Ski for Light is your local chapter of an international organization which provides a pleasurable winter experience for cross-country ski instruction and guidance to visually and mobility impaired individuals. The group meets at the Sons of Norway Trollhaugen Recreation Area near Stampede Pass every other Saturday through the winter.

Saturday, Oct. 10, Nordic Festival in Edgewood 11AM-4PM

Presented by Embla Lodge #2, Daughters of Norway at Mt. View Lutheran Church 3505-122nd Ave E. Edgewood WA. Enjoy traditional music, arts, crafts, cookies, lefse, Scandinavian food and more. Free parking. Small admission fee.

Visit the following website to find local Nordic events

WWW.NORDICSEATTLE.COM

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