

Vikingskip

www.vesterdalen.org


oktober 2026

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

Vol. XLIII No. 9

HILSEN FRA PRESIDENTEN



Happy fall, fellow Lodge Members! I hope you all enjoyed the waffles at our September meeting. I have not had Norwegian style waffles before and they did not disappoint, and the homemade jam was delicious! A huge thank you to Nancy Sommerfield and Lois Ladderud for providing the regular and gluten free waffles and toppings, as well as those who helped set up, cook, brought additional toppings and cleaned up.

As we move into fall, we are looking for a volunteer or two to participate in the nominating committee, as well as people who would like to help out or fill positions for 2027. If you are interested in either of these things please send an email to president@vesterdalen.org. If you currently hold a position please let us know before the October meeting if you plan on continuing in your current role or have interest in a different one so that we can present an up to date list of the nominees.

In order to keep the business portion of our monthly meetings shorter, it was decided at the September meeting to bring Members information from the board in additional ways, rather than have a reports portion of the meeting. You can always read the full minutes from the board meeting that are posted during the general meeting, as we have done in the past. We will also be adding a brief summary of board meeting news in the Vikingskip, and notes for each of the reports will be printed along with the agenda available at our monthly meeting. If you have any questions, comments, or concerns related to the reports (or anything else), you can always reach out to president@vesterdalen.org to get in touch. We appreciate your patience as we try to adjust and find better ways to bring you the same information while also respecting your time.

Med vennlig hilsen,

Amanda

Better Life Partnership Information

If you would like more information regarding the partnership between Sons of Norway and Better Life, there are a number of articles and Q&A questions available at <https://www.sofn.com/newpartnership/> as well as on the Better Life website at <https://www.betterlifeins.com/sonsofnorway/>, where you can also submit questions yourself.

All members receive an email invite to the regular Sons of Norway member meeting, where they have also been reviewing information and answering questions, so keep an eye out for that if you are interested in attending the zoom meetings.

Upcoming Meeting

Monday, October 19, 2026

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

6:00 Potluck

Bring foods to share such as salads, fruits, hot dishes, desserts

7:00 Program - Leah Doctorello

Fall Prevention Program Manager
King County

Join us for our October meeting, on Monday the 19.

We will begin the evening with a potluck at 6 o'clock, followed by our speaker at 7:00 PM. Leah Doctorello, Fall Prevention Program Manager from King County EMS Division, will present "One Step Ahead Fall Prevention Program" to help adults age 50 and older stay safe, active, and independent through free fall-prevention services, evidence-based exercise programs and community education. We look forward to seeing you in October.

Carol Larson



King County Fall Prevention Coalition

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 October 10, 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 October 19 General Meeting. After October 11, the price will go up to \$15!!

SUNSHINE REPORT

A Condolence card was sent to Wendy Olson as her husband has passed away. A Condolence message was posted to the family of Marlyce Osness who has passed away.

OCTOBER BIRTHDAYS

- 8 Barbara Olson
- 9 Jameson Warren
- 16 Beverly Winsor, Steven Gerde
- 19 Patricia Boyovich
- 23 Vernene Scheurer, Jarrett Sroka
- 24 Andy Wangstad
- 25 Neil Pitman

There were no milestone birthdays in October.

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



The Scandinavian Hour

with Seth Tufeland is on KKNW 1150 AM
on Saturdays, 9:00 - 10:00 AM

Listen anytime at:

<https://www.thescandinavianhour.org>



LOIS LADDERUD

Where were you born and raised?

I was born in a hospital in Mt. Vernon, Washington and raised on a dairy farm in Stanwood, WA. My family moved to my grandmother's house after my grandfather passed away which was just up the road a few miles.

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 lived upstairs in our house. She taught me how to crochet. All my other grandparents had passed away. My mother made all the Norwegian foods, but I don't know where she learned how to make them. Her parents came directly to the U.S. from Norway.

We always opened our presents on Christmas Eve like they do in Norway.

What country and area are your ancestors from?

My grandfather on my father's side was born in Tvedestrand, Norway, which is in southern Norway. My grandmother's parents were born in Oppstryn, Norway, which is close to Geiranger. Nils and I have visited relatives in both places and they have also visited us here in the U.S. I have been to Norway four times and enjoyed every minute!

My grandparents on my mother's side both passed away before I was born. They both lived in Valdres, Norway before they immigrated to North Dakota. Valdres is northwest from Hønefoss.

What brought you to Vesterdalen?

Nils Ladderud

What are your hobbies?

About the only one I have now is gardening.

What games/sports do you like to play?

Swim, lift weights. I used to jog, hike, ice skate, swim, and go to the YMCA, but age has slowed me down. I don't even get time to play pinochle.

What's your favorite food?

Ice cream and gluten-free chocolate chip cookies. Lefse used to be one of my favorites, but now I eat gluten free.

SATURDAY OCTOBER



Fika 31 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



NILS LADDERUD

Where were you born and raised?

I was born in a farm house near Detroit Lakes, Minnesota. The doctor came to the house in a snow storm. All the roads were closed and the only people in the house were my parents and the doctor. At the age of 2, my family moved to Everett, 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?

My mother made many of the Norwegian foods. She made her lefse on the top of a wood stove. When I was 3 years old, my grandmother lived with us. When I was 9 years old, my family moved to Norway for about six months to where my father and his family lived.

What country and area are your ancestors from?

My father was born north of Oslo called Dal which is close to Eidsvoll. My mother's parents were born in the Trondelag area - Steinkjer.

What brought you to Vesterdalen?

My parents were very involved in the Sons of Norway lodge in Everett, WA. My mother was an officer in the Coast Lodge Daughters of Norway.

What are our hobbies?

In the early days I played golf and coached golf, jogged, bicycle riding, traveling, etc.

What games/sports do you like to play

I was on the golf team in Marysville, WA and I started a golf team at Tahoma High School. Now I just watch golf on television sometimes.

What's your favorite food?

Salmon and most of the Norwegian foods.

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.

Walk on Sat, Oct. 3rd at Nelson Nature Park,

2228 118th Avenue E in 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, covered with soft wood chips.

We have a small group; if you think you might like to attend, please let me know you're coming. After, we'll do a brief coffee at nearby Starbucks.

A good book about health, exercise, longevity.

I've been reading "Outlive," by Peter Attia, as an ebook (K Cnty library). In Chap. 11(exercise), Attia says: "Going from zero weekly exercise to just 90 minutes per week can reduce your risk of dying from all causes by 14 percent. It's very hard to find a drug that can do that," Let's exercise more, and keep track of our time/distance to pursue those sports medals! Remember, your medal can be in the "General Fitness" category which could be a daily gym workout, yoga class, or heavy bout of gardening.

Thank you

Karen T



Bridge where walk is planned in Park in Edgewood, WA

Vesterdalen Garage Sale!

OK, it's actually a **Container Sale** - of our Lodge possessions that we know we will not be needing in the future. To get a list of items, email president@vesterdalen.org and we'll send you one.

These items will be offered to members for donations to the Lodge treasury. The amount of each donation will be at the discretion of the Lodge member making the purchase, though some items may have a suggested minimum donation amount.

Watch for announcements about the how, where and when the sale will be.

Jim Larson, Trustee

For Sale

- | | |
|---|-------------------------------|
| 24 Gray plastic tubs | 2 Crock pots |
| 5 Large white trays (18" x 25") | 2 Orange 5-gallon ice buckets |
| 2 Medium brown trays (16" x 20") | 6 Aluminum trays (18" x 25") |
| 2 Assorted buckets, gray & blue | 2 Half size pan |
| 30 Banquet shot glasses | |
| 8 6-quart plastic food storage containers | |
| 1 Orange 5-gal plastic bucket with 8 nice metal (lefsa) bowls inside | |
| 6 lefsa griddles (only 2 in container. Should we keep some of them??) | |
| 3 Pressure cookers | |
| 4 12-quart stock pots | |
| 3 Roasters with lids - continued on next column | |

SOCIAL COMMITTEE REPORT

We are sending out a special thank you to everyone who made our September Waffle Night special.

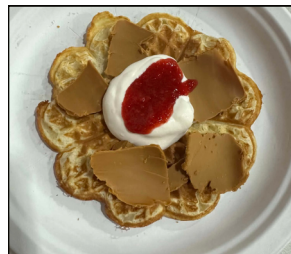
Nancy and David Sommerfield did an outstanding job of providing the waffles and all the trimmings and they were so delicious. And a special thank you to Lois Ladderud and her granddaughter for bringing us the gluten-free waffles, that was a very big treat. And a big round of applause to the whole team that comes early and sets up our lodge. There were 14 to 16 of us who arrived early and made the room look meeting ready. Thank you, you know who you are.

And then a big thank you to John Fatland for providing our program. He shared his vast knowledge of Lutfisk poaching and we were all inspired to go home and try it ..well maybe..we'll plan to get tickets to attend the Poulsbo lutfisk dinner next January 30 (2027). John shared how he started his lutfisk dinner tradition as a confirmation student at the Lutheran Church in Oakes, ND and went on to graduate as a table clearer for our Vesterdalen Lodge Lutfisk Dinner. With enough practice, he was allowed to move on and by chance he became the chief Lutfisk Poacher (7 minutes). Our dinners are an event of the past, but I can tell you there is no one that makes Lutfisk like John Fatland. Thank you John for sharing with us.

A special thank you to Taylor Reding for providing the audio-visual services.

Thank you to all members who stayed to clean up at the end of our evening. Great job.

Carol Larson



Heart Waffle made at the lodge meeting.

David and Nancy Sommerfield making Heart Waffles at the lodge meeting.



- 5 Large metal mixing bowls
 1. Medium-size mixing bowls
 1. Large plastic container of lefse making equipment
 1. Large plastic container of rolling pins, covers and aprons
 1. Large plastic container of lefse making items
- 3 Red buckets for table cleaning carts (no spray bottles)
- 1 Plastic container - food recycling, scraping items (lutfisk dinner)
- 1 Plastic container - bake sale area items
- 1 Plastic container - dish washing items
 - (*from shelf 19 - lutfisk (?) dishes)
 - *Storage container of large serving bowls
 - *Storage container of small serving bowls
 - *Storage container of cinnamon shakers, butter pitchers
 - *Storage container of plates
 - *Box with bowls, butter cups
- 1 Group of 3 empty plastic bins
- 1 Large 5-gallon water cooler
- 1 Medium-size heavy pot (5 gal)
- 7 Plastic bins (tubs) of plastic hinged food trays -- are there any we need to save?
- 3 Easels
- 2 Sets of unpainted corn hole boards (2 boards and 8 bags in each set)
- 2 Double boilers
- 2 Double boiler inserts
- 4 Deep pans
- 6 Quarter size pans
- 1 older PA system in Dave Lysne's garage. Used at Lutfisk Dinners

KALENDAR

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

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



Below are upcoming events at some of the other Lodges in the Puget Sound you may want to consider attending:

Ski for Light Dinner Dance – Hosted by Bothell Sons of Norway Lodge (23905 Bothell Everett Highway, Bothell WA 99021) – Saturday, October 3. Happy Hour at 6:00, Dinner at 6:30, Dancing to follow. Dinner is Salmon and Cod – Reservations are required (425-485-9085). Cost \$40.

Nordic Festival – Hosted by Daughters of Norway Embla Lodge – Saturday, October 10 from 10-4 at the Mt. View Lutheran Church (3505 122nd Ave E, Edgewood WA). Admission is \$3, Children 12 & under free. Free Parking

Fall Classes by Bothell Lodge – Rosemaling, Lefse, Norwegian Sandwiches, Pickled Herring and Rommegrot Classes. Check the Bothell website for dates, times and details (bothellsonsofnorway.org). Charges for the classes vary.

120th Annual Nordic Market & Bazaar – Held at Leif Erikson Lodge in Ballard WA (2245 NW 57th St, Seattle, WA 98107) – Saturday, October 24 from 10-4 and Sunday, October 25 from 11-4. Food, Entertainment and Bazaar items.

Bazaar, Bake Sale & Luncheon – Held at Bothell Sons of Norway Lodge - Saturday, November 7 from 9-3. Luncheon from 10-2. Vendors, Bake Sale items and Luncheon for sale. Free admission and free parking.

Annual Lutefisk & Meatball Dinner – Held at Bothell Sons of Norway Lodge – Saturday, December 5 – Five seatings (11:30, 1:00, 2:30, 4:00, 5:30) – \$45 – Payment at door. Reservations open on October 1 (425-485-9085).

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.

A Little Humor

Ole had a problem. Lena was coming home on the train but he could not remember if she was coming at 8:40 or 4:80.

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

SONS OF NORWAY FOUNDATION

he SONF is one of the pillars of Sons of Norway: philanthropy. It makes the world a better place by spreading opportunity throughout the community and spreading Norwegian values in the nation and world. SONF inspires excitement about SON by spreading the word that our wonderful organization is out there helping the community.

Contributions to SONF (a 501(c)(3)) are tax deductible. Our lodge will be donating October's raffle proceeds to SONF.

Review scholarships to see if you or anyone you know is eligible. DEADLINE Jan. 15, 2027!!!

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

Please submit any questions about the Foundation, scholarships, or lodge grants to me by November 1, 2026.

Please also review the four categories of lodge grants, and keep in mind the ways our lodge might be enhanced by applying. DEADLINE DEC. 15th.

Amy Tuchenhagen is Director of the SONF. I was honored to be able to ask Ms.Tuchenhagen, several questions. Her responses below.

Q. Renew management structure (BetterLife): Will the SONF endowment be affected by the finances of any other organization under the same umbrella?

A.To first clarify – I'll answer about the Sons of Norway Foundation (SONF) only, not the Sons of Norway. The SONF is its own entity. We have our own budget, our own accounts (savings, investments, endowments, etc.), so no, the finances of BetterLife don't impact SONF.

Q. After helping with initial evaluation of one scholarship last year, I realized how stiff the competition is. For that scholarship, I was unclear whether only one was awarded, or multiple. Can we indicate to our lodges the number of applicants to a scholarship or the acceptance rate or similar?

A. You're right, competition can be stiff! You can see the results of the scholarship awards in the Sept/Oct issue of the Viking as we publish a nice article about our scholarship program including photos of each of the awardees. I usually try to announce how many applications we receive each cycle. I think this year we had more than 200 applications and awarded out more than 35 scholarships.

Q.How many scholarships require Norwegian heritage?

A.The King Olav awards to Norwegians to study in the US, and also Americans to study in Norway.

Q. Re the \$103,420 in lodge grants awarded for '25-'26 cycle (over 60; that's great!),

A. We would always welcome more lodges to apply.

Q. Who should applicants for scholarships or members applying for lodge grants contact if they have technical issues filling out applications?

A. Applicants can email foundation@sofn.com if they have technical questions. We will often have to then ask the vendor.

Karen T.