

Vesterheim Lodge



Sons of Norway 6-118 ★ Boulder, Co ★ www.vesterheimlodge.com

January – February 2011

Vol. 17 Issue 1

Hei Vesterheim Members,

I hope everyone had great time during the holidays. With the coming of the new year, it is time to look forward to the big events for Vesterheim! Midsommer, the 17th of May will be here before we know it. I want everyone to think how they can help Addy, Cathy & Joy with a helping hand this spring and summer.

I want to give huge thanks to Garry and Carol Gorsuch for hosting another great Lefse party! It has turned to be one of the best events of the year. We really appreciate them opening their home for this.

I want thank Addy for organizing super Thanksgiving and Christmas Events. We estimate that 70 members and guests attended the Christmas party, 15 of whom were children. Both potlucks were great. Also, big thanks to everyone who helped with serving and clean up. I know those are big jobs.

I also want welcome our new board members! Kendra Bartley is our new co- secretary, Cheryle Kapsak is our new editor and Lori Lincoln is our new vice-president. Velkommen til Vesterheim! One other big thank you goes to Ed Nørvik for helping organize Sverre Mørdhagens visit to Boulder. Ed, Addy, and Joy worked hard. It was great to be a part of the process in Sverre's new book. I hope everyone has a great 2011.

Hilsen fra Steve Persson

Please send all news and events for publication to vesterheim.lodge@gmail.com and feel free to contact me at that same address with any comments or suggestions.

Joy to you in 2011, Cheryle Kapsak

Cultural News submitted by Addy Martinez

JANUARY-FEBRUARY PROGRAMS

The January 28 7:00pm, Atonement Lutheran Church, Baseline and Inca Parkway. We will have installation of officers and would like to have all of our officers there. For the last few years we have given a \$500 scholarship to the Boulder Jazz Band for their exchange with the Trondertun Folk School in Norway. Several of the Jazz students will perform for us, and there will be waffles at the January meeting. Join us for an evening of fun and fellowship! We are fortunate to have Marianne Eckert give the program for our February 25 meeting. Marianne is well known in Boulder for her interesting cloth dolls. These are not the typical cloth dolls! They are unusual and have stories of their own. Marianne gives a very good commentary along with showing her dolls. The program begins at 7:00 pm—come and enjoy a very entertaining program!

LANGUAGE CLASS

A beginning Norwegian language class offered by Charles Knutson, will begin mid-January 2011. Classes meet once a week, during the evening or day for two hours. Students use the textbook, workbook, and glossary from sett i gang, supplemented with individual attention and handouts. If you are interested, contact Charles at 303-860-9025 or 303-726-6470 or e-mail him at charlesaknutson@msn.com.

BOOK CLUB

The Book club has been meeting for five years! Come join us the last Wednesday of the month at 11:30 am at the Egg and I in Boulder. Everyone who loves to read is welcome; both men and women.

The January 26 selection is *The Wayfarers* by Knut Hamsun. In *The Wayfarers*, Edevart is a dreamer and August is a scoundrel. Some say they are like Don Quixote and Sancho Panza or the spiritual fathers of Kerouac's *On The Road*. They roamed the cold fjords at the wild heart of Norway seeing what no man could find and finding what no man could live without.

The *Sound of Language* by Amulya Malladi is our choice for February 23. Escaping the turmoil and heartbreak of war-torn Kabul, Raihana settles with distant relatives in the strange, cold, damp country of Denmark. She tries hard not to ponder the fate of her husband who was taken prisoner by the Taliban and never heard from again. Soon after arriving, Raihana finds herself in a language school, struggling to learn Danish. To her it sounds like the buzzing of bees. *The Sound of Language* is a 2008 book and should be available at local bookstores.



Helping Hands & Calendar News submitted by Joy Gundersen

Thank you in advance to the following serving committees:

January:

Addy Martinez
Arla Olson
Kendra Bartley
Joy Gundersen

February

Bob & Shirley Bruns
Carol & Garry Gorsuch

An important message about serving committees from Joy

Dear fellow lodge members.

I am trying to put together the serving committees for the general meetings for 2011, and ask you to kindly think about which month would be the most convenient for you to help out. We ask you to be on the serving committee just one time during the year.

We need people to help for every month next year other than January and February. In March there will be the "Minnesota Hot Dish" night and that is pretty much a potluck, so the committee will not have the sole responsibility for the food. We could need a couple of guys to help clean up too.

*In April we **may** have a "Smørbrød-Night", so the committee will have a lot of help with others bringing in open-faced sandwiches.*

May is the 17th of May Celebration and the serving committee will be responsible for setting up and serving. Hot Dogs and Ice Cream will be provided, but otherwise everyone is asked to bring in some favorite food or dessert.

September, October, November and December are pretty much open.

For May 17th Celebration, November Thanksgiving Potluck and the Christmas Party in December we also need clean-up committees.

I would be very grateful to you if you could give this some thought and let me know which month would be good for you to help out. Joy Gundersen, 303-664-1023 or joysqund@indra.com.

Wonderful opportunities abound

January 7th - Friday - 1 - 4 pm - Craft & Håndarbeider Planning Meeting at Joy Gunderson's. Any questions call Joy at 303-664-1023 or e-mail joysgund@indra.com

January 21st - Friday - 9:30 am - Needlework at Joy Gundersen's 9:30am

February 4th - Friday - 9:30 am - Craft Workshop at Cathy Allen's 303-449-9596

February 15th - Tuesday - 1-4pm - Håndarbeider at Addy Martinez's 303-499-5589

February 18th - Friday - 9:30 am - Needlework at Joy Gundersen's 9:30 am

Craft Workshops: This group meets once a month to make little crafts for sale. While we try to make a little money for the lodge's cultural programs, we really enjoy getting together over coffee etc. It gives us a chance to talk and get to know each other real well. Anyone who have not participated before is more than welcome to join us; we hope to see some of the new members too. Any questions, just give me a call or e-mail. Joy Gundersen 303-664-1023 or joysgund@indra.com.

Håndarbeider:

This is more of a ladies social get-together which has been in effect in the lodge since the beginning. It is open to all ladies of the lodge and it is called Håndarbeider (handwork, meaning any kind of needlework), but more often than not the ladies are not working on anything. You may bring whatever you like to work on or nothing at all. Just come and have coffee and talk. Any questions about this group should be directed to Addy Martinez; 303-499-5589.

Needlework classes

Once a month Joy Gundersen conducts a class in either Hardanger needlework or Bondesøm needlework. It has been in effect for about 5 years, and many of the participants have become quite proficient. At present the classes are limited to 6 people, the cost is \$5.00 per session, and they last from 9:30 am till about noon. Of course, first we have coffee, but participants may also bring a bagged lunch. January will be sign-up time for the 2011 classes. If you are interested in any of the two kinds of needlework or have any questions about the classes, please give Joy a call or e-mail.

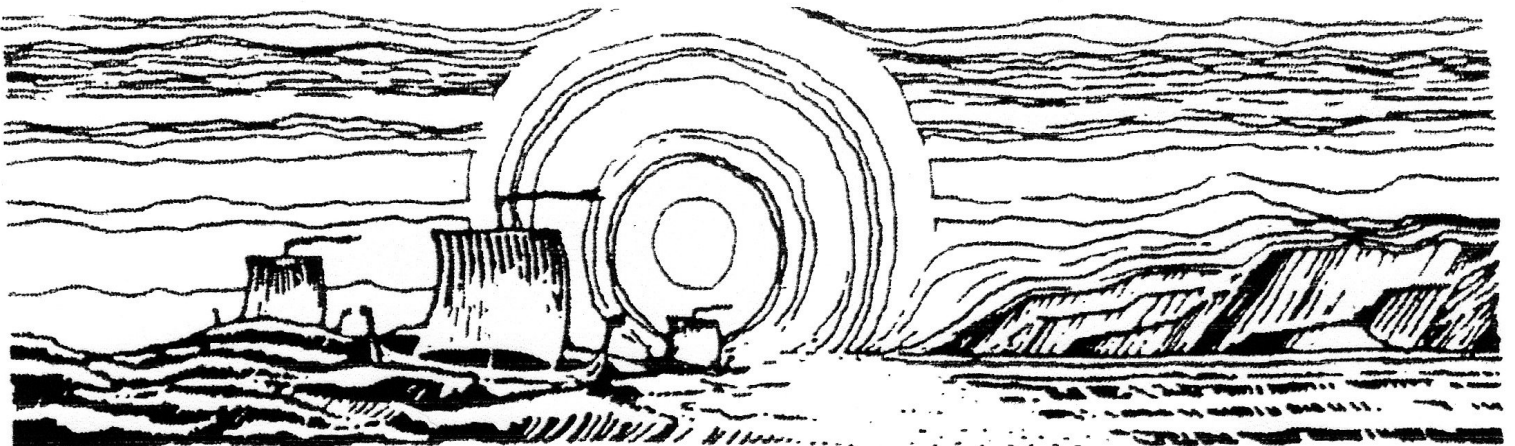
Financial benefits news submitted by La Rue Hanson

Congratulations and Happy New Year! You made it to another year. The bad news is; last year was the “best” year to die because there was NO estate tax. The other bad news is taxation is as confusing as ever and the rules keep changing.

Don't let all of this uncertainty keep you from having a plan. There are two things that all of us face taxes and death. When the latter happens, your family will need additional capital and life insurance is the only asset that will guarantee a certain sum. The estate tax has been changed many times in this country and will be around in one shape or form in the future. It makes good sense to plan for what we know today and adjust that plan in the future. Doesn't it make more sense to leave your family with too much money rather than too little? Never has a family member complained that they were left too much life insurance.

The time to take action on your estate plan is now. Your Sons of Norway Financial Benefits Counselor can help you navigate a plan that works for you and your loved ones. Procrastination can cost you your insurability; it may be here today but gone tomorrow.

LaRue Hanson, Financial Benefits Counselor
2523 Shalimar Dr.
Colorado Springs, CO 80915-1030
Office 719-599-8546
Cell 719-237-7314



2011 – STEIN FJELL KALENDER – 2011

<p><u>Januar</u></p> <p>6 Lodge Meeting 7 p.m. Memorial Service <i>The Birkebeiner Tale</i> Hosts: Strands**, B. Heberlein, M. Schmidt, P. Sutton, T. Thompson</p> <p>8 Zone 8 Leadership Workshop, 9 a.m. 20 Board Meeting, 7 p.m. (R. Storlie) 22 Stein Fjell's 35th Anniversary Drake Centre, Fort Collins 30-2/6 Ski For Light, Snow Mtn Ranch</p>	<p><u>Februar</u></p> <p>1-6 Ski For Light, Snow Mountain Ranch</p> <p>3 Lodge Meeting 7 p.m. "Anything Goes" Soup Supper and Sweater Night, "Antiques Roadshow – Norwegian Style" Hosts: N. Dunn/R. Linsenmann**, B. Kwan, M. Rakke, R. Skaffen, S. West</p> <p>26 Barmeløpet, Snow Mountain Ranch</p>	<p><u>Mars</u></p> <p>3 Lodge Meeting 7 p.m.</p> <p>Hosts: Breiens**, Holm-Johansens, R. Nielsen, M. Parkos, J. Sprague</p> <p>17 Board Meeting, 7 p.m. (N. Gulliksen)</p>
<p><u>April</u></p> <p>7 Lodge Meeting 7 p.m. New Member Welcome</p> <p>Hosts: K. Quinlan**, B. Clithero, Nesses, D. Peterson, C. Schlimme</p>	<p><u>Mai</u></p> <p>5 Lodge Meeting 7 p.m.</p> <p>Hosts: Millers**, Erdals, J. Everson, L. Froyland, R. Knutson, R. Larsen</p> <p>15 <i>Syttende Mai</i> Celebration ?</p> <p>19 Board Meeting, 7 p.m. (M. Parkos)</p>	<p><u>Juni</u></p> <p>2 Lodge Meeting 7 p.m. Salad Supper</p> <p>Hosts: M. Loustalet**, R. Bilstad, L. George, J. Heiden, M. Reichel</p> <p>25-26 Scandinavian Midsummer Festival Estes Park</p>
<p><u>Juli</u></p>	<p><u>August</u></p>	<p><u>September</u></p> <p>1 Lodge Meeting 7 p.m. Harvest Potluck Supper</p> <p>Hosts: G. Noteboom**, K. Gjælde- Bennett, J. Harris, B. Nolin, L. Warrick</p> <p>15 Board Meeting, 7 p.m. (N. Dunn)</p>
<p><u>Oktober</u></p> <p>6 Lodge Meeting 7 p.m. New Member Welcome <i>Bunad Show - Viking Outfits</i> Hosts: K. Bakich**, W. Gullickson, K. Johnson, E. Michalka, R. Storlie, Zooks</p> <p>Lute fisk Dinner</p>	<p><u>November</u></p> <p>3 Lodge Meeting 7 p.m. Pizza Party</p> <p>Hosts: K. Browne**, R. Dohm, A. Havenar, Nelsons</p> <p>17 Board Meeting, 7 p.m. (Nesses)</p>	<p><u>Desember</u></p> <p>1 Lodge Meeting 7 p.m. Installation of New Officers</p> <p>Hosts: N. Yestness**, J. Yestness, D. Engelhardt, J. Oien, J. Robbins</p> <p><i>Juletefest</i> in Greeley</p>

**Denotes Chair for refreshment hosts. Reminders will be mailed to all hosts about two weeks before their meetings.
If you can't serve on the assigned date, please switch with someone, and then inform the Host Coordinator and *Posten* Editor.

SONS OF NORWAY VESTERHEIM LODGE BOARD MEETING MINUTES: 12/7/2010

Submitted by: Kendra Bartley, Co-Secretary

Members present: Kendra Bartley, Erik Peters, Steve Persson, Addy Martinez, Cathy Allen, John Erickson, Lori Lincoln.

Call to Order: President Steve Persson

Minutes from November 2 – Kendra Bartley

The minutes were approved as presented.

Cultural Report –Addy Martinez discussed plans for the annual Christmas Party, which will be Dec. 18 at 4 pm. During the party, a business meeting will be held at 4:45 pm. Addy proposed that board members call current lodge members to remind them about the Christmas party. Each board member present agreed to call members from a section of the directory.

Financial Report – Erik Peters gave a financial report.

Old Business: None.

New Business: Lori Lincoln is the new vice president of our lodge.

The meeting was adjourned.

Scandinavian Rosettes

from [The Gourmet Cookie Book](#)

2 large eggs
2 tablespoons granulated sugar
1 cup whole milk
1 teaspoon vanilla
1 cup all-purpose flour
1/4 teaspoon salt
1 1/2 quarts (6 cups) vegetable oil
1/4 cup confectioners' sugar
(powdered sugar) for dusting
Special equipment: [a rosette iron](#)



picture from www.pinchmysalt.com

Whisk together eggs, granulated sugar, milk, and vanilla in a large bowl, then add flour and salt, whisking until combined.

Heat oil in a 3- to 4-quart heavy saucepan with rosette iron in it until thermometer registers 370 to 375 degrees F. Carefully lift out iron, letting oil drip off into pan. Dip all but top edge of iron into batter for 3 seconds, then submerge iron in oil and fry (batter adhering to iron) until golden, 35 to 40 seconds (do not let iron hit the bottom of the pan). Lift out iron, letting oil drip off, and, working over paper towels, carefully pry off rosette with a fork. Let rosette drain, hollow side down, on paper towels, then make more rosettes in the same manner, heating iron in oil 10 seconds before dipping into batter each time. Dust rosettes with powdered sugar before serving.

Registration

You may use 1 form for the whole family!

1. _____ Age _____ Distance _____

2. _____ Age _____ Distance _____

3. _____ Age _____ Distance _____

Email _____

Phone (____) _____

Parent's Name _____

Address _____

City _____

State _____ Zip Code _____

_____ Needs to rent equipment from Nordic Center

_____ Classic skies

_____ Skate skies

_____ 1.0 Km _____ 2.5 Km _____ 5.0 Km

Ski-Orienteering: Yes No (Please circle one)

_____ 2 km _____ 90 minute course

May we send you more information about

Sons of Norway? _____ Yes _____ No

What lodge do you belong to:

Acknowledgment of and Assumption of Risk and Release

I, _____ (parent), know that skiing is an action sport carrying significant risk of serious personal injury, death or property damage. I agree that as parent, I am responsible for my child's safety while participating in the recreational skiing event. I understand that the sponsors of this event are not responsible for supervision of my child, or my child's safety. I specifically RELEASE and DISCHARGE, in advance, the sponsor from any and all liability, whether known or unknown, even though that liability may arise out of negligence or carelessness on the part of the sponsors. I agree to accept all responsibility for the risks, conditions and hazards which may occur whether they now be known or unknown. I HERBY AGREE TO WAIVE, RELEASE AND DISCHARGE any and all claims for damages for death, personal injury or property damage which my child may have or which may hereafter accrue as a result of my child's participation in this event against their person or entity whether such injury or damage was foreseeable.

I further agree to forever HOLD HARMLESS and INDEMNIFY all persons and entities, generally or specifically, from any and all liability for death and/or personal injury or property damage resulting in any way from my child participating in this event. This Acknowledgment of and Assumption of Risk and Release shall be binding upon by heirs and assigns.

Photographic Release

I hereby consent to and authorize the use and reproduction, in print or electronic format by Sons of Norway or anyone authorized by Sons of Norway, of any and all photographs which have been taken on this day for any publicity purposes, without compensation. All images—electronic, negatives and positives, together with the prints, are owned by the Sons of Norway.

I hereby acknowledge that I am 18 years of age or older and have read and understood the terms of this release.

Check box if it is ok

Date: _____

Signature of Parent or Guardian: _____

"Tusen takk til alle for deltagelse!"

Please send forms to:
DEADLINE TO REGISTER!!! February 18th
 Roxanne Storlie
 5543 Fossil Ridge Dr. East, Fort Collins, CO 80525
 Phone 970-412-5713
 Email: Roxanne@BKCDesigns.com

Barneløpet

Children's Cross-Country
 Ski Race
 at
 YMCA
 Snow Mountain Ranch,
 Winter Park

Saturday
 February 26, 2011



Sponsored by:

<u>Fjellsten Lodge</u> - Denver	6-162
<u>Fjelheim Lodge</u> - Colorado Springs	6-107
<u>Stein Fjell Lodge</u> - Loveland	6-114
<u>Trollheim Lodge</u> - Lakewood	6-110
<u>Vesterheim Lodge</u> - Boulder	6-118
<u>Skarfell Lodge</u> - Grand Lake	6-169

coordinator Jon-Eirik (970) 412-0433

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VESTERHEIM LODGE 6-118 OFFICERS & CHAIRPERSONS 2011

President	Steve Persson	720-438-8670	Librarian	Helen House	303-442-0323
Vice Pres.	Lori Lincoln	720-938-2175	Auditor	Lois Bjerke	303-444-2173
Co-Secretary	Kendra Bartley	303-581-0579	Greeters	Bob/Shirley Bruns	303-499-2939
Co-Secretary	Lynne Anderson	303-652-3263		Kathy/John Erickson	303-449-1724
Treasurer	Erik Peters	720-524-6929	Marshals	Gary Grabau	303-530-3570
Financial Sec.	LaVonne Peterson	303-465-5070		Roger Martinez	303-499-5589
Cultural Dir.	Addy Martinz	303-499-5589		Dale Peterson	303-465-5070
Editor	Cheryle Kapsak	303-682-8858	Trustee	Roger Hanson	303-499-6273
Social Dir.	OPEN		Tubfrim	Gary Grabau	303-530-3570
Publicity	Cathy Allen	303-449-9596	Road Cleanup	Ellen Grabau	303-530-3570
Counselor	Garry Gorsuch	303-443-3380	Adopt a School	Teresa Houlm	303-938-8101
Foundation	Diane Wartburg	303-516-4047	Sunshine	Ellen Chelesvig	303-443-3121
Historian	Kay Peters	303-444-1756	Website	Cathy Allen	303-449-9596
Musician	Lynne Anderson	303-652-2173	Festival	Cathy Allen	303-449-9596

SONS OF NORWAY
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 Steve Persson, Pres.
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