

Vesterheim Lodge



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

July –August 2011

Vol. 17 Issue 4

Hei Vesterheim members,

By the time this issue of the newsletter is out, we will have had another successful Scandinavian Festival in Estes Park. I want to thank Joy, Addy, and Lynne for their long hours of work in putting everything together.

I also want to give a BIG thank you to Cathy Allen for all of her work on the festival. I'm sure all Vesterheim members appreciate her year long efforts in making this festival one of the great summer events in Colorado.

Vesterheim's Friluftsgruppens first hike was great. Everyone had a great time. I hope we have more people participate in the next one. I want to thank Lori Lincoln for putting this together. In the future we can expand these with more members and different places for outdoor activities.

I can't believe i'm saying this, but make plans for Vesterheim's fall programs. Addy has some great plans for the coming months, but i don't want to get ahead of myself. Hilsen fra, Steve Persson

From Storfjell Lodge in Grand County

We would love to see you in the mountains!

Storfjell Lodge in Grand County will have their annual picnic on Saturday, August 6, 2011 at Heckert Pavilion in the Grand Lake town park on Grand Avenue. The lodge will provide table service, barbecued brisket and pork, coffee, lemonade and water. Please bring a side dish to share. A one hour narrated pontoon boat ride on Grand Lake is scheduled for 12 noon. Those wishing to take the boat ride should arrive at least by 11:45 AM. There is a flat rate for the boat so if 20 people attend it will be approximately \$10 per person, and the cost will decrease as the reservations increase. Please let me know by phone at [970-627-0874](tel:970-627-0874) or email at mkjohn612@gmail.com NLT than July 23rd if you plan to attend the picnic and also if you wish to do the boat ride. We will begin eating around 1:00 PM. Please note that there will be a big Craft Fair in Grand Lake at the same time as our picnic, so come up and join us for the fun and good conversation.

VIKING FEAST COMING SEPTEMBER 23 by Cathy Allen



Now is the time to start thinking about what you want to bring to the Viking Feast in September. Below are some references for you to check out. The dishes are very basic and not at all hard to make. These two photos were taken from a Viking feast held at Trollheim, Lodge this winter.

<http://nvg.org.au/documents/other/vikingrecipes.pdf>. This site has an extensive collection of recipes. (If you can't reach it thru the newsletter web connection it will work if you just enter the website given above on your internet http:// address section) www.vikinganswerlady.com/food.shtml. She has a few recipes and gives good background information on the kinds of foods and spices used. Helpful if you want to be inventive and improve on some of their rather bland recipes.

For those of you with no internet connection Addy Martinez has a list of recipes which she will be glad to share with you. Just call her at 303-499-5589.

You may want to get really authentic and make a Viking costume for the dinner. For some background knowledge about the food and clothing check out

the Fjellborg Viking's website: www.fjellborg.org/FV_Resources.htm. You can also google "Viking Clothing Patterns" and come up with some pretty simple patterns. They fit loosely so there is plenty of room for mistakes! This feast will be in celebration of **Leif Eriksson Day**. Stay tuned for further details of the cultural program after the dinner, in our September newsletter.

Cultural News for the July-August Newsletter by Addy Martinez

JULY BOOK CLUB

The Vesterheim Book Club will meet July 27 at 11:30 am at the Egg and I in Boulder. The July Selection is Report from #24 by the Norwegian resistance hero, Gunnar Sonstebj. In his own words, Sonstebj tells the story of his experiences in sabotage against the Nazis and how he operated in occupied territory. Sonstebj was a master of disguise and operated under 30-40 different names and identities. The Germans were never able to catch him. Sonstebj is the most highly decorated man in Norway, including being the only one to have been awarded the War Cross with three swords. His book, Report from #24, was a #1 bestseller in Norway. Gunnar Sonstebj is portrayed by Knut Joner in the 2008 Norwegian World War II movie, Max Manus.

AUGUST BOOK CLUB

The August Book Club will meet August 31 at 11:30 am at the Egg and I in Boulder. In August we will read Garman and Worse by Alexander Kielland. Alexander Kielland was born in Stavanger, Norway in 1849. His family was a rich merchant family with many illustrious relatives. Despite being born into wealth, he had a sincere affection for the less fortunate and treated his workers well when he was a factory owner. He remained a spokesman for the weak and a critic of society throughout his time as a writer. He wrote novels, plays, and short stories. For copies of the book, Garman and Worse, check Amazon.com. or contact Addy Martinez at [303-499-5589](tel:303-499-5589).

LIMON HERITAGE DAYS

On August 6 Limon, Colorado will celebrate the 20th anniversary of the Limon Heritage Museum (1991-2011). There will be a Smithsonian Exhibit "Between Fences" sponsored by the Smithsonian Institution and Colorado Humanities. One of our members, Barbara Robb, has worked on the Norwegian exhibit and Sons of Norway involvement. There will also be a music concert, quilt show, antique machinery, pie sale, vintage exhibits, farmer's market, kid's fun and a noon barbecue. Some members of our lodge plan to attend and carpool to Limon. If you are interested call Addy Martinez at [303-499-5589](tel:303-499-5589).

VIKING FEAST

Vesterheim Lodge will have a Viking Feast September 23 at 6:00 pm at Atonement Lutheran Church. We will have the Viking Re-enactors, a speaker, and also celebrate Leif Eriksen Day. It's time to start thinking about costumes (only if you wish to wear Viking dress) and recipes. It should be a fun event for our lodge—see the full page article in this newsletter!

SCANDINAVIAN FESTIVAL

A big thank you to all our members who helped, baked cookies, made crafts, demonstrated and worked in any way with the Scandinavian Festival in Estes Park. We had a large percentage of our members involved in the Festival and everyone should pat themselves on the back! For a small lodge we had a tremendous turnout!

CALENDAR OF EVENTS by Cathy Allen

JULY

July 20 Wed 6:30 pm VESTERHEIM BOARD MEETING at Atonement Lutheran Church, Baseline and Inca Parkway. Meeting is open to all members.

July 27 Wed 11:30 - 2 BOOK CLUB. *The Egg & I*, Basemar Shopping Center. Reading "Report from #24" by Gunnar Sonstebj. See Cultural Corner for details.

AUGUST

Aug. 6 Sat. All Day LIMON HERITAGE DAYS, Limon Heritage Museum.
Support Fjell

Dalen's booth there. To carpool call Addy Martinez 303-499-5589. See Cultural Corner for Details.

Aug. 6 Sat. 12 - 4 STORFJELL'S PICNIC & BOAT PARTY. Potluck. Heckert Park Pavillion, Grand Ave, Grand Lake.

Aug. 31 Wed 11:30 - 2 BOOK CLUB. *The Egg & I*, Basemar Shopping Center. Reading "Garman and Worse by Alexander Kielland. See Cultural Corner for details.

PUT ON YOUR CALENDAR

Aug. 27 Sat. All Day EURO FEST. Civic Green Park, 9370 Ridge Line Blvd, Highlands Ranch.

Sept. 16-18 All day KRETSSTEVNE. Green Mountain Falls.

Sept. 23 Fri 6-9 pm GENERAL MEETING. VIKING FEAST with "genuine" Viking dishes, celebrating LIEF ERIKSSON DAY.

Oct. 22 Sat. 5 pm - SCANDINAVIAN BALL. Stapleton Doubletree Hotel.

ARE FRATERNAL BENEFIT SOCIETIES STILL REVELEVANT? By
LaRue Hanson

A recent article in a life insurance journal written by Joseph J. Annotti, discussed fraternal organizations. I feel that our members could use a reminder on what makes us unique. Fraternal, created over 100 years ago were originally meant to help the USA's large number of immigrants unite through their common bond. In Sons of Norway's case this was ethnicity. They were to solve common problems, the biggest one being helping families financially if the bread winner died. Over time, fraternal evolved. Members became more successful and grew into the nation's middle class. Today the need to take care of our own has broadened and the over 9 million members are some of the best volunteer networks in the country. Yearly 91 million hours of volunteer hours and \$400million go to help local communities and people through community service projects. The increasing role fraternal play in providing life insurance, annuities and other financial benefits to their members (to the tune of \$363billion) still harkens back to the early mission of taking care of each other. The fraternal bonds are still strong and very relevant in today's America. We can be proud to be part of Sons of Norway and continue on in the dreams and goals of our immigrant forefathers.

LaRue Hanson FBC
2523 Shalimar Dr.

Office # 719-599-8546, Cell # 719-237-7314
Colorado Springs, Colo. 80915-1030

100TH ANNIVERSARY PEER GYNT LODGE No. 22

From Culver City, California

SATURDAY OCTOBER 1ST 2011
DOUBLE TREE BY HILTON HOTEL
(formerly Radisson Hotel)
Pacifica Ballroom

6161 W. Centinela Ave.
Culver City, California

5 p.m. NO HOST BAR
6 p.m. DINNER AND CELEBRATION
BUNADS ENCOURAGED!



PRICE- **\$60.00**
RESERVATIONS DUE BY SEPT 8
CANCELLED CHECK WILL HOLD -- FOR GUESTS
STAYING@THE HOTEL -CALL 800-222-8733 FOR SON'S
OF NORWAY RATE OF \$99 _MUST DO BEFORE AUGUST 31ST.

FOR INFORMATION CALL: _CAROLYN PETERSON -805-496-9353
JEROME NYGAARD - 310-376-587

(Mail Payment and Dinner Choices to)

DINNER CHOICE:

RED SNAPPER

STUFFED CHICKEN FLORENTINE

Mail to: Peer Gynt Lodge 3835 Watseka Ave. Culver City, CA 90232
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NAME & PHONE NO. _____

Trollheim Lodge News

The lazy days of summer have arrived! Time to spend either enjoy-ing the heat or trying to stay cool. A great time for gardening or just sipping iced tea under a shady tree. Events at Trollheim also slow down. There will be no regularly scheduled general meeting in July and August, but plan on joining us at Trollheim August 27th at 4:00pm for a delicious BBQ rib dinner with all the fixins. We will provide the food and your attendance will provide the fun. This is a great event for the entire family. Check the flier in this newsletter for details.

Although the lodge activities have slowed down, the Butikken is running full speed ahead. Stop in a check out the new store with its expanded hours and great new space.

If gardening is your interest, join Don Peterson and others for a tour of the Denver Botanical Gardens August 20th. With a good atten-dance we may

receive a personal tour of the Gardens. Stay and dine in the restaurant or bring a picnic. The Gardens are a great way to get the family together for an outing. The Kretsstevne is coming up in September and is another fantastic way to bring out the family for a weekend of fun and games. The best part about summer is joining family and friends and spending time together picnicking, shopping, strolling, camping or any other activity. Gather up the family and head on out!

Vesterheim Lodge officers/chairs

President	Steve Persson	720-438-8670	Librarian	Helen House	303-442-0323
Vice Pres.	Lori Lincoln	720-938-2175	Auditor	Carol Gorsuch	303-443-3380
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
Website	Cathy Allen	303-449-9596	Adopt a School	Teresa Houlm	303-938-8101
			Sunshine	Ellen Chelesvig	303-443-3121
			Counselor	Gary Gorsuch	303-443-3380

SONS OF NORWAY
 VESTERHEIM LODGE
 Steve Persson, Pres.
 3776 Oakwood Drive
 Longmont, CO 80503

