

VESTERHEIM News



SONS OF NORWAY G-118 ★ BOULDER, COLORADO ★ WWW.VESTERHEIMLODGE.COM

MARCH – APRIL 2010

VOL 16 ISSUE 2

Norway Trivia:

Grassy areas around the fjords were grazed by animals that were raised or lowered by pulleys to areas unreachable by paths.

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ROSEMALING reg-
istration form

Do you have some-
thing to contribute to
the newsletter?

Send it to
vesterheimlodge
@gmail.com

JANUARY GENERAL MEETING: 2010 OFFICERS SWORN IN



left to right, Back : Steve Persson, Roger Hanson, Dale Peterson, Roger Martinez, Gabrielle Kapsak, Bob Bruns, John Erickson. Front: Joy Gunderson, LaVonne Peterson, Addy Hovet-Martinez, Shirley Bruns, Cathy Allen, Gary Gorsuch. Photo: Jason Bartley

At the Vesterheim Lodge General Meeting on January 22, 2010 the following new officers were installed by Diane Molter, Colorado Zone Director: President, Steve Persson; Co-Secretary, Lynne Anderson;

Treasurer, Erik Peters; Financial Secretary, LaVonne Peterson; Cultural Director: Addy Martinez; Editor, Gabrielle Kapsak; Publicity, Cathy Allen; Counselor, Garry Gorsuch;

Foundation Representative, Diane Wartburg; Historian, Kay Peters; Musician, Lynne Anderson; Librarian, Helen House; Auditor, Lois Bjerke; Greeters, Bob and Shirley Bruns and Kathy and John Erickson; Marshalls, Gary Grabau, Roger Martinez, and Dale Peterson; Trustee, Roger Hanson; Tubfrim, Gary Grabau; Sunshine, Ellen Chelsvig; Road Cleanup, Ellen Grabau; Web Site, Cathy

Allen; Festival Director, Cathy Allen.

At the meeting President Persson announced that our lodge still needs individuals to serve as vice-president, co-secretary, and social director. Contact President Persson if you are interested in serving the lodge in this way.

CALENDAR OF EVENTSwww.vesterheimlodge.com/

March 5 **CRAFT WORKSHOP** 9:30—2:00 (free)

Make fun craft items for sale to help our cultural fund. All lodge members are invited to attend. Bring a brown bag lunch. contact Joy Gundersen, 303-664-1023, joysgund@indra.com

March 19 **HARDANGERSØM CLASS** 9:30—2:00 (\$5.00 includes materials & instruction sheets limit 9 people)

Bring a lunch and enjoy the beauty of the needlework, the friendship of ladies of the lodge and get in plenty of practice as well as work to do at home. If you are interested in learning or getting help with Bondesøm or Hardangersøm contact Joy Gundersen, 303-664-1023, joysgund@indra.com.

March 26 **GENERAL MEETING** 7:00pm Atonement Lutheran Church

Program: *Where The Home Fires Died* is the story of the people who inhabited the mountain farms in the heart of the Norwegian Fjord Country. On the west coast of Norway situated on ledges high above the beautiful Storfjord and Geirangerfjord, some sixty solitary farms were found. The farmers once living on these farms led a frugal life in constant struggle with nature. After 1945 most of the isolated farms were abandoned. After the program our refreshment committee will serve homemade Norwegian waffles and coffee.

March 28 **BOOK CLUB** 11:30—1:00 Egg & I 2574 Baseline Rd. Boulder CO

Boy and Going Solo (two autobiographies of Roald Dahl). Roald Dahl was born of Norwegian parents but lived most of his life in England. Dahl is the famous children's author of James and the Giant Peach, Charlie and the Chocolate Factory, The Fantastic Mr. Fox, and many more delightful children's books. The books are available in the library, local bookstores, or on Amazon.com. Both men and women are welcome and they do not need to be a member of our Lodge to participate. For more information contact Addy Martinez at 303-499-5589

April 2 **CRAFT WORKSHOP** 9:30—2:00 (free)

Make fun craft items for sale to help our cultural fund. All lodge members are invited to attend. Bring a brown bag lunch. contact Joy Gundersen, 303-664-1023, joysgund@indra.com

April 16 **HARDANGERSØM CLASS** 9:30—2:00 (\$5.00 includes materials & instruction sheets limit 9 people)

Bring a lunch and enjoy the beauty of the needlework, the friendship of ladies of the lodge and get in plenty of practice as well as work to do at home. If you are interested in learning or getting help with Bondesøm or Hardangersøm contact Joy Gundersen, 303-664-1023, joysgund@indra.com.

April 23 **GENERAL MEETING** 7:00pm Atonement Lutheran Church

Program: John Dahl will describe the life of Snorri Sturluson, Iceland's most renowned historian. From age 3 he was fostered to an aristocratic and cultured family. He studied, acquired estates, accumulated wealth, made brilliant marriages, and exercised power as a great chieftain. He wrote Prose Edda and Heimskringla (Lives of the Norwegian Kings). Snorri lived in reckless relation with the Norwegian Royal Court and died a tragic death at the hands of the agents of King Hakon. This should be a fascinating program about Snorri Sturluson, an Icelandic historian, poet, and politician. Refreshments after the meeting

April 28 **BOOK CLUB** 11:30—1:00 Egg & I 2574 Baseline Rd. Boulder CO

Hanna's Daughters by Marianne Fredriksson. This book sweeps through one hundred years of Scandinavian history and is the story of three generations of Swedish women--a grandmother, a mother, and a daughter. Their lives are linked through a century of great love and great loss. This book can be found in the library, bookstores or Amazon.com. We will meet on April 28 at 11:30 am at Egg and I in Boulder. Both men and women are welcome and they do not need to be a member of our Lodge to participate. For more information contact Addy Martinez at 303-499-5589

SERVING COMMITTEES

March: Addy Martinez, Joy Gundersen, Caryl Stalick, Erik Peters

April: Cheryle Kapsak, Ann Hinman, Anne Dion, Arla Olson

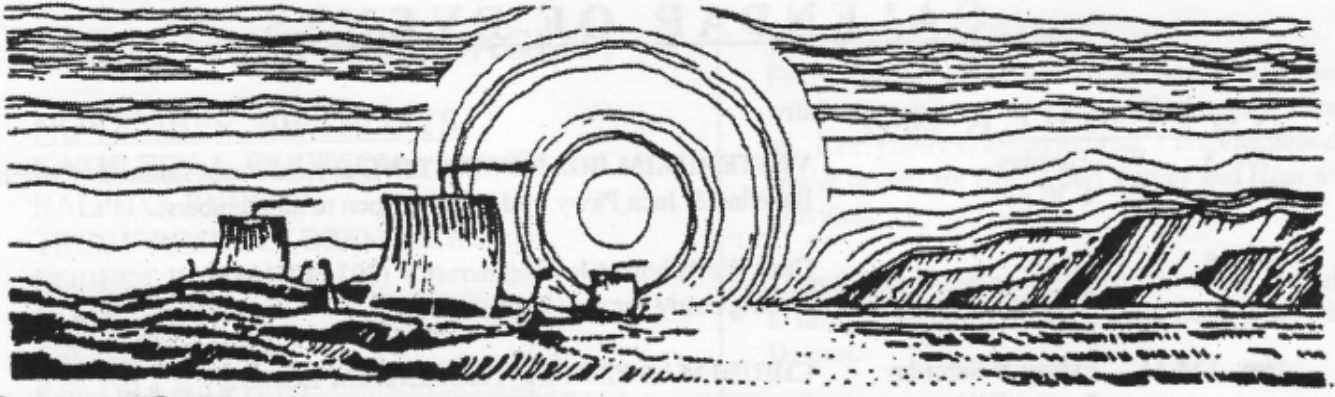
SKI FOR LIGHT - COLORADO UPCOMING EVENTS

As part of its mission, Ski for Light encourages people to enhance their SFL experience by participating in other outdoor recreational activities. There are nine regional affiliates, as well as Ski for Light Canada and Ski for Light Japan. All of the regional affiliates offer a wide variety of winter activities; a few offer some summer fun as well. The Colorado summer event follows, for other events go to www.cosfl.org.

Trekk for Light 2010
August 7 - 15, 2010
Application Deadline: May 1, 2010
Contact: Vicki Caldwell
Email: caldwell-vicki@comcast.net
Telephone: 970-556-3852

Trekk for Light, a summertime activity of Colorado Regional Ski for Light, is a Llama supported week-long backpacking trip in the North-Central Colorado Rawah Wilderness. It has been enjoyed by visually impaired participants and guides alike over the past decade.

Trekk is not a race nor an endurance contest; rather, it is an exhilarating and challenging mountaineering adventure!



PRESIDENT'S MESSAGE

Dear Members of Vesterheim Lodge

This will be the first newsletter with Gabrielle Kapsak as Editor. I would like to welcome Gabrielle, and ask all members to be in contact with the board, to let us know what you think of the new format. I know Gabe will do great job, and I would like to thank Joy Gundersen, for the the work she did as Editor. I know that is a big job, so thanks Joy.

Our nominating committee is still looking for a Vice President, and also we need a co-secretary until Lynne Anderson returns home. These are important posts, so if anyone has an interest, let any of the board members know.

Our January Meeting went very well. I would like to thank Jo Kirkenaer on the awesome slide show he presented on his trip on the Hurtigruten. If any other members have ideas for future cultural programs, contact Addy Martinez, or Joy Gundersen.

I would like to welcome three new members to Vesterheim! Dr. Karl Kellogg, Marvin Berg, and Gabe Kapsak have joined the Lodge, and i know all the Lodge members look forward to meeting these new members and welcomming them to Vesterheim.

We have some important issues comming up in the next few months, starting with the Scandinavian Festival in June. Contact Cathy Allen if you have any questions or would like to help. I also like to ask for ideas on how how to attract new members. We have a lot of good ideas, and it would be great if members of the lodge could give us more.

I look forward to meeting all the members this year.

Hilsen,

Steve Persson

RICH NORWEGIAN MEATBALLS

Prep: 40 minutes Chill: 2 hours
Cook: 24 minutes

- 1 1/2 cups soft bread crumbs
- 1/2 cup half-and-half or light cream
- 1/4 cup strong coffee
- 2 eggs, lightly beaten
- 1 medium onion, finely chopped
- 1/4 cup finely snipped fresh Italian (flat-leaf) parsley
- 1 teaspoon salt
- 1 teaspoon freshly grated nutmeg
- 1/4 teaspoon ground black pepper
- 1 pound lean ground beef
- 1/2 pound uncooked ground turkey breast and/or lean ground pork
- 1/4 cup butter
- 1/4 cup all-purpose flour
- 1 cup beef broth
- 1 cup strong coffee
- 1 teaspoon freshly grated nutmeg
- 1/2 teaspoon salt

1. In a large bowl, combine bread crumbs, half-and-half, and the 1/4 cup coffee. Let stand until mixture is evenly moist.

2. Add eggs, onion, parsley, the 1 teaspoon salt, 1 teaspoon nutmeg, and the pepper. Add beef and turkey. Mix well. Cover and chill for 2 hours. With moistened hands, shape mixture into 72 meatballs.

3. In a very large skillet, melt 2 tablespoons of the butter over

medium heat. Cook half of the meatballs in hot butter about 12 minutes or until done (165 deg F), carefully turning to brown evenly. With a slotted spoon, remove meatballs from skillet. Add remaining butter to skillet and repeat with remaining meatballs. Remove meatballs from skillet.

4. Stir flour into pat drippings until smooth. Add broth, the 1 cup coffee, 1 teaspoon nutmeg, and the 1/2 teaspoon salt. Cook and stir over medium heat until thickened and bubbly. Return meatballs to skillet; heat through, stirring occasionally. Makes 12 servings.

Make-Ahead Directions: Prepare as directed through Step 4.

Layer meatballs in a freezer

container between sheets of waxed paper. Transfer sauce to a freezer container. Label and freeze up to 3 months. Thaw sauce and meatballs in the refrigerator overnight. In a very large skillet, bring sauce to a simmer over medium heat. Sauce will appear curdled at first, but will become smooth as it heats up. Add meatballs. Cover and simmer about minutes or until heated through.

*Test Kitchen Tip: The internal color of

a meatball is not reliable doneness indicator. A beef and turkey meatball cooked to 165 deg F is safe, regardless of color. To measure the doneness of a meatball, insert an instant-read thermometer into the center of the meatball.

per serv: 177 cal, 10 g fat (5 g sat. fat), 85 mg chol., 482 mg sodium, 6 g carbo., 0 g fiber, 15 g pro.

Better Homes and Gardens Special Interest Publications: Appetizers 2009 pp 62-63



SMØRREBRØD

by Kendra Bartley, March, 2010

When I lived in Norway (1970-71), three out of four meals each day consisted of Smørrebrød.

In everyday life, this meant that cheeses, breads, butter, jam, and other specialties were set out on the table, and everyone made themselves open-faced sandwiches to have with coffee.

For special social gatherings, a variety of sandwiches would be pre-made, brought out from the kitchen on a tray, and served in the living room around the coffee table, along with thick coffee in small cups with saucers. These special sandwiches would be colorful works of art, often including eggs, shrimp, tomatoes, and beautiful vegetable garnishes.

Here are some recipes for

Smørrebrød, taken from a cookbook I inherited from my grandmother, "Scandinavian Cookery for Americans" (1948):

1 loaf Bread
Butter and/or mayonnaise
Variety of Cheeses, Meats,
Vegetables

1. Cut bread as thin as possible
2. Spread the butter (or mayonnaise) completely to the edges of the bread, and cut bread into 2 or 3 narrow pieces, slantwise, removing crusts if you desire.
3. Cut cheeses, meats, fish and other foods very thin, and lay them decoratively on the breads. Anchovies, caviar, shrimp, herring, or thinly sliced hard boiled eggs may also be used.
4. Garnish with paper-thin slices

of cucumber, tomato or parsley sprigs.

5. Trim the sandwiches after the filling is on the bread so that the edges are neat and smooth.

Smorrebrod made with gjetost, or Norwegian brown cheese, are almost always included. Gjetost is sweet and dessert-like, and is often served with jam or marmalade on top.

As it says in my grandmother's cookbook, "There are not just one or two kinds at a serving, but six to ten or more varieties of sandwiches, gay in color, savory, delicious and filling." They might even be eaten with a knife and fork! In any case, you can have fun and be creative in making your Smørrebrød. Enjoy!

<http://katieincopy.wordpress.com/2007/08/25/mmmmmorre>



IT'S TAX SEASON— HAVE YOU THOUGHT ABOUT ANNUITIES?

As you look over your 1099's and other investments for your taxes it's a good time to also check your returns on investment from 2007. One other check to make is your total investment amount per financial institution. You do not want to be over the insured amount. If you are unhappy with your returns or are over the in-

sured amount you should consider re-allocating a portion to another financial institution. Sons of Norway has an excellent alternative with an annuity. Your investment is 100% guaranteed and depending on the amount you deposited will determine your interest rate. For more information please give me a call.

LaRue Hanson - Financial
Benefits Counselor

2523 Shalimar Dr.

Colorado Springs CO 80915-
1030

Office # 719-599-8546

Cell # 719-237-7314

Email Lhanson1@msn.com



January 2010 meeting of the Vesterheim book club. We read "The Wedding Dress" by Carrie Young. Back (standing) left-right: Doris Bjornson, Ailie Swanson, Joy Gundersen, Myra Kirkenaer, Kay Peters, Kendra Bartley Front (seated) left-right: Naomi Ware, Addy Hovet-Martinez, Tina Ramp, Caryl Stalick.

This Photo was submitted to the Viking Magazine. Look for it in the Spring or Summer issues.

The Scandinavian Midsummer Festival is coming up soon. Save June 26th, and 27th on your calendar! Visit the website at <http://www.estesmidsummer.com/> for more information and details on vendors and activities.

Don't forget to sign-up to Volunteer in at the SCANDINAVIAN MIDSUMMER FESTIVAL Students—Earn hours for NHS and other requirements!

For more information contact Cathy Allen 303 – 449 – 9596 bouldercathy@msn.com



FIFTY FIRST ROSEMALING SEMINAR AT CAMP NORGE **

APRIL 24/25, 2010

It is time to make your reservations for the adult (18 years and over) spring Rosemaling Seminar at Camp Norge. We will have three classes. The teachers are Julie Anne Droivold, Kay White, and Cheryl Seath.

We will be painting on a beautiful 12 inch scalloped, beaded square plate. Julie Anne is teaching a Hallingdal design on a red/orange background with sponging on the rim edge. This should be a fun pattern to paint. Kay is teaching an Os style on a blue background.. Cheryl Seath will be teaching the beginner's class using an Os style on a red background with design inspiration from the Os chair featured in the Vesterheim publication Vol. 1, No. 1, 2003. Look on the Camp Norge Website for pictures of all three projects: www.Campnorge.com shortly after February 10th.

Please make your room reservation with me. I develop the list of who is in which room. You will pay for your room when you arrive at Camp. It is not included in your class fee. Bring your current membership card. Members pay \$15 per night; guests pay \$20 for dorms, plus 8% Placer County Occupancy Tax. Only members are allowed to stay in the main house and the cozy cabins. For people who want to room together, I need to receive the list of names with the first reservation. RV's are encouraged as we have a limited number of beds. Members pay \$20 per night for up to four people per RV. Guests pay \$25 per night for RV's. We have electrical and water, but no sewer hookups. Tents are \$15 for up to four people for members, \$18 for non members. Pets are \$2 per night. Pets are not allowed in any of the buildings, pool area or sleeping rooms at any time.

Please include your full phone number, address and lodge name and number when registering. If you have e-mail, please include your e-mail address. It is so much faster and cheaper if I need to talk to you. As soon as the supply lists are available from the teachers, I will send them as I receive your registration form and check. **ABSOLUTELY NO E-MAIL RESERVATION REQUESTS.** I need the check and registration form together. Be sure to send a self addressed stamped envelope for your supply list and class confirmation information if you do not have e-mail. *I will not be sending you a supply list unless you send me a self-addressed, stamped envelope or your e-mail address with your registration form.* I use Microsoft Word running on an XP program and all attachments will be attached from that program.

The cost of the seminar will be \$80 for registration which includes the class and wood piece all base coated and ready to go, hall rent and clean up, and the meals. There will be \$25 cancellation fee for any cancellations, but absolutely no cancellations after April 7th. Registration fees (less cancellation fee) can be refunded if you have to cancel up to April 7th if there is someone on the waiting list who wants your space. It is difficult for people on the waiting list to take your place if they do not have at least three weeks to make their plans. Melanie Souza will again do our cooking. The cost for food for the weekend is included in the \$80 registration fee. The food includes breakfast, lunch and dinner on Saturday and breakfast and lunch on Sunday. You were so very generous and cooperative with the cookies last time. I do so appreciate that. We will ask just one class to bring cookies, and will rotate those classes each time. The information will be in your supply list letter.

My e-mail address is pennyjknudsen@sbcglobal.net. My phone number is (916) 941-6433. Please complete the following registration form, make your check payable to Penny (not Camp Norge) and return as soon as possible with your stamped, self-addressed envelope for supply list if you do not wish to receive it by e-mail, to:

Penny Joseph Knudsen, 3774 Park Drive, El Dorado Hills, California 95762

My spouse and/or family will be eating with us and I enclose \$30 for each _____

APRIL 24/25, 2010 ROSEMALING SEMINAR REGISTRATION FORM

Name _____ Phone (____) _____

I need a room reservation: Yes _____ No _____

Address _____ e-mail address _____

I want to room with: _____

City _____ Zip _____ Name of Lodge _____

Class I want is: Julie Anne _____ Cheryl _____ Kay _____

I am bringing my RV _____

I am enclosing \$80 for registration fee for food and class.

I am bringing my tent _____