

# Vesterheim Lodge

Sons of Norway 6-118 ★ Boulder, Co ★ [www.vesterheimlodge.com](http://www.vesterheimlodge.com)



March – April 2011

Vol. 17 Issue 2

Hi Vesterheim Members,

I hope everyone had a great holiday season. I look forward to seeing everyone at the events that we have coming up in the next few months. I want to thank everyone who attended our January general meeting. We had officer installation, and one of our best cultural events to kick off the New Year. I want to thank LaVonne Peterson for all of her hard work in setting up the room before the meetings begin. LaVonne and her husband Dale always have the place looking fantastic. Joy Gundersen did another great job on the waffles, they are always a hit. Thanks again Joy. Addy Martinez put together a great cultural program. As you know, Vesterheim helps with scholarship money for the Boulder High Jazz Band exchange program to Norway. Several members, one whom is a Vesterheim member Peter Osnes, gave a great presentation on their trip. They really are talented, and put on a great show. It showed members that the exchange program is one of our best community projects, and that the students find that modern Norway is huge mix of culture and ideas that are at the forefront of modern music, art, and politics. As we go forward I want to thank Teresa Holum, a Vesterheim member, for leading the exchange. I feel the program is one we could expand in the future. I want invite all members to attend our monthly board meetings and contribute ideas, or voice concerns on the way Vesterheim is run. If we all work together, the lodge can be even better. Vesterheim has won the Lodge of the Year in 2009-2010, and we are on the way to winning again! We have already met membership goals for 2011, and continue to grow. In closing, I want welcome new members Bengt Fornberg and Natasha Flyer to Vesterheim. I also want encourage all members to invite friends to general meetings. We want to attract new members with new programs headed by Lori Lincoln and Erik Peters. Contact them to find out about snowshoe trips, movie nights and other events designed to attract younger members. I also want to offer rides to members who want to come to meetings.

Call me at 720-438- 8670 and we will make arrangements to get you to the meetings!

We have new member name buttons. Thanks to Anne Gundersen, she is a Rock Star! I will have them at all general meetings.

Hilsen fra Steve Persson

### **From Trollheim Lodge.**

Due to the cold weather recently, our pipes in the lodge froze and caused major damage to the library, kitchen, and Butikken. The General Meeting and Member Recognition night on February 21st has been rescheduled to March 21st. Also, the Butikken will be closed for approximately the next 2 months for remodeling.

Dawn Nelsen

### **VESTERHEIM MARCH-APRIL PROGRAMS**

The March 25 meeting will begin at 6:00 pm at Atonement Lutheran Church, Baseline and Inca Parkway. This will be Minnesota Potluck night and everyone is asked to bring a hot dish (casserole) serving 8-10. Please try to have your hot dish there by 5:45. Many of our members were raised in the Midwest and remember the hot dish potlucks. If you have questions or need a recipe call Addy Martinez (303-499-5589) or LaVonne Peterson (303-465-5070).

At 7:00 we will start our general meeting and welcome our excellent speaker, Astrid Ogilvie. The title of her talk is *"A Land of Fire and Smoke: Social and Environmental Impacts of Volcanic Eruptions in Iceland"*.

The island of Iceland was formed by volcanic activity some 20 million years ago—a very long time after the major landmasses we are familiar with today. As a result of its position on a geologic "hot spot" in the middle of the North Atlantic, the island is still volcanically active today. Volcanic eruptions (of varying magnitude) actually occur on Iceland on

average every five years. Although Astrid will talk about the geology of Iceland, she will emphasize the impact on Iceland of the eruptions in the past, in particular the major eruption of Lakagigar that occurred in 1783 and the latest eruption of Eyjafjallajokull in 2010.

The April 29th program (note change of date because of Good Friday) will start at 7:00 pm at Atonement. The program will be a DVD of Crown Princess Martha-the American Story. She was born a Swedish Princess and married to the Crown Prince of Norway. She was forced to flee her adopted country with her three children, moving secretly from house to house, chased by German storm troopers and fearing for her life and those of her children. She escaped across the Atlantic and made a special friend in perhaps the most powerful man in the world. This would change her life and positively impact US-Norway relations forever. The Norwegian American community celebrated the life of Princess Martha with a monument in her honor in Washington D.C., the capital of her home while in exile. This is an excellent DVD produced by Steinar Hybertsen.

### **VESTERHEIM BOOK CLUB**

Sons of Norway Vesterheim Lodge has a book club which has been meeting for over five years. We meet the last Wednesday of the month at 11:30 am at the Egg and I in Boulder. Everyone who loves to read is welcome—men and women.

The March 30 selection is Gosta Berling's Saga by Selma Lagerlof. Selma Lagerlof (1858-1940) is one of Sweden's best-loved storytellers. In 1909, she became the first woman—and the first Swede—to win the Nobel Prize for Literature. Later she was the first woman to be inducted into the Swedish

Academy. Her writings possess keen psychological insight and address the perennial struggles and joys of the human existence. In Gosta Berling, the grand lady of Ekeby is turned out of her home, giving the twelve ageing “cavaliers” who live there one year’s run of the estate and its mines. The gallant, reckless act of their young leader, Gosta Berling, sends a “wild wave of adventure” up and down the shores of Sweden’s Lake Lofven.

The April 27 book is My Seven Lives by Solveig Sedlet. This is a memoir taking Sedlet’s life from rural Denmark to London and the United States. They span a village childhood, Nazi occupation, marriage, widowhood, remarriage, and coping with her son’s mental illness.

### **ROSEMALING CLASSES**

Al Ehret will be teaching an eight week class in Rosemaling beginning Saturday March 12 and running through Saturday April 30. Advanced students should enroll in the 9-12 am class and beginning and intermediate in the 1-4 pm class. It will take place at Trollheim Lodge, 6610 West 14th Ave, Lakewood. He will be concentrating on line work and fillers this semester. If interested contact Al at 303-238-6024, or [alehretm@yahoo.com](mailto:alehretm@yahoo.com). Cost is \$75 for the 8 weeks.

### **Recipes from Joy and Lori**

#### **Dronning Maud Fromasj (Queen Maud's Pudding)**

Dronning Maud Pudding is a holiday favorite in Haugesund, Norway.

Ingredients:

1 bar	Semi-Sweet Baking Chocolate
5	Egg Yolks

¾ cup	White Sugar
2 envelopes	Knox Gelatin
¼ cup	Boiling Water (for gelatin)
2 ¼ cup	Heavy Cream
¼ cup	Port Wine (optional)

1. Grate chocolate and set in fridge.
2. In a large bowl, beat together egg yolks and sugar until pale yellow and fluffy.
3. In a small bowl, dissolve the gelatin in the boiling water and allow it to cool to just above room temperature. If it starts to set up, just whisk it with a fork.
4. In a clean cold bowl, with cold beaters, begin whipping the cream. When the cream starts to thicken, pour the gelatin in a very thin stream\* into the cream as you whip. Stop whipping just before it is set and fold the cream into to the egg/sugar mixture. Resume mixing, slowly adding the port wine until the pudding is smooth and well combined.
5. In a serving bowl, spoon in the first of three layers of cream, cover the layer with grated chocolate. Repeat for the next two layers of cream, ending with a layer of chocolate on top.
6. Refrigerate overnight to allow it to fully set up.

\* It is important to carefully pour gelatin into cream mix, in order to avoid lumps.

**RUM - FROMAGE**  
**(or Egg-Nog Bavarian)**

6 Eggs  
1/2 cup Sugar  
1/3 - 1/2 cup Rum  
1 ½ pk. Gelatin powder  
1 cup Heavy Cream  
Roasted Pecans (optional)  
Extra Heavy Cream to decorate.

Melt gelatin in saucepan with a little water. When melted, add the rum. Take off heat to cool, but do not refrigerate. You do not want it to start gelling.

Separate eggs. Whip egg whites first until stiff, but not dry. Keep cold.

Then whip egg yolks with sugar until light and fluffy. Then whip the heavy cream and keep cool.

(If starting the beating with the egg whites, you do not have to clean off the beaters each time)

If cooled, add the gelatin and rum mixture to the egg yolk mixture; then fold in the whipped heavy cream and last the whipped egg whites.

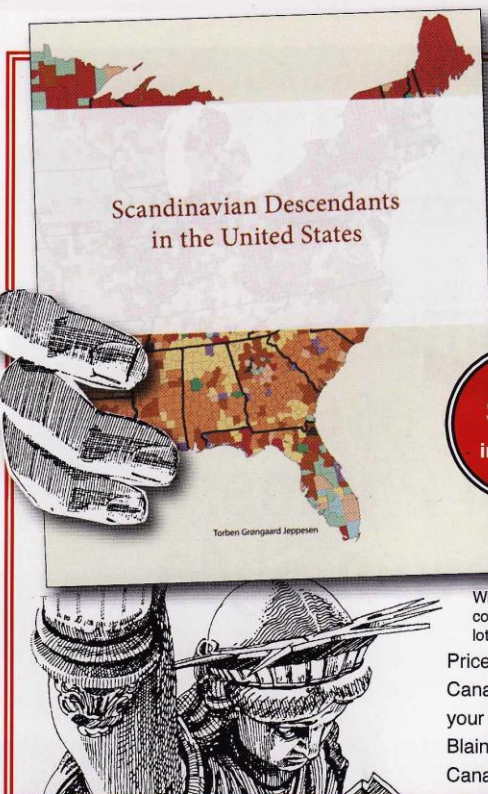
Put the fromage in a nice serving bowl and refrigerate at least 3 hours, preferably over night.

You may decorate the fromage with whipped cream and roasted pecans.

**Looking for Norwegian-speaking descendants of immigrants**

The University of Oslo (UiO) needs Norwegian-speaking descendants of early immigrants! The UiO is planning an extension to its ongoing Nordic research project "Scandinavian Dialect Syntax" and continue its work with Norwegian language in America. We want to do recordings and some grammar investigations. The relevant immigrant cohorts will have arrived in America before 1920. It is important that the descendants should have learnt their Norwegian through continuous contact within their families. All dialect backgrounds and age groups are equally interesting to us.

Please contact: Janne Bondi Johannessen  
The Text Laboratory, ILN  
University of Oslo  
P.O.Box 1102 Blindern, N-0317 Oslo, Norway  
E-mail: [jannebj@iln.uio.no](mailto:jannebj@iln.uio.no)  
Tel: +47 22 85 68 14, mob.: +47 928 966 34  
[www.hf.uio.no/tekstlab](http://www.hf.uio.no/tekstlab)





**HOT OFF THE PRESS:**

***What happened to the Norwegians, Danes and Swedes in America?***

At last there is a comprehensive look at the three Scandinavian groups that have now lived in the United States for several generations. *Scandinavian Descendants in the United States* answers a lot of questions and gives you a perspective on the ten million Scandinavian descendants, and how the groups differ - in a very readable way. It is a both interesting and, at times, surprising analysis, about the degree of integration/assimilation: residence, social and economic status, mixed marriages, religion, political and value-related attitudes - and the interest in one's own ethnic origins. If you have Norwegian, Danish or Swedish roots this is a book about, and for, you!

**ONLY \$35 including S&H**

Written by the Director of the Odense City Museums, Torben Grøngaard Jeppesen, the hard-cover book, with a protective book jacket, is approx. 8"x10" (20 x 25 cm), with 208 pages and lots of full color photos, illustrations, maps and charts.

Price is only \$35 including shipping and handling. Please add applicable taxes. Canadians add provincial and federal taxes. To order simply send a check or your  or  number and expiry date to Scandinavian Press, Box 4302, Blaine, WA 98231, USA or 1294 West 7th Avenue, Vancouver BC V6H 1B6, Canada or fax 604-731-2292 or Call Toll Free 1-866-882-0088.

**SOME FACTS ON SCANDINAVIAN IMMIGRATION**

Submitted by Cathy Allen

The author of *Scandinavian Descendants in the United States*, Torben Grøngaard Jepsen was interviewed by the "Scandinavian Press" (winter 2011 edition).

*Some interesting conclusions from his book, taken from the interview:*

7. Scandinavian descendants are some of the highest placed groups in America, both socially and economically. Above them are Iranians, Chinese, and Eastern Jewish immigrants.
8. Danes come out on top with regard to education, occupational prestige, personal income and property. Then come Swedish, then Norwegians.
9. The majority of Scandinavian immigrants settled in the Midwest, but gradual distribution throughout America has

continued with each generation. About half of the Norwegian descendants still live in the Midwest. The Danes, however, are mostly located in the Far West (California, Arizona and Utah).

10. Norwegian descendants live to a great extent in rural areas, while the Swedish stay within the realms of the American population in general, by living largely in metro areas. This may be because the Norwegians have traditionally been less inclined to move to new areas than their Danish and Swedish counterparts.
11. Regarding marriage, one Norwegian descendant out of six still marries a Norwegian, while the number for the Danes is one out of seventeen. When Scandinavians marry someone outside of Scandinavian origin, the most common is from a northern European background. Only 10-15% have married someone with roots from Catholic southern and Eastern Europe, and 3% from another race.

12. The majority of Scandinavian descendants are still Protestants, but haven't maintained their Lutheran ties. 55% of Norwegian ancestry still belongs to the Lutheran church, but only 31% of the Swedes and Danes do.
13. Politically, the Norwegian and Swedish descendants consider themselves conservative, more so than the Danes. The majority of Swedes are republicans. Approximately half the Danish and Norwegian descendants voted for Clinton, Gore and Kerry, while 60% of the Swedes voted republican. However, in the last election, a majority of the Danes and Norwegians switched and voted for John McCain over Obama.
14. Their attitudes towards value-related issues, such as abortion, gay marriage, and persons of color vary greatly. The Danish descendants are more liberal, while the Swedish are much more conservative, more so than the white population in general. But, regarding abortion, the Swedish descendants are more liberal than the Danes and Norwegians.
15. Conclusion: The Norwegian descendants are much more focused on their ethnicity; with almost half saying they have close relations to their own group. Only about 25% of the Danes and Swedes say they do. This is probably because, when the Norwegians came to settle in the States, they liked to live in close proximity to each other. Over 90% of them moved to the same area. The Danes, on the other hand, moved to make money, and living close to each other wasn't a priority. They were much more mobile. Swedish immigrants were somewhere in between. All three came to the upper Midwest, where the scenery reminded them of home. But the Danes headed out to Utah and California if they thought they could do better. Because of their mobility, they were able to assimilate and intermarry easily. The Norwegians didn't assimilate as quickly due to their habit of living among and marrying each other. Therefore it makes sense that in economic terms, within the Scandinavian community;

the Danes are rated first, followed by the Swedes, and then the Norwegians. But when the interest in ethnic backgrounds began to revive in the latter half of the 20th century, it was much easier for the Norwegians to unite and organize activities, clubs, and festivals. And interestingly enough, because of their social welfare system, the Scandinavians who did not emigrate are more economically successful and politically liberal than those in America.

Taken from "Interview with Torben Grøngaard Jeppesen", the *Scandinavian Press*, Vol. 18, Issue 1, Winter, 2011.

### **From LaRue Hanson:**

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

### **Congratulations!**

Our Treasurer Erik Peters and Julie Horan were married December 26<sup>th</sup>. Julie and her sons Connor and Lukas have just become new members of our lodge. They make their home in Boulder. Congratulations and welcome!

**DISTRICT 6 ZONE 8 EVENTS: JANUARY 2011 - DECEMBER 2011 ... more to come**

**JANUARY 2011**

- 8 ZONE 8 LEADERSHIP WORKSHOP - 9:00AM - Trollheim Lodge Bldg. -  
6610 W.14<sup>th</sup> Ave, Lakewood
- 9 VESTAFJELL 2011 Officer Installation/Chili Dinner
- 15 TROLLHEIM – Lutefisk Dinner – Trollheim Lodge Bldg
- 16 SONS OF NORWAY FOUNDERS DAY – wear your SON pin
- 22 STEIN FJELL - Anniversary Lunch – 11:30AM - Drake Centre, Ft. Collins
- 30 SKI FOR LIGHT Arrivals – DIA

**FEBRUARY**

- 1- 5 SKI FOR LIGHT – Snow Mountain Ranch, Winter Park, CO
- 6 SKI FOR LIGHT Departures - DIA
- 26 BARNELØPET – Snow Mountain Ranch, Winter Park, CO

**MARCH**

- 5 BARNELØPET – Western Slope – Grand Mesa, Grand Junction, CO  
Ron Thoresen 970-241-2094, Ronaldt900@aol.com
- 13 VESTAFJELL – Corned Beef & Cabbage Dinner – Shepherd of the Valley Lutheran  
Church Grand Junction

**APRIL**

- 1-3 DIST 6 BOARD MEETING – Mesa, AZ
- 10 FROKOST – Fjellheim Lodge, Colorado Springs, CO

**MAY**

- 15 SYTTENDE MAI CELEBRATIONS
- 17 NORWAY CONSTITUTION DAY

**JUNE**

- 7 FJELLDALLEN June mtg. with ANNIVERSARY CELEBRATION POTLUCK  
VESTAFJELL ANNIVERSARY CELEBRATION
- 25-26 **SCANDINAVIAN FESTIVAL – ESTES PARK, CO**

**JULY:** LODGE FAMILY PICNICS

**AUGUST:**

- STORFJELL – Rosemaling Seminar
- 6 FJELLDALLEN – Heritage Fest in Limon, CO

**August (continued)**

- 7? STORFJELL – ~~Annual pig roast~~ – Grand Lake, CO (ANNIVERSARY?)
- 8 VESTAFJELL – Viking Day & Picnic, Hawthorne Park, Grand Junction
- FJELLDALLEN – picnic at Sterne Park, Littleton
- FJELLHEIM – ice cream and movie social – Viking Hall
- Euro Fest at Highlands Ranch?

**SEPTEMBER**

- 16-18 ZONE 8 – KRETSSTEVNE at Green Mountain Falls
- TROLLHEIM – Walleye Fish Fry – Trollheim Lodge Blvd
- FJELLHEIM – Anniversary Luncheon – Viking Hall

**OCTOBER**

- FJELLHEIM – Breakfast/Bazaar – Viking Hall
- 9 LEIF ERICKSON DAY
- 10 VESTAFJELL – Torsk& Meatball Dinner 2:00- Shepherd of the Valley Luth. Church, Grand Junction
- STEIN FJELL – Lutefisk Dinner, 4&6, Our Savior's Lutheran Church, 1800 21st Ave., Greeley
- SCANDINAVIAN BALL – Doubletree Hotel, Denver?
- DIST 6 BOARD MEETING

**NOVEMBER**

- 6 VESTAFJELL - Vikings on Parade w/Fjord Horses – Veterans Parade, Grand Junction
- STORFJELL – Community Lefse Bake, Church of the Eternal Hills, Tabernash, 1:00 970-531-0811
- 11-12 TROLLHEIM CHRISTMAS FAIR – Trollheim Lodge Bldg
- FJELLHEIM – Lutefisk Dinner – Viking Hall
- 24 THANKSGIVING DAY

**DECEMBER**

- 3 FJELLDALLEN – Lutefisk Dinner – 3 & 5:30 Prince of Peace Lutheran Church
- 13 VESTAFJELL – Christmas Party - Shepherd of the Valley Luth. Church, Grand Junction
- FJELLHEIM – Christmas Tea – Viking Hall, Colorado Springs
- 18 FJELLDALLEN – Jule Fest – Southpark II Clubhouse, Littleton
- FJELLHEIM – Family Christmas Party – Viking Hall
- 25 CHRISTMAS DAY

**JANUARY 2012**

- TROLLHEIM – Lutefisk Dinner – Trollheim Lodge Bldg
- 16 SONS OF NORWAY FOUNDERS DAY – wear your SON pin
- STEIN FJELL - Anniversary Lunch
- 28 ZONE 8 LEADERSHIP WORKSHOPS - 9:00AM

## **DISTRICT 6 ZONE 8 GENERAL MEETINGS**

- FJELLHEIM #6-107**                      2nd Wednesday – 7:00PM – Viking Hall  
1045 Ford St, Colorado Springs
- TROLLHEIM #6-110**                      3<sup>rd</sup> Monday – 7:00PM – Trollheim Lodge  
6610 14th Ave, Lakewood
- STEIN FJELL #6-114**                      1st Thursday – 7:00PM – Good Samaritan Society  
2101 S. Garfield Ave, Loveland
- VESTERHEIM #6-118**                      4th Friday – 7:00PM – Atonement Lutheran Church  
Baseline & Inca Pkwy, Boulder
- VESTAFJELL #6-146**                      2nd Sunday – 2:00PM – Shepherd of the Valley  
Lutheran Church 3133 F Rd, Grand Junction
- FJELLDALLEN #6-162**                      1st Tuesday – 7:00PM – Prince of Peace Lutheran Church  
2400 So. Colorado Blvd, Denver
- STORFJELL #6-169**                      Special events only at this time

Lodges occasionally have potlucks which begin at 6:00PM. Most lodges do not have monthly meetings July and August. This information is provided in lodge newsletters.

# CALENDAR OF EVENTS

## MARCH

March 1	Tues 6:30 pm	<b>VESTERHEIM BOARD MEETING</b> at Atonement Lutheran Church, Baseline and Inca Parkway. Meeting is open to all members.
March 4	Fri 9:30-2	<b>CRAFTS</b> at Helen House's. RSVP 303-442-0323. Bag lunch.
March 15	Tues 1-4	<b>HÅNDARBEIDER</b> at Jan Rogers'. RSVP 303-499-9839
March 18	Fri 9:30-12	<b>NEEDLEWORK</b> at Joy Gundersen's. 303-664-1023.
March 25	Fri 6-9 pm	<b>MINNESOTA HOTDISH POTLUCK.</b> Atonement Lutheran Church. Astrid Ogilvie speaking on "Impacts of Volcanic Eruptions in Iceland". See Cultural Corner for details.
March 30	Wed 11:30-2	<b>BOOK CLUB.</b> <i>The Egg &amp; I</i> , Basemar Shopping Center. Reading "Gosta Berling's Saga" by Selma Lagerlof. See Cultural Corner for details.

## APRIL

April 1	Fri 9:30-2	<b>CRAFTS</b> at Addy Martinez's. RSVP 303-499-5589. Bag lunch.
April 5	Tues 6:30 pm	<b>VESTERHEIM BOARD MEETING</b> at Atonement Lutheran Church, Baseline & Inca Parkway. Meeting is open to all members.
April 15	Fri 9:30-12	<b>NEEDLEWORK</b> at Joy Gundersen's. 303-664-1023.
April 19	Tues 1-4	<b>HÅNDARBEIDER.</b> Meeting at Helen House's. RSVP 303-442-0323.
April 27	Wed 11:30-2	<b>BOOK CLUB.</b> <i>The Egg &amp; I</i> , Basemar Shopping Center. Reading "My Seven Lives" by Solveig Sedlet. See Cultural Corner for details.
April 29	Fri 7-9 pm	<b>GENERAL MEETING.</b> DVD of "Crown Princess Martha - the American Story" at Atonement Lutheran Church. See Cultural Corner for details.

## PUT ON YOUR CALENDAR

May 14	4-8	<b>SYTTENDE MAI PICNIC,</b> Atonement Lutheran Church.
Jun 25-26	All day	<b>SCANDINAVIAN MIDSUMMER FESTIVAL,</b> Estes Park.
Sept 16-18	All day	<b>KRETSSTEVNE,</b> Green Mountain Falls.

**Vesterheim Lodge: Officers/Chairs**

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
<b>Social Dir.</b>	<b>OPEN</b>		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
Festival	Cathy Allen	303-449-9596	Sunshine	Ellen Chelesvig	303-443-3121

SONS OF NORWAY  
 VESTERHEIM LODGE  
 Steve Persson, Pres.  
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