



## Norway Trivia:

No other country, except Ireland has sent more emigrants to the U.S. in proportion to its population.

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

Send it to  
vesterheimlodge  
@gmail.com

## STUDENT WINS NORWEGIAN EMBASSY ESSAY CONTEST

Helen Killeen from Boulder, now a college freshman at American University in Washington D.C. has won the Norwegian Embassy essay contest and the prize is the all expense paid, escorted trip to Norway after a semester to Oslo and Tromso. Her essay is so interesting! - Cheryle Kapsak

Understanding Environmental, Political and Legal Dynamics in the Arctic: Recommendation for Policy-Makers

### OVERVIEW

Polar ice and snow melt is testing the environment, inhabitants, and international boundaries of the Arctic. As melted water makes its way to the ocean from the frozen stores surrounding the pole climate change in the Arctic will be having an effect on the world at large. Melting snow and ice are responsible for a rise in sea level between 3mm and 4mm per year since 2007, which indicates an increase from the 1.7mm average during the 20<sup>th</sup> Century.

As stated in Denmark's plan for its chairmanship of the Arctic Council in 2009: "The Arctic region is an amplifier of the effects that pollution and other climate change drivers have on Earth." The physical, legal and geo-political implications of climate change in the Arctic must be fully understood and addressed both quickly and efficiently by the extant governing bodies in the region. The Arctic Council, representing the eight Arctic nations (Canada, Denmark (Greenland), Sweden, Finland, Norway, The Russian Federation, Iceland and the United States) and the indigenous peoples of the Arctic, is the ideal body to take a greater role in governing the region. Because the dynamics of the region are so complex and transitory it is of paramount importance that efforts to adapt to new conditions and mitigate the negative effects of climate change be instituted at an international level as soon as possible.

### PHYSICAL IMPLICATIONS OF POLAR MELT

The impact of polar melt on the Arctic is characterized by a series of feedback loops. As sea ice melts more ocean is revealed to UV radiation from the sun. The surface of the ocean does not have the same reflective qualities as ice and thus absorbs more light and heat accelerating the same melt that precipitated it. Likewise, as trees and large plants move north following the expansion of more temperate climate into the tundra, the landscape is darkened and absorbs more light. Permafrost melt represents the most dramatic and possibly catastrophic of all the Arctic's feedback loops. Permafrost contains a great deal of Methane, the most potent of the greenhouse gasses (GHGs), which is released as the permafrost melts thereby further accelerating the

# CALENDAR OF EVENTS

- May 1           **ADOPT-A-ROAD**                           9:30—2:00 (free)   St. Peter & St. Paul's Church on Jay Road  
Jay Adopt-a-Road is scheduled for May 1st. Please meet at St. Peter & St. Paul's Church on Jay Road at 9 a.m. Coffee afterwards. Release forms will need to be signed prior to cleaning the road. Call Ellen Grabau for a form. 303-530-3570.
- May 7           **CRAFT WORKSHOP**                           9:30—2:00 (free)   Tina Ramp 303-443-3559  
Make fun craft items for sale to help our cultural fund. All lodge members are invited to attend. We'll be working on Birds. Bring a brown bag lunch. contact Tina Ramp 303-443-3559
- May 8           **Lefse Making Party**                       6:30pm—9:00       2443 Kalmia Boulder CO  
Come make Lefse at Garry's house. If you have lefse rolling pins, covers, lefse sticks, lefse grills, etc. please bring them. Come prepared to get covered with flour but with a lot of laughs! The lefse will be put in the freezer and sold frozen at the Festival. All our Lodge members and friends are invited to join in the fun! Call Garry for any question or directions. 303-443-3380
- May 15          **SYTTENDE MAI CELEBRATION**   4:00—7:00 (free) Atonement Lutheran Church  
This year our celebration will be on May 15 at 4:00 pm at Atonement Lutheran Church, Inca Parkway and Baseline Rd. We are fortunate to have the Colorado Fjellborg Vikings with us again. Join us as they take us to a time of raids, wars, exploration and cultural change influencing much of Europe, England, Russia and even reaching the Americas. Ron Tomacik will play the accordion and take requests for your favorite Norwegian song or dance. Hot dogs and ice cream will be served but please bring a side dish to share. Norwegian specialties are always a treat but so are your favorite dishes!
- May 18          **HÅNDERBEIDER**                           1:00—4:00       LaVonne Peterson's. 303-465-5070  
Bring a lunch and enjoy the beauty of the needlework, the friendship of ladies of the lodge Bring whatever needlework you are working on. Coffee and dessert will be served. Contact LaVonne Peterson with questions 303-465-5070
- May 21          **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](mailto:joysgund@indra.com).
- May 26          **BOOK CLUB**                               11:30—1:00       Egg & I 2574 Baseline Rd. Boulder CO  
Simon's Family by Marianne Frediksson. Last month we read Hanna's Daughters by the same author. Simon's Family traces the extraordinary relationship between a mother and son and the remarkable family they inhabit. This is a powerful story of survival and transcendence, sacrifice and forgiveness, showing how even the most damaged heart can heal in the most unexpected ways. 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
- June 4          **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](mailto:joysgund@indra.com)
- June 12         **Lefse Making Party**                       6:30pm—9:00       9155 Blue Mt. Dr., Golden. CO  
Come make Lefse at the home of Julie Horan. If you have lefse rolling pins, covers, lefse sticks, lefse grills, etc. please bring them. Come prepared to get covered with flour but with a lot of laughs! The lefse will be put in the freezer and sold frozen at the Festival. All our Lodge members and friends are invited to join in the fun! Call Julie for any question or directions. 303-642-9129
- June 15         **HÅNDERBEIDER**                           1:00—4:00       Jan Roger's 303-499-9839  
Bring a lunch and enjoy the beauty of the needlework, the friendship of ladies of the lodge Bring whatever needlework you are working on.
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Coffee and dessert will be served. Contact Jan Roger with questions 303-499-9839

June 26-27 **SCANDINAVIAN MIDSUMMER FESTIVAL** Estes Park Colorado

A magical Scandinavian weekend welcoming the summer Solstice.

<http://www.estesmidsummer.com/>

Mark your calendars now to come enjoy and volunteer at the Vesterheim Lodge tent!

June 30 **BOOK CLUB** 11:30–2:00 Egg & I 2574 Baseline Rd. Boulder CO

The book we've chosen for June 30 is by a Danish mystery writer, Peter Hoeg. Smilla's Sense of Snow was published in 1992 and earned Hoeg immediate and international literary celebrity. Hoeg has a reputation for being hard to place in terms of literary style. All his works are stylistically very different from one another. Hoeg's work often seems to deal with the consequences of the progress of civilization. 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

## SERVING COMMITTEES

### May 15 (17th May Party)

Lynne Anderson  
Jan & Dave Rogers  
Karen Foxwell  
Steve Persson

### Clean-up Committee for May 15

Erik Peters  
Genevieve Jacobi

### June

In June we do not have a meeting and no serving committee. Everybody is asked to bake cookies or otherwise help out with the Scandinavian Festival on June 26 and 27.

## UPCOMING EVENT:

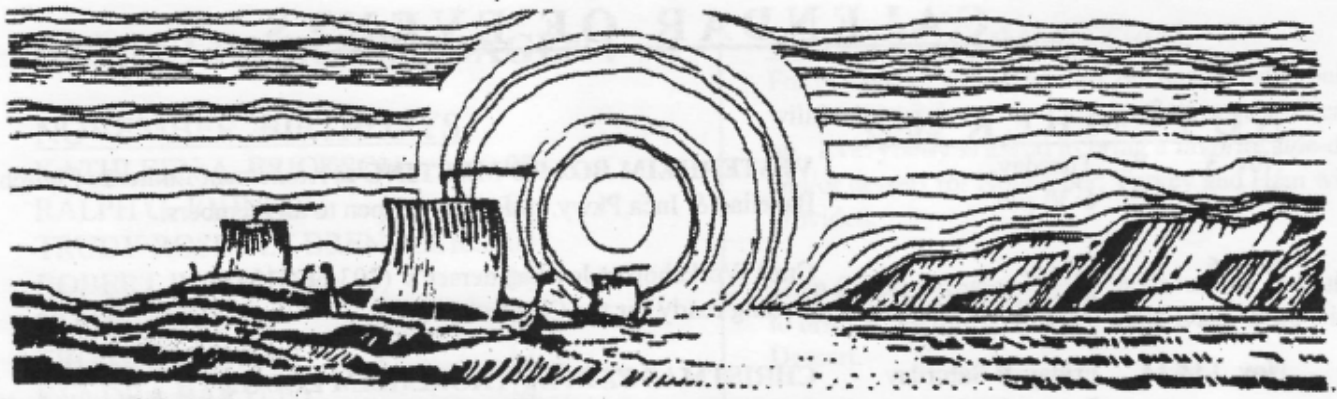
## STORFJELL LODGE PICNIC

The annual picnic of Storfjell Lodge, 6-169 will be on Saturday, August 7<sup>th</sup>. It will again be held in an old barn and grounds next to the Colorado River, in the Arapaho National Recreation Area (east of Hwy. 34 approximately 15 miles north of Hwy. 40 in Granby, Co.).

The picnic will start at noon and we will plan to eat at 1 PM. The cost of \$5 per person

will cover barn rental, pulled pork sandwiches all eating utensils and paper products. Children 5 and under are free. There will be plenty of outlets but no refrigerator so bring your pot luck perishables in a cooler. The Lodge will provide coffee, lemonade and water but you may bring beer, pop or wine if you wish. Each person is asked to bring a side dish to go along with the meat that will be provided.

The maximum group size is 100 people. Send your check to Jan Hodne, Treasurer, P. O. Box 394, Tabernash, CO 80478-0394 with your name, address, phone number, email address, and number of people attending. We must have all reservations no later than Saturday, July 31<sup>st</sup>. Directions will be sent to your email address. This is a beautiful location and we sincerely hope you will join us for a fun day.



## PRESIDENT'S MESSAGE

Dear Members of Vesterheim Lodge:

It is finally Spring, we had almost a real Midwestern winter this year. With the coming of spring, the events members of the Lodge can participate in are many.

Coming up in May is the 17th of May celebration. It is great time to reflect on Norway's Independence, and the Constitution they produced was way ahead of it's time for 1814.

We also have some other events to remind members of. On may 8th Garry Gorsuch will be hosting the first of our Lefse making parties. These parties are not only social gatherings, but help raise funds for the lodge. We will sell the Lefse, and other treats at the Scandinavian Festival in June. The first party starts at 6:30 and tou reach Garry 303- 443-3380

The second party is hosted by Erik Peters. This will begin at 6:30 on June 12th. The adress is 9155 Blue Mountian Drive. Golden Colorado. ( this is in Coal Creek Canyon) Call Erik for more details at 720-524-6929. These Parties are a lot of fun, we hope members can make to one of them.

We are still looking to fill the Vice President position, and also the co-secretary position, so let me, or another board member know if you have an interest. I want to thank Addy Martinez, Joy Gundersen, and Erik Peters for the awesome program in March. The Film on farms in the fjord country was great. Everyone had thoughts on the ancestors' they had in Norway, and how they made a living in those difficult times in Norway.

Also Waffel night was a huge success, maybe we should do that more often. I want to thank everyone for coming to our winter events and look forward to seeing everyone this spring and summer.

Ha Det Bra og Hilsen!

Steve Persson

melt process.

Nowhere on Earth is the environment so sensitive as it is in the Arctic, and nowhere are the people so intricately connected to the climate, land and sea. Indigenous populations in the Arctic are extremely dependent on the natural living resources that surround them. Changes in migratory patterns and extinction of species will mean that indigenous peoples have to change the lifestyles that have defined them for centuries.

#### LEGAL IMPLICATIONS OF POLAR MELT

Polar melt will reveal undiscovered stores of hydrocarbon resources that were previously inaccessible (89.9 billion barrels of oil and 1.668 trillion barrels of natural gas), and will catalyze friction along maritime boundaries as governments struggle to lay their claim. It will also open up new shipping and transport passages, and expose new sensitive environments that have little to no legal protection. The melting Arctic is a new frontier for economic exploitation and expansion of national territory. It is this ambiguous legal nature of the Arctic seas that makes polar melt so threatening to international stability in the region.

The United Nations Convention of Laws of the Sea (UNCLOS) is the definitive legal instrument for determining the legal status of regions of the Arctic under the new pressures of climate change. UNCLOS offers a consolidated framework to govern the Arctic's territorial seas, contiguous zones, innocent passage laws, straits for international navigation, exclusive economic zones, continental shelf laws, management of living resources on the high seas, scientific research, laws for ice-covered regions, and guidelines for environmental protection.

#### GEO-POLITICAL IMPLICATIONS OF POLAR MELT

Sea ice melt and the subsequent expansion of navigable water will push national boundaries North. Division of the Arctic will be the geo-political challenge of the century. The nature of the Arctic Circle is to compress national boundaries, which will put a strain on transnational resources and the indigenous peoples that live in areas that have previously been isolated.

Differences between the long-term and short-term governance of the Arctic will present a dilemma as countries work to reconcile their short-term economic goals with their long-term goals for international stability in the region and environmental conservation.

#### RECOMMENDATIONS

In order to address that physical, legal and geo-political challenges that polar ice melt and a changing Arctic present to the international community it is necessary to develop a comprehensive solution that mirrors the interdependent nature of the Arctic environment.

##### Integrated Resource Management

Norway first put forth the concept of integrated resource management (IRM) during its chairmanship of the Arctic Council (2006-2008) based on a program established in the Barents Sea-Lofoten region. IRM emphasizes the importance of coexistent economic and environmental efforts that provide for the short-term and ensure the long-term goals of all the Arctic nations. The Arctic nations and their inhabitants are dependent on the resources of the polar North. Mining, hydrocarbon extraction, fishing and shipping cannot be responsibly prohibited in the Arctic sea, but they can be managed in ways that de-

crease the threat that economic exploitation poses to environmental and human health. It is crucial that solutions to polar issues be approached with systemic reform as the immediate goal. Increased International Cooperation and Transparency

The Arctic Council knows the intricacies of its environment best and have pre-established channels for communication with indigenous peoples (the six permanent participants of the Arctic Council). UNCLOS provides necessary legal and governance laws that, when applied to Arctic issues, can solve many of the geo-political problems facing the region. Therefore, authority and structure should be consolidated within existing international institutions.

Increase participatory rights for the Indigenous Peoples Council (IPC) through the Arctic Council. Native communities of the Arctic are the most sensitive to infrastructural and environmental damage, and their input is crucial to understanding environmental and human health in the region.

The establishment of a body for arbitration and judicial resolution of international tensions among the Arctic states (including the indigenous peoples) will introduce more transparency to the collaborative management of the Arctic.

#### Research and Development

The Arctic Council and the United Nations have invested time and energy into numerous assessments of Arctic health in the face of climate change. This should be continued and expanded. Scientific research emphasizes a commitment to conservation and is in the national interest of all the Arctic states.

#### Immediate Action

The Arctic Council nations

should work to adopt the recommendations of internationally sponsored reports such as the Arctic Marine Shipping Assessment and the Arctic Climate Impact Assessment.

Particularly sensitive areas in the Arctic should be placed under international protection in order to prevent accelerated environmental destruction.

The Arctic Council should increase emergency response capabilities, including search and rescue operations, in order to prevent human catastrophe.

Military investment to patrol Arctic territory should be partially diverted towards non-military elements of security.

The Danish chairmanship recognizes the possibility of potentially dangerous gaps in knowledge, but while technology for economic exploitation lag behind the revelation of Arctic hydrocarbon resources the Arctic nations should work to synergize standing international agreements and take what action is currently possible. Delaying action in light of incomplete knowledge of the Arctic environment is more dangerous than the alternative. Preventative measures must be taken now in order to avoid the necessity of more costly and less effective reactive measures after the inevitable has occurred.

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# SCANDINAVIAN MIDSUMMER FESTIVAL

**June 26-27: Saturday  
9:30-5, Sunday 9:30-4**

**[www.estesmidsummer.com](http://www.estesmidsummer.com)**

Our lodge has officially taken over the management of the festival. Let's pull together and make it a great weekend! Volunteering is a fun way to help your lodge, and get to know each other better.

We've got some new vendors coming this year, with almost all of the old vendors returning. And we've booked the following entertainers:

- Lindsborg Folkdanslag
- Norwegian Society of Texas Leikarringen
- Decorah Nordic Dancers
- Muggy's Uff-Da Band
- Rory Foresman and wife (teaching)
- Fjellborg Viking Re-enactors
- Ron Tomocik (strolling musician)

Joy is working on making her Crafts Demonstration Tent even better this year, and it will be twice as big. Erik and Gary want to do lefse demonstrations. The Vesterheim Food Tent will be adding packages of frozen lefse and hot dogs to sell, in addition to the regular baked goods, waffles and drinks. And of course we will still have our Crafts Tent with new items made by our crafts group for sale. Lynne has offered to manage both the Raffle and the Silent Auction, since the Magnus-

sons will be unable to run the auction this summer.

We need lefse to sell. So - we will be making it all at two Lefse Parties. Everyone is invited, along with friends and family who would like to help. Good fun!

Gary and Carol are hosting one on Saturday May 8th: 2443 Kalmia, Boulder. RSVP 303-443-3380.

Erik is hosting one on Saturday June 12th. 9155 Blue Mountain Drive, Golden. RSVP 720-524-6929.

Gary and Erik are also looking for folks who would like to do a 45 minute demonstration on making lefse in their Lefse Demonstration Booth. Remember, if you make it at home, you can make it there. Call either one for details. Don't make them do it alone!

There will be sign-up sheets to volunteer at our April and May meetings. Let's plan ahead and put this on our calendars.

## **We presently need help with the following:**

**SET-UP:** Friday 12- we're finished (? 6 pm). Includes setting up tents (silent auction, raffle, demo, audience, Vesterheim's crafts and food, and Jane Hanson's), tables and chairs, moving picnic tables, and helping a several of our vendors unload.

**TEAR-DOWN:** Sunday 4-6 PM. Taking down the tents, stacking

tables and chairs, making sure the trash barrels are all emptied, and helping the same vendors carry their items back to their vans. Contact Cathy Allen to sign up for Set-Up and Tear-Down. 303-449-9596, [boulder-cathy@msn.com](mailto:boulder-cathy@msn.com). Contact Erik for details at 720-524-6929, [erik.peters@mac.com](mailto:erik.peters@mac.com).

**TRASH:** Not time-consuming, but requires lifting. Periodically circulate thru the festival and empty full barrels into the dumpsters. In between times, enjoy the festival. Can do as a team. Good for your teenager's community service work. To arrange times, contact Cathy Allen at 303-449-9596, [boulder-cathy@msn.com](mailto:boulder-cathy@msn.com).

**FLOWER DONATIONS FOR THE MAYPOLE:** Collect flowers and/or greens from your garden or favorite florist and either bring them up to the festival Friday or early Saturday morning, or take to the Committee Head in Longmont Thursday or Friday morning. Contact Arlene Hunter at 303-776-7078, [arlenejh@comcast.net](mailto:arlenejh@comcast.net). to arrange.

**SILENT AUCTION DONATIONS:** Go to local and/or Estes Park businesses (stores, restaurants, hotels, golf courses, etc) and ask for donations. We will give you the forms you will need. Lynne Anderson will be collecting the items. Contact her at 303-652-3263, [lmkander-son@comcast.net](mailto:lmkander-son@comcast.net).

**RAFFLE BOOTH:** We are raffling off Icelandair roundtrip tickets for two to Scandinavia. Keep Lynne company. Contact either Lynne or Cathy at the above phones/emails.

**LUNCH RELIEFS:** Relieve workers in the raffle, silent auction, Vesterheim's food and crafts tents for lunch breaks. Contact Cathy at 303-449-9596, [bouldercathy@msn.com](mailto:bouldercathy@msn.com).

**VESTERHEIM'S FOOD TENT:** We need Bakers, Sellers, Cashier, and Cooks for waffles and hot-dogs. Contact Addy Martinez at 303-499-5589, [addyhm@earthlink.net](mailto:addyhm@earthlink.net).

We are pretty set on volunteers for Joy's crafts booth and the Silent Auction tent. However, anyone is welcome to stop by and see if the folks there would like a break.

**CAN ONLY SPARE AN HOUR?** Do Lunch Reliefs.

**CAN ONLY SIT DOWN?** Cashier for the food booth. Help at the raffle booth.

**WANT TO HELP IN ADVANCE AND BE FREE AT THE FESTIVAL?** Bake for the food booth. Donate flowers for the Maypole. Collect items for the Silent Auction. Help with set-up.

**WANT TO HELP BUT NOT BE CONFINED TO A BOOTH AND BE ABLE TO ENJOY THE FESTIVAL AT THE SAME TIME?** Sign up for Trash Duty.

**HAVE A SPECIAL SKILL TO DEMONSTRATE?** Help at the Lefse Demo Booth or the Crafts Demo Booth.

I hope to see you all there.

Your Hardworking Festival Director, Cathy



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globally, it is good to know Sons of Norway has a strong and solid portfolio of high grade bonds and treasuries, no risky stocks or sub-prime mortgages. To put your mind further at ease, insurance companies are regulated at the state level, with very strict regulations. There are tax advantages to owning annuities that c.d.'s can't offer and you will find our interest rates are very respectable.

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