

Vesterheim Lodge



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

September-October 2011

Vol. 17 Issue 5

Hei Vesterheim members,
I can't believe the summer is going so fast. It seems like yesterday it was Syttende Maj.

I want thank all the members who pitched in to make the Midsommar festival a fantastic success! Everyone braved a strong wind on Sunday but we hung together and made it through.

I want to thank Cathy Allen, Addy Martinez, Erik Peters, Ann Hinman, and Lynne Anderson for all the hard work they put in, all year, to make it seem easy when the volunteers arrive to help. Thanks again!

I just came back from a trip to Scandinavia, and I know our lodge members hearts go out to all Norwegians after the events in Norway this summer. I was in Oslo and laid some flowers at the memorial site in the name of all Vesterheim members.

We have exciting events coming up in fall. Be sure to check out the schedule in the newsletter, and plan to make it to our fun events Addy has planned.

I hope everyone had a safe and fun summer!

Ha det bra!
Steve Persson, President

Cultural Corner by Addy Martinez

SEPTEMBER BOOK CLUB

The Vesterheim Book Club will meet September 28 at 11:30 am at the Egg and I in Boulder. The July edition of the Viking magazine recommended fifteen books for good Nordic reading. Our book club chose two of the books for September and October. The September 28 choice is Purge by Sofi Oksanen. It is considered an exceptional novel by a Finnish-Estonian playwright, novelist, and activist. It is the winner of two of Finland's most prestigious literary prizes—the Finlandia and the Runeberg and the Nordic Council Literature Prize. Purge is set in Estonia and is a portrayal of the connection between two women.

OCTOBER BOOK CLUB

The Vesterheim Book Club will meet October 26 at 11:30 am. This month's selection will be Doghead by Morten Ramsland. Doghead is described as a "quirky novel" which spans three generations of the Eriksson family. It also won rave reviews in Europe, winning the Danish Best Novel and Best Author awards, as well as Book of the Year, the Reader's Prize and the 2005 Golden Laurel Prize. For more information on buying a book, call Addy Martinez at [303-499-5589](tel:303-499-5589).

VESTERHEIM BOARD MEETINGS

For the rest of 2011 and 2012 our board meetings have been changed to the SECOND Tuesday of the month. We will again meet at 6:30pm at Atonement Lutheran Church, Inca and Baseline Road in Boulder. All members are invited to attend the board meetings.

SEPTEMBER 23—VIKING FEAST

The September meeting will be a Viking Feast (Disting Feast) in celebration of Leif Eriksson Day beginning at 6:00pm at Atonement Lutheran Church in Boulder. This is your chance to bring a Viking potluck dish, dress like a Viking (optional), and learn more about Viking foods and culture. Lodin Myklebust and several Vikings will join us for some Viking toasts and music. There will be Viking displays and "authentic" Viking food. Check this newsletter for a chart of food that we know was available during Viking times. Remember there were no potatoes or corn until the 1500's when they were brought to Europe from the New World. This should be a wonderful event and we hope to see all our members and friends. Guests and anyone interested in Vikings are very welcome! If you have any wooden dishes, bowls, or pewter bring them and make believe that you are a Viking! For questions call Addy Martinez at [303-499-5589](tel:303-499-5589) or Cathy Allen at [303-449-9596](tel:303-449-9596).

OCTOBER 28 PROGRAM

Vesterheim member Kendra Bartley will give the October program on Elderhostel now named Road Scholar. In 2010 Kendra led a tour on Hurtigruten in Norway and this year led a Road Scholar tour to Iceland. Kendra will give a power point presentation with interesting pictures of her trips. She also will explain the background of Elderhostel/Road Scholar and its connection to Norway. The refreshment committee will serve open-faced sandwiches after the program and meeting. If you have friends who are interested in traveling with the Road Scholar group please invite them to join us!

CALENDAR OF EVENTS by Cathy Allen

SEPTEMBER

September 2 Fri 9:30-2 CRAFTS at Jan Roger's. 303-499-9839.

September 13 Tuesday 6:30 VESTERHEIM BOARD MEETING at Atonement Lutheran Church, Baseline and Inca Parkway. Meeting is open to all members.

September 16 Fri 9:30-1 NEEDLEWORK at Joy Gundersen's. 303-664-1023.

September 20 Tues, TBD HÅNDARBEIDER. Group going out to lunch. Time TBD.

September 23 Fri 6-9 GENERAL MEETING: VIKING FEAST in celebration of Leif Eriksson Day. See Cultural Corner and flyer for details.

September 28 Wed 11:30-2 BOOK CLUB at "The Egg & I", Basemar Shopping Center. Discussing "Purge" by Sofi Oksanen. See Cultural Corner in this newsletter for details.

OCTOBER

October 7 Fri 9:30-2 CRAFTS at Arla Olson's. 303-666-8744.

October 11 Tues 6:30 pm, VESTERHEIM BOARD MEETING at Atonement Lutheran Church, Baseline & Inca Parkway. Meeting is open to all members.

October 18 Tues 1-4, HÅNDARBEIDER at Ellen Grabau's. 303-530-3570.

October 21 Fri 9:30-1 NEEDLEWORK at Joy Gundersen's. 303-664-1023.

October 26 Wed 11:30-2 BOOK CLUB at "The Egg & I", Basemar Shopping Center. Discussing "Doghead" by Morton Ramslund. See Cultural Corner for details.

October 28 Fri 7-9, GENERAL MEETING. Program by Kendra Bartley on Elderhostel/Road Scholars, followed by Open Faced Sandwiches.

PUT ON YOUR CALENDAR

Sept 16-18 Fri-Sun KRETSSTEVNE. Green Mountain Falls. See Newsletter for details.

Oct 22 Sat 5 pm SCANDINAVIAN BALL. Stapleton Doubletree Hotel. See enclosed flyer for details.

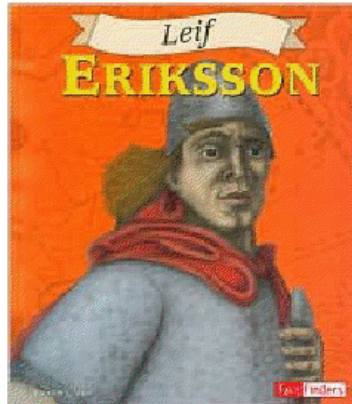
Summer News Review

See the King's interview with 9News/Denver by clicking on the link below:

<http://www.9news.com/video/1074727305001/1/Local-Norwegians-grieving-over-attacks>

See Memorial Service coverage by clicking on the link below:

<http://www.kdvr.com/news/kdvr-norwegian-community-holds-memorial-for-victims-of-twin-attacks-20110730,0,1352623.story>



Friday
Sept. 23
6 pm
Atonement
Lutheran Church

Baseline & Inca Parkway, Boulder

Vesterheim's
VIKING FEAST
in celebration of
Leif Eriksson Day

Featuring Lodin Mycklebust and Friends.

- * Potluck with "authentic" Viking Dishes *
- * Viking Costumes Welcome *

Call Addy Martinez at 303-499-5589 if you need a recipe,
or go to <http://nvg.org.au/documents/other/vikingrecipes.pdf> for an
extensive list of recipes. To keep the ambience, period appropriate
serving dishes are wood, brass, copper, pewter. Simple ceramics
are acceptable. NO tupperware please.

IDEAS



Mutton Stew and Fish Stew



Cheese and Oatcakes



Herring, Eggs and Flatbread



Elk Stew, Cucumbers, Roast Pork



Flatbread, Blueberries, Honey



Honey Glazed Vegetables, Elk Stew

SOME FOODS FROM A VIKING FEAST AT TROLLHEIM

VIKING FOODS by Joy Gundersen

Not much is known about recipes from Viking times, (*I do not think they would use "recipes", but learned from each other how to use the foods available*) but we know quite a bit about what kind of food stuff they used through archeological excavations. Among other things, "leftovers" have been found in cooking utensils and garbage heaps, and there are some references in the Sagas,

The following lists are food stuff that we know were available to the Vikings. Their diet was generally heavy on protein, dairy and grains.

Meat and fish	Vegetables and grains	Fruit and berries	Food products	Herbs
Beef	Cabbage	Blueberries	Milk	Myrtle
Lamb				
	Peas	Raspberries	Curdled milk	Juniper
Pork	Beans	Strawberries	Eggs	Angelic
Poultry	Onions			
Horse		Mountain	Cheese	Nettle
Wild boar	Garlic			
	Carrots	cranberries	Wine	Yarrow
Moose				
	Angelica	Elderberries	Honey	Hops
Deer				
Elk	Nettle	Filberts	Mead	Carawa
Rabbit		Apples		
	Rye		Beer	Thyme
Grouse	Barley			
				Oregan
Haddock	Oats			
	Wheat (little)			Lovage
Pollock				
	Spelt			Hyssop
Cod				
				Mint
Herring				
Salmon				

POSSIBLE VIKING FOODS

The following are age old Norwegian dishes that may go back to Viking times:

Dried cod, haddock, pollock (**Lutefisk** - when did they think of that?)

Cured and **smoked Salmon**

Salted Herring - **saltsild**

Aged Trout (**Rakørret**)

Dried Mutton (**Fenalår - Pinnekjøtt**) -

Mutton stew (**Fårikål** - when did they come up with that? Maybe they learned it from the Irish, or maybe it was the other way around!

Other dried, cured and salted meats (**Spekemat**)

Would they have made sausage?

Fenepølse and other hard cured sausages are different than sausage from other countries, and goes under the Norwegian term **Spekemat** (salted, dried and cured)

When did they start making cheeses?

Brown Gjetost they certainly did not learn somewhere else. (**Brunost, Hvitost and Gulost**), the two latter being white goat cheese and cow's milk cheese). What about butter?

Sour milk and sour cream for sure. (**Rømmegrøt, Rømmekolle**)

Will anyone out there please agree or dispute my guesses? Can you think of anything else?

Community Service News by Gary Grabau

On May 10, 2011 the Vesterheim Lodge Volunteer Road Crew cleaned up our section of Jay Road. (63rd Street to Colorado 119) Thanks to David Rogers, Dale & LaVonne Peterson, Gary & Ellen Grabau for their good work! This is our Community Service Project helping to keep our "Not for Profit" Status. We began this service 20 years ago on September 25, 1991 when Ellen Grabau was Vesterheim Lodge President. **Please join us on October 15, 2011** for our next Road Clean-up. Please meet at St. Peter & St. Paul Church on Jay Road at 9 a.m. This gives the participants good exercise while helping to keep our community clean! Thanks, Gary Grabau

KRETSSTEVE

"The Gathering Of The Clan"

A Weekend For Colorado Sons Of Norway Members & Families

September 16-18, 2011

3 Days & 2 Nights (or come up for the day)

7 houses can accommodate 60 to 70 adults and children
Houses have kitchens and there are restaurants in town.

Reservations due by: **September 6, 2011**

ACTIVITIES

Biking
Hiking
Walking
Horseshoes
Fishing
Relaxing

near by-

Garden of the Gods
Cliff Dwellings
Pikes Peak
Cave of the Winds
Wine Tasting

Green Mountain Falls



Let's fill The Place Up

Cost: Payment due with reservation

Registration Fee: \$5.00 Per Person or \$10 Per Family

Overnight Lodging: \$30.00 Per Adult Per Night (Child Cost Pending)

Saturday BBQ or catered event: To be announced.

Questions: Call Darlene Root 303-238-8996 or Donna Newland 303-973-8097

Directions: I-25 to Colo. Spgs.,
Exit onto Highway 24, Westbound
up Ute Pass. Continue to Resort.

RSVP: Fill out the form below and mail it with your payment to:
Darlene Root, 1230 Everett Court, Lakewood, CO 80215

Make checks payable to **CPPC (Colorado Past Presidents Club)**

Name _____ Phone _____

Address _____

City/State/Zip _____

Registration: # of adults _____ Children _____ Lodging Overnight?
Number of evenings: _____

BBQ or Catered Meal: # of adults _____ Children _____ Adults _____ Children _____

TOTAL ENCLOSED: \$ _____ Due by September 6, 2011

Agenda for Kretsstevne in Green Mountain Falls CO, Sept. 16, 17, 18, 2011.

Do any of our lodges have someone who would be willing to join us and give a woodcarving demonstration? Final plans for our Kretsstevne gathering in September:

ACCOMMODATION OPTIONS:

1. Two houses with sleeping accommodations for at least 14 (7 bedrooms/5 bathrooms). \$30.00 per person per night; children 15 and under sleeping in the same room as their parent(s) \$10.00 per night. Full kitchens for meal preparation if you wish.
2. Lone Duck Campground and Cabins – located just east of the road to Green Mountain Falls off Highway 24. Camp sites from \$29.00 - \$39.00 (2 persons) depending on hook-up needed. An additional \$3.00 per child age 4 and up. Cabins available to sleep up to 4 at \$60.00 per night. Bring bedding or sleeping bags. All facilities are located in the main lodge. www.loneduckcamp.com or call 1-719-684-9907 or 1-800-776-5925. Identify yourselves as taking part in a Sons of Norway event in GMF.
3. Lakeside Cottages are located 1 block from our Kretsstevne activities house in Green Mountain Falls. Most of these cottages are accessible by steps – 2 cottages available with 3 gradual steps at \$125 per night. Others available at \$95 and \$105 and up. Kitchenettes in all cottages. Call 1-888-684-9576. Identify yourselves as taking part in a Sons of Norway event in GMF.

ACTIVITIES:

Friday - We will kick off our weekend with registration at the “big house” any time after 3:00 PM on Friday the 16th. Coffee will be available at all times, and we ask that you bring cookies to share. Bring your favorite evening beverages and Fjellheim will provide hors d’oeuvres. You can sign-up for Saturday activities that you wish to take part in. Dinner will be optional and on your own if you wish to go to one of the restaurants across the street from the “big house”.

Saturday - We have 2 local residents that will lead guided walking/hiking trips. One will take those who wish to have an easy walk and the other will take those who would like a more difficult hike. There are numerous hiking trails around GMF. This will be available first thing Saturday morning. We have a Rosemaling teacher who will teach any who wish to try their hand at rose-maling. We will have a beginning lesson in Hardanger. You can try your hand at making lefse and you can eat it warm off the griddle. We’ll have a spinning demonstration. A lefse toss – horseshoe competition – and games for the young and young at heart through-out the day. Also available is biking, fishing and tennis. A continental breakfast will be available at the “big house” for those who wish (\$3.00). A box lunch will be available for those who don’t want to take the time to

do lunch at a restaurant (\$3.00). Late afternoon barbecues and all the trimmings will be served by Fjellheim Lodge. (\$7.00 age 12 and up, \$5.00 age 5-12)

Sunday - A continental breakfast will be available at the "big house" for those who wish (\$3.00). An early morning hike, Church at the Church in the Wildwood, Horseshoe Tournament and awarding the TRAVELING TROPHY. Departure at your leisure.

DIRECTIONS:

The turn-off for Green Mountain Falls is about 12 miles on Hwy 24 after leaving I25. The signs are small, so watch carefully for them. You will see 1 that says Green Mountain Falls 9 mi; watch carefully until you see the sign that says GMF left lane. The turn across the east bound lanes is at an incline, so it is easy to miss. Once you are on the road into GMF, stay to the right and you'll be there. If you are traveling west on Hwy 24 going to the campground, you will make a U-turn on Hwy 24 at this same turn and proceed east on Hwy 24 a short distance to the campground.

ARRIVAL IN GREEN MOUNTAIN FALLS: The "big house" is located across the street from the Mucky Duck restaurant (you will see their sign as you pass the lake coming into town). We will have our Norwegian and the American flags flying, as well as our Sons of Norway sign in the yard of the "big house".

RESERVATIONS:

Please send your reservations to Darlene Root as soon as you can so we know in advance how many to plan for. This will be a fun weekend and a great opportunity to get to know more of our Sons of Norway members. Your reservation should include your check for your lodging if you wish to stay in the houses, (option 1 above- will go to the first 14 to reserve) as well as your registration fee of \$5.00 per person or \$10.00 per family and for the Saturday barbecue. The optional continental breakfast and box lunch can be paid on-site. If you will be using commercial lodging, or coming for the day(s) only, your check will cover the registration fee and the Saturday barbecue only. Call Darlene if you have questions.

Let's Make a Bunad!

Freya Lodge #6-62, in Santa Rosa, California, is teaming up with Sue Sutherland of Bunad Butikken, in Barronett, Wisconsin, to have a bunad making class at Camp Norge. This class will occur in May of 2012 following Norway Day in San Francisco (which is the first full weekend in May).

Sue typically teaches bunad making in Ely, MN. This is an excellent opportunity for our district as we will have her right here in our own backyard, so to speak. The class structure is normally five days with one year in between! That means learning your embroidery in the first class and returning a year later to have the bunad fitted and constructed. The cost of these classes has been \$400 per five day session when it took place at the Grand Ely Lodge in Minnesota. Cost at camp is expected to be lower due to the lower costs of lodging and food in Camp Norge.

The class may or may not follow the exact structure noted above. Sue would like to know the needs of members to determine the structure of the class. Do you want to learn embroidery? Do you want to learn construction? Do you have a bunad that needs fitting, or adjustment, or repair?

There will be limited class space of 12. The cost has not yet been exactly determined. The structure and exact dates have yet been determined. We will need a cook to provide meals to participants (if we model it after the rosemaling weekends).

Please forward this to your membership and ask them to respond. We expect this class to fill up quickly. Contact Pamela at clothcrafter@sbcglobal.net or [707-778-8120](tel:707-778-8120).

Mary Beth, D-6 Vice President, Sons of Norway

Fall Rosemaling Seminar Invitation

We are ready to advertise our fall Rosemaling seminar. I have attached a registration form. The pictures of the three projects to choose from are on www.campnorge.com under Rosemaling. The registration form is also available through the web page. I have sent a copy of the registration form to the ambassadors too so that those who go to meetings will have an opportunity to learn about it first-hand. If you can find room in your next newsletter, we would appreciate it. Please do what you can to encourage your members to take advantage of this benefit of membership in Sons of Norway.

Thank you so much, Penny Joseph Knudsen

Scandinavian Ball News from Cathy Allen



*The Scandinavian Cultural Society of Colorado, Inc.
Invites You to the Twenty-eighth Annual*

Scandinavian Ball

*Saturday, October 22, 2011
Doubletree Hotel (Quebec and MLK Blvd)
5 pm - Cash Bar
6:30 pm - Flag Ceremony and Dinner
\$50 per person
\$35 - High School & College Students with ID*

This year the Scandinavian Cultural Society of Colorado, Inc. is raising awareness and supporting the Rocky Mountain MS Center of Colorado. A donation on a separate check would be appreciated and is 100% tax-deductible.

*Annual Finlandia Vodka Toast --\$5 (must be 21)
Semi-Formal or National Costume*

*Chef's Salad, Seasonal Vegetables, Roasted Potatoes
Roast Pork Loin OR Poached Salmon OR Vegetable Wellington
Freshly Baked Rolls
Swedish Apple Cake with Vanilla Sauce
Coffee, Tea*

*Trolls - Swedish Folk Music
Nyckelharpa and Fiddles
&*

The Nacho Men -- Entertainment and Dancing

*Door prizes include Scandinavian foods and glass, rosmaling, jewelry and more!
Special room rate for two: \$84 without breakfast or \$94 with breakfast (plus applicable fees and taxes) at the Doubletree (must make reservations at 303-329-5290 by September 22). Ball Reservations received by October 3 qualify for a drawing for a complimentary room October 22.*

Information: bstrook@hotmail.com, Karin Strook (303-979-4254)
Send check payable to Scandinavian Cultural Society, Inc. with reservation form to:
Karin Strook, 12363 W. Saratoga Ave., Morrison, CO 80465-1816
Must be postmarked by October 10 (call for availability after that date)
Mail only the form with check and self-addressed stamped envelope!

Name(s) (additional names on back) _____
Address _____ City/State _____ Zip _____
Phone (s) _____ e-mail _____
#Pork ___ #Salmon ___ #Vegetarian ___ @\$50 ea. = \$ _____ @\$35 ea. _____ # toasts @ \$5 ea. _____ =TOTAL _____
Table and Number: Denmark _____ Finland _____ Iceland _____ Norway _____ Sweden _____
High School _____ College _____ Parents _____

DON'T FORGET YOUR CHECK AND SELF-ADDRESSED ENVELOPE!

We are ready to advertise our fall Rosemaling seminar. I have attached a registration form. The pictures of the three projects to choose from are on www. campnorge.com under Rosemaling. The registration form is also available through the web page. I have

sent a copy of the registration form to the ambassadors too so that those who go to meetings will have an opportunity to learn about it first hand..If you can find room in your next newsletter, we would appreciate it.Please do what you can to encourage your members to take advantage of this benefit of membership in Sons of Norway. Thank you so much. Penny Joseph Knudsen

FIFTY FOURTH
ROSEMALING SEMINAR AT CAMP NORGE

SEPTEMBER 24/25, 2011

It is time to make your reservations for the adult (18 years and over) fall Rosemaling Seminar at Camp Norge. We will have three classes. The teachers are Julie Anne Droivold, Mardella Ivers, and Marley Wright Smith.

We will be painting on 12 inch heart-shaped plates. Julie Anne is teaching a Valdres design on a black background, teaching a few new flowers and sponging on the edge. Mardella Ivers will teach the Intermediates a Telemark Design on a medium blue background. Marley will teach the beginners class. She will be teaching a Telemark flower with scrolls around the border on a Norwegian Red and mid teal or Salem background. This will be good stroke practice. Look on the Camp Norge Website for pictures of all three projects: www.Campnorge.com.

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 \$16.20 per night; guests pay \$27.00 for dorms, which includes 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 \$32 per night for RV's. Camp has electrical and water, but no sewer hookups. Tents are \$15 for up to four people for members, \$20 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. No occupancy tax on RV's or tents.

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 \$82 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 September 9th. Registration fees (less cancellation fee) can be refunded if you have to cancel up to September 9th 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, so please be thoughtful. Melanie Souza will again do our cooking. The cost for food for the weekend is included in the \$82 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

SEPTEMBER 24/25, 2011 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 _____	Mardella _____	Marley _____
I am enclosing \$82 for registration fee for food and class.		I am bringing my RV _____
My spouse and/or family will be eating with us and I enclose \$32 for each _____		I am bringing my tent _____

Officers/Chairs of Vesterheim Lodge

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
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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

