

# VESTERHEIM NEWS



## *Erik's Corner - Eriks Hjørne*

Hi Everyone,

We are back from the summer break with a lot of exciting updates and programs. Thanks to Esther and Cathy, we have both dates and presenters booked well into 2026! As always, John will keep you updated on upcoming events through his monthly publications.

If you have any items to donate or put on consignment, the Lodge garage sale is this Saturday, 9/13. An email with the details was already sent out. Every item helps the Lodge raise money to provide food (special thanks to Lori for all she does with our meeting refreshments), programs and holiday celebrations for our members

Speaking of helping, our fall Jay Rd clean-up will be Saturday October 4th. Please consider helping us keep the small stretch of road we sponsor, looking green and clean. Coffee and doughnuts will be provided!

Another way to help the Lodge would be to volunteer for one of the many roles we have that make the Lodge run. We are currently looking for:

- Secretary to keep track of decisions made during Board meetings, make reservations

Hei alle sammen,

Vi er tilbake fra sommerferien med mange spennende oppdateringer og programmer. Takket være Esther og Cathy har vi booket både datoer og presentatører til langt ut i 2026! Som alltid vil John holde dere oppdatert om kommende arrangementer gjennom sine månedlige publikasjoner.

Hvis dere har noen ting å donere eller legge på kommisjon, er garasjesalget i losjen denne lørdagen, 13. september. En e-post med detaljene er allerede sendt ut. Hver gjenstand hjelper losjen med å samle inn penger til å skaffe mat (spesiell takk til Lori for alt hun gjør med møteforfriskninger), programmer og høytidsfeiringer for medlemmene våre.

Apropos å hjelpe, høstens opprydding på Jay Rd vil være lørdag 4. oktober. Vurder å hjelpe oss med å holde den lille veistrekningen vi sponser grønn og ren. Kaffe og smultringer vil bli servert!

En annen måte å hjelpe losjen på er å melde seg frivillig til en av de mange rollene vi har som gjør at losjen fungerer. Vi søker for tiden etter:

- Sekretær til å holde oversikt over beslutninger tatt under styremøtene,

at the Church for our meetings, and oversee our annual filings to SON corporate in Minneapolis.

- Cultural to help us come up with engaging and fun programs for our meetings and events throughout the year.
- Greeters to welcome especially new members and visitors at our meetings

It truly is a low lift, so if you are interested in helping out, please reach out!

reservere bord i kirken til møtene våre og føre tilsyn med våre årlige innleveringer til SON i Minneapolis

- Kulturell rådgiver til å hjelpe oss med å komme opp med engasjerende og morsomme programmer for møtene og arrangementene våre gjennom året.
- Velkomstverter til å ønske nye medlemmer og besøkende velkommen på møtene våre

Det tar ikke mye tid, så hvis du er interessert i å hjelpe til, ta kontakt!




**Sons of Norway  
Book Club**  
(for all members of  
Sons of Norway)

**To Join the  
Sons of Norway Book Club**

Email your name, Lodge name and  
number to:

[SonsofNorwayBookClub@gmail.com](mailto:SonsofNorwayBookClub@gmail.com)



**What We Offer**

The Sons of Norway Book Club offers a lot to do. There is something for everyone.

**Book Club activities:**

- Monthly meetings (on Zoom) for SofN members, in both the eastern U.S. and western U.S., on the last Thursday of each month.
- Monday Evening Author Talks (Zoom) on the second Monday of various months.
- A newsletter for updates.
- A chance to meet and interact with Sons of Norway members from other parts of the U.S.
- The opportunity to complete the Sons of Norway Literature Cultural Skills Medal.
- Children's and Teen's book clubs (coming/in planning stage).
- Online writing classes (coming/in planning stage).

#### VESTERHEIM LODGE 6-118 OFFICERS AND CHAIRPERSONS 2024

\*President - Erik Sirnes  
 \*Vice Pres.- Erling Westgaard  
 \*Secretary - Cathy Allen  
 \*Asst. Sec - Esther Mills  
 \*Membership - Rhonda Fadum  
 \*Treasurer - Erik Sirnes  
 Auditor Lori McLean  
 \*Counselor - Garry Gorsuch  
 Cultural Dir.- OPEN  
 \*Editor - John Kennedy

Greeters - Addy Martinez  
 - Ole Fadum  
 - Joan Cleland

Historian - John Kennedy  
 Marshalls - OPEN  
 Musician - Caryl Stalick  
 Road Cleanup - Erik Peters  
 Social Dir. - Lori McLean  
 Sunshine - Cheryle Kapsak  
 Trustee - OPEN  
 Youth Sports - Erik Sirnes  
 Website - Cathy Allen

\* Indicates Voting Board Members

(Privacy Disclosure: This information is for official Sons of Norway business only. Use of this information for solicitation or commercial purposes is a violation of the Sons of Norway privacy policy and is strictly prohibited.)

# CALENDAR OF EVENTS

## September - October

Date		Scheduled Event
Sep 10	Wed 7:30 p.m.	Vesterheim Board Meeting - Contact Erik for Zoom link at <a href="mailto:eriksirnes@hotmail.com">eriksirnes@hotmail.com</a> . Meeting is open to all members.
Sep 13	Sat 8:00 a.m.	Garage Sale Drop off of items on 9/12
Sep 18	Thurs 1:30 - 3:30	Book Club (page 4)
Sep 20	Sat 2:00 - 4:00 p.m.	General Meeting: Atonement Lutheran Church 685 Inca Pkwy, Boulder <i>My Father's Experience on Sunken Merchant Marine Ship in WWII</i> presented by Tore Arnesen
Oct 4	Sat 9:30	Fall Jay Rd Clean-up Saints Peter & Paul Greek Orthodox Church 5640 Jay Rd, Boulder, CO 80301
Oct 15	Wed 7:30	Vesterheim Board Meeting - Contact Erik for Zoom link at <a href="mailto:eriksirnes@hotmail.com">eriksirnes@hotmail.com</a> . Meeting is open to all members.
Oct 16	Thurs 1:30 - 3:30	Book Club (page 4)
Oct 18	Sat 1:30 and 4:40 seatings	Scandinavian Dinner sponsored by Stein Fjell Lodge Trinity Lutheran Church 301 E. Stuart St. Fort Collins, CO (See flyer on p. 10)
Oct 25	Sat 2:00 - 4:00	General Meeting: Atonement Lutheran Church 685 Inca Pkwy, Boulder <i>An Overview of Restaurasjonen and Norwegian Immigration to the United States</i> presented by John Kennedy

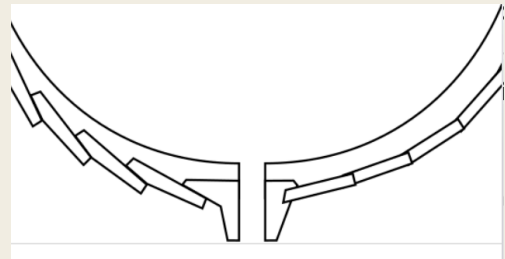


The story of the ship *Emanuel* (later re-christened *Restauration* following a major re-design), has many side stories that offer an opportunity to delve into various topics. Shipbuilding, the herring trade, the industries that support the fishing trade, trade routes around the Skagerak and Kattegat, and the economic ebb and flow of economic life for Norway, Sweden, Denmark, and Scotland from the 18<sup>th</sup> through the early 20th centuries. The list could go on. As promised, however, this edition will be on shipbuilding.

Clinker building, also known as lapstrake construction, is a traditional northern European method of boatbuilding that reached its most sophisticated form in the Viking Age (c. 800–1100 CE). The defining characteristic of this technique is the overlapping of planks along their edges. Instead of laying planks edge to edge as in later carvel construction, clinker planking involves fastening each plank so that it slightly overlaps the one beneath it, producing a stepped appearance on the hull. The planks were typically fastened with iron rivets or wooden treenails, and the seams were made watertight using animal hair, moss, or tarred wool caulking.

One of the main advantages of clinker construction was its combination of strength and flexibility. Because the planks overlapped, the hull had greater longitudinal stiffness, yet the fastening method allowed a certain degree of movement between planks. This flexibility was particularly important in the rough and variable conditions of the North Atlantic, where ships needed to withstand heavy seas without cracking. The lightweight nature of clinker-built vessels also made them easier to pull onto beaches or transport over land, which suited the needs of Norse raiders and traders who operated in diverse environments from river systems to open oceans. The clinker technique was not only a practical innovation but also a cultural marker of

Scandinavian maritime identity. Archaeological finds such as the *Gokstad* and *Oseberg* ships exemplify the high level of craftsmanship achieved by Viking shipwrights. These vessels demonstrate how clinker construction allowed for long, narrow hulls with shallow drafts—ships that were fast, maneuverable, and capable of both sailing and rowing. Over time, clinker construction spread to the British Isles and beyond, influencing boatbuilding traditions in regions where Norse contact was strong. While carvel planking eventually displaced clinker for large seagoing vessels in the late medieval period, clinker traditions continued in smaller craft, surviving well into the modern era in Nordic and North Atlantic communities.



Clinker- or lapstrake-built is a method of boat building where the edges of longitudinal planks are overlapped. The right side shows caravel planking used on larger seagoing vessels.

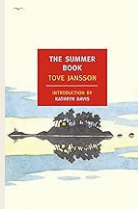
## Folk Art and More

It's time to start working on projects for the 2026 Folk Art Exhibition at the biennial District Six Lodge Meeting & Convention in June, 2026. An 'Olaf' award will again be presented to a favorite digital/electronic program. So, start (or keep going) on your knitting, stitching, carving, weaving, painting, etc. or get creative with a digital program.

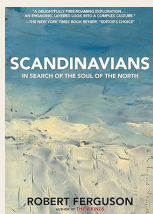
Bruce Fihe, Cultural Director for District Six will be sending out more information as it becomes available.

## Bok Klubb - Book Club

**Book selections for September-October:**  
(The meetings will be at Joy Gundersen's home at 2558 Betts Circle, Erie. Telephone 303-664-1023 to RSVP. Meeting time of 1:30-3:30.



For the September 18 edition of Book Club, the book is *The Summer Book* by Tove Marika Jansson which distills the essence of the summer—its sunlight and storms—into twenty-two crystalline vignettes. This brief novel tells the story of Sophia, a six-year-old girl awakening to existence, and Sophia's grandmother, nearing the end of hers, as they spend the summer on a tiny unspoiled island in the Gulf of Finland.



For October 16, the club will be discussing part 2 of *Scandinavia: In Search of the Soul of the North* by Robert Ferguson.

GRATULERER MED DAGEN



### September:

Ann Marie Cody 9/1  
David Spohn 9/7  
Sally Bell 9/8  
Garry Gorsuch 9/14  
Hartvig Melbye 9/17  
Sara King 9/18  
Pat Muckle 9/19  
Beth Williamson 9/19  
Ellen Morris 9/20  
Tina Ramp 9/25

### October:

Erik Peters 10/1  
Linda Smith 10/12  
Greg Rosendal 10/27

## Norwegian Election: Labor Party Wins

During your editor's recent travels, the nightly television, newspapers, and radio were consumed with reporting on the upcoming election. Debates and town hall meeting were held daily with party leadership going head-to-head. In the end, Jonas Gahr Støre led the Labor Party to victory with 79% of the population turning out. Labor achieved 28.2% but the biggest winner was the populist Progress Party which doubled its voter share, achieving 23.9%.

Another big story in the news was the selection by the Norwegian Government of the British Type 26 frigate. The total of five frigates are set to be delivered by 2030 and have a price tag of \$13.5 billion and are seen as the replacement for the *Fridtjof Nansen*-class frigates. Set to be built at BAE's shipyard in Clyde, Scotland, this was a big win for BAE and the British government; but, more importantly, NATO will benefit from this enhancement of anti-submarine capabilities and a significant reinforcement of the NATO northern flank.

## Where's Tove Quiz



Continuing a maritime theme, here is a monument to the wives of fishermen (Sjømannshustruen). One point for location, one point for name of sculptor.

## Last Month's Answer



*Klippfiskkjerringa* (The Salted Cod Lady) is a tribute to the many women who worked at the clipfish cliffs in the city. For 300 years, clipfish was the most important industry in Kristiansund, ending in the 1950s. The sculpture was made by sculptor Tore Bjørn Skjølsvåg and it was unveiled on June 29, 1992.

## Name That Artifact



Here is a decorative, bent wood piece. What is the name of the item and what might you use this for? (see pg. 8)



## Sons of Norway Mission Statement



*The mission of the Sons of Norway is to promote and to preserve the heritage and culture of Norway, to celebrate our relationship with other Nordic countries, and to provide quality insurance and financial products to its members.*

## Growth is the Life's Blood of Our Organization!

In 2025, think about bringing a friend and get them interested in the Sons of Norway. Let's make membership Job No. 1 in 2025.

- Bring in a new member today, or anytime. Follow up on any prospects you may have, from whatever source.
- Get your FAMILY MEMBERS involved.
- Attend our meetings, socials and special events.
- Think FAMILY Memberships for your kids & grandkids!



*Vesterheimen Lodge's  
Den Norske Kokebok  
(The Norwegian Cookbook)*



***Hazelnut Toscakaka**  
(taken from Sons of Norway Recipe Box)*

**Ingredients:**

**For the Cake**

4 extra large eggs  
1 1/4 cups granulated sugar  
1 1/4 cups all-purpose flour  
2/3 cup butter

**For the Topping**

2/3 cup hazelnuts (roughly chopped)  
1/2 cup granulated sugar  
3 Tbsp. milk  
1 Tbsp. all-purpose flour

**Directions**

Preheat the oven to 350°F. For the cake, melt butter and set aside to cool. Whisk the eggs and sugar together until light yellow and fluffy. Add the flour and melted butter until just combined. Pour the batter into a springform pan lined with parchment paper and bake for about 45 minutes. Check to see if it's done by inserting a toothpick or wooden skewer into the cake. If it comes out clean, the cake is done. If batter sticks, bake for an additional 5 minutes and test again.

When done, remove the cake from the oven but leave it in the springform pan. For the topping, place all topping ingredients into a saucepan and bring to a boil. Once a boil is achieved, immediately pour the mixture onto the cake and spread evenly across the top. Return the cake to the oven and continue baking; only using the top heat (broiler) if possible until it looks golden brown. About 5-10 minutes.

Remove from the oven and allow it to cool before removing from the springform pan. Enjoy!

## Driving Through Scotland and Norway

The Kennedys took a driving tour through Scotland and Norway in August. The Scotland leg was to visit some of the places we knew from our time when I was stationed with the Royal Air Force as an exchange officer in a program where our military sends an officer over and brings one of their officers over in a program to strengthen international partnerships and enhance military effectiveness.

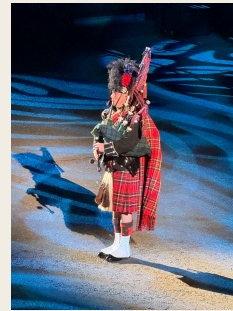
We attended the Edinburgh Military Tattoo, and walked all over the town for three days seeing the sights prior to participating in a tour around the north of Scotland including the Orkney Islands. In Orkney we saw Scapa Flow and visited the Italian Church, both tied to the history of the area during World War II, as well as Skara Brae, a five thousand year old Neolithic village and UNESCO World Heritage Site. We visited a local museum detailing the herring trade. This was one of the highlights for me as it complemented research on the evolution of the herring trade in Norway. Prior to its historic voyage to New York in 1825, *Restauration* was involved in the herring trade, transporting the herring-filled barrels to market.

Those visiting Orkney quickly notice the strong Scandinavian influence in the language, customs, and flag. The islands of Orkney and Shetland were part of the Norwegian and Danish kingdoms until their annexation by Scotland in 1472.

Another connection to Norway that I found was the training site for commandos trained at Achnacarry Castle during World War II as part of the Commando Basic Training Centre (CBTC). During the war, 25,000 personnel were trained, many of whom were from allied countries. One of those nations was Norway and they received rigorous training in commando skills, physical endurance, and combat techniques before serving in coastal raids and specialized operations.

And then it was on to Norway. The main reason for the trip was to travel with Tove's sister to The Sail hotel (*Seilet*) in Molde. You can see by the picture how the name came about. From there we visited Åndalsnes for a day to ride the gondola and visit *Tindesenter's* museum. The trip back was a list of some of the most spectacular scenery in western Norway: Trollstigen (with its eleven hairpin turns), Geiranger Fjord (arriving

by Ørnevegen and leaving to the east to visit Lom Stavkirke. The drive back to Hamar took us along the rivers Otta and Lågen, and Lake Mjøsa. The weather throughout was truly spectacular.



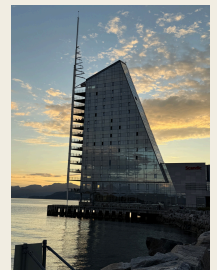
Lone Piper



Skara Brae



Commando Memorial



Seilet Hotell



Trollstigen



Lom Stavkirke

## Name that Artifact. (Answer)

This is a rosemalt tine that would have been used to transport cakes or other foods. Nowadays, they are more for decorative purposes and can be found in various shapes and sizes. 8

# Trollheim Christmas Fair

SONS OF NORWAY, TROLLHEIM LODGE

6610 West 14th Ave.

Lakewood, CO 80214

303-232-1700

**GOD JUL**



November 7th & 8th, 2025

Doors open at **10:00 AM**

Open until **3:00 PM**

Admission: **\$2.00**

Children under 12: **Free**

## Shopping

**Please note: Some vendors may only accept checks or cash.**

Shop for gifts. Shop for yourself. Shop at over 15 vendors. Shop at our Butikken. We have a wide variety of merchandise so...

**SHOP TILL YOU DROP!**

*Enjoy shopping in our*

## Wonderland Of Scandinavia

Start thinking about the Christmas Fair. Our Lodge will have two tables and is looking for bakers for our always popular cookie offerings. Additionally, this year, we are looking for donations of gently used, Scandinavian-theme momentos and clothing that have been picked up on our travels. An email will be sent discussing drop-off points and times.

## Crown Prince Haakon to Visit U.S.A.

H.R.H. Crown Prince Haakon of Norway is coming to the United States as a part of the celebration marking the 200<sup>th</sup> anniversary of organized immigration from Norway to the United States aboard *Restaurasjonen*. His visit will be from October 6-8 and his itinerary has him visiting Decorah, Iowa, Minneapolis, MN, and New York City. Joining the visit will be Foreign Minister Espen Barth Eide and Minister of Trade and Industry Cecilie Myrseth.

## Gamlehaugen

This year is the 100<sup>th</sup> anniversary of Gamlehaugen becoming HRH King Harold's official residence in Bergen. In celebration, the King, Queen, Crown Prince, and Crown Princess opened their residential park lands to the public with an outdoor concert and program. The event was televised nationally.

Near the home, now a museum, of Edvard Grieg, Gamlehaugen is one of the many royal houses of Norway. Most recognize the Royal Palace and its iconic position at the end of Karl Johans Street in Oslo where the King and Queen live. Lesser known, however, are some of the other residences used by the Royals family.

The Royal Farm is located on the Bygdøy peninsula in Oslo and is used as a summer residence. Another summer palace on Bygdøy is Oscarshall and it is open to the public as a museum during the summer. Also, on the outskirts of Oslo is the Royal Lodge used during the winter and is where the Royal Family spends Christmas.

In Asker, outside of Oslo, is Skaugum Estate, the official residence of the Crown Prince and Crown Princess.

Others around the country include Mågero (in Tjøme), Stiftsgården (in Trondheim), Ledaal (in Stavanger), and, of course, Gamlehaugen.

## Who was Pillarguri?

While driving back from Molde to Hamar, we decided to stop in Otta at a little restaurant named *Pillarguri*. As I never miss an opportunity to pass along Norwegian history, here is a good story.



Pillarguri, or Pillarguritoppen, rises to 852 meters above sea level (m.o.h.) and serves as a distinctive natural landmark within Innlandet county. It occupies a scenic position between two renowned mountain ranges—Rondane and Jotunheimen—and is situated approximately two kilometers southwest of Otta.

Additionally, Pillarguri holds a deep cultural resonance in the region through its ties to a legendary figure of the same name. According to local oral tradition, Pillarguri was a woman who, during the Battle of Kringen in 1612, played her horn (prillar) atop a commanding vantage point to warn and rally Norwegian defenders against an advance by Scottish mercenaries. Her legacy endures in Otta and Sel—the municipal crest bears her image, a statue commemorates her bravery, and the town hosts an annual festival and awards ceremony in her honor.





STEIN FJELL LODGE INVITES YOU  
TO OUR 44TH ANNUAL

## SCANDINAVIAN DINNER

Saturday, OCTOBER 18, 2025  
at 1:30 p.m. and 4:30 p.m.



### New Location in Fort Collins:

**Trinity Lutheran Church**  
**301 E Stuart St**

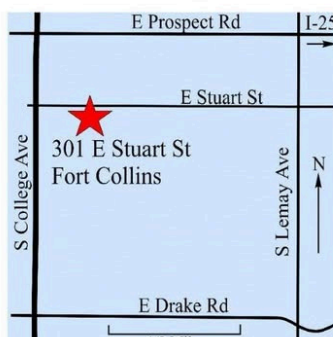
Adults \$36  
Youth (ages 6-12) \$15  
Children 5 and under FREE



Treat your taste buds to meatballs and lutefisk, with potatoes, carrots, herring, lefse, riskrem, and traditional cookies.

Shop for holiday gifts at our boutique, and for tempting breads, cakes, and cookies at our bake sale. Don't miss our silent auction, photo booth with props, and cultural demonstrations.

Donations of canned and packaged food for the church's food pantry outreach will be appreciated.



**TICKETS** *Sales end October 13.*

*NO sales at door.*

**Buy tickets online at:**

<https://stein-fjell-lodge-sons-of-norway.square.site>

**Or call:**

West of I-25 - 970.556.4202

East of I-25 - 970.330.7236

Questions? Email:

[dinner@steinfjell.com](mailto:dinner@steinfjell.com)



### Waves Happen

The Stock market has had some significant ups and downs recently, some quite traumatic. Sons of Norway has a variety of financial products to help you have peace of mind and stability in a rough sea.

Learn more by contacting Kendall Kjerstad ([kjerstadkendall@yahoo.com](mailto:kjerstadkendall@yahoo.com)) or his Financial Advisor Office (970-697-1114) or his cell (970-978-1634)  
[https://www.sofn.com/financial\\_products/](https://www.sofn.com/financial_products/)



### Camp Norge

Mark Lory, president of the Stein Fjell Lodge in Fort Collins, recently returned from participating in the Krestevne event at Camp Norge. He reports that Camp Norge is open during the winter and offers very cheap lodging rates. Those of you with IKON or EPIC ski passes wanting to access resorts in the Tahoe area can make reservations by going to [info@campnorge.org](mailto:info@campnorge.org) or [www.campnorge.org](http://www.campnorge.org).



*SONS OF NORWAY  
VESTERHEIM LODGE*

*Editor*

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