

# VESTERHEIM NEWS



## *Erik's Corner - Eriks Hjørne*

Happy Spring Everyone!

Thank you for taking the time to read this NEWSletter. We are entering a fun and busy few months for the Lodge, which you can read all about on the pages below.

Please mark your calendars for the celebration of the National Day of Norway, Sunday May 19. We have confirmed guests joining us all the way from Norway! There will be the traditional Norwegian boiled hot dogs with tortilla (second only to frozen pizza perhaps?), ice cream, parade, games, and crafts. More details will be emailed out as we get closer to the event.

Mid-June we are going to Golden to participate in the Scandinavian Midsummer Festival. With the change in location, it should make the commute shorter, parking easier and amenities more accessible. This is one of our main fundraisers of the year and what pays for the programs and food for the year, such as the very popular pizza event in January. For the festival, we can NEVER have enough baked goods to sell. Every year we think this is the year we have enough, only to sell out the first day by noon. Visitors to the Scanfest LOVE your baked goods, and we would appreciate it so much if you are able to contribute. We will provide you with

the clamshell containers for the baked goods as well as store them in a freezer until the event. So there is no need to wait until June, you can start baking right now!

And finally, just a teaser that we are planning a Lefse party before the summer. Because why only make lefse once a year when you can have lefse twice a year! More to come on this.

### *På norsk*

God Vår alle sammen!

Takk for at du tar deg tid til å lese dette NYhetsbrevet. Vi går inn i noen morsomme og travle måneder for Lodgen, som du kan lese alt om på sidene nedenfor.

Merk av i kalenderen for feiringen av Norges nasjonaldag, søndag 19. mai. Vi har gjester som kommer hele veien fra Norge! Det blir tradisjonelle norske kokte pølser med lompe (nummer to etter frossen pizza kanskje?), iskrem, barnetog, spill og håndverk. Mer informasjon vil bli sendt ut på e-post når vi nærmer oss arrangementet.

I midten av juni skal vi til Golden for å delta på Skandinavisk Midtsommerfestival. Ved å flytte

## *Erik's Corner - Eriks Hjørne (forsatte)*

festivalen til Golden blir det kortere å reise for våre medlemmer, parkeringen enklere og fasilitetene mer tilgjengelige. Dette er et av våre viktigste inntektskilder for året og det som betaler for programmer og mat, for eksempel det populære pizzaarrangementet i januar.

På festivalen kan vi ALDRI ha nok bakevarer å selge. Hvert år tror vi at dette er året vi har nok, og så er vi utsolgt første dagen innen kl.12. Besøkende på ..

Scanfest ELSKER bakevarene dine, og vi vil sette så stor pris på om du kan bidra. Vi vil gi deg plastikkbeholderne til bakevarene samt oppbevare dem i en fryser frem til arrangementet. Så det er ingen grunn til å vente til juni, du kan begynne å bake allerede nå!

Og til slutt, bare en teaser at vi planlegger en Lefsefest før sommeren. For hvorfor bare lage lefse en gang i året når du kan ha lefse to ganger i året!

### *CALENDAR OF EVENTS* *May - June*

<b>Date</b>	<b>Time</b>	<b>Scheduled Event</b>
May 8	Wed 7:30	Vesterheim Board Meeting - Contact Erik for Zoom link at eriksirnes@hotmail.com. Meeting is open to all members.
May 16	Thu 1-3	Book Club: Olav Audunsson of Hestviken - Book 1: Vows. (see p. 3)
May 19	Sun 2-4	Celebration of Norway's National Day (Nasjonaldagen) Atonement Lutheran Church, 685 Inca Pkwy, Boulder, CO (see p. 7). Anders Törnquist, Norwegian Honorary Consul, Colorado & Wyoming, will be in attendance as our honored guest.
May 20	Mon 1-4	Håndarbeider - at the home of Vicki Gjesdal's (see p. 6)
June 10	Mon 1-4	Håndarbeider - at the home of Rhonda Fadum (see p. 6)
June 13	Thurs 1-3	Book Club: The Palace of the Snow Queen by Barbara Sjöholm (see p. 3)
June 14-16	Fri-Sat-Sun	Scandinavian Festival - Golden Colorado. (See advertisement on p. 11)
June 20-24	Thu - Sun	District Six Lodge Meeting and Convention (See p. 9)

## *Bok Klubb - Book Club*

**Book selection for May 16, 2024:**

at Grete Jansen's  
2610 Briarwood Drive  
303.641.9544

*Olav Audunsson of Hestviken - Book 1: Vows.*  
First volume in this epic story of medieval Norway  
by Sigrid Undset. Translator: Tina Nunnally

First new English translation in nearly a century. This new translation is important as Tina Nunnally is a renowned translator of Sigrid Undset, capturing her fluid prose and lyrical style.

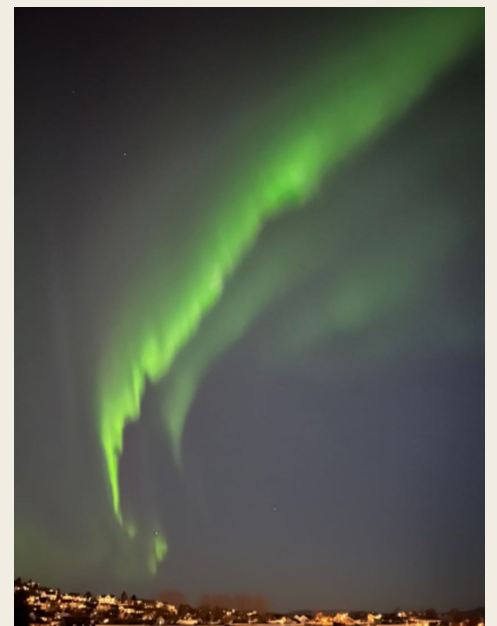
As a child, Olav Audunsson is given by his dying father to an old friend, Steinfinn Toresson, who promises to raise the boy as his foster son and eventually marry him to his own daughter, Ingunn. In the turbulent thirteenth-century Norway, blood-lines and loyalties often supersede law where the crown and the church vie for power and wealth. Against this background a series of fateful decisions lead to murder, betrayal, exile and disgrace, all of which threatens to destroy the lives of two young people torn between desires of the heart and the dictates of family and fortune. .

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### Nordlyset

Erik's family in Trondheim sent these pictures. They were taken in March



**Book Selection June 13, 2024:**

at Kathy Erickson's  
5048 Ellsworth Place  
kaerickcolo@aol.com

*The Palace of the Snow Queen* by Barbara Sjöholm.

Sjöholm spent 3 winters in the north of Norway during the Morketid, the darkest time of the year in Lapland and Sapmi. Her book describes the beauty of the Arctic, a magical winter wonderland contrasted with the harshness of the landscape. Her book is filled with keen insights about the Indigenous people of the far North, their history, their traditions and their challenges in a rapidly changing world of industrialization, climate change and tourism.

It is a remarkable book in that the Sami people have learned to survive in a remote icy region that has been colonized and exploited for mining, industrialization and tourism. Despite these past injustices there is a revitalization of Sami life that offers inspiration and hope. It is this contrast of past and present, tradition and progress that helps the reader to understand a region that has so often been misunderstood...

## HOLIDAYS



**Memorial Day**, commemorated in the US on the last Monday in May, is on Monday, May 27 this year. In Canada, Memorial Day is commemorated with Canada Day on July 1 each year (in the provinces of Newfoundland and Labrador), and Remembrance Day on November 11. Victoria Day, May 20, 2024, is Canada's unofficial start to summer.

Veterans Day (Veterandagen) in Norway on May 8 was first observed in 2011. It recognizes the efforts of veterans of World War II, United Nations peacekeeping initiatives and other international operations.



**Mother's Day**, Sunday, May 12, is a celebration honoring the mother of the family or individual, as well as motherhood, maternal bonds, and the influence of mothers in society. It is celebrated on different days in many parts of the world, most commonly in the months of March or May.



### Norway Celebrates 75 Years of NATO

April 4 was the 75th anniversary of NATO – an important milestone for both Norway and the United States, which are two of its 12 founding members. NATO is the bedrock of Norwegian security, protecting democracy and freedom while upholding peace and stability across the Alliance.

Since the signing of the North Atlantic Treaty in 1949, NATO has grown to 32 countries, with Finland (2023) and Sweden (2024) as the two most recent. Norway welcomes its Nordic neighbors!

The Norwegian Armed Forces commented, "Today, the largest defense alliance in the world celebrates its 75th anniversary – more powerful and prepared than ever. 'One for all, all for one' is the cornerstone of NATO. It will continue to be so, for your safety and mine."

(Photo credit: Norwegian Ministry of Foreign Affairs)

### *Norwegian Genealogy*

There are two classes each month. Fjelldalen Lodge meets by zoom on the first Saturday of each month 9:30- 12:00.

Trollheim Lodge meets in-person on the second Saturday of each month from 10-12:00. If you are interested in looking for your Norwegian ancestors and would like more information about either class, contact Esther Mills. [Millser2@msn.com](mailto:Millser2@msn.com).

# *Det Norske Kjøkken - Norwegian Cuisine*



## **What Goes Well with Salmon**

Whether you grill your salmon or bake it in the oven, there are several things that enhance the flavor of this traditional meal. This is one of my favorites that I found in the June 2010 issue of the Sons of Norway magazine.

### **Mustard Sour Cream Sauce Rømmesaus med Sennep**

2 Tbsp sugar  
2 Tbsp Dijon-style mustard  
3 Tbsp white wine vinegar  
1/4 cup sour cream  
1 tsp lemon juice  
1 tsp dried dill weed  
Salt and pepper

In a small bowl, whisk together the sugar, mustard, vinegar, and sour cream until blended. Add the lemon juice and dill weed. Season with salt and pepper. Cover and refrigerate until ready to serve. Makes one cup.

**Fun fact: Ingrid Espelid Hovig (1924-2018) had a cooking show on Norwegian television for 26 years. She is considered the culinary mother of Norway and was compared to Julia Child due to her influence and cookbook.**



## **Norwegian Sailors' Legacy at Saranac Lake, NY**

March 24 marked World Tuberculosis Day, which honors Dr. Robert Koch's 1882 discovery of mycobacterium tuberculosis.

Back in 1940, a number of Norwegian sailors had arrived in the United States after the Nazi invasion of Norway. These sailors were at sea during the invasion, and so they traveled to the U.S. and other allied countries in hopes of joining the war effort.

When they arrived in New York, the sailors underwent medical examinations, and it was soon discovered that some of them were suffering from tuberculosis. In order to treat their illness, many of these sailors traveled to Saranac Lake, which had become known as a health resort for those with tuberculosis. Many of them recovered well here.

While it's unclear exactly how many sailors arrived, it's estimated that there could have been as many as 500.

During their stay, 16 Norwegian seamen died. This included 15 men and one woman, the daughter of a sea captain. They are buried in a special section of Pine Ridge Cemetery, and a marker honoring them reads, "In memory of Norwegian seafarers who died fighting for the liberation of their country, 1940-1945."

(Photo credit: Historic Saranac Lake)



## *Håndarbeid og Håndverk*

**WHAT?** Women's gathering - work on a craft, knitting, hand sewing, mending etc. All are welcome!

The host provides a refreshment, usually coffee and a dessert.

**WHEN?** May 20 (third Monday this time), 1-4 p.m.

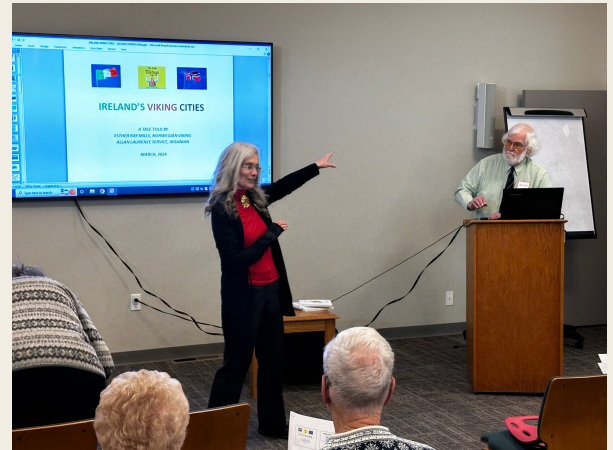
**WHERE?** Vicki Gjesdal's home: 12390 Meadowlark Lark Lane, Broomfield; RSVP to 303-718-2060 or [vgjesdal@gmail.com](mailto:vgjesdal@gmail.com).

**WHEN?** June 10, 1-4 p.m.

**WHERE:** Rhonda Fadum's home: 3861 Apache Court West, Boulder; RSVP to 303-499-1711 or [rhonda@fadum.net](mailto:rhonda@fadum.net).



## *Erin go brágh*



Hats off to Esther Mills and Alan Service for the illuminating presentation on *Ireland's Viking Cities*. Focussing on Dublin, Limerick, and Waterford, it was travelogue par *excellence* with many personal highlights that brought Irish history to life.

Following the presentation, members were treated to Irish-inspired corned beef sandwiches, colcannon potatoes, salads and desserts.

Great turnout!

## *Gratulerer med dagen - Happy Birthday*



Carol Gorsuch 5/1  
Dan Kapsak 5/6  
Heidi Gerstle 5/15  
Myra Kirkenaer 5/22  
Lily Hartman 5/25  
Mary Jane Barlow 5/27  
Jennifer Nelson 5/29  
Allan Service 5/31  
Henry Dalby 5/31  
Esther Mills 6/10  
Kaitlin Dailey 6/13  
Astrid Ogilvie 6/21

## Norway's Constitution Day: A Celebration of Freedom and Unity

Every 17th of May, Norway erupts into a sea of red, white, and blue as the nation commemorates its Constitution Day, known as "Syttende Mai" or "Nasjonaldagen" in Norwegian. This day marks one of the most significant events in the country's history—the signing of the Norwegian Constitution in 1814. Celebrated with parades, traditional costumes, flags waving proudly, and joyous festivities, it is a time for Norwegians to reflect on their past, celebrate their present, and look towards the future. Helping Vesterheim Lodge to mark the occasion, Anders Tornquist, Norwegian Honorary Consul, Colorado & Wyoming, will be attending.

### Historical Significance

Norway's Constitution Day has roots deeply embedded in the country's struggle for independence and sovereignty. In the early 19th century, Norway found itself under Danish rule, following the Napoleonic Wars. However, as the winds of change swept across Europe, Norway sought to break free from the shackles of foreign domination.

In 1814, delegates gathered at Eidsvoll to draft a constitution, a document that would lay the foundation for a new, independent Norway. On May 17th of the same year, the constitution was signed, marking the birth of the modern Norwegian nation. Though Norway would enter a brief union with Sweden later that year, May 17th remained a symbol of Norway's quest for self-determination.

### The Celebrations

Fast forward to the present day, and May 17th is a day of immense national pride and joy for Norwegians of all ages. The day typically begins with the ringing of church bells, followed by children's parades throughout cities, towns, and villages across the country. These parades are a vibrant display of Norwegian culture, with children dressed in traditional costumes, known as bunads, waving flags and singing patriotic songs.

In Oslo, the capital city, the main thoroughfare of Karl Johans gate becomes the focal point of the celebrations. Here, thousands of spectators gather to watch as marching bands, schoolchildren, and various community groups parade past the Royal Palace. The atmosphere is electric, with cheers, music, and the fluttering of flags filling the air.

Throughout the day, Norwegians indulge in traditional foods and drinks, with hot dogs, ice cream, and a variety of sweet treats being firm favorites. Many also participate in outdoor activities, such as games, sports, and picnics, taking advantage of the typically pleasant spring weather.

### Reflection and Unity

Beyond the festivities, Norway's Constitution Day is also a time for reflection and unity. It serves as a reminder of the values enshrined in the constitution—freedom, equality, and democracy. It is a celebration of the nation's rich history, its diverse culture, and the enduring spirit of its people.

For Norwegians both at home and abroad, May 17th is a day to come together, to honor their past, and to reaffirm their commitment to the principles that bind them as a nation. It is a day when the streets echo with laughter, when the air is filled with the scent of freshly baked cakes, and when the spirit of Norway shines brightly for all to see.

As the sun sets on another Constitution Day, Norwegians can take pride in their history, their culture, and their unwavering belief in a future filled with promise and possibility. For on this day, and every day, Norway stands united in celebration of its freedom and its identity.

**Gratulerer med dagen, Norge! (Congratulations on the day, Norway!)**



# Where's Tove



The answer to April's *INNIMELLOM* *Where's Tove* quiz is the monument of Sverd i fjell (Swords in rock) which is located at Hafrsfjord outside of Stavanger.

**The next month's *Where's Tove* will appeal to the gourmet in you. It is a lovely restaurant in southern Norway; but, if you want to go there, it is recommended that you book six months in advance.**

Historically, Norway was a patchwork of small kingdoms and chieftains, each vying for power and dominance. The Viking Age, spanning from the late 8th to the mid-11th century, saw the emergence of powerful chieftains who established their rule over different parts of the Norwegian landscape.

It was not until the reign of Harald Fairhair (Harald Hårfagre) in the late 9th century (circa 872) that significant steps towards unification were taken. Harald, known for his military prowess and ambition, sought to consolidate power under his rule and bring the disparate regions of Norway under a single banner. Through a series of battles and alliances, culminating with the battle of Hafrsfjord, he succeeded in establishing himself as the first king of a unified Norway.

The monument was made by Fritz Røed and unveiled by King Olav V in 1983.

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

*\*President - Erik Sirnes*  
*Historian - John Kennedy*  
*\*Vice Pres. - Erling Westgaard*  
*Marshalls - OPEN*  
*\*Secretary - Cathy Allen*  
*Musician - Caryl Stalick*  
*\*Asst. Sec - Esther Mills Road Cleanup - OPEN*  
*\*Membership - Rhonda Fadum*  
*Social Dir. - Lori McLean*  
*\*Treasurer - Erik Sirnes*  
*Sunshine - Cheryle Kapsak*  
*Auditor Lori McLean Trustee - OPEN*  
*\*Counselor - Garry Gorsuch*  
*Youth/Sports - Erik Sirnes*  
*Cultural Dir. - OPEN*  
*Website - Cathy Allen*  
*\*Editor - John Kennedy \* Indicates Voting Board Members*  
*Greeters: Addy Martinez , Ole Fadum, Joan Cleland*

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## Mark Your Calendars



*Start baking to support our lodge at this annual event!  
More to follow.*



### **Du spør – jeg svarer (You ask - I answer)**

Do you have any questions about Norway? Would you like to learn more about places, things, or people that you have heard mentioned? While I cannot guarantee I know the answer, I am on a first name basis with Mr. Google and other websites. Let me know!

### **2024 DISTRICT SIX LODGE MEETING AND CONVENTION June 20-24, 2024**

Interested in a heavy dose of Norwegian culture and heritage programs? Come to the Tuscany Suites and Casino, Las Vegas, Nevada for the District 6 convention. There are a variety of programs scheduled as part of the convention on Friday, June 21. Business meetings are Saturday and Sunday, June 22-23.

The convention is hosted by Vegas Viking Lodge # 152 and the District Six Board. For more information, visit <https://2024.sofn6.org/>



*SONS OF NORWAY  
VESTERHEIM LODGE*

*Editor*

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