

VESTERHEIM NEWS



Eriks Hjørne - Erik's Corner

Godt nyttår alle sammen!

Håper alle nøytt ferien, enten den ble tilbrakt lokalt eller i utlandet.

Når vi avslutter kapittelet om 2024 og tar fatt på 2025, vil jeg rette en spesiell takk til alle som holder gruppen vår i gang, spesielt styret:

- Cathy for å organisere styremøtene og nettsiden vår
- Esther for å ha håndtert de svært omfattende årlige rapporteringskravene som er gitt fra SoN Minneapolis
- Erling for å støtte meg
- John for dette nyhetsbrevet, det nyopprettede Innimellom og for å ta på seg utsendelsen av fysiske kopier (stor takk til Cheryle for å ha administrert utsendelsen i årevis)
- Lori for å stelle i stand fantastisk mat og dekorasjoner for hvert møte

Og gode nyheter. Alle fortsetter rollene sine i 2025!

Takk til de som har fullført undersøkelsen vår og en spesiell takk til Greg Rosendahl som hjalp logen med våre lagringsbehov. Varene våre for festivalene vi deltar på, arrangementene vi arrangerer og utstyret til

(fortsettes side 2)

Happy New Year Everyone!

Hope everyone enjoyed the holidays, whether it was spent locally or abroad.

As we close the chapter on 2024 and embark on 2025, I want to extend a special thanks to everyone who keeps the Lodge running, especially the Board:

- Cathy for organizing our board meetings and website
- Esther for managing the very comprehensive annual reporting requirements handed down from SoN Minneapolis
- Erling for providing support and backup to me
- John for this newsletter, the newly created Innimellom and for taking on the mailing of physical copies (big thanks to Cheryle for having managed the mailing for years)
- Lori for putting on a fantastic spread and decorations every meeting

And great news. Everyone is continuing their roles in 2025!

Thank you to those that completed our survey and a special appreciation to Greg Rosendahl who helped the lodge with our storage needs. Our items for the festivals we attend, the events we host and the supplies for Jay Rd clean-up

(continued page 2)

(Eriks Hjørne forsettet)

Jay Rd-oppryddingen er nå lagret sammen i North Boulder.

Apropos Jay Rd opprydding, jeg snakket med flere personer på Lodge julefesten som lærte om Sons of Norway gjennom skiltet vårt på Jay Rd. Det gjorde jeg også da vi flyttet til Colorado for 11 år siden! Jeg hadde ingen anelse om at denne organisasjonen eksisterte mens jeg bodde i Connecticut. Oppryddingen er noen timer på våren og høsten, og jeg ser etter noen som kan ta ansvar for dette. Alt du vil være ansvarlig for er å velge datoene og sørge for at vi har det nødvendige utstyret. Vår gruppe har et telt for skygge, penger til kaffe og smultringer, og oppbevaring av utstyret. Hvis det er deg, vennligst send en e-post til gruppen vår eller direkte til meg. På forhånd takk for at du hjelper Vesterheim med å holde Boulder County rent!

Jeg håper alle er godt i gang med sine sunne nyttårsforsett og har fått opp appetitten, for mennene baker pizza til Vesterheim i januar!

Vi sees der.



Om få dager starter året hvor vi markerer at det er 200 år siden den organiserte utvandringen fra Norge til Nord-Amerika startet - et år der migrasjon og identitet skal få et hovedfokus. Crossings 200 er navnet på utvandrerjubileet og markeringen som skal foregå i både Norge og i Nord-Amerika i 2025. I Norge har Crossings en jubileumskomiteé som samler i overkant av 170 organisasjoner og ressurspersoner. Nettsiden og nyhetsbrevet vil presentere prosjekter og arrangementer fra alle i jubileumskomiteen. I korthet, dette reflekterer det som foregår i jubileumsåret. Crossings 200 sender nå for første gang ut sitt nyhetsbrev, som går til de som har meldt interesse for å motta dette. I året som kommer vil Crossings sende ut et nyhetsbrev hver måned, og hensikten vil bringe oppmerksomhet til flere viktige temaer som reflekterer migrasjon og identitet både i et historisk og i et nåtidsperspektiv. Tips gjerne flere om å melde seg på!

(Erik's Corner continued)

is now all conveniently stored together in North Boulder.

Speaking of Jay Rd clean-up, I was talking to several people at the Lodge holiday party who learned about Sons of Norway through our sign on Jay Rd. So did I when we moved to Colorado 11 years ago! I had no idea this organization existed while living in Connecticut. The clean-up is a few hours in the spring and fall and I am looking for someone to be the point person. All you would be responsible for is to select the dates and ensure we have the necessary supplies. The Lodge will provide a tent for shade, money for coffee and doughnuts, and storage for the supplies. If that is you, please email the Lodge or me directly. Thank you in advance for helping the Lodge do its part of keeping Boulder County clean!

I hope that everyone is well underway on their healthy New Year's resolutions and have worked up an appetite, because the men are making pizza for the Lodge in January!

See you there.

In a few days, the year will begin in which we mark 200 years since the organized emigration from Norway to North America began - a year in which migration and identity will have a main focus. Crossings 200 is the name of the emigrant anniversary and the commemoration that will take place in both Norway and North America in 2025. In Norway, Crossings has an anniversary committee that brings together over 170 organizations and resource persons. The website and newsletter will present projects and events from everyone in the anniversary committee. In sum, this reflects what is happening in the anniversary year. Crossings 200 is now sending out its newsletter for the first time, which goes to those who have expressed an interest in receiving it. In the coming year, Crossings will send out a newsletter every month, and the aim will be to raise several important topics that reflect migration and identity both from a historical and a contemporary perspective. Feel free to advise more people to sign up! 2

CALENDAR OF EVENTS

January - February

Date		Scheduled Event
Jan 8	Wed 7:30	Vesterheim Board Meeting - Contact Erik for Zoom link at eriksirnes@hotmail.com. Meeting is open to all members.
Jan 16	Thurs 1:00 - 3:00	Book Club: The Book Club will discuss first half of <i>The Kingdom at the End of the Road</i> (see p. 5)
Jan 25	Sat 2:00 - 4:00	General Meeting: Atonememnt Lutheran Church 685 Inca Pkwy, Boulder <i>Men Making Pizza (gluten-free available)</i>
Feb 12	Wed 7:30	Vesterheim Board Meeting - Contact Erik for Zoom link at eriksirnes@hotmail.com. Meeting is open to all members.
Feb 15	Sat 2:00 - 4:00	General Meeting: Atonememnt Lutheran Church 685 Inca Pkwy, Boulder Trivia Afternoon
Feb 20	Thurs 1:00 - 3:00	Book Club: The Book Club will discuss second half of <i>The Kingdom at the End of the Road</i> (see p. 5)

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

Greeters - Addy Martinez

- Ole Fadum

- Joan Cleland

* Indicates Voting Board Members

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Understanding Norwegian Immigration to the United States

With the 200th anniversary of Norwegian Immigration to the United States, 1825-2025, I thought I would provide a little background to go with an article that I previously contributed to our newsletter. It is a lengthy topic with many facets; therefore, this is the first of two parts, being continued in next month's *Innimellom*. I hope you find it worth reading.

The migration of Norwegians to America, which peaked during the 19th and early 20th centuries, is a significant historical event that reflects broader themes of economic, social, and political change, both in Norway and the United States. This migration had profound effects on both nations, and its legacy continues to shape aspects of Norwegian-American identity today.

1. Push Factors from Norway

Several factors in Norway, particularly in the 19th century, pushed Norwegians to seek better opportunities abroad. One of the primary drivers was economic hardship. Norway's economy in the 1800s was primarily agricultural, and many rural Norwegians faced severe economic difficulties, including land shortages, harsh climate, and famine. The agricultural sector was not able to support the growing population, and many small farmers were unable to make a living.

Another critical factor was population pressure. Norway's population grew rapidly during the early 19th century, and with limited arable land, many people found it difficult to support themselves. This led to increased competition for land, exacerbating poverty for peasants, many of whom had little prospect of improving their situation. Moreover, political and social factors played a role in driving migration. Norway, which was in a political union with Sweden from 1814 until 1905, had limited autonomy during much of the 19th century. While the country underwent significant democratic reforms, the centralization of power in Stockholm, combined with social stratification and class inequalities, contributed to feelings of disenfranchisement among many Norwegians, especially the rural poor.

2. Pull Factors to America

On the other side of the Atlantic, the United States offered several incentives that attracted

Norwegian migrants. Chief among these was the availability of land. The U.S. government, through initiatives like the Homestead Act of 1862, offered vast tracts of land in the western territories, which was highly appealing to Norwegians accustomed to struggling on small, unproductive plots in Norway. In America, they saw the possibility of owning land, cultivating it, and achieving greater economic independence.

The promise of economic opportunity was also a major pull factor. Industrialization in the U.S. was rapidly expanding, creating a demand for labor, particularly in the growing cities and developing railroads. While many Norwegians initially sought agricultural opportunities, a significant number also worked in industrial sectors, including mining, logging, and manufacturing. Wages were often higher than in Norway, and working conditions, though still challenging, were better than the poverty many faced back home. Additionally, the American ideal of freedom and opportunity was highly attractive. The U.S. was seen as a land of opportunity where one could improve their social and economic standing through hard work and perseverance. This ideal resonated strongly with Norwegians who sought a new life, free from the constraints of rigid social hierarchies and limited upward mobility in their homeland.

3. Patterns of Norwegian Immigration

The migration from Norway to the United States was not a singular event but occurred in waves, beginning in the early 1800s and continuing into the 20th century. The first significant wave began in the 1820s and 1830s, with Norwegians traveling in small groups or as individuals. By the 1850s, the migration had become much more organized, with entire communities of Norwegians relocating together. This communal migration helped establish Norwegian-speaking enclaves in the U.S., particularly in the Midwest.

The largest wave of Norwegian immigration occurred between 1860 and 1910. During this period, it is estimated that over 800,000 Norwegians emigrated to the United States, with many settling in states like Minnesota, Wisconsin, Iowa, and North Dakota, which had similar agricultural environments to Norway. (Continued next month)

Bok Klubb - Book Club

Book selection for January and February 2025:

(The meeting will be at Grete Jansen's. Contact her at gretejansen@msn.com for more information and to RSVP.)

After the Book Club identifies book choices for the next several months (bring your suggestions), the club will discuss *The Kingdom at the End of the Road* (på svensk - *Riket vid vägens slut*), the third book in Jan Guillou's *The Knight Templar* (Crusades trilogy) book series. The first half of the book will be the focus of the January meeting, with the second half discussed in February.

Guillou's intent with this series was to depict the increasing modern day tensions between the Western world and the Arab world, by telling about the previous Holy War between Christianity and Islam. The main character of the trilogy is Arn Magnusson, a fictional Swedish nobleman in the 12th century who is forced to become a Knight Templar in Palestine during the Crusades. Arn becomes a witness as well as a catalyst to many important historical events, both in his homeland of Västra Götaland and in the Holy Land. Apart from depicting the Crusades, the novels also depict the early formation of Sweden.

Nyttårsbukk

New Year's Eve celebrations often include a countdown, gathering of family/friends, food, and drink. While this holds true in Norway, they also have a very unique tradition called Nyttårsbukk.

On New Year's Eve, Norwegian children visit houses in their neighborhood and sing New Year's songs in exchange for candy, cookies, and oranges. Sounds familiar, doesn't it? It's almost like Halloween, but instead of saying "Trick or Treat" there is singing and instead of Halloween, it's the last day of the year.

Even adults participate in Nyttårsbukk by dressing up in fancy clothes, visiting friends and family, then getting treated to food and drink in return. What better way for kids to end the year than with a sweet little treat and adults enjoying a visit with family and friends. If nothing else, it's a great excuse to essentially celebrate Halloween twice.

GRATULERER MED DAGEN



January:

- 1/11 Bryan Jay Johnson
- 1/12 Joshua Botkin
- 1/16 Genevieve Jacobi
- 1/19 Linda Sirnes
- 1/23 John Kennedy
- 1/25 Jofrid Sodal

February:

- 2/12 Ingvar Sodal
- 2/13 Kathleen Jakobsen
- 2/18 Siri Karpel
- 2/19 Stefan Magnusson
- 2/24 Tommy Ingulfsen
- 2/24 Mitchell Utterback
- 2/25 Nicholas Dailey
- 2/26 Cheryle Kapsak



Where's Tove Quiz



Here is a more difficult one that is somewhat off the beaten path for most tourists. Your clue is to look at the artistic way the sign was written. More about this section of Norway next month.

Last Month's Answer



This site is the Norsk Tindesenter in Åndalnes. It features the Norwegian Mountaineering Museum and has the second-highest indoor climbing wall in Norway. It is also the visitor center for Reinheimen National Park.

Name That Artifact



While Tove and I were cruising recently on a Viking cruiseship, this was in the lounge. What is it and what was its purpose? There is a connection with this artifact to another article in the newsletter.

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.

The March meeting will include more members' family stories and a discussion of a research tool. The April meeting will include 2 discussions: planning a family reunion and the story of rosemaling.

If you are interested in looking for your Norwegian ancestors and would like more information about either class, contact Esther Mills. Millser2@msn.com.

HELP US GROW!

As we greet the New Year, 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)*



Rømmegrøt

Sour cream porridge with dried meats was festive food in the olden days and is still considered that today. Sour cream porridge must be made from high fat (35%) natural sour cream, with no stabilizers or gelatin added. For the best results, use homemade sour cream- a recipe is included below.

Ingredients

- 1 $\frac{2}{3}$ cups 35 percent fat sour cream (Recipe for homemade sour cream in Step 1)
 - Ingredients for homemade sour cream:
 - 1 cup whipping cream
 - 2 Tbsp. buttermilk
- 1 $\frac{1}{4}$ cups flour
- 5 cups full fat milk
- $\frac{3}{4}$ tsp. salt
- $\frac{1}{2}$ cup granulated sugar
- 2 Tbsp. cinnamon

Recipe

Step 1

To make sour cream, heat 1 cup whipping cream to 95° F/ 35°C, almost body temperature, then whisk in 2 Tbsp. buttermilk. Let stand at room temperature at least 8 hours, until thickened.

Step 2

Simmer sour cream, covered, about 15 minutes.

Step 3

Sift in $\frac{1}{3}$ of the flour and stir. Simmer until the butterfat begins to leach out. Skim off the fat and set aside.

Step 4

Sift in the remaining flour, stir, and bring porridge to a boil. In a separate pot, bring the milk to a boil. Add milk to the porridge one cup at a time, whisking each time before adding more. Whisk porridge until smooth and simmer about 10 minutes. Season with salt. In a small bowl, mix sugar and cinnamon together. Enjoy the rømmegrøt with melted butterfat and cinnamon sugar sprinkled on top.

Julbord Pictures



Many thanks to Lori and her cadre of helpers. Their efforts in organizing and executing a multi-faceted celebration made for a memorable Christmas. Pictured is the cookie exchange table, the craft table, the Julbord, and, of course, the *Sakte-TV* (slow television) fireplace burning in the background.



Free Children's Cross Country Ski Event



BARNELØPET

1.0 Km, 2.5 Km & 5.0 Km for ages 0 -16



Saturday, February 22, 2025



**Snow Mountain Ranch ~YMCA~ Granby,
Legett Hall**

Sponsored by Sons of Norway

- Register at www.barnelopet.com or at 9:30 a.m. on the day
- Check in at 9:30 AM, Introduction XC Class 10:00-11:00 AM, Event begins at 11:15 AM
- Free ski rentals at YMCA Nordic Center
- After event reception with refreshments
- For further information contact co-coordinators:
Lois Hodne at (303) 324-1880, loishodne@gmail.com
or Jon Eirik Holm-Johansen
(970) 412-0433, tvchiro@gmail.com

Register here



BARNELØPET:

The Colorado Sons of Norway lodges work together each year to organize a children's cross-country ski event, a BARNELØPET, at the Snow Mountain Ranch YMCA. This year's event will be on February 22nd, 2025. Come with your children and grandchildren so that fun in the snow on skinny skis becomes part of their childhood memories. Spend the weekend at the YMCA and enjoy ice skating and tubing etc., as well!

Come to volunteer and help make this special event possible! There are many ways to help: setting up the course, being a course marshal, helping with food, etc. Join us in the snow, you will find the children's enthusiasm quite delightful!

For registration, or to volunteer, go to barnelopet.com. Contact Jon-Eirik Holm-Johansen with any questions.



Fjelldalen Lodge #6-162
Highlands Ranch, Colorado



**SONS of
NORWAY**

*Sons of Norway
Fjelldalen Lodge #6-162
Highlands Ranch, Colorado*



Lutefisk For Sale

Unfortunately Fjelldalen Lodge had to cancel their annual Lutefisk & Lefse Dinner on November 9th, so we have Lutefisk for sell. We have a lot of Lutefisk in 2 lb. bags that are frozen and vacuum-sealed. The 2 lbs. of Lutefisk is \$20.00 per bag.

We have 2 cases of Lutefisk - so get as much as you want!!!!

*You bet your lutefisk
I'm Norwegian*



Lutefisk For Sale



Name: _____

Phone: _____

Address: _____

City/State/Zip: _____

Email: _____

2 lb. Bag Frozen Lutefisk @ \$20 ea. # _____ Pay by cash, checks to "Fjelldalen Lodge"

Contact Don Speas at publicity@fjelldalen or 720-299-7309,
we can make arrangements to get it to you.

Sport Medals for Activities

When I attended the District 6 Lodge Meeting in Las Vegas, it was evident to me that other lodges have a very active Sports Medal Program, particularly the hosting lodge, Vegas Viking Lodge. Reading their lodge newsletter, you will see this program reiterated each month as they encourage their members to participate and work toward a defined fitness program.

As it is now January 2025, I thought it would be a good idea for everyone to make a New Year's resolution to improve their health and join in this worthwhile program. How about picking one, print out the appropriate form, and then tracking your progress as we proceed through 2025. If anyone needs assistance, see John Kennedy at the monthly meeting for help downloading forms or answers to questions.

The Sons of Norway Sports Medal Program rewards you for four different levels of achievement: Bronze, Silver, Gold, and Enamel.

Here's how to earn your pins:

- Work through the Sports Medal Program of your choice in a sequence, beginning with the bronze pin.
- The requirements for each level should be met within 365 days.
- As you engage in your selected activity, log the time or distance on your record card.
- If you achieve a level in less time, you can immediately begin working on the requirements for the next level of the sequence.
- You must start at zero every time you begin earning points for your next pin.

[Click Here](#) to get started today! (For those who receive the newsletter by mail, go to https://www.sofn.com/member_resources/cultural_programming/sports_medal_program/)

Idrettsmerke – The *Idrettsmerke* is the Sports Medal Program's general sports and fitness pin that rewards a variety of activities. If you don't see your activity of choice on the card, contact your Sports Director to create a program that accommodates to your activity.

[Download](#) the *Idrettsmerke* (Sports and Fitness) Record – Form 811 (37K)

Skimerke – The *skimerke* is the Sports Medal Program's cross-country skiing pin.

[Download](#) the *Skimerke* (Skiing) Record – Form 804 (30K)

Svømmemerke – The *svømmemerke* is the Sports Medal program's swimming pin.

[Download](#) the *Svømmemerke* (Swimming) Record – Form 810 (33K)

Sykkelmerke – The *sykkelmerke* is the Sports Medal Program's bicycling pin.

[Download](#) the *Sykkelmerke* (Bicycling) Record – Form 810 (33K)

Gangmerke – The *gangmerke* is the Sports Medal Program's walking pin.

[Download](#) the *Gangmerke* (Walking) Record – Form 813 (30K)



Språkklubb Norskkurs

Fjelldalen is starting a Norwegian Language Club. The purpose is to create a modern and effective Norwegian language learning option for our Lodge members and Friends. The language learning will be based on Duolingo, a free Smartphone application, which allows participants to move at their own speed, yet learn as a group. The language learning can be complementary to any other system, apps, tools for anyone at any level of Norwegian language proficiency. We will do this with a monthly meeting and a facebook page. Contact Eivind Skildheim, 512 289 9143, vp@fjelldalen.com



VESTERHEIM NEWS

SONS OF NORWAY · 6-118 · BOULDER, COLORADO



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