

VESTERHEIM NEWS



Erik's Corner - Eriks Hjørne

Happy Fall, everyone.

Even though we are a month away from Thanksgiving, I want to start off by giving thanks to everyone that makes our Lodge run:

- Erik Peters for organizing our fall Jay Rd clean-up and to all of you who came out to help. I would argue it is now the cleanest stretch of road in Boulder County!
- Everyone who donated items to the garage sale. We made 3x the amount of last year! Thanks to that, we are planning a special private concert for the Lodge early next year. Stay tuned for more details as we get closer.
- Cathy, Esther and everyone else who is organizing and preparing for the Trollheim Holiday Fair next weekend in Lakewood. Please consider stopping by to support the Lodges and vendors working the fair.
- John for not only implementing a monthly newsletter, but also putting on a great program in October.
- Lori for always going above and beyond with decorations and food for our meetings.

Take a look at the calendar of events in this Newsletter for all the upcoming programs and celebrations. I hope to see many of you there!

God høst alle sammen.



Selv om det er en måned igjen til Thanksgiving, vil jeg starte med å takke alle som hjelper til med det vi gjør som en del av Lodgen vår:

- Erik Peters for å ha organisert høstens opprydding på Jay Rd, og til alle dere som kom og hjalp til. Jeg vil påstå at det nå er den reneste veistrekningen i Boulder County!
- Alle som donerte ting til garasjesalget. Vi tjente tre ganger så mye som i fjor! Takket være det planlegger vi en spesiell privat konsert for Lodgen tidlig neste år. Følg med for mer informasjon når vi nærmer oss.
- Cathy, Esther og alle andre som organiserer og forbereder Trollheim-julemessen neste helg i Lakewood. Vurder å stikke innom for å støtte Lodgene og andre organisasjoner som jobber på messen.
- John for ikke bare å implementere et månedlig nyhetsbrev, men også for å ha et flott program i oktober.
- Lori for alltid å gjøre en ekstra innsats med dekorasjoner og mat til møtene våre.

Ta en titt på arrangementskalenderen i dette nyhetsbrevet for alle kommende programmer og feiringer. Jeg håper å se mange av dere der!

CALENDAR OF EVENTS

November - December

Date		Scheduled Event
Nov 2	Sunday 2:00 a.m.	 Daylight Saving Time Ends: Time to fall back!
Nov 7-8	Fri - Sat 10:00-3:00 daily	<i>Trollheim Christmas Fair</i> 6610 West 14 th Ave Lakewood, CO
Nov 12	Wed 7:30 p.m.	Vesterheim Board Meeting - Contact Erik for Zoom link at eriksirnes@hotmail.com . Meeting is open to all members.
Nov 20	Thurs 1:30 - 3:30 p.m.	Book Club (page 5)
Nov 22	Sat 2:00 - 4:00 p.m.	 General Meeting: Atonement Lutheran Church 685 Inca Pkwy, Boulder Come learn about Antarctica
Dec 10	Wed 7:30	Vesterheim Board Meeting - Contact Erik for Zoom link at eriksirnes@hotmail.com . Meeting is open to all members.
Dec 13	Sat 2:00 - 4:00	General Meeting: Atonement Lutheran Church 685 Inca Pkwy, Boulder <i>Julefest - Christmas Fest</i>
Dec 18	Thurs 1:30 - 3:30 p.m.	Book Club (page 5)

Future Upcoming Event:

1. Jan 10, 2026: Stein Fjell Lodge in Loveland will celebrate its 50th anniversary, 11:00 - 2:00 at Sylvan Dale Ranch.
2. Feb 7, 2026: All Colorado Lodges Leadership and Members Conference at Trollheim Lodge in Lakewood
3. Feb 21, 2026: Ski for Light and Barnelopet at Snow Mountain Ranch, Colorado

Together We Are The Future

It's time once again to express gratitude for the support from our members, lodges, districts and friends for the **Together We Are the Future campaign**. Your support has helped the Foundation provide 38 scholarships for over \$150,000 & 70 grants for \$120,720 so far in 2025.

Today we're asking you to consider making a gift to help the campaign once again. Remember, the Sons of Norway Foundation is a 501(c)(3) charitable organization so your gift is tax deductible.

Here are some different ways to participate in the campaign this year:

- Make a credit card gift at <https://www.sofn.com/donate/>
- Use the envelope from the Sept/Oct issue of Viking magazine to mail in a check
- Try out our new QR code to make a gift with a debit or credit card (see above right)
- Consider a gift of stock (to possibly avoid capital gains) by calling Amy 612-821-4655
- Sons of Norway Foundation can accept a distribution from your IRA, Donor Advised Fund (DAF) or Mutual Fund donations
- Do you qualify for a matching gift from your workplace? It's worth an ask!
- 'Tis the season to gift in honor of a loved one – birthdays, anniversary, etc.

Your participation really does make a difference in our mission to celebrate Nordic heritage and culture through grants and scholarships. Please consider a meaningful gift to help advance our mission... together.

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*

Historian - John Kennedy

Marshalls - OPEN

Musician - Caryl Stalick

Road Cleanup - Erik Peters

Social Dir. - Lori McLean

Sunshine - Cheryl Kapsak

Trustee - OPEN

Youth Sports - Erik Sirnes

Website - Cathy Allen

Greeters - Addy Martinez

- Ole Fadum

- Joan Cleland

** 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.)



Scan QR code to make a gift

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.

Norwegian Genealogy

There are two classes each month. Fjellaldalen 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. With the Christmas Craft Fair on November 7-8, Genealogy will meet at 9:30am – Noon, in the library.

Join and learn about your ancestors.





The celebration is complete commemorating the historical voyage of the *Restauration*, and the broader story of Norwegian migration: how people left for new lives, how they integrated and contributed to U.S. society, and how cultural ties remain today. The highlight drawing the largest crowds was the involvement of His Royal Highness Crown Prince Haakon, who, along with Norwegian government institutions, underscored it as a joint Norwegian–American commemoration.

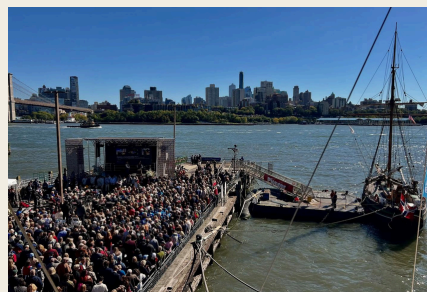
The Crown Prince's commemoration of the emigration anniversary began with a visit to the town of Decorah, Iowa on October 6. In the 1850s, Decorah developed into a gathering point for Norwegian immigrants, and today, both the Vesterheim Museum and Luther College stand as testimonies to the many Norwegians who settled in the area.

Luther College, a higher education institution founded in 1861 by Norwegian immigrants was the first higher education institution in the United States established by Norwegians. The college offers courses in Norwegian language, history, and culture through its Nordic Studies program.

During a formal ceremony, the Crown Prince was awarded an honorary doctorate by Luther College, and in his acceptance speech, he appealed to the students' responsibility to contribute to the free development of ideas. "Universities have an absolutely critical role to play as sites for free exchange of ideas. Independent teaching and research is at the heart of a free society,"

Click to read the Crown Prince's entire [acceptance speech](#).

You can also type in the Royal Court website <https://www.royalcourt.no/tale.html?tid=233226&sek=26947&scope=27248>.



Photos: by Ola Vatn, The Royal Court

Bok Klubb - Book Club

The November 20 gathering for the Book Club will be a planning session. Everyone is asked to bring their suggestions for the new 2026 schedule.

December's book selection will be determined at the November meeting, but it will have a Christmas theme. Look in the next *Innimellom* for a detailed description.

November and December meeting will be at the home of Grete Jansen. Please RSVP to gretejansen@msn.com.

Jay Road Cleanup

A big shout out to all the participants of the semi-annual Jay Road Cleanup. Our Lodge has adopted the stretch of Jay Rd between the Diagonal Hwy and 63rd St. and meets every spring and fall to keep this stretch of road clean. The town of Boulder greatly appreciates our efforts.

Upon completion, a fall inspired breakfast items and drinks were served.



Participants and the sign advertising our lodge's Adopt-a-Road commitment.



GRATULERER MED DAGEN



November:

Kathy Erickson 11/03
Kurt Hofgaard 11/05
Inger Bell 11/12
Lavonne Peterson 11/16
Mark Rohlf 11/18
Aleksander Ingulfsen 11/22
Peter Ingulfsen 11/22
Alice Ingulfsen 11/22
Lori McLean 11/25
Joan Karen Cleland 11/29

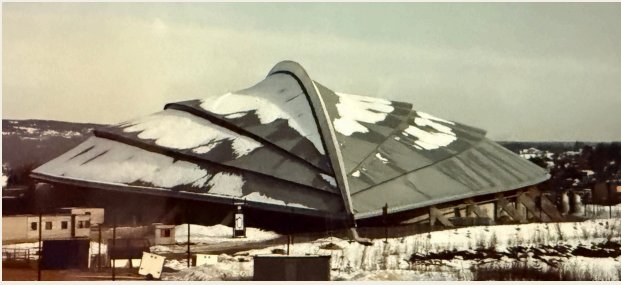
December:

Ingrid Miller 12/6
Lena Karpel 12/08
Ellen Barry 12/10
Dave Rogers 12/12
Lars Dalbey 12/16
Andrea LeNoble 12/17
Rebecca LeNoble 12/17
Joy Gundersen 12/23
Kieran Serrato 12/27
Cathy Allen 12/30
Sandy Backlund 12/31

Other Important Dates

November 4 - Election Day
November 11 - Veterans Day
November 27 - Thanksgiving Day
December 25 - Christmas Day

Where's Tove Quiz



What is it? Why was it built? When was it built? Where is it located?

Last Month's Answer



This is the Hunderfossen Troll located at the Hunderfossen Adventure Park (*Eventyrpark*). It weighs in at 70 tons and is 14 meters high; and, you can enter the world of Asbjørnsen and Moe's fairy tales by walking between his legs.

The park was opened in 1984 and, as you can see, we were there in 1984 prior to the troll's completion and the official opening of the park. Today there are over 60 rides and over a quarter of a million visitors annually.

If you are interested in visiting the park, it is located north of Lillehammer and Fåberg on the west side of Gudbranddalslågen as you drive on the E6.



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)*



*Spiced Pear Cake with Cardamom
(taken from True North Kitchen)*

A quick, easy and *koselig* dessert! Grab your 10-cup capacity bundt cake pan and get started.

Ingredients

3 cups all-purpose flour	1/2 cup unsalted butter
2 tsp. baking soda	1/3 cup canola or vegetable oil
1 tsp. salt	1 cup packed light brown sugar
1 tsp. ground cardamom	1 cup granulated sugar
1 1/2 tsp. ground cinnamon	2 large eggs
1/3 tsp. ground ginger	1/2 cup sour cream
	2 tsp. vanilla extract
3 cups peeled and chopped ripe pears about 4 medium pears	
Powdered sugar for dusting (optional)	

Instructions:

- Preheat oven to 350 degrees. Grease and flour a 10-cup capacity bundt pan. Set aside.
- Place the butter in a medium skillet (preferably not nonstick or cast iron, so that you can more easily see the color change) and heat over medium, swirling the pan frequently. Once the butter has melted, continue to cook, swirling frequently, until the butter has a nutty aroma and is golden brown in color. Immediately transfer to a bowl to cool briefly.
- In a large bowl, whisk together flour, baking soda, salt, cinnamon, cardamom, and ginger. Set aside.
- Combine brown butter, oil, sugar and brown sugar in the bowl of a stand mixer fitted with the paddle attachment. Mix on medium speed until thoroughly combined, about 2 minutes. Add the eggs one at a time, fully incorporating one before adding the next. Add the sour cream and vanilla and mix until fully incorporated and smooth. Add flour mixture and mix on low until just combined. Fold in the pears with a rubber spatula.
- Transfer the cake batter into the prepared pan and smooth the top. Bake until a skewer inserted into the middle comes out clean, about 55-60 minutes.
- Cool on a wire rack for 15 minutes. Run a knife around the edges of the pan to loosen it from the cake and invert onto a serving plate. Allow to cool completely. Dust with powdered sugar if desired, and serve!

Notes:

- While you could simply use melted butter rather than brown butter in this recipe, I would encourage you not to skip this step! Brown butter adds so much delicious flavor to this cake.
- Don't overmix the cake batter once you've added the dry ingredients. This can cause your cake to be tough in texture rather than tender and soft.
- Use ripe pears (preferably the Bartlett variety) if possible.
- Serve simply with a dust of powdered sugar. You can also add a dollop of whipped cream, a drizzle of caramel sauce or vanilla sauce, or even a scoop of ice cream alongside!

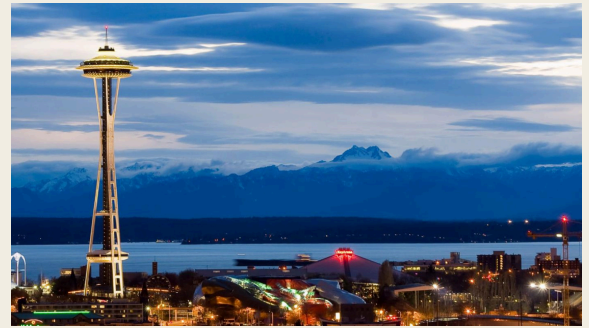
Open Village Experience

The cruise company *Hurtigruten* is taking a new approach to tourism and has an intriguing new offering. They have introduced “Open Village” experiences, which will occur along Norway’s remote coastline. Tourists will have the chance to visit three villages on the coast and get to experience everyday life in these places. The stopovers include: Træna, Bessaker, and Sæbø. The voyages will be offered from May to September and guests can experience activities such as church concerts, guided town tours, live music, and homemade treats.

One of the reasons this new offering is so innovative is that the cruise company will be contributing 250 Norwegian kroner per guest to each community visited, which is a major benefit for the people and businesses that reside there. Additionally, the idea also helps the problem of over-tourism in the most visited destinations. It seems like a win-win for guest who may never have had this opportunity, and it also means that locals can benefit economically.



Bergen and Seattle Sister Cities



Since first celebrated in Bergen in 2023, One Ocean Week has sought to strengthen international cooperation on matters of the sea. With the arrival of the historic Norwegian tall ship *Statsraad Lehmkuhl*, in port Seattle as part of the broader One Ocean Expedition October 22-27, 2025, One Ocean Week Seattle hosted a week-long event (October 20-26) taking place in the Seattle region.

The purpose and scope of the event was to bring ocean- and maritime-related stakeholders: researchers, startups, industry, policymakers, artists, educators, and communities – all with the aim of driving a sustainable, inclusive maritime (or “blue”) economy.

The blue economy (i.e., sustainable use of ocean resources for economic growth, jobs, ecosystem health) is an area of strategic importance for Washington State, as well as other maritime areas. Seattle is hoping to position itself as a hub for global maritime/blue economy innovation in the Pacific region, particularly in areas like maritime decarbonization, renewable ocean energy, digitalization of ports, and sustainable seafood/fisheries, much like Bergen has led the way in the Atlantic.

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



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

Vesterheim has a booth at Trollheim's Christmas Fair in Lakewood the weekend of November 7-8. This is our big money maker for the year. A lot of our profit comes from our cookie sales - homemade Scandinavian cookies baked by our members. So once again, a call is going out to our generous bakers to please contribute if you are able.

Cathy Allen will be staying home all day on Wednesday Nov. 5th for folks to bring their cookies to her to box, price and label them. (She has the boxes and labels.). Please have a list of the ingredients, and let me know if they are gluten free.

The Oseberg Ship Arrives at Its Final Harbor

Move Went According to Plan

The 1,200-year-old Oseberg Ship was lowered to its final port on Wednesday evening. The complicated moving process went exactly according to plan.

"I am a little tired, relieved and actually very satisfied. We have managed to follow the plan," project manager at Statsbygg, Lars Christian Gommæs, said to NTB [Norwegian News Agency].

He has led the extremely demanding moving process, which was carefully planned for ten years.

There was cheering, applause and handshakes among museum employees, Statsbygg employees and architects when the ship was finally lowered into its place.

"It is a very historic day. We saw the ship disappear from the exhibition hall where it has stood for 99 years; it will never return. This is its last journey, its final voyage. It is good to have it here," says Gommæs.

All of Wednesday was set aside to move the ship the 100-meter route from the old Viking Ship Museum to the new Viking Age Museum, which is built next door.

At one point on Wednesday evening, the ship was hanging several meters above the ground. The move took place at a slow pace, up to 20 centimeters per minute.

Museum director Aud V. Tønnessen arrived at the museum early Wednesday morning and felt butterflies: "This is very special. The Oseberg ship has been hidden under cloths for so long. So, it was very powerful to see it here today. Earlier today, when it came in here, the first thing we saw was the bow—the snake head—peeking out. Then you saw how beautiful, majestic and proud it is," says Tønnessen.

"The way it is being moved, it is almost as if it is sailing towards you, very slowly. It made me a little speechless."

The move has a price tag of around 500 million kroner [50 million US dollars] and has been planned for ten years since the ship is so fragile.

The ship was lifted in a large vibration-protected crate. A crane track in the ceiling supported by enormous steel rigs transported the ship.

The Gokstad ship is still inside the old building and will go through the same moving process later this fall. By spring, the extremely fragile Viking sleds will also be in place.

The new Viking Age Museum is scheduled to open in 2027. Before that, the Gokstad ship and the Tune ship will also be moved into the climate-controlled building. The old museum had 15 times more visitors than it was designed for, which affected the condition of the old ships.



Osebergshipet when in the Vikingship Museum on Bygdøy in Oslo



To see this engineering feat, enter the YouTube link
(<https://www.youtube.com/watch?v=JmkwPxI1TRA>) to watch, or click here:
[The Great Move: Relocating Norway's Oseberg Viking Ship.](#)

News from Norway and the Norwegian Embassy

Office of Defense Attaché

Rear Admiral Ole Morten Sandquist, Norwegian Defense Attaché to the USA and Canada posted that Captain Egil Vasstrand was awarded the American Legion of Merit by the U.S. Embassy Oslo. The Legion of Merit is a U.S. military award given for exceptionally meritorious conduct in the performance of outstanding service. Authorized in 1942, it is awarded to both members of the U.S. Armed Forces and foreign nationals who have distinguished themselves through their service. The honor, in recognition of Captain Vasstrand's work as Naval and Assistant Defense Attaché at the Royal Norwegian Embassy in Washington D.C.

Both Admiral Sandquist and Captain Vasstrand are graduates of the U.S. Naval War College in Newport, RI, 2011 and 2015 respectively.



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. Click on www.sofn.com/financial to find out more.



Norwegian Ambassador Busy

Last Wednesday and Thursday, Ambassador Anniken Huitfeldt visited Seattle, WA, to strengthen cultural, scientific, and economic partnerships. She served as the keynote speaker at the Nordic Innovation Summit at the National Nordic Museum and highlighted Norway's role as a key partner in fields from maritime shipping to high tech during One Ocean Week. She was even on hand to welcome the *Statsraad Luehmkuhl*, a 111-year-old Norwegian tall ship visiting Seattle during its world voyage. For more on the happenings in Seattle, see the article on page 8.

Princess Ingrid Alexandra

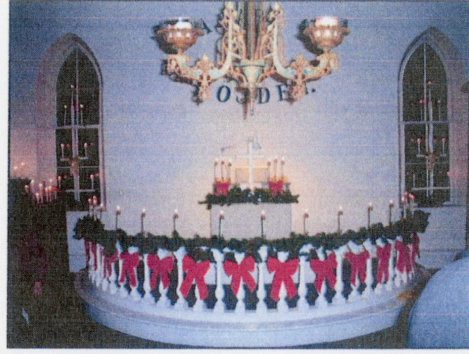
Following the completion of 15 months of military service with the Engineer Battalion in Brigade North in the Spring of 2025, Her Royal Highness Princess Ingrid Alexandra, second in line to the Norwegian throne, left for Australia and enrolled in a Bachelor of Arts program at the University of Sydney. She has chosen a three-year degree with a focus on international relations and political economy.

Embassy's Head Chef

If you would like to have some light-hearted entertainment, I highly recommend viewing the efforts of Eilif Røsok, the Norwegian Embassy's head chef. He is not only highly trained, he is a star in the kitchen, making such things as cinnamon buns, macarons, focaccia, stews, and cheese sandwiches. Impressive skills and a tribute to the videographers. [Here is a sample of their efforts](https://www.facebook.com/NorwegianEmbassyinWashington) on their Facebook page (<https://www.facebook.com/NorwegianEmbassyinWashington>). Look for Chef Eilif in his white jacket.

Swedish Candlelight Service

at the historic Ryssby Church
9000 N. 63rd St., S.W. of Longmont, CO



Sunday, November 30, 2025 at 6:00 P.M.

Welcome

Choir

Swedish Sermon

English Sermon

Reading of Luke 2:1-20

Lucia Procession

Greeters

Karin Strook

Swedish Women's Educational Association-SWEA

by Rev. Maria Scharffenberg, Swedish Church, North America

Rev. Morgan C Fletcher

Karin Strook

SWEA Colorado

Rich and Johan McGee

Please purchase seats in advance

(deadline- Nov 23 - First come first served) Maximum 4 tickets per person/family.

You will be checked in on site at the church.

Adult **\$7.00**

Child 5-15 yrs **\$2.00**

(children - under 5 yrs not recommended)

To get tickets, click the link below, fill out the form, and you'll receive a payment link. Your tickets are confirmed once your payment has been received.

<https://forms.gle/hW9zxdGoYCLH4e4v5>

Questions: Karin Strook 303/979.4254 [/bstrook@hotmail.com](mailto:bstrook@hotmail.com).

Anna Bergstrom [303/929.7055 /amb.bergstrom@gmail.com](mailto:303/929.7055/amb.bergstrom@gmail.com).



Save the date!

SWEA Colorado's Holiday Market 2025

When: Saturday December 6th, 2025
from 10.30am to 3.00pm

Where: NEW LOCATION!

Wellshire Presbyterian Church,
2999 S. Colorado Blvd, Denver, CO

Admission: Adults \$5, Children (6+) \$2, Children (5 and under) Free