



**MAY - JUNE 2023**

Happy Spring, Everyone!

I want to start by thanking Erling Westgaard for organizing the movie Windjammer for our March program. We had members from age 9 to 90 attend and everyone enjoyed the movie, popcorn and waffles. If you missed the meeting, we will be showing the second half of the movie at one of our get-togethers this summer. It is great!

We are heading in to our busy season with a lot of exciting events coming up. Please consider joining our Jay Rd clean up. It is a stretch of road very popular amongst the bicycling community and they certainly let us know how much they appreciate our clean-up when they ride past us.

We also have an opportunity to celebrate the Norwegian national day twice in May; our own lodge party at the Atonement Church, as well as a gathering in Denver. Details on both events can be found in this Newsletter.

Last, but not least, at the end of June we celebrate Midsummer by having our own booth at the Scandinavian Festival at Estes Park. If you like making baked goods, WE NEED YOU! Please consider contributing some baked items for sale, or your time working at the booth. This is one of our main fundraising events for the year and we always sell out of baked goods sooner than we think possible. Any help you can provide is very much appreciated.

Erik

-----  
God vår, alle sammen!

Jeg vil starte med å takke Erling Westgård for å organisere filmen Windjammer for vårt program i mars. Vi hadde medlemmer fra 9 til 90 år som deltok og alle likte filmen, popcorn og vaflene. Hvis du gikk glipp av møtet, vil vi vise den andre halvdelen av filmen på en av våre sammenkomster i sommer. Den er flott!

Vi går inn i vår travle sesong med mange spennende arrangement. Vurder å bli med på vår Jay Rd opprydding. Det er en strekning med vei som er veldig populær blant sykkelmiljøet og de lar oss absolutt vite hvor mye de setter pris på vår opprydding når de sykler forbi oss.

Vi har også muligheten til å feire den norske nasjonaldagen to ganger i mai. Vår egen feiring i kirka og en samling i Denver. Detaljer om begge arrangementene finner du i dette nyhetsbrevet.

Til slutt, men ikke minst, feirer vi midtsommer ved å ha vår egen bod på Scandinavian Festival i Estes Park. Hvis du liker å lage bakevarer, TRENGER VI DEG! Vurder å bidra med noen bakte varer til salgs eller din tid på å jobbe i boden. Dette er et av våre største pengeinnsamling arrangement for året og vi selger alltid alle bakervarene tidligere enn vi tror er mulig. All hjelp du kan bidra med setter vi pris på.

# CALENDAR OF EVENTS

|           |              |  |
|-----------|--------------|--|
| May 6     | Sat 9 am     | <b>JAY ROAD CLEAN-UP.</b> Meet at St. Peter & Paul Church, 5640 Jay Road. RSVP to Lynne Anderson. <a href="mailto:lmkanderson@comcast.net">lmkanderson@comcast.net</a> . Details BELOW.  |
| May 8     | Mon 1-4      | <b>CRAFTS.</b> At Lori McLean's in Erie. Making simple white felt doves. RSVP to Cathy at <a href="mailto:bouldercathy46@gmail.com">bouldercathy46@gmail.com</a> & Lori McLean at 303-817-4149, <a href="mailto:nightingalelm@hotmail.com">nightingalelm@hotmail.com</a> . |
| May 9     | Tues 7:30 pm | <b>VESTERHEIM BOARD MEETING.</b> Contact Erik for Zoom link. <a href="mailto:eriksirnes@hotmail.com">eriksirnes@hotmail.com</a> . Meeting is open to all members.  |
| May 13    | Sat 2-4      | <b>VESTERHEIM'S 17 MAI CELEBRATION.</b> Atonement Lutheran Church, Baseline & Inca Pkwy. Potluck. Open to all - friends, family, kids. See p 8 for details.  |
| May 18    | Thurs 1-3:30 | <b>BOOK CLUB.</b> Reading " <i>Blind Goddess</i> " by Anne Holt. Contact Esther Mills for more information at <a href="mailto:millser2@msn.com">millser2@msn.com</a> . Meet at Kathy Erickson's home. Details on p. 3.   |
| May 20    | Sun 12-5     | <b>FJELLDALLEN'S 17 MAI CELEBRATION.</b> Vesterheim is invited. Sterne Park, Littleton. Need to RSVP for food count. Donation \$20, children \$5. See flyer on p.10 for details and RSVP.  |
| Jun 2     | Fri 3-5      | <b>WOMEN'S TEA AT THE DUSHANBE TEAHOUSE.</b> 1770 13th St, Boulder. Reservations required. RSVP to Cathy at 303-449-9596, <a href="mailto:bouldercathy46@gmail.com">bouldercathy46@gmail.com</a> . Details on p.6.   |
| Jun 12    | Mon 1-4      | <b>Crafts.</b> Location TBD. For further information contact Cathy at <a href="mailto:bouldercathy46@gmail.com">bouldercathy46@gmail.com</a> .   |
| Jun 13    | Tues 7:30 pm | <b>VESTERHEIM BOARD MEETING.</b> Contact Erik for Zoom link. <a href="mailto:eriksirnes@hotmail.com">eriksirnes@hotmail.com</a> . Meeting is open to all members.  |
| Jun 15    | Thurs 1-3:30 | <b>BOOK CLUB.</b> Reading "The Bell in the Lake" by Lars Mytti. Contact Esther Mills for more information at <a href="mailto:millser2@msn.com">millser2@msn.com</a> . Meet at Kathy Erickson's home. Details on p.3.   |
| Jun 24-25 | Sat & Sun    | <b>SCANDINAVIAN MIDSUMMER FESTIVAL.</b> Vesterheim has a booth on Saturday. See p.7 to help in our booth, p.9 for details.   |

## JAY ROAD PICK-UP

### A VESTERHEIM COMMUNITY SERVICE

9-11AM SATURDAY MAY 6

MEET AT ST. PETER & PAUL CHURCH, 5640 JAY ROAD

LYNNE WILL HAVE ALL THE EQUIPMENT AND VESTS

RSVP TO LYNNE AT [lmkanderson@comcast.net](mailto:lmkanderson@comcast.net)



# GENERAL MEETINGS

## 17 MAI CELEBRATION

### SATURDAY MAY 13, 2-4pm

Atonement Lutheran Church, Baseline & Inca Parkway

Potluck. Parade. Fjellborg Vikings. Boulder High Jazz Band (our Adopt-a-School)

Invite family and friends. Open to all. Kid friendly.

See flyer on p.8 of this newsletter.

## NO JUNE MEETING.

We hope that our members will come to the Scandinavian Midsummer Festival in lieu of having a meeting. Festival is held at Bond Park in Estes Park June 24-25. Vesterheim has a booth and needs bakers, sellers and help with set-up on Friday afternoon June 23 and take-down at 4pm on Sunday June 25.

See flyers on pages 7 and 9.

## SUMMER MEETINGS

Two or three get-togethers are planned for July and August. Details will be in June's newsletter so stay tuned.

# BOOK CLUB

## MAY 18, 1-3:30 PM

### **"Blind Goddess" by Anne Holt**

Jo Nesbo says "Anne Holt is the godmother of modern Norwegian crime fiction." The May book selection, *Blind Goddess*, is book one of a series of 10 Detective Hanne Wilhelmsen mysteries. Holt, who is the best selling female crime writer in Norway writes her mysteries with much criminal justice experience: she has worked as a journalist, a news anchor, at the Oslo Police Department, founded her own law firm, and served as Norway's Minister of Justice. The Hanne Wilhelmsen series has earned a loyal following.

## JUNE 15, 1-3:30 PM

### **"The Bell in the Lake" by Lars Mytting**

Lars Mytting's trilogy about a 700 year old stave church and its sister bells that were forged in the sixteenth century in memory of two conjoined twins is based on old myths from the valley of Gudbrandsdalen. Mytting grew up in this area of Faavang and is intimately familiar with its people and places. That, and an intriguing mystery and love story to boot, Mytting here gives us an irresistible tale of old myths and modern challenges.

Meeting at Kathy Erickson's

5048 Ellsworth Place

Boulder CO 80303

If you plan on attending please RSVP to

Kathy

303.449.1724 [landline]

303.638.3166 [mobile] or

Esther Mills

303.717.3328 [mobile]

## NEW MEMBERS



New member **Mitch Utterback** of Boulder, recently returned from Norway where he participated in an international ski expedition across the Hardangervidda, honoring the Heroes of Telemark - the Norwegian commandos who sabotaged the heavy water factory in Vemork on February 28, 1943.

Mitch is retired from the U.S. Army, and works part-time as an independent contractor training soldiers in unconventional warfare. He is also a liaison officer on Boulder's incident management team and has been part of the county's response to floods, wildfires, and the pandemic. He is an alumnus of CU Boulder and no surprise here - enjoys cross-country skiing, hiking, and orienteering.



The **Cody-Ingulfsen family** arrived in Boulder over the past summer, and everyone is thrilled to be living in this new area. Having been in California for a while, parents Ann Marie and Tommy really wanted to settle in a place with more snow. Tommy is a native of Norway; he grew up in Tromsø before attending university in the UK and then being "imported" to the U.S. in 2006 by wife Ann Marie. Tommy is an avid outdoorsman, rumored to have been sent down his first ski hill at age three. As an adult, he has enjoyed volunteering for mountain search and rescue. Ann Marie hails from Massachusetts, and is the descendant of a Norwegian great-grandmother. She retains a small collection of

Scandinavian items handed down, including a bunad and a krumkake iron. Ann Marie loves distance running on the roads and in the mountains. Rounding out the family of five are six-year-old triplets Aleksander, Alice, and Peter. The "triple viking clan" began kindergarten last year and are enjoying their first real winter. Outside of school, they enjoy biking, swimming, nordic skiing, and generally wreaking havoc. One of their biggest accomplishments so far was to set several Guinness World Records by racing in a triple-wide stroller pushed by mom Ann Marie (they have since become too big for this activity). The entire family is excited to be in Colorado and looking forward to getting to know other members of the lodge! Vi sees!



"At age 20, we worry about what others think of us... at age 40, we don't care what they think of us... at age 60, we discover they haven't been thinking of us at all."

- Ann Landers.



|      |                  |
|------|------------------|
| 5/1  | Carol Gorsuch    |
| 5/6  | Dan Kapsak       |
| 5/9  | Ryan Huebscher   |
| 5/15 | Heidi Gerstle    |
| 5/21 | Jeff Jenson      |
| 5/22 | Myra Kirkenaer   |
| 5/25 | Lily Hartman     |
| 5/25 | Jan Rogers       |
| 5/26 | Cory Jakobsen    |
| 5/27 | Mary Jane Barlow |
| 5/29 | Jennifer Nelson  |
| 5/31 | Henry Dalby      |
| 5/31 | Allan Service    |
| 6/9  | Caroline Flowers |
| 6/10 | Esther Mills     |
| 6/13 | Kaitlin Dailey   |
| 6/21 | Astrid Ogilvie   |

## ROSEMALING



There will be **Open Studios** for any one who wants to come down to Trollheim Lodge on Saturday mornings and paint with others. It's much nicer than painting alone. The cost is \$5 per session. This isn't a class but just a chance to paint together.

Trollheim Lodge is at 6610 W. 14th in Lakewood.

It is best to contact Kirstin first to make sure it has not been cancelled for that day. Her email is [Kirstin\\_Lewis@hotmail.com](mailto:Kirstin_Lewis@hotmail.com). Contact her for details as well.

## Financial Benefits Counselor

For information on life insurance and annuities through the SON, contact Kendall Kjerstad.

Kendall Kjerstad  
207 Whisper Lane  
Grand Junction CO 81503  
(970) 697-1114  
[kjerstadkendall@yahoo.com](mailto:kjerstadkendall@yahoo.com)

More about the SON offerings can be found on the following link:  
[https://www.sofn.com/financial\\_products/products\\_we\\_offer/](https://www.sofn.com/financial_products/products_we_offer/)

**Vesterheim's**  
**WOMEN'S TEA**  
**AT THE**  
**DUSHANBE TEAHOUSE**

1770 13th St, Boulder  
3-5 pm Friday June 2  
Cost: \$27 p.p.



**An English Style  
Afternoon Tea**

**Advanced reservations required**  
**RSVP to Cathy**  
**bouldercathy46@gmail.com**  
**303-449-9596**

**(A 24 hour cancellation notice is required  
or I must charge you the cost)**

"A traditional afternoon tea, complete with a lovely table dressed with white linens and tea time accoutrements. A beautiful three-tiered tower of sweet and savory pastries, scones, artichoke purses, and mini sandwiches is freshly prepared on the day of your tea."

**A LETTER FROM YOUR  
EDITOR**

In our last newsletter I wrote a message entitled **"Want to Help Your Lodge?"** I was asking for help with making coffee and supply inventory for our General Meetings. Did I get one single reply? You guessed it. I did NOT. Or else I wouldn't be writing to you again. I repeat: **We need volunteers to help run this lodge!!!** Here is a rerun of my message:

**WANT TO HELP YOU**

☆☆☆ **LODGE?** ☆☆☆

We need two or more members to be in charge of two areas for our Lodge Meetings:

1. Making sure we have enough paper plates, utensils, paper cups and napkins for every Lodge Meeting. We have a special cupboard at Atonement with our name on it where we keep our supplies. Just check to see what we have, what we need, and purchase whatever we lack. Amazon and the Dollar Store are two places I've used. You will be reimbursed by submitting the receipts to Erik Sirnes.

2. Making coffee at our Lodge Meetings. Make sure we have enough coffee and sugar in our cupboard at Atonement and bring half & half, make hot coffee using our coffee maker and put out the cups, sugar and half & half. Purchase what we need and send your receipts to Erik Sirnes for reimbursement.

*This will make our Lodge Meetings run so much smoother since we no longer have a Social Director. The Board can not be in charge of all this any more. So please help!*

You may contact Cathy Allen to volunteer, at [bouldercathy46@gmail.com](mailto:bouldercathy46@gmail.com). We will go over what you need to know so you will feel confident.

Cathy Allen, Editor

# 10th MOUNTAIN DIVISION MEMORIAL DAY CEREMONY

Monday, May 29



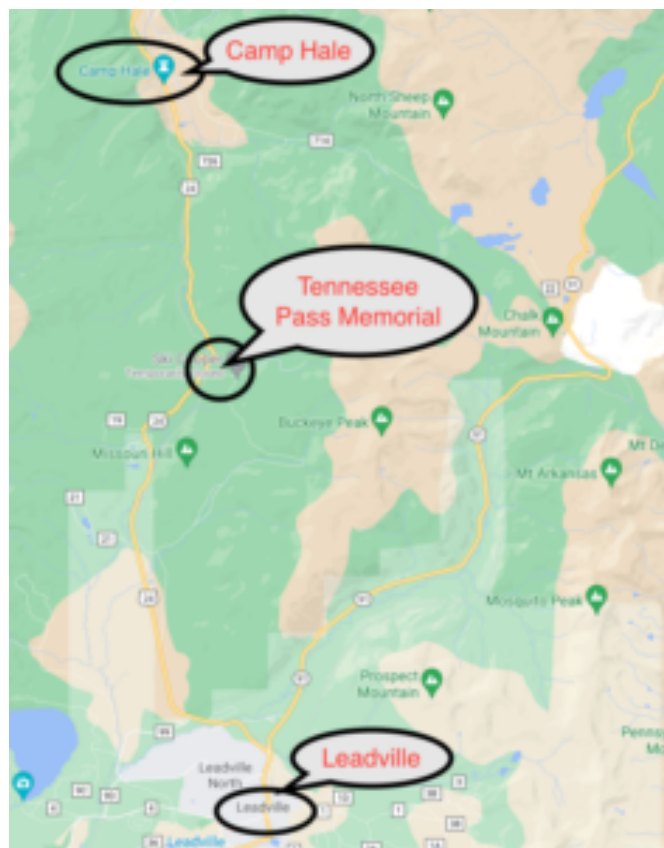
**Location:** At the summit of Tennessee Pass on US Highway 24, between Leadville and Minturn, Colorado, at the 10th Mountain Division Monument.

**Gathering:** 9:30-11 a.m. Donuts and coffee will be served.

**Ceremony start time:** 11 a.m.

**Lunch** will be available at Ski Cooper following the ceremony. Cost is \$15 payable at the event. Address: 232 CR 29, Leadville, CO 80461.

**Web Link:** [https://10thmountainfoundation.org/latest\\_events/10th-mountain-memorial-day-ceremony-may-29-at-tennessee-pass-co/](https://10thmountainfoundation.org/latest_events/10th-mountain-memorial-day-ceremony-may-29-at-tennessee-pass-co/)



# VESTERHEIM AT SCANFEST

**JUNE 24-25**



## **WE HAVE A BOOTH and WE NEED YOU!**

*We will be selling coffee, donuts (made by Erik), baked goods (made by Vesterheim's members) and rosemaling*

### **We Need Volunteers to:**

- Help **SET UP** the TENT on Friday afternoon and **TAKE DOWN** on Saturday at 5pm.
- **BAKERS** to make cookies, rolls or anything else you wish to make.
- **SELLERS** to help work in the booth on Saturday & Sunday Morning or Afternoon shifts.

To help with **SET UP, TAKE DOWN OR SELLING** contact Erik.

[eriksirnes@hotmail.com](mailto:eriksirnes@hotmail.com)

To **BAKE** contact Cathy.

[bouldercathy46@gmail.com](mailto:bouldercathy46@gmail.com)



# Vesterheim's 17 mai Celebration

**Saturday May 13 from 2-4  
Atonement Church  
685 Inca Parkway at Baseline**



**Vikings  
Boulder High Jazz Band  
Hot Dogs and & Ice Cream  
Potluck**



**Outdoor Dining, weather permitting**

**For more information contact  
Caryl at 303-554-0246, cstalick@aol.com**







**BOND PARK, E. ELKHORN & MACGREGOR**

## **Schedule**

Friday June 23

4:00pm - 6:00pm:

Beer Garden Open

Saturday June 24:

9:45am - 10:00am

Raising the May Pole

10:00am - 10:30am

Parade & Opening Ceremony. Wear bunads, bring your flags

10:30am - 6:00pm

Vendors, Food, Performances, Activities, Beer Garden

Sunday June 25:

10:00am - 11:00am

Church Service

11:00am - 4:00pm

Vendors, Food, Performances, Activities, Beer Garden

3:45pm - 4:00pm

Closing Ceremony

**Fjellborg Vikings - Costume Contest - Games - Dancing - Auto Show**

**Featuring the acclaimed Colorado Band *NORDIC DAUGHTER***

***See website for details. Subject to change. All updates listed on our website & Facebook pages.***

***For the Best and Official on-line sites:***

Please visit the Scandinavian Alliance of Colorado's festival website at [www.estesmidsummer.com](http://www.estesmidsummer.com)  
and our FaceBook page at <https://www.facebook.com/EstesMidsummerFestival/>  
for the most current information about the festival.

## **Volunteering**

***The Festival Needs YOU!***

Assist with:

Tent/Ground set -up/tear down, Festival Tents: Beer Tent, Flower Crown Tent, Runner, Festival Merchandise, etc. Friday, Saturday, and/or Sunday.

**Go on-line to register at [www.estesmidsummer.com](http://www.estesmidsummer.com) and click on "Volunteer".**

**Public Parking - Free Admission - Family Friendly**

**Wheelchair Accessible**

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



"Mountain Valley"

## Menu

### Pølser

(Hot Dogs)

### Lefse

### Røkt laks

(Smoked Salmon)

### Potetsalat

(Potato Salad)

### Syltet sild

(Pickled Herring)

### Geitost

(Goat Cheese)

### knekkebrød

(crispbread)

### Hjerte Vafler

(Heart Waffles)

### Tyttebær

(Lingonberries)

### Iskrem kjegler

(Ice Cream Cones)

### Kaffe

(Coffee)

### Limonade

(Lemonade)

# SYTTENDE MAI CELEBRATION

Norway's Constitution Day  
Sponsored by Fjelldalen Lodge # 6-162



**Saturday, May 20, 2023**

**12:00 noon to 5:00 pm**

**Parade Starts At 12:30**

**Hot Dog Line Opens After Parade**

Donations of \$20 for adults, Children 12 and under \$5  
**Please RSVP** to [publicity@fjelldalen.com](mailto:publicity@fjelldalen.com) by May 15th, You  
can send a check to Fjelldalen Lodge % Don Speas, 6392 S  
Reed Way, Littleton CO 80123, or pay as you sign in,  
or use **"ZELLE"** to [treasurer@fjelldalen.com](mailto:treasurer@fjelldalen.com)

Join us at Sterne Park, 2001 W Shepperd Ave, Littleton CO  
80120 (South Shelter). Go South on Bemis St off  
Littleton Blvd to Shepperd Ave, turn East. Look for the  
Norwegian Flag and Fjelldalen's canopy.

Bring your lawn chairs so we won't be crowded.

**Please RSVP** to [publicity@fjelldalen.com](mailto:publicity@fjelldalen.com) so we have  
a good count on how much FOOD to get!!!!



## Syttende Mai Celebration RSVP

Saturday May 20, 2023 at 12:00



Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Address: \_\_\_\_\_

City/State/Zip: \_\_\_\_\_ Email: \_\_\_\_\_

# of Adults @ \$20.00 ea. \_\_\_\_ # of Children @ \$5.00 ea. \_\_\_\_ Total Enclosed \$ \_\_\_\_\_

**RSVP by May 15, 2023**

Please make checks payable to; **Fjelldalen Lodge**  
Or "ZELLE" to [treasurer@fjelldalen.com](mailto:treasurer@fjelldalen.com)

# NEWS FROM SCANDINAVIA

## NEW TREATMENT FOR SOCIAL ANXIETY

Scientists at the world-renowned Karolinska Institute in Stockholm have discovered that sniffing someone else's body odor might just be the ticket!

They found that women who were exposed to the smell of armpit sweat (from volunteers) had a better response to their social anxiety mindfulness therapy than those who weren't exposed.

Here's how the test went: Volunteers donated armpit sweat from when they were either watching a happy movie or a scary one. 48 women in the mindfulness therapy group agreed to sniff the samples for two days while continuing their therapy sessions. The control group sniffed clean air, and the other two groups the sweat. Those who were exposed to the sweat did better in the therapy than those exposed to the clean air (39% versus 17% in anxiety reduction.) And strangely enough, it didn't matter if the sweat came from the volunteer who was watching the scary or the happy movie. A possible conclusion is that they maybe reacting to a human chemical in sweat generally which has a calming affect.

More research is coming.

*Sources: BBC News 26 March 2023; New York Post 25 March 2023.*

## WORLD'S TALLEST TIMBER BUILDING

For years it had been the opinion of American engineers that you shouldn't exceed 3 stories for a wooden structure. Now engineers are thinking otherwise. In Brumunddal Norway stands the Tower of Mjøsa, a modern 18 story mixed-use wooden "plyscrapper". At first the locals referred to it as "the world's largest torch." But they should be proven wrong.

The building's strength and stability depend not on steel and concrete but on giant Glulam beams, manufactured from local lumber. Glulam is a stress-rated engineered wood beam composed of wood laminations, or "lams", that are bonded together under heat and pressure with durable, water-resistant adhesive. In Norway it is mass produced from the spruce and pine that cover about a third of the country. By Norwegian law the trees used must be replaced. Glulam chars but is not totally consumed by fire.

Upscale sprinkler systems are used throughout, holding more water than typical systems. There are separate fire safety systems to control the spread of fire both vertically and horizontally, adhering to Norway's strict regulations.

For a detailed understanding of the structural concept of building wood skyscrapers, go to these links:

<https://blog.bimsmith.com/The-Plys-the-Limit-Mjsa-Tower-and-the-Future-of-Modern-Timber-Construction>

<https://www.newyorker.com/magazine/2022/04/25/transforming-trees-into-skyscrapers>

Japan is planning a 70 story wood skyscraper in Tokyo, which would not only be the world's tallest "plyscrapper" but the tallest building in Japan.



## VESTERHEIM LODGE 6-118 OFFICERS & CHAIRPERSONS 2023

|                |                  |              |                                  |                |              |
|----------------|------------------|--------------|----------------------------------|----------------|--------------|
| President*     | Erik Sirnes      | 315-267-6665 | Marshalls                        | OPEN           |              |
| Vice Pres.*    | Erling Westgaard | 815-236-3935 | Musician                         | Lynne Anderson | 303-652-3263 |
| Secretary*     | Cathy Allen      | 303-449-9596 |                                  | Caryl Stalick  | 303-554-0246 |
| Asst. Sec*     | Esther Mills     | 303-456-1221 | Road Cleanup                     | Lynne Anderson | 303-652-3263 |
| Membership*    | Rhonda Fadum     | 303-807-4367 | Social Dir.                      | OPEN           |              |
| Treasurer*     | Erik Sirnes      | 315-267-6665 | Sunshine                         | Cheryle Kapsak | 303-641-6190 |
| Auditor        | Lori McLean      | 303-817-4149 | Trustee                          | Lynne Anderson | 303-652-3263 |
| Counselor*     | Garry Gorsuch    | 303-229-9345 | Youth/Sports                     | Erik Sirnes    | 315-267-6665 |
| Cultural Dir.* | Caryl Stalick    | 303-554-0246 | Website                          | Cathy Allen    | 303-449-9596 |
| Editor*        | Cathy Allen      | 303-449-9596 |                                  |                |              |
| Greeters       | Sally Bell       | 303-554-5955 | * Indicates Voting Board Members |                |              |
|                | Addy Martinez    | 303-499-5589 |                                  |                |              |
|                | Ole Fadum        | 303-807-4367 |                                  |                |              |
|                | Joan Cleland     | 303-883-5717 |                                  |                |              |
| Historian      | John Kennedy     | 401-481-5873 |                                  |                |              |

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.

SONS OF NORWAY  
VESTERHEIM LODGE  
Editor  
262 Spruce Street  
Boulder, CO 80302