



MARCH - APRIL 2023

Thank you to everyone who came out for our first meeting in 2023. The pizza night was a huge success. We had plenty of chefs of all ages, and received rave reviews from the hungry crowd.

While there is still plenty of winter and skiing left this season, we have already started planning our spring and summer activities. Our 17 of May celebration will be held on the 13th. There will also be a Sons of Norway celebration in Denver the following weekend. We will make sure to communicate all the details for both events.

We have also already expanded our offering for Scanfest in Estes Park in June. In addition to selling baked goods, coffee and crafts, we will have two people selling and doing rosemaling at our tent. We will now also be accepting Venmo as a payment option, all in an effort to raise as much money as possible for our Lodge. These funds go directly back to the Lodge to provide even better programs to all of you. If you would like to help out by either working at the booth or providing baked items for sale (you can get reimbursed for your cost) please reach out to me or anyone else on the board. I am setting a stretch goal of \$1,000 profit this year at Scanfest. If you help out, I might even give you my pizza dough recipe in return.

Another way to support our Lodge is to link your King Soopers rewards card to our Lodge. Please see the instructions on page 9 in this newsletter on how to do that.

Takk til alle som kom på vårt første møte i 2023. Pizzakvelden ble en kjempesuksess. Vi hadde mange kokker i alle aldre, og fikk strålende tilbakemelding fra alle de sultne gjestene.

Selv om det fortsatt er mye vinter og skiføre igjen denne sesongen, har vi allerede begynt å planlegge vår- og sommeraktiviteter. Vår 17. mai feiring vil bli holdt den 13. mai. Det blir også Sons of Norway feiring i Denver helgen etter. Vi kommer til å dele alle detaljer for begge arrangementene.

Vi har også allerede utvidet vårt tilbud for Scanfest i Estes Park i juni. I tillegg til salg av bakervarer, kaffe og håndverk, vil vi ha to personer som selger og driver med rosemaling ved teltet vårt. Vi vil nå også akseptere Venmo som betalingsalternativ, alt i et forsøk på å samle inn så mye penger som mulig til vår Lodge. Disse midlene går direkte tilbake til vår Lodge for å gi enda bedre programmer til dere alle. Hvis du ønsker å hjelpe til ved enten å jobbe i teltet eller gi varer for salg bakevarer (som du kan få refusjon for), vennligst ta kontakt med meg eller noen andre i styret. Jeg setter et mål på 1000 dollar i overskudd i år på Scanfest. Hvis du hjelper til, kan jeg til og med gi deg min pizzadeigoppskrift i retur.

En annen måte å støtte vår Lodge på er å koble ditt King Soopers medlemskort til vår Lodge. Vennligst se instruksjonene i dette nyhetsbrevet om hvordan du gjør det (p.9).

Erik

CALENDAR OF EVENTS

MARCH

| | | |
|--------|--------------|--|
| Mar 14 | Tues 7:30 pm | VESTERHEIM BOARD MEETING. Contact Erik for Zoom link. eriksirnes@hotmail.com . Meeting is open to all members. |
| Mar 16 | Thurs 1-3pm | BOOK CLUB. “White Shadow” by Roy Jacobsen. Meet at 2610 Briarwood Drive, Boulder. 303-499-6564. Contact Esther Mills for questions at millser2@msn.com . Details on p.3. |
| Mar 24 | Fri 7pm | GENERAL MEETING. Atonement Lutheran Church, Baseline & Inca Parkway. Details on p.3. |

APRIL

| | | |
|--------|--------------|---|
| Apr 10 | Mon 1-4pm | CRAFTS. Meeting at Addy Martinez’s house. Working on Joyce’s moose. RSVP to Addy at 303-499-5589. |
| Apr 11 | Tues 7:30 pm | VESTERHEIM BOARD MEETING. Contact Erik for Zoom link. eriksirnes@hotmail.com . Meeting is open to all members. |
| Apr 20 | Thur 1-3pm | BOOK CLUB. “Eyes of the Rigel” by Roy Jacobsen. Location: 5048 Ellsworth Place, 303-449-1724. Contact Esther Mills for questions at millser2@msn.com . See p. 3 of Newsletter for details. |
| Apr 28 | Fri 7-9pm | GENERAL MEETING. Atonement Lutheran Church. Baseline & Inca Parkway. Details on p.3. |

LOOKING AHEAD

Mark your calendars for these two events:

17 Mai celebration Saturday May 13 from 2-4 at Atonement Lutheran Church, Boulder
Scandinavian Midsummer Festival June 24-25 at Bond Park in Estes Park

NOTE: The **Norwegian Conversation Group** is no longer being held until a new facilitator is found. If you would like to volunteer please contact Kirsten at vesterheimlodge@gmail.com if you are interested.

GENERAL MEETINGS

Friday March 24 at 7pm.

We will have a presentation on the Northern Lights, or Aurora Borealis. Following the presentation there will be Norwegian waffles. We are looking for folks who might be able to bring in their waffle irons for the evening, and also cooks. Please contact Erik at eriksirnes@hotmail.com if you would like to help in either way.

Friday April 28 at 7pm.

There will be a presentation on Polar Bears, by Colorado artist Barbara Stone. Barbara is a painter, writer and guides small groups to visit polar bears in the wild. She has used the image of polar bears in her artwork since 1979, and her research has taken her to Baffin in the Northwest Territories of Canada, the Yukon and Manitoba to study the annual migration of these bears. Barbara's polar bear designs have been interpreted for use by the National Wildlife Federation, Audubon Society, Sierra Club and the Los Angeles Zoo. She is honored to be included in a collection, by invitation, of the White House, at the Smithsonian Institute and in that of the Empress of Japan in Tokyo, Japan. Recent work reflects her impressions of trips to Germany, Norway, Sweden, and France.

BOOK CLUB

Thursday March 16 from 1-3pm: *White Shadow: Book 2 of the Barrøy Trilogy* by Roy Jacobsen.

Set during the the last year of WWII Norway, this book is based on the real event of the sinking of the Rigel in November 1944 by British forces—more than 2,500 people died, mostly prisoners of war from Eastern Europe. *White Shadow* tells the story of Ingrid, the only family member still living at Barrøy, and a single POW survivor of the sinking of the Rigel. Ingrid finds the survivor barely alive on the water's edge and nurses him back to life. They become lovers during this time but when he is recovered enough to travel, he leaves to return home. Ingrid knows little about him, and never calls him by name. She later finds herself awakening in a hospital after he escapes with no memory of how she got there. She slowly recovers, returns home to Barrøy as do other former inhabitants.

Meet and RSVP to Grete Jansen
2610 Briarwood Drive
303.499.6564

Thursday April 20 from 1-3pm: *Eyes of the Rigel: Book 3 of the Barrøy Trilogy* by Roy Jacobsen.

Ingrid sets out in search of Alexander, father of her child, whose only memento of his time with her are the striking black eyes of her 10 month old daughter and a note that says in Russian "I love you" nine times. Ingrid finds herself in unfamiliar places on the mainland as she seeks to follow Alexander's trail. Along the way she encounters collaborators, partisans, refugees and deserters who know more than she does about the father of her child but do not tell her all they know.

Meet and RSVP to Kathy Erickson
5048 Ellsworth Place
303.449.1724



Fødselsdagskringle Norwegian Birthday Kringle

This makes a lovely rich, buttery bread. The recipe is adapted from a Sons of Norway recipe which I modified it slightly, and also shaped it into a ring rather than a Kringle (pretzel.)

Cathy Allen

For the Dough

- 1 pkg. active dry yeast (can use rapid rise yeast)
- 1 Tbsp. water, lukewarm
- 2 eggs, slightly beaten
- 7 oz. melted butter, lukewarm
- 1/2 tsp. almond extract
- 2 1/4 cups flour
- 1/4 cup sugar
- 1/4 tsp. salt
- 1 tsp. ground cardamom (preferably fresh)

For the Filling

- 5 Tbsp. softened butter
- 1/3 cup sugar
- 1/2 cup raisins (optional: soaked in rum or brandy overnight)
- 1/2 cup candied citron lemon peel, finely chopped
- 1/2 cup almonds, chopped

Recipe

Step 1.

Combine yeast, 1 tsp. sugar and warm water in a mixing bowl. Let rest until the yeast dissolves and begins to foam (about 10 min). Gently beat in the eggs, almond extract and melted butter.

Step 2.

Mix together the flour, sugar, salt and cardamom. Slowly add it to the egg mixture and work until you have a smooth elastic dough. This can be done with an electric mixer using

the bread beater attachment. Cover and let rise in a warm place until doubled.

Step 3.

Before working with your dough prepare your filling. Whip together the butter and sugar, then add the fruit and nuts. Cover and set aside in a cool place.

Step 4.

Punch the dough down and turn it out onto a lightly greased surface. Knead dough until dough is soft and elastic. Shape it into a roll, and place between two strips of waxed paper. Roll out to be 8 x 24 inches.

Step 5.

Spread the filling over the dough. Then tightly roll the dough as you would to make a long jelly roll.

Step 6.

Form the dough into a ring and place on a large cookie sheet covered with parchment paper. Cover and let rise until doubled.

Step 7.

Brush the surface with egg and sprinkle with sugar and sliced almonds.

Step 8.

Bake in a 375°F oven for 25 – 30 minutes, or until golden brown.



**"The secret to eternal youth
is arrested development." -**

Alice Roosevelt Longworth



BIRTHDAYS

| | |
|----------------------|------|
| Kathy Grant-Edgerton | 3/8 |
| Joyce Farrell | 3/9 |
| Victor Magnusson | 3/21 |
| William Skarstad | 3/23 |
| | |
| Eva Sissner | 4/5 |
| Nina Donahue | 4/6 |
| Ellen Chelesvig | 4/9 |
| Scott Bakke | 4/19 |
| Julie Horan | 4/20 |
| Arla Olson | 4/22 |
| Rhonda Fadum | 4/24 |

TUBFRIM CEASING OPERATIONS

For those who don't know what Tubfrim is:

Tubfrim was founded in 1928 and the profits went to children who were affected by tuberculosis, which at the time was one of the most frequent causes of death in Norway. The Sons of Norway collected used stamps and sent them to Norway as a fundraiser. As tuberculosis was eradicated, the surplus was channeled into health and well-being promoting measures for children and young people.

Such collection bags for used stamps have, over many years, collected over NOK 26 million for children and young people. In recent years, the business has focused on internet sales, but now Tubfrim is shutting down for good. There are simply not enough letters sent with proper stamps anymore.

It is the board of the National Association for Public Health that has decided to shut down operations next summer, writes Hallingdølen.

In October ordinary operations will cease, while Tubfrim will draw its last breath after 95 years of operation only in the summer.

The change in people's postal habits means that fewer and fewer letters are sent with stamps. This trend has persisted for several years and last year Tubfrim received only 20 percent of the amount of stamps they received in 2000.

The large reduction in the quantity of stamps means that we cannot expect a profit. We cannot therefore defend the operation if it is spent on saved funds, says managing director Kåre Myro to the newspaper.

He promises that the country's stamp collectors will be able to buy their last stamps from Tubfrim at an end-of-life sale.



Article 20 October 2022, © Provided by ABC News

GENEALOGY AT TROLLHEIM

Where:

Trollheim Lodge
6610 W. 14th Ave, Lakewood
In the library

When:

On the second Saturday of each month
from 10-12:00.

March:

Visit to Lewis Island, Scotland, home of the discovery of the Viking ivory chess pieces; Norwegian reaction to those who wished to emigrate to America

April:

Story of the Restoration—the Mayflower for Norway; Continue to identify the home of our ancestors in Norway - sharing our stories.

GENEALOGY AT FJELLDALLEN

Where: Click Here to Join ZOOM Meeting:

<https://us02web.zoom.us/j/86052291262?pwd=Vm9vR3F6dnNOcHhWNXNENlpXZiM3UT09>

When:

On the first Saturday of the month at
9:30 am

March 4:

<https://Histreg.no> versus
<https://www.DigitalArkivet.no>

April 1: Was your ancestor a Norwegian Witch?

For details & past programs go to:

<https://www.fjelldalen.com/genealogy-class>

Join the Genealogy Zoom Meeting Meeting ID:
860 5229 1262 Passcode: 700388

Call Tony at 303-771-1428 if you need help.

VESTERHEIM MUSEUM ON-LINE CLASSES

<https://store.vesterheim.org/collections/online-folk-art-courses>

This website is a list of on-line classes and events (some free), given by Vesterheim Museum, that you can attend. Among them are the following:

Saturday, March 4 (12:00-1:00 pm MT). FREE.
Join celebrated Finnish musicians Soili Perkiö and Maija Karhinen for an hour of **Scandinavian music**.

Sunday March 26 (12:00-1:00 pm MT). FREE.
FamilieTid: Baking with Kristi Bissell. Make two classic Scandinavian cookie recipes together: Raspberry Hazelnut Thumbprint Cookies (Hallongrottor) and No Bake Chocolate Oat Balls (Chokladbollar).

Monthly Book Discussions (Bokprat)

March 15t: Ibsen's "Ghosts".

April 16: Reindeer Hunters by Lars Mytting

Beginning Norwegian Level 1

Sundays, April 16 - June 11 (6:00-7:00 pm MT)
(no class on May 28)

Enrollment deadline March 31.

\$155 includes book

Other classes include Rosemaling, Tapestry weaving, Carving, Bead Embroidery, Weaving, Sami bracelets, and Food. These are priced individually.



Check out all their on-line classes you can attend without leaving your house. They also have wonderful classes in person in Decorah Iowa, all taught by experts in their field.

ROSEMALING CLASS

With Louise Bath

Vesterheim Museum Gold-Medalist

Where: Trollheim Lodge, 6610 W. 14th,
Lakewood

When: March 4, 18, 25 and April 1 from
9:30-12:30

Cost: \$48 plus cost of wood

What: Wood Plaque in the Trondelag style.

This style is from Oppland, south of the city of Trondheim and is seen on cupboards and trunks from that region. Louise will be using the motif below from a cupboard she saw on-line in Norway and create a design for the class. The design is for a 6"x16" plaque.



If you want to attend this class, please contact Louise Bath at lbath25@comcast.net

WANT TO HELP YOU

☆☆☆ **LODGE?** ☆☆☆

We need two or more members to be in charge 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. We will go over what you need to know so you will feel confident.

SCANDINAVIAN MIDSUMMER FESTIVAL

Vesterheim will have a booth this year at the festival in **Estes Park June 24-25**. Setting up our tent will be on Friday the 23rd. Mark your calendars, come up and visit us, or help out with set-up, take-down, baking and selling. We will be selling coffee, donuts, baked goods, and rosemaling. There will be more about the festival and who to contact in our next newsletter, but please consider helping out, either in our booth or at the festival itself.

To argue with a person
who has renounced the
use of reason is like
administering medicine
to the dead.

• Thomas Paine



Some things never change.....

NORWAY'S IMAGINATIVE TOILETS

Scandinavian architecture and scenery along Norway's National Tourist Routes is taking the highway rest stop to the next level.



The public bathroom with mirrors in Bukkekjerka, along the scenic route of Andøya.



The exterior of this rest stop on the Lofoten Scenic Route at Eggum resembles a neolithic amphitheater and was fashioned from a disused quarry.



Named the world's most beautiful toilet, Ureddplassen is on the Scenic Route Helgelandskysten.



Near the Selvika beach on the Havøysund route up north in Finnmark. A long walk to the toilet.



Gulsdassen on the Scenic Route Senja boasts a brass plated outhouse.



Akkravikodden in Lofoten was designed to mimic the skyline. No windows, but glass roofs for light.

Sources: <https://upnorway.com/inspiration/norways-top-10-most-unusual-toilets>; SON newsletter services 11-12/2022

PIZZA NIGHT AT VESTERHEIM

In keeping with the recently documented fact that Norwegians are consuming about 5 kg (11 lbs) of pizza per person per annum, Vesterheim held a Pizza Night where the men provided the talent to make a dozen pizzas. It was wildly entertaining and the pizza was enjoyed by all of us. Ole Fadum, Erik Sirnes and his boys, Greg Rosendahl, Ingvar Sodal and Tommy Ingulfson were our chefs. Thanks to Bob Henderson for the photos.



KING SOOPER COMMUNITY REWARDS

- Go to this link: <https://www.kingsoopers.com/i/community/community-rewards>
- Sign in to your existing King Soopers loyalty account or create a new account
- Go to "My Account". On the left under "Account", the 7th option down is Community Rewards
- Click on "Enroll Now" and search for Organization Name: Sons of Norway Vesterheim Lodge 6-118 or Organization Number XU405
- Click on the Enroll button within the box for our organization
- You will get confirmation that you enrolled in the Community Rewards Program. That's it!
- (Our lodge does NOT have access to you account or any personal information)

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 | | | |

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SONS OF NORWAY
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