

Innimellom



From the Editor

As the holiday season approaches, we find ourselves reflecting on the year past and the joy that this special time brings. It's a season of celebration, gratitude, and togetherness, reminding us of the importance of community, connections and shared moments.

Looking ahead, the new year presents a fresh beginning and exciting opportunities. Let's embrace it with enthusiasm, optimism, and the collective spirit that unites us. May 2026 bring health, happiness, and continued success to all.

I hope the children (and those of us that are young at heart) enjoy the expanded *Barnesider*. The District 6 newsletter picked up on the theme and offered some different pages for the kids to enjoy and which I have included.

Lastly, there is a lot of news coming out of Norway that is significant but does not get much press in the United States. I am trying to capture the character of Norway and, at the same time, report on the issues that impact day-to-day living in present-day Norway -- all within the constraints of doing a newsletter.

Please enjoy. *God jul.*

Fra redaktøren

Når høytiden nærmer seg, reflekterer vi over året som har gått og gleden denne spesielle tiden bringer. Det er en tid for feiring, takknemlighet og samhörighet, som minner oss om viktigheten av fellesskap, forbindelser og delte øyeblikk.

Når vi ser fremover, byr det nye året på en ny begynnelse og spennende muligheter. La oss omfavne det med entusiasme, optimisme og den kollektive ånden som forener oss. Måtte 2026 bringe helse, lykke og fortsatt suksess til alle.

Jeg håper barna (og de av oss som er unge til sinns) liker den utvidede Barnesider-utgaven. Nyhetsbrevet for Distrikt 6 tok opp temaet og tilbød noen forskjellige sider som barna kunne kose seg med, og som jeg har inkludert.

Til slutt kommer det mange nyheter fra Norge som er viktige, men som ikke får mye presseomtale i USA. Jeg prøver å fange Norges karakter og samtidig rapportere om problemene som påvirker hverdagen i dagens Norge – alt innenfor rammene av å lage et nyhetsbrev.

Vær så snill å kose deg. *God jul.*

CALENDAR OF EVENTS

November - December

Date		Scheduled Event
Nov 22	Sat 2-4 p.m.	Membership Meeting at Atonement Lutheran Church 685 Inca Pkwy, Boulder <i>The South Pole: Antarctic Exploration and Science.</i>
Nov 27	All Day	 Thanksgiving 
Dec 10	Wed 7:30 p.m.	Vesterheim Board Meeting - Contact Erik for Zoom link at eriksirnes@hotmail.com Meeting is open to all members
Oct 16	Thurs 1-3 p.m.	Book Club (see page 4)
Dec 13	Sat 2-4 p.m.	Membership Meeting at Atonement Lutheran Church 685 Inca Pkwy, Boulder Julefest
Dec 25	Thurs All Day	Jul - Christmas
Jan 1	Thurs All Day	nyttårsdag = New Years Day

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 - Cheryle Kapsak
 Trustee - OPEN
 Youth Sports - Erik Sirnes
 Website - Cathy Allen

Greeters - Addy Martinez
 - Ole Fadum
 - Joan Cleland

* Indicates Voting Board Members
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Sons of Norway
Boulder Lodge 6-118

Looking back on the year that was
1979



Here are some artifacts and pictures of the participants at the first Vesterheim Julefest/Christmas



Party. It was a time for children with reading time, games, and, of course, good food and fellowship for all in attendance.



Christmas Party 1979




Get the Word Out

We are looking to expand our membership!

Just like in 1979, we are looking to expand and grow. Here is one of the advertisements that they published to draw attention to the new lodge. So, if you know anyone who has Scandinavian ancestry, invite them to join. We have a lot to offer.

Is there a NORWEGIAN in your background?
Then...join the **SONS OF NORWAY**



SONS OF NORWAY is an international organization with a membership of 108,000; uniting men, women, and children of Norwegian background. It sponsors and supports charitable and social service projects as well as cultural programs including the fine arts, language, music, and sports. Among its aims - to emphasize brotherhood and a proud heritage.

SONS OF NORWAY has 350 chapters across America. There are four chapters in Colorado: in Denver, Colorado Springs, Loveland, and Boulder.

VESTERHEIM (Western Home), the Boulder Chapter, presently has a membership of 200 and was started in early 1979. This happy group meets monthly for fellowship, programs and refreshments. In addition, it sponsors special events such as language classes, handicrafts, social activities, etc.

SOME OF THE BENEFITS OF JOINING ARE...

- 1) Learn more about your heritage and geneology
- 2) Develop meaningful, lifelong relationships
- 3) Learn the Norwegian language, traditions, folk dancing, etc.
- 4) Receive the monthly Viking Magazine, a link to other members and Norway
- 5) Be eligible for an excellent insurance program
- 6) Have the opportunity of purchasing Norwegian books, educational and travel aids
- 7) Participate in special travel programs at reduced cost

COST: \$10 initiation fee and \$12 annual membership dues.

CALL: BERT NIELSEN 499-0802 or JOHN THOMPSON 494-5371

OR

FILL OUT AN APPLICATION CARD HERE!

Bok Klubb - Book Club



For December, the club will be discussing something with a Christmas theme. The meeting will be at Joy Gundersen's home at 2558 Betts Circle, Erie.

Telephone 303-664-1023 to RSVP.



Trollheim Christmas Fair

The fair was a resounding success. All of the cookies sold the first day. Lots of vendors and plenty of local interest was generated.

GRATULERER MED DAGEN



Bursdager i desember

- 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 Coming Up

- December 3: Birthday Prince Sverre Magnus
- December 7: National Pearl Harbor Remembrance Day
- December 10: Nobel Prize Award Ceremony
- December 21: Winter Solstice - vintersolverv
- December 24: Christmas Eve - julaften
- December 25: Christmas Day - jul
- December 26: Boxing Day - andre juledag
- December 31: New Year's Eve



SONS OF NORWAY MISSION STATEMENT



The mission of Sons of Norway is to provide quality insurance and financial products to our members, to promote and preserve the heritage and culture of Norway, and to celebrate our relationship with other Nordic countries.

Barnesider

Rebus and Riddles / Rebus og Låter

YYY MEN

WISH



CHRISTMAS
CHRISTMAS
CHRISTMAS
CHRISTMAS

MISTLETOE

XXX



Feet
Feet

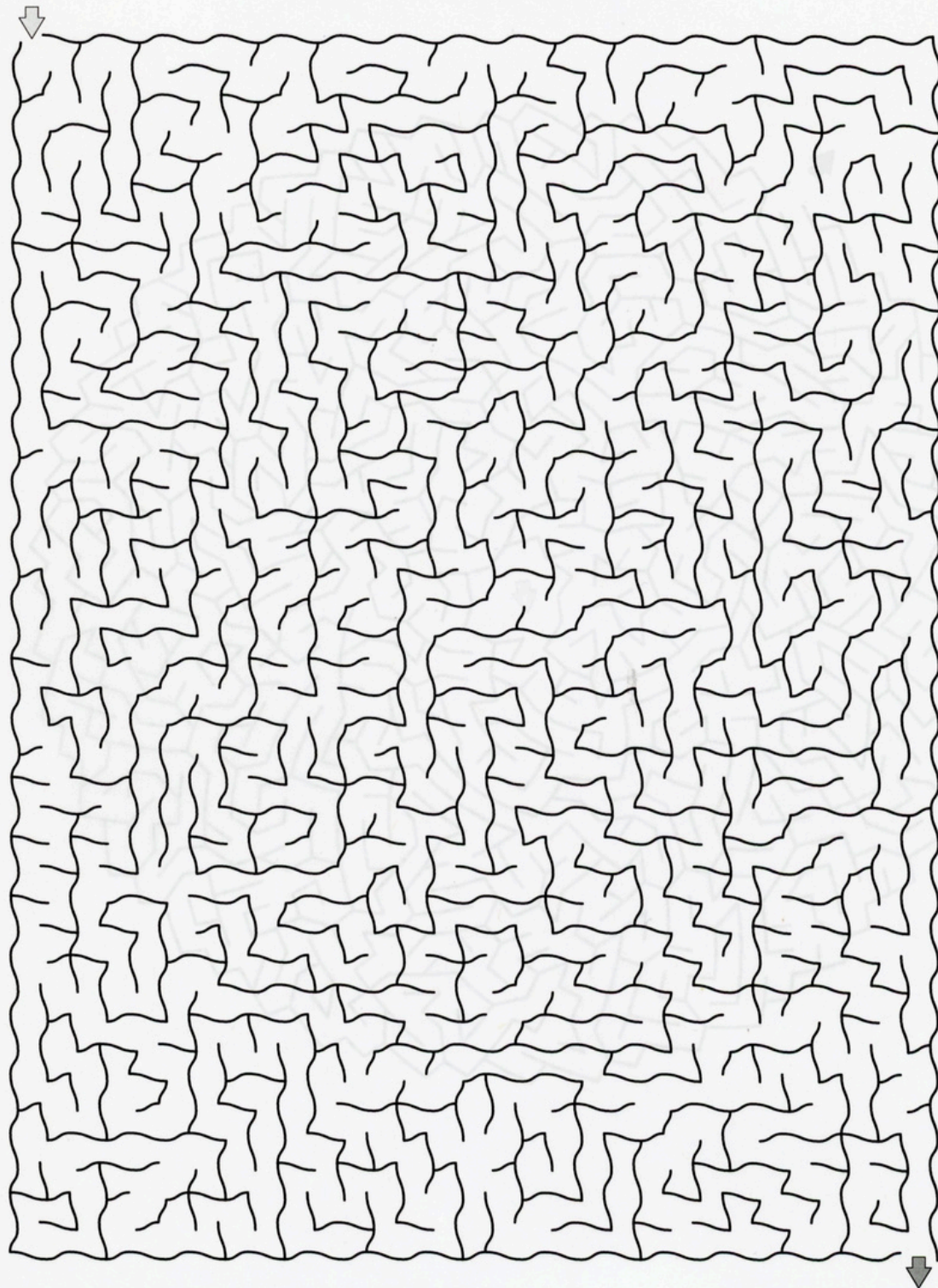
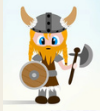
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1. What is a turkey's favorite website?
 2. What do teachers eat for dessert on Thanksgiving?
 3. What did the pilgrims use to make their bread?
 4. What is a scarecrow's favorite fruit?
 5. Why should you not tell someone a secret in a cornfield?
 6. What does a turkey drink out of?
 7. What do you call a turkey that runs away?
 8. How do you fix a broken pumpkin?
 9. What did the leftover turkey say?
 10. What always comes at the end of Thanksgiving?

Barnesider

The little Viking needs your help to find his Christmas presents.



Barnesider- Word Jumble

NORWEGIAN COOKIES

B Q C V P H T K A I B H Z K T R R K R T
 D R O K E N T K L R A S R M E W E O A U
 F A U S P W A I G V B U Z L B S P K K L
 H P I N P K I E R B M R B S Q F P O K I
 B B P J E C X E N K Z A M M A R I S A M
 I A S M R P F Q A N T I O U T X N M M M
 I B E V K L I K W S A N W L K H S A L L
 X N Y R A W E N D X J M L T B Q P K E I
 N L I R K R M R N N G L G R F H U R D P
 U U N V E S O U L E C M Q I T K R O N W
 V A S P R B Z Y Z R R N B N T W I N A E
 S A N D B A K K E L S F S G S T S E M K
 R E S N A R K R E N I L R E B J A R Z A
 R O N R E L L O B S I R K R N Q P F O K
 N E S T H Z L I T H S P R I T Z B R W E
 S O K E D O R B E L O K S Q E A O V C S
 H L Q N T J U I S Y D S G N O G T M Y N
 M M P X U T I Q E G N P M Q O W X K P A
 R U G S S M E Q D U J L E A B S J L T R
 R Y T O L S Q S K Z I N V J Z B M H M K

Goro

Risboller

Kakemenn

Smultringer

Brune Pinner

Spritz

Skolebrod

Kransekake

sandbakkels

Mandelmakkar

Munker

Krumkaker

Bordstabler

Fattigmann

Kokosmakroner

Rosettes

Havreflarn

Pepperkaker

Sirupsnipper

Berlinerkranser

Barnesider



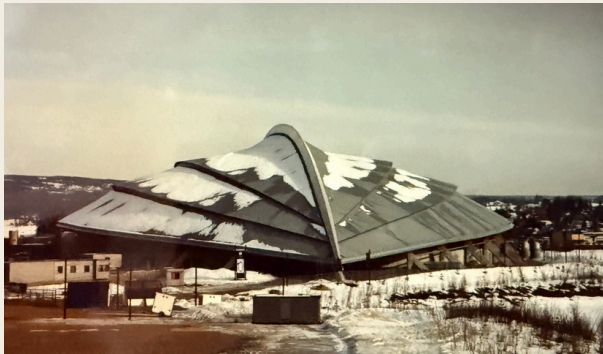
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Where's Tove Quiz



Back in my younger days, I was afforded many opportunities to travel throughout Scandinavia and Europe. Here is one of my favorites. Clues are in the picture: where is it and what is the pole used for?

Last Month's Answer



Located in Hamar, Norway, The Viking Ship (*Vikingskipet*) is officially known as Hamar Olympic Hall. It was constructed at a cost of \$23 million in 1992 to host the 1994 Winter Olympic speed skating events. It is now used as a multi-use venue for skating, sledge racing, track cycling, and various forms of ice racing. It has also been used as the site for concerts and trade fairs.

Name That Artifact



You have seen plenty of pictures of this structure throughout the years. What is it, what was its purpose, and what are some of the usages of the building today.

On your trips to Norway, it is highly recommended to visit the open air museum in Lillehammer, Norway. Maihaugen (*De Sandvigske Samlinger på Maihaugen, Lillehammer*) was the brainchild of Anders Sandvig and he traveled throughout Gudbrandsdalen to find old farm buildings, houses, and other structures to create one of the finest cultural and historic museums in Norway. It tells you how the people lived from the Middle Ages to modern times.

The Norwegian American

For those wanting to follow current events in Norway, I recommend going to the website norwegianamerican.com/2025-history for a variety of stories. Do not be put off by seeing "PAGE NOT FOUND" on the first opening page. Just click on your area of interest from the menu at the top of the page. At the top of the page you will also find E-Issues and this will allow you to see both Norwegian and English articles. It is a very enjoyable read on a variety of topics.

Barnesider Answers

Rebus: Wise men, Wish upon a star, Last Christmas, Kisses under the mistletoe, A weigh in the manger, Chestnuts roasting on an open fire, I'm dreaming of a White Christmas, Two left feet, The First Noel, North Pole, Jack Frost, Mistletoe.

Riddles: 1. Gobble Gobble, 2. Pumpkin Pi, 3. May flour, 4. Strawberries, 5. There are too many ears, 6. A goblet, 7. Fast food, 8. With a pumpkin patch, 9. Make me a sandwich, 10. The letter "g"



Vesterheimen Lodge's Den Norske Kokebok (The Norwegian Cookbook)

Kransekake Almond Wreath Cake

Ingredients:

KRANSEKAKE

500 g almonds
500 g icing sugar
3 egg whites

Icing for the kransekake:

150 g icing sugar
1 egg white
1/2 tsp vinegar

The almonds can be blanched or unblanched. They are washed and dried extra well, before being ground.

Grind the almonds once on the almond grinder, and once together with the icing sugar. Add the egg whites, work the dough well. Put it in a saucepan and let it get so warm that your knuckles barely do not burn when working with it. The dough must not burn at the bottom.

Cool completely. The dough should be chewy, soft and good to shape.

Put the dough in a cake syringe and press it out into well-greased rings, or one can make finger-thick sausages and press down into the rings. Bake in the oven at 180 degrees for 15 min., cool completely before taking them out of the moulds.

Icing for the kransekake.

Stir everything together into a smooth icing. Set the kransekake up as a tower. Put the icing in paper cones. Decorate the cake whole or each ring with sugar icing. Finally, decorate the kransekake with confectionery, crackling bonbons, flags, etc.

The kransekake can be set up as a basket or horn of plenty, and filled with confectionery and small marzipan balls.

Store kransekake in a tight box with a slice of bread, which is changed every day, so that it stays soft.



Vesterheim Lodge Appeal



We've got a few Board openings for 2026 — Greeters, Secretary (this can be shared!), and Membership Chair — and we would love to have you join in. Each role is simple to learn and does not require a lot of time, but will help the Lodge a lot!

Greeter: This role is perfect if you enjoy making people feel welcome.

1. Set up a cozy little welcome table by the entrance with pens, name tags, and the sign-in sheet. (Everything you need is already in the Vesterheim drawer in the dining area — super easy!)
2. Give newcomers a warm hello, help them meet others, and make sure they have someone to chat with during social hour.

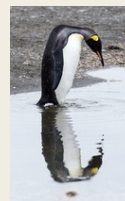
Secretary: This is a great fit if you like helping keep things organized. It's straightforward, and you can even share the job with another person if that works better.

1. Take minutes with the help of AI during the monthly board meeting on the second Wednesday of each month (no meeting in July). Meetings are on Zoom — comfy clothes encouraged.
 2. Put together the meeting agenda each month and send it to the board.
 3. Send occasional emails to members using our easy-to-access Gmail account, including the Membership Directory quarterly
 4. Each December, update the Lodge Officer information on the website.
 5. Keep track of members' volunteer hours each month and enter them into three year-end reports (the board helps out with this!).
- Bonus: This job has been split before — one person handles items #1–4, and another focuses just on #5 — so you can absolutely team up if you prefer.

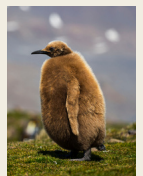
Membership Chair: If you enjoy connecting with people and keeping things running smoothly, this one's delightful.

1. Take a quick peek at the monthly Membership Activity Report to see whose dues might be overdue. Reach out with a friendly check-in, then let the secretary know so the Directory can stay updated.
2. Help keep member information up to date by emailing Fraternal (fraternal@sofn.com) when someone has a new address, phone number, joins, or leaves the Lodge.

If any of these roles sound like something you'd enjoy, we would be absolutely thrilled to have you join the Board!



Lodge Membership Meeting for November



Join us next Saturday, November 22 at 2pm at Atonement Lutheran Church in Boulder for a program on The South Pole: Antarctic Exploration and Science.

Lodge member Bryan Johnson, a retired NOAA atmospheric scientist, will give an overview of his trips to Antarctica while working with the University of Wyoming and NOAA in Boulder. Amundsen/Scott South Pole Station is relatively easy for scientists and support crew to reach and live comfortably today while carrying out research projects approved by the National Science Foundation. Travel logistics, balloon-borne ozone hole measurements, and recreational activities at McMurdo Station, Antarctica will be discussed along with a little history during the 'heroic age' of the first explorers to arrive at the South Pole, for which the U.S. station is now named.

Following the program, the Lodge will be providing dessert pies. If you have a favorite pie you would like to share, please bring it!

See you next Saturday

Nyheter fra Norge - News from Norway

"Bring Them Back": Norway Stands with Ukraine to Return Forcibly Deported Children

In a recent meeting with Save Ukraine, Deputy Chief of Mission Bendiksby and First Secretary Sivertsen heard firsthand accounts of Moscow's deliberate policy of forced deportation and indoctrination of Ukrainian children.

As a direct result of Russia's war of aggression, thousands of children have been relocated to Russia or are being held hostage in the occupied territories. As Prime Minister Jonas Gahr Støre reiterated in September, Norway stands with Ukraine on this vital issue.

Through Norad's flagship Nansen Support Programme, Norway has contributed nearly one billion NOK (\$100 million) to initiatives supporting children in Ukraine.

Read more about the meeting and learn about Save Ukraine [here](#).

A Warm Welcome to Ukraine's New Ambassador to the United States

Ambassador Huitfeldt welcomed Ukraine's new Ambassador to the United States, Olga Stefanishyna. The meeting was a meaningful opportunity to reaffirm Norway's steadfast support for Ukraine.

For 2026, the Norwegian Government has proposed NOK 85 billion (approximately \$8.4 billion) in civilian and military support for Ukraine.

We look forward to working closely with Ambassador Stefanishyna and her team.

Read more about the meeting [here](#).

Stoltenberg Criticized

Norwegian Finance Minister Jens Stoltenberg faced widespread criticism from his own allies in Parliament last week, who accused him of undermining the investment ethics he helped establish for Norway's Oil Fund when he was prime minister more than two decades ago. The former Labour Party leader still wanted to change the fund's ethical investment rules, though, and secured a majority from conservative parties to do so, saying the fund's ethical guidelines are outdated and the current practice of them is also inconsistent. His bottom line: The Oil Fund isn't meant to be a political instrument but primarily a means of ensuring pensions for Norwegians for generations to come.

From the Norwegian Embassy

As we celebrate 200 years of Norwegian migration to the U.S., the Norwegian Embassy is collecting recipes that tell your family's story. Selected dishes may be featured in December—and even cooked by the Embassy's Chef Eilif!

Help Celebrate 250th Anniversary of the Signing of the Declaration of Independence. Each year, the American Coordinating Council of Norway (ACCN) hosts one of Norway's largest Fourth of July celebrations. In 2026, they will mark the 250th anniversary of the signing of the Declaration of Independence. ACCN invites Norwegian-American communities across the U.S. to participate, share stories of connection, and strengthen the ties that bind our two countries, culturally, historically, and personally. Learn more at www.accn.no or reach out directly at chair@accn.no.

Shellfish to the U.S.A.

Did you know that North America is now Norway's number one market for king crab and snow crab exports? In 2024, Norway exported over 3 000 tons of shellfish to the U.S., valued at 725 million NOK. In 2025, both volume and value have increased significantly.

The relationship between Norwegian exporters and American importers is not just about trade, it's a long-term transatlantic partnership built on quality, trust, and shared ambition.

Climate Change Comes to Norway

Norway's Arctic ice keeps melting, its glaciers keep shrinking and the winter season is already much shorter than it used to be. The most extensive report on Norway's climate in 10 years was released November 22, and documents how the country is already going through dramatic change with more to come. The report shows that average temperatures in Norway rose by 1.4C from 1901 until 2024, with the biggest increases occurring from the period 1961-1990 to 1991-2020. The current average rise is 1.9C, suggesting temperatures will be up by an average 2.3C by 2100. Norway stands to lose 32 winter days during the next 75 years.



Free Children's Cross Country Ski Event

BARNELØPET

Saturday, February 21st, 2026

Legett Hall

Snow Mountain Ranch YMCA, Granby

1 km, 2.5 km & 5 km for ages 0 – 16

Check-in at 9:30am Event begins at 11:15 am

Free ski rentals at YMCA Nordic Center

After-event refreshments



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