

# Innimellom



## Be on the Lookout for Cues

The new year is off to a good start. Although the weather has been a bit harsh, we have not experienced catastrophic happenings like those in California.

But, the brutal cold, windy weather made me think about how we need to be alert to our neighbors and friends. Personal hardship, health struggles, or some external stress can happen at any time. A strong community is the key to a thriving community, or an organization such as our lodge. Here are some useful tips:

- Check in regularly with neighbors to avoid isolation.
- Offer practical help like running errands, pet sitting, or picking up groceries.
- Create a safe place in cases of someone feeling overwhelmed. A cup of tea or coffee can go a long way to relieving stress.
- Be patient and understanding. Try to understand when people are irritable or withdrawn. Offer support without judgement.

## Vær på utkikk etter signaler

Det nye året er godt i gang. Selv om været har vært litt hardt, har vi ikke opplevd katastrofale hendelser som de i California.

Men det brutale, kalde, vindfulle været fikk meg til å tenke på hvordan vi må være årvåkne overfor våre naboer og venner. Personlige vanskeligheter, helseproblemer eller ytre stress kan oppstå når som helst. Et sterkt fellesskap er nøkkelen til et blomstrende fellesskap, eller en organisasjon som vår losje. Her er noen nyttige tips:

- Sjekk inn regelmessig med naboer for å unngå isolasjon.
- Tilby praktisk hjelp som å løpe ærend, dyrepass eller hente dagligvarer.
- Skap et trygt sted i tilfeller der noen føler seg overveldet. En kopp te eller kaffe kan være bra for å lindre stress.
- Vær tålmodig og forståelsesfull. Prøv å forstå når folk er irritable eller tilbaketrukne. Tilby støtte uten å dømme.

# CALENDAR OF EVENTS

## February

Date		Scheduled Event
Feb 15	Sat 2-4:00 p.m.	Vesterheim General Meeting Trivia Night & Heart Vaffler
Feb 20	Thurs 1-3:00 p.m.	Book Club Book III - <i>Birth of the Kingdom</i>
Feb 22	Sat 9:30-finish	Barneløpet Snow Mountain Ranch - YMCA - Granby, Legett Hall
Mar 20	Thurs 1-3:00 p.m.	Book Club Presentation: <i>Celts and Vikings</i>
Mar 29	Sat 2-4:00 p.m.	Vesterheim General Meeting Movie: <i>Frozen Dead Guy</i>
Apr 25	7:00-9:00 p.m.	Vesterheim General Meeting Presentation by Bryan Johnson
May 17	2-4:00 p.m.	Vesterheim General Meeting Syttende mai - 17th of May
Jun TBD	TBD	Possible Re-schedule of Pizza Party

### 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

\* Indicates Voting Board Members

Greeters - Addy Martinez

- Ole Fadum

- Joan Cleland

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# Bok Klubb - Book Club

## Results of the Planning Meeting

Feb will be the discussion of the entire book 3 of the Trilogy: *Birth of the Kingdom* by Jan Guillou.

Also, each of us will also announce the name of the book selected for our chosen month's discussion. Thus we will have a reading list for April through September at the end of our February meeting.

Feb we will gather at Joy's home. We also decided that the hostess for the monthly gathering is only responsible for providing beverages. Any treats, bites, snacks or nibbles are to be provided by the person responsible for the book that month. Give this new model for the club, we need a volunteer for February's treats.

March will be a party of some sort and Esther volunteered to coordinate it. She will discuss some of the Celt and Viking information that Inger asked about. That makes Esther responsible for any snack. March gathering will be at Grete's.

Book by month decisions:

April: Unni

May: Grete

June: Inger

July: Joy

Aug/Sept Esther and/or Kathy

## Emigration Anniversary Events at Vesterheim

In 2025, the Norwegian Embassy is commemorating the 200th anniversary of Norwegian emigration. [Vesterheim Norwegian-American Museum](#) in Decorah, Iowa, have some exciting things planned, including calendars, blog posts, YouTube videos, and more. Their new exhibit, "200 Years of Norwegians in America," will be on view through January 31, 2026. [Click here](#) to learn more.

The Embassy will continue to keep you updated as we celebrate this anniversary in various ways throughout 2025.

GRATULERER MED DAGEN



### 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

## Other Upcoming Dates of Note

- February 2 Groundhog Day
- February 14 St. Valentine's Day
- February 17 Presidents' Day
- February 22 Washington's Birthday

## Space Agreement Signed by Norway and the U.S.

On January 16, Norway and the U.S. signed a Technology Safeguards Agreement (TSA), which will facilitate the launch of U.S. launchers and satellites from Andøya Spaceport.

"This is a significant agreement for Norwegian security. Space activity is becoming more important for defense cooperation, and Andøya is of great value for Norway as well as for our allies. Norway has a leading role in space technology in the Arctic, and through this agreement, we enhance our important cooperation with the U.S. and NATO at Andøya," commented Bjørn Arild Gram, the Norwegian Minister of Defense.

# Understanding Norwegian Immigration to the United States

((Continued from previous month))

By settling in those communities and states with other of a similar background, Norwegians found not only economic opportunities but also cultural kinship, as many of them formed tight-knit communities where they could preserve aspects of their language, religion, and customs.

## 4. Social and Cultural Impact

Norwegian immigrants to America were typically devout Lutherans, and they brought with them a strong religious and cultural tradition. Lutheran churches quickly became central institutions within Norwegian communities in the U.S. These churches not only provided spiritual guidance but also became places of social interaction and political organization. Norwegians maintained their language and customs, forming schools, newspapers, and cultural societies that helped preserve their heritage in a foreign land. However, integration into American society was not always seamless. As with many immigrant groups, Norwegians faced discrimination and cultural challenges. The language barrier was significant, and Norwegian immigrants were often perceived as "foreign" by native-born Americans. Over time, however, Norwegians assimilated into the broader American culture, often adopting English as their primary language, although many maintained Norwegian for generations.

## 5. Norwegian Contributions to American Society

Norwegian immigrants contributed significantly to the development of the United States, particularly in agriculture and industry. They helped shape the agricultural development of the Midwest, where their skills in farming were essential to the settlement and development of new territories. Many Norwegians became successful farmers, while others moved to urban areas and became involved in industries such as logging, railroads, and manufacturing.

Norwegians also played an important role in the social and political life of the U.S. Although they initially remained largely outside the mainstream political sphere, many eventually became active in local and national politics. Norwegian-Americans were instrumental in the development of the Populist Movement in the late 19th century, advocating for issues such as agrarian reform and workers' rights.

## 6. Legacy and Modern Impact

Today, the Norwegian-American community is one of the most prominent ethnic groups in the U.S., particularly in the Upper Midwest. Norwegian culture has had a lasting influence on American life, from the tradition of Norwegian cooking (e.g., lutefisk, lefse, and krumkake) to festivals and celebrations like Norway Day and Syttende Mai (Norwegian Constitution Day). There are also lasting contributions in the arts, with Norwegian-American writers, artists, and musicians making significant marks on American culture. Additionally, many Norwegian-Americans maintain strong ties to their ancestral homeland. The Norwegian government continues to recognize the influence of the Norwegian diaspora, fostering connections through cultural exchanges, tourism, and heritage initiatives.

## Conclusion

The migration of Norwegians to America is a complex phenomenon shaped by a combination of push factors from Norway and pull factors from the United States. The impact of this migration was multifaceted, influencing both the immigrants themselves and the American society that received them. Over time, Norwegians became an integral part of the cultural and economic fabric of the United States, particularly in the Midwest, and their legacy continues to be celebrated today. The story of Norwegian immigration offers important insights into the broader history of migration and settlement in America, and underscores the transformative power of movement and adaptation.

# Barnesider

(Answers p. 10)

## Riddle Me This:

1. What month are trees afraid of?
2. What can be touched but isn't seen?
3. Who walks little pumpkins across the road to school?
4. What did the ocean say to the iceberg?
5. What does a tree do when it gets homesick?
6. What falls on water but never gets wet?
7. You enter a room and notice a bed. There are 3 dogs, 2 cats, 1 goat, 4 crows, and a goose on the bed. In addition, 3 sparrows are flying around the bed. How many legs are there on the floor?
8. How high would you have to count before you would use the letter A in the English language spelling of a whole number?



1. On which of the following seas does Norway NOT have a coastline?  
A) Barents Sea, B) Black Sea, C) Norwegian Sea, D) North Sea
2. What is the name of the Icelandic volcano which caused major disruption to air travel when it erupted in 2010?  
A) Katla, B) Brennisteinsfjöll, C) Eyjafjallajökull, D) Kverkfjöll
3. The Faroe Islands are an autonomous region of which Nordic country?  
A) Norway, B) Denmark, C) Iceland, D) Sweden
4. Finland borders two other Nordic countries - which two?  
A) Denmark and Sweden, B) Denmark and Norway, C) Iceland and Sweden, D) Norway and Sweden
5. Hornindalsvatnet, the deepest lake in Europe, is located in which Nordic country?  
A) Finland, B) Denmark, C) Norway, D) Iceland

# Barnesider



blueberry

strawberry



tomato

pineapple



orange

grapefruit

apple



banana

potato

celery



carrot

onion



rutabaga

cilantro



beet



bete

kålrot

gulrot

potet

eple

applesin

tomat

blåbær

koriander

løk

selleri

banan

ananas

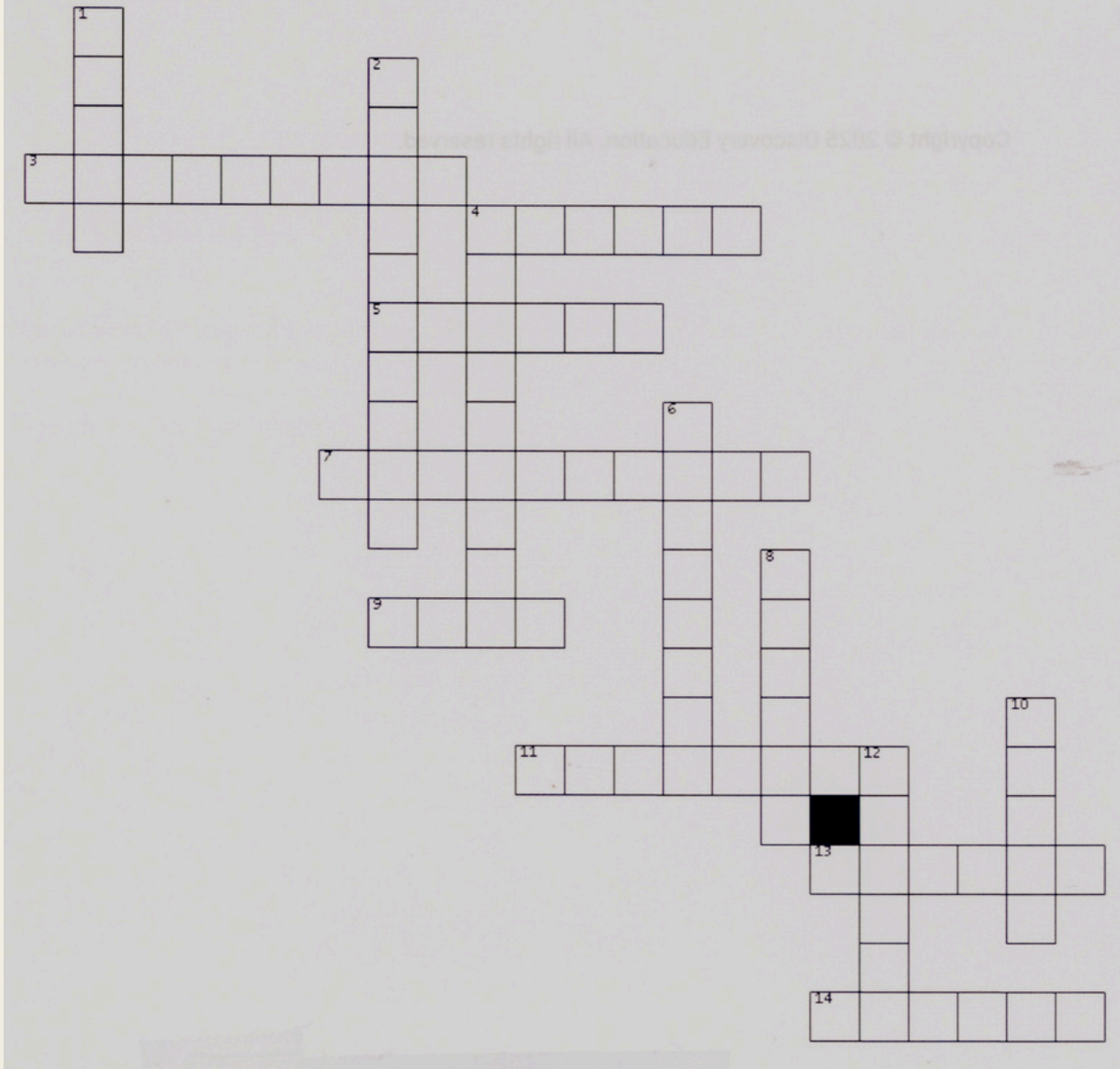
jordbær

grapefrukt



# Barnesider

## Frukt og Grønnsaker



Now use your new vocabulary to complete the crossword puzzle. I will give you the Norwegian, you fill in the English words.

### ACROSS

- 3. blåbær
- 4. potet
- 5. banan
- 7. grapefrukt
- 9. bete
- 11. koriander
- 13. gulrot
- 14. selleri

### DOWN

- 1. eple
- 2. jordbær
- 4. ananas
- 6. kålrot
- 8. tomat
- 10. løk
- 12. appelsin

## Where's Tove Quiz



Erik gets no hints on this whimsical piece of art.

### Last Month's Answer



Located in Jæren, Hå gamle prestegard is a popular excursion that offers a unique art and cultural center. There are exhibitions, lectures, an art shop for purchasing a variety of items, and a small cafe with indoor/outdoor sitting.

The main house dates from 1787 but there are also traces of a 9,000 year-old settlement.

Hå is located 27 miles south of Stavanger.



## Name That Artifact



This Norwegian, rosemalt, tine box is an example of the wood containers used throughout Scandinavia to transport all kinds of foodstuffs. This one would have been used for transporting porridge. They came in varying sizes, depending upon the intended use.

### 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.

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

*Millser2@msn.com.*

### The Norwegian American

For those wanting to follow current events in Norway, I recommend going to the website [norwegianamerican.com/2025-history](http://norwegianamerican.com/2025-history) for a variety of stories. At the top of the page you will find E-Issues and this will allow you to see both Norwegian and English articles. It is a very enjoyable read.





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

*Fødselsdagskringle  
Birthday Kringle*



For the Dough

1 pkg. active dry yeast  
1 Tbsp. water, lukewarm  
2 eggs, slightly beaten  
2 1/8 cups (300 g) flour  
1/3 cup (50 g) sugar  
1/4 tsp. salt  
1 tsp. ground cardamom (preferably fresh)  
7 oz. (200 g) unsalted room temperature butter

For the Filling

5 Tbsp. (75 g) butter  
1/3 cup (50 g) sugar  
1/2 cup (50 g) raisins  
1/2 cup (50 g) citron (candied) finely chopped  
1/2 cup (50 g) almonds, chopped

Recipe

**Step 1**

Combine yeast and warm water in a small bowl. Let rest until the yeast dissolves and begins to foam (about 10 min). Gently beat in the eggs.

**Step 2**

Sift together the flour, sugar, salt and cardamom. Once well combined cut in the butter until the mixture resembles coarse meal. Mix in the eggs and work until you have a smooth elastic dough. 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 until light and creamy. Cover and set aside in a cool space.

**Step 4**

Punch the dough down and turn it out onto a floured board. Knead dough, adding flour as needed to prevent sticking, until dough is soft and elastic. Roll out into a 6 x 34-inch (15 x 86 cm) ribbon.

**Step 5**

Spread the filling over the dough. Sprinkle with raisins, citron and almonds. Fold the long sides toward the center with the edges overlapping slightly.

**Step 6**

Form the dough into a kringle (or ring) shape 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 (190° C) oven for 25 – 30 minutes, or until golden brown.

# In Trunks, Hands, and Hearts...

## What Norwegian Immigrants Brought to the United States.



Date: February 26  
Time: 6:00 PM Pacific  
7:00 PM Mountain  
8:00 PM Central Time.

Speaker: Jennifer Kovarik, Collection Manager

**Program Description:** Between 1825 and 1980, nearly one million Norwegians left for new lives in America. Consider the reasons for leaving, what they brought, and where they settled. Explore the immigrant experience through stories associated with artifacts in Vesterheim's collection.

Request Zoom link here: <https://sofn6.org/vesterheim-trunks-hands-hearts/>



### Five fun facts combining both pizza and Norway:

1. **Pizza Consumption:** Despite its Italian origins, pizza is incredibly popular in Norway. In fact, Norwegians are among the top pizza consumers in the world, eating more pizza per capita than most other countries!
2. **Grandiosa:** Norway has its own national frozen pizza brand, Grandiosa. This pizza is so popular that it's often referred to as the unofficial national dish. Norwegians even celebrate Grandiosa Day on February 3rd!
3. **Unique Toppings:** Norwegians like to get creative with their pizza toppings. One popular choice is reindeer meat, adding a uniquely Scandinavian twist to a traditional favorite.
4. **Pizza at the North Cape:** At Honningsvåg, near the North Cape in Norway, you can enjoy a slice of pizza while experiencing the midnight sun. It's one of the northernmost places where you can get a pizza and enjoy the view.
5. **Pizzabakeriet:** A popular pizza chain in Norway, Pizzabakeriet, offers a wide variety of pizzas that cater to different tastes, including some with locally sourced ingredients like salmon, another nod to Norwegian culinary traditions.

There you go! A slice of pizza culture blended with the charm of Norway.

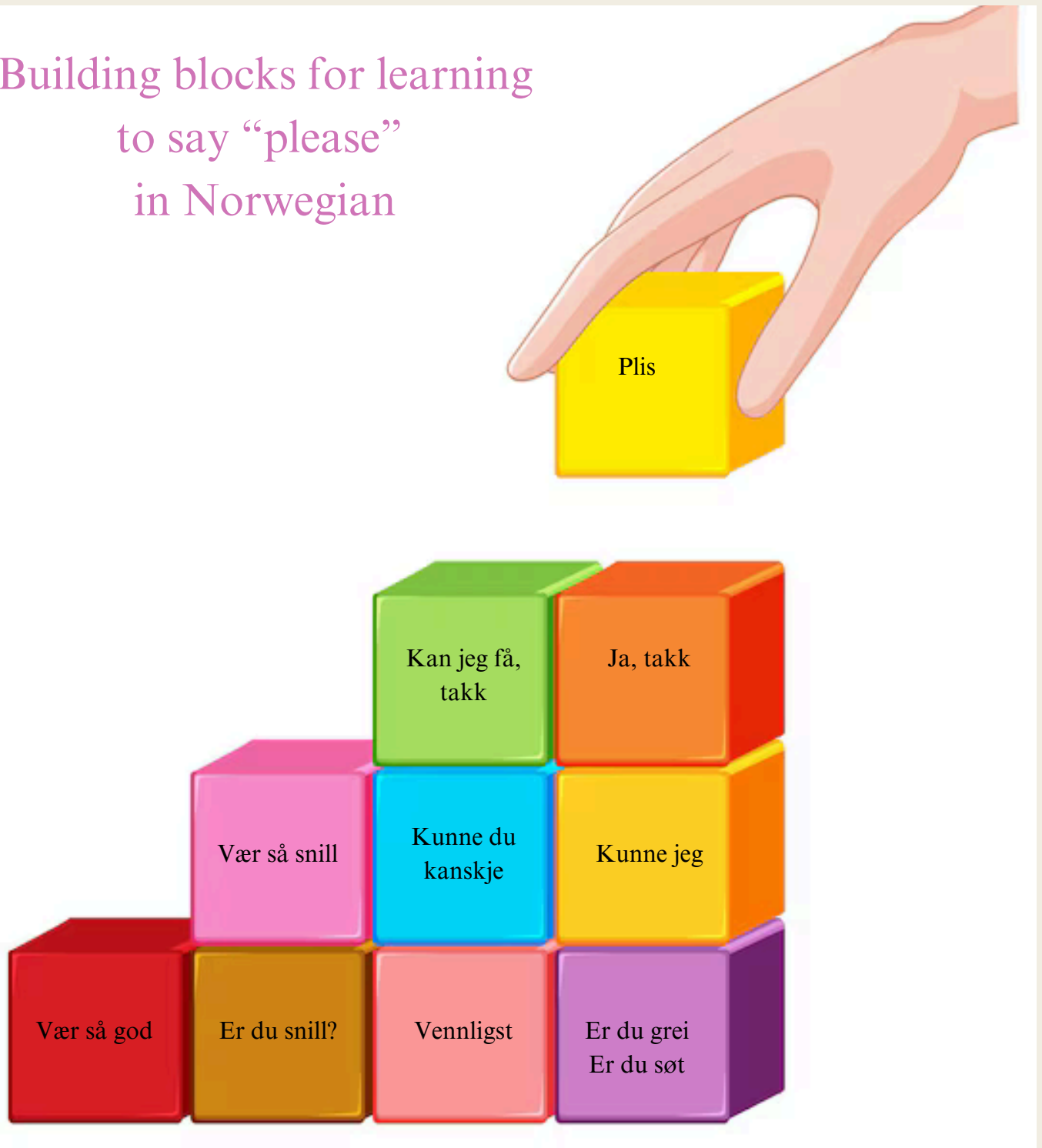
**Celebrate National Pizza Day - Sunday, February 9, 2025.**

### Answers:

Riddle Me This: 1) Sep-TIMBER, 2) Someone's heart, 3) A crossing-gourd, 4) He did not say anything, he waved., 5) It leaves, 6) A shadow, 7) The four legs of the bed, 8) A thousand

Trivia: 1) Black Sea, 2) Eyjafjallajökull, 3) Denmark, 4) Norway and Sweden, 5) Norway, 6) Sweden, 7) True, 8) Denmark, 9) Galdhøpiggen, 10) Copenhagen

Building blocks for learning  
to say “please”  
in Norwegian



Think of a situation in which you can use each of these words to say “Please” and start to have fun with the Norwegian language.