

# Innimellom



## From the Editor

When things get hard, uncertain, or exhausting, it's tempting to pull back. To wait. To hibernate. But nothing meaningful is built in hiding. Progress belongs to those who show up. Participation is how change begins—through action, voice, and presence. You don't need perfect answers or perfect timing. You need movement.

Hibernate, and life moves past you.

Participate, and you help shape what happens next. Participation doesn't mean doing everything. It means doing something. Speaking up. Stepping in. Staying engaged when retreat feels easier. The world isn't changed by spectators. It's changed by participants—by people who lean in, especially when it's uncomfortable.

So ask yourself: where have you been waiting instead of acting? Start small. Start now. Show up. Contribute. Engage. Because participation creates momentum—and momentum changes everything.

Participate. Don't hibernate.

## Fra redaktøren

Når ting blir vanskelige, usikre eller utmattende, er det fristende å trekke seg tilbake. Å vente. Å gå i dvale. Men ingenting meningsfullt bygges i skjul. Fremgang tilhører de som møter opp. Deltakelse er hvordan forandring begynner – gjennom handling, stemme og tilstedeværelse. Du trenger ikke perfekte svar eller perfekt timing. Du trenger bevegelse.

Gå i dvale, og livet går forbi deg.

Delta, og du er med på å forme hva som skjer videre. Deltakelse betyr ikke å gjøre alt. Det betyr å gjøre noe. Si ifra. Å gripe inn. Å holde seg engasjert når retreatet føles lettere. Verden forandres ikke av tilskuere. Den forandres av deltakere – av folk som støtter opp, spesielt når det er ubehagelig.

Så spør deg selv: hvor har du ventet i stedet for å handle? Start i det små. Start nå. Møt opp. Bidra. Engasjer deg. Fordi deltakelse skaper momentum – og momentum forandrer alt.

Delta. Ikke gå i dvale.

# CALENDAR OF EVENTS

## February - March

Date		Scheduled Event
Feb 1-8	all day	Ski for Light 2026 Event Snow Mountain Ranch in Granby, Colorado
Feb 6-22	all day	 Winter Olympic Games 
Feb 7	Sat 9:30-1:30	All Colorado Lodges Leadership and Members Conference at Trollheim Lodge in Lakewood
Feb 11	Wed 7:30 p.m.	Vesterheim Board Meeting - Contact Erik for Zoom link at eriksirnes@hotmail.com Meeting is open to all members
Feb 19	Thurs 1-3 p.m.	Book Club (see page 3)
Feb 21	Sat 4-7:00 p.m.	<b>Lefse Party</b> At the Gorsuch Home 2443 Kalmia, Boulder (see page 3)
Feb 21	all day	<b>Barnelopet</b> Free Children's Cross Country Ski Event Snow Mountain Ranch YMCA Granby, Colorado

### VESTERHEIM LODGE 6-118 OFFICERS AND CHAIRPERSONS 2024

\*President - Erik Sirnes  
 \*Vice Pres.- Erling Westgaard  
 \*Secretary - John Kennedy  
 \*Asst. Sec - Esther Mills  
 \*Membership - TBD  
 \*Treasurer - Erik Sirnes  
 Auditor Lori McLean  
 \*Counselor - Garry Gorsuch  
 Cultural Dir.- Esther Mills  
 \*Editor - John Kennedy

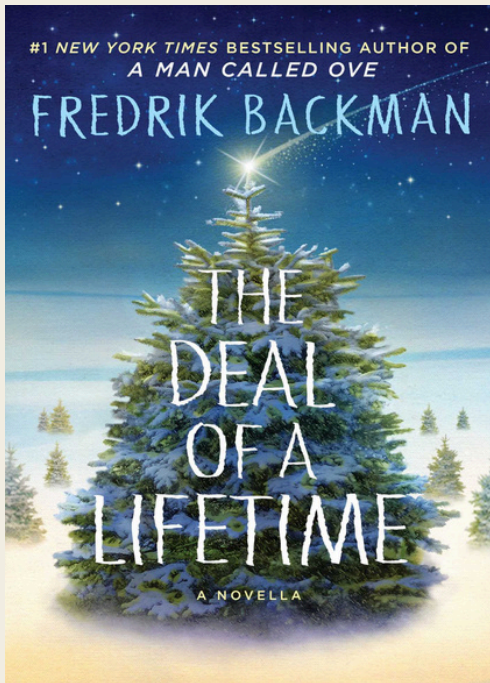
Historian - John Kennedy  
 Marshalls - OPEN  
 Musician - Caryl Stalick  
 Road Cleanup - Erik Peters  
 Social Dir. - Lori McLean  
 Sunshine - Cheryle Kapsak  
 Trustee - OPEN  
 Youth Sports - Erik Sirnes  
 Website - Cathy Allen

Greeters - Addy Martinez  
 - Ole Fadum  
 - Joan Cleland

\* Indicates Voting Board Members  
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# Bok Klubb - Book Club

February Selection



## The Deal of a Lifetime by Fredrik Backman

The Deal of a Lifetime is a poignant short story (novella) by Swedish author Fredrik Backman, known for books like *A Man Called Ove*, exploring themes of life, death, regret, and legacy, centered around a failing father and a brave little girl facing cancer. The story, which unfolds on Christmas Eve, is a moving, concise reflection on regret, love, and what truly makes a life meaningful.

*Venue: Grete Jansen's; 2610 Briarwood Drive.  
Please RSVP to Grete at 303-641-9544.*



## 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.

GRATULERER MED DAGEN



## Bursdager i februar

Ingvar Sodal	2/12
Kathleen Jakobsen	2/13
Siri Karpel	2/18
Stefan Magnusson	2/19
Tommy Ingulfson	2/24
Mitch Utterback	2/24
Nicholas Dailey	2/25
Cheryle Kapsak	2/26

## Other Important Dates Coming Up (In Norway)

Saami National Day	2/06
Mother's Day	2/08
Valentine's Day	2/14

## Lodge Membership Meeting for February - Lefse Party -

Come join us at the Gorsuch home as we have a lefse-making party. These are always a lot of fun and there are plenty of things (mistakes?) to eat. If you have any of the hardware associated with the lefse processing, please bring them. The more the merrier!

See you Saturday, February 21,  
from 4:00 - 7:00 p.m. at  
the Gorsuch Home  
2443 Kalmia, Boulder



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



### Medisterkaker

#### Ingredients:

- 2 1/4 lbs. ground pork [fatty minced pork (medisterdeig)]
- 3 tsp. salt
- 3 eggs (optional, omitted in many recipes)
- 5 Tbsp. potato starch flour
- 3/4 tsp. black pepper
- 1/2 tsp. nutmeg
- 1/4 tsp. ginger
- 2 1/2 cups milk
- 4 Tbsp margarine or butter

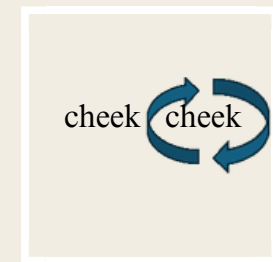
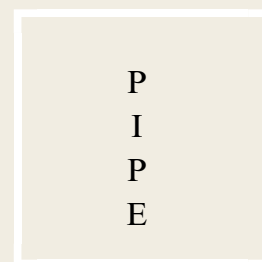
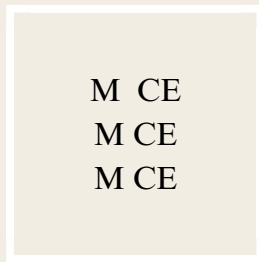
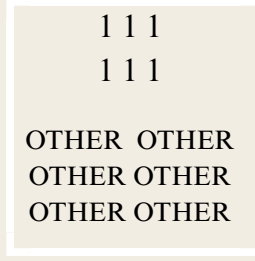
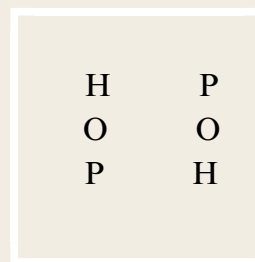
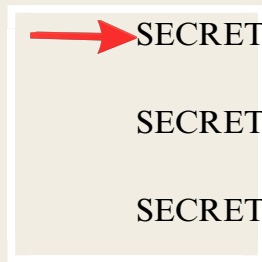
#### Directions

- Step 1:** In a large bowl combine the meat, eggs and salt, and stir until the mixture becomes sticky.
- Step 2:** Slowly add the flour and spices to the meat mixture and combine thoroughly.
- Step 3:** Add the milk to the meat mixture a little at a time, making sure that the meat gets sticky with each addition prior to adding more of the milk.
- Step 4:** The final mix should not be too firm. Shape into balls about 2 to 2 1/2 inches across.
- Step 5:** In a frying pan over medium-high heat, warm the oil and fry the medisterkaker until they are chestnut brown, about 5-7 minutes per side.
- Step 6:** Preheat your oven to 350° F. Place the fried medisterkaker in the oven on a baking sheet for about 15 minutes to finish cooking through.



# Barnesider

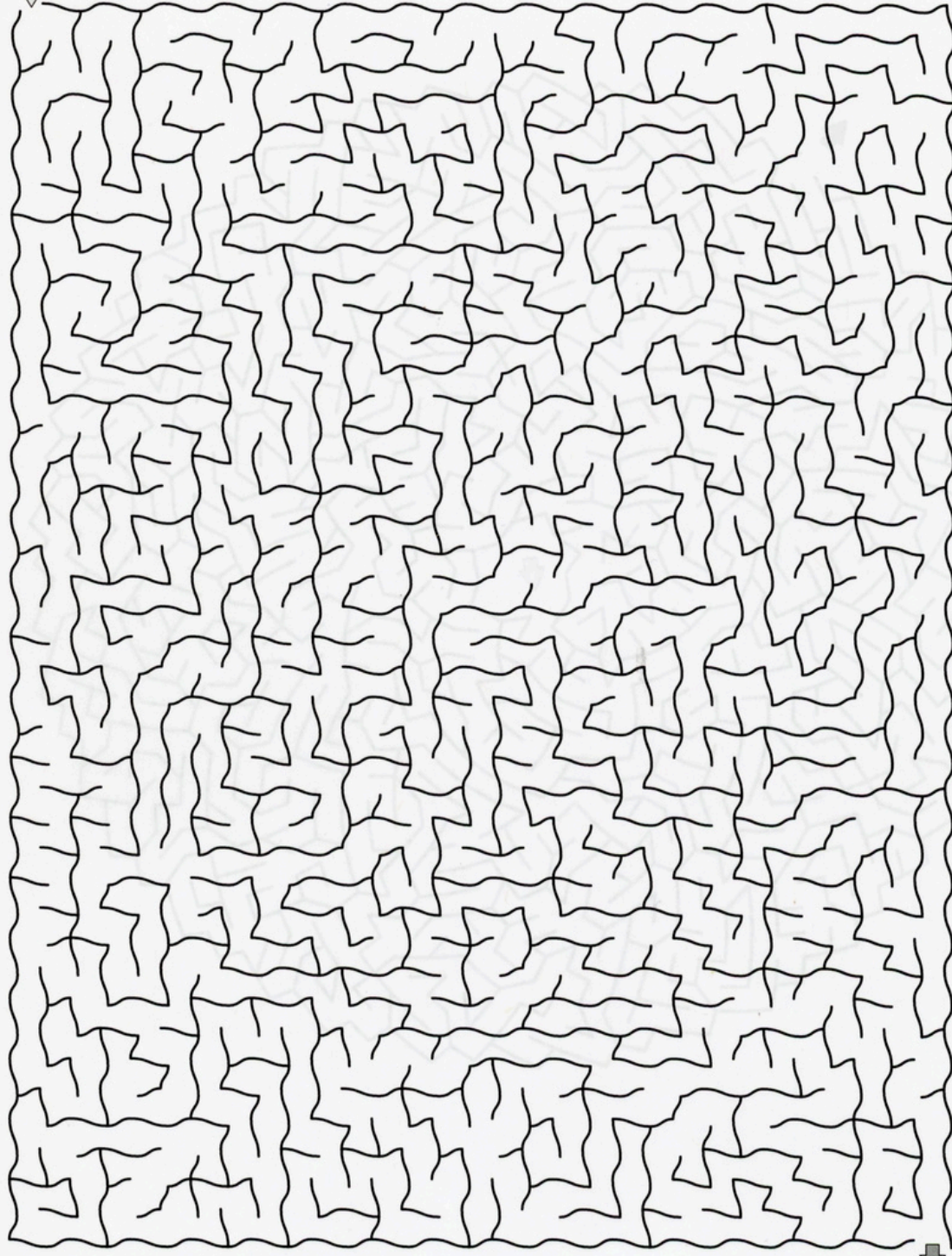
## Rebus and Riddles / Rebus og Gåter



1. What do you see once in June, twice in November, and not at all in May?
2. What word is always spelled incorrectly in the dictionary?
3. What five-letter word has one left when two letters are removed?
4. Spelled forwards I'm what you do every day, spelled backward I'm something you hate. What am I?
5. What occurs once in a minute, twice in a moment, and never in a thousand years?
6. What kind of band never plays music?
7. What asks no questions but must be answered?
8. How can  $5 + 9 = 2$ ?
9. If there are six daughters in a family and each one has a brother, how many kids are in the family?
10. What do math books say when they complain to each other?

# Barnesider

Help the Norwegian Olympic Team find their way to Olympic Gold



# Barnesider Word Search

Find the word in the puzzle. Words can go in any direction. Words can share letters as they cross over each other.

## Professions

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

AGENT  
BARBER  
CHEF  
EDITOR  
NURSE  
PROFESSOR  
SOLDIER  
TEACHER

AUTHOR  
BUSINESSMAN  
DENTIST  
ELECTRICIAN  
PILOT  
SAILOR  
STONEMASON

BANKER  
CARPENTER  
DOCTOR  
MUSICIAN  
PLUMBER  
SECRETARY  
TAILOR

# Språkundervisning

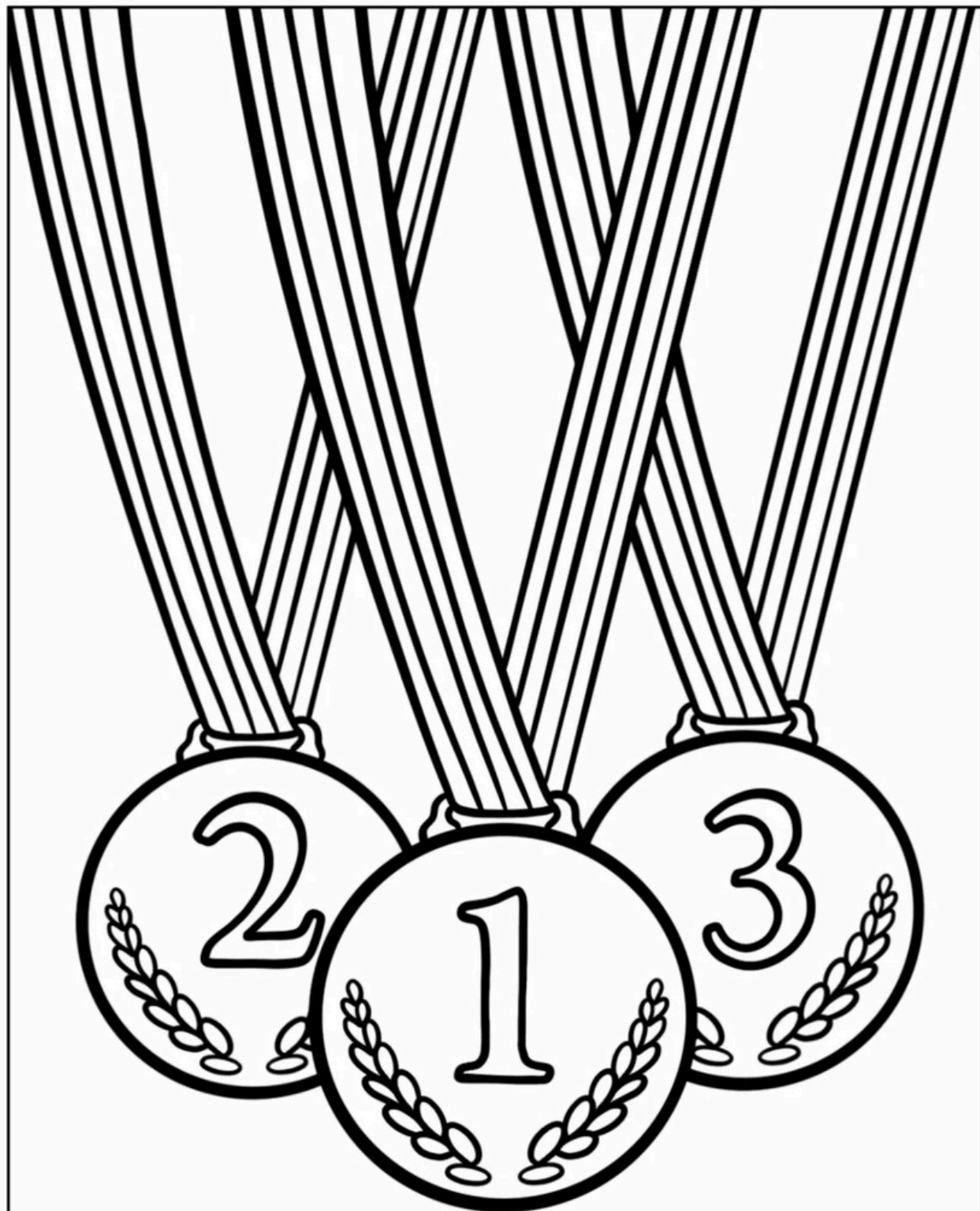
## Language Education

Letter	Pronunciation	Description	Examples
A a	ah	English “a” in father	bare, takk, bra, fram
B b	beh	be in before	
C c	seh	c in celebrate	
D d	deh	d in detour	
E e	eh	e in enemy/ten	det, en, te, tre
F f	eff	f in four	
G g	geh	English “g” in get	
H h	haw	h in haul/help	
I i	ee	ee in see/knee	blir, si, litt
J j	yod or yeh	y in yes	
K k	kaw	k in kitten	
L l	ell	l in letter	
M m	emm	m in money	
N n	enn	n in no	
O o	ooo	o in oolalah	to, god, krone
P p	peh	p in people	
Q q	koo	qu in quick	
R r	err	English “r” in ring	
S s	ess	s in something	
T t	teh	t in ten	
U u	oo	oo in balloon	fru, sju, unnskyld
V v	veh	v in very	
W w	dobbelveh	v in vessel	
X x	eks	x in x-ray	
Y y	iy	say ee while pucking your lips	
Z z	sett	s in self	
Æ æ	a	English “a” in cat/bad/mad	vær,
Ø ø	uh	u in hurt	høyre, øl, smør
Å å	awe	aw in paw	gå, står, så

To fully appreciate a culture, it is important to be able to converse with the people. That means being able to read, write, and speak the language. Learning the pronunciation of the letters of the alphabet in Norwegian is essential as the pronunciations rarely, if ever, changes, unlike in English where the letter “e” can have up to eleven distinct sounds (**Short** /ɛ/: As in *bed*, *left*, *e\*\*gg*; **Long** /i:/: As in *meet*, *beat*, *we* (often spelled with 'ee', 'ea', or a final silent 'e'); **Schwa** /ə/: The unstressed "uh" sound, like in *the* (as in *the* word 'the') or *ago*; **/ɪ/ (Short 'i')**: In words like *pretty* or *kit*; **/eɪ/ (Long 'a')**: As in *cafe* or *beak*; **/ɜ:/ (R-colored vowel)**: In words like *sergeant* or *nurse* (depending on accent); and, the examples can go on. Therefore, practice saying the letters of the alphabet as a first step.

## Color the medals and ribbons

Gold for 1st place, Silver for 2nd, and Bronze for 3rd  
Through 2022, Norway has won 405 total medals, 148 Gold medals,  
133 Silver Medals, and 124 Bronze Medals.



## Where's Tove Quiz



Surrounded by towering mountains, waterfalls, and glaciers, I took this picture to document the color of the water, a brilliant turquoise due to the snow runoff with its abundant organic matter and minerals picked up from the terrain. I have given the name of this very scenic location; however, you need to find the location and name the body of water. Extra credit if you can name the glacier.

### Last Month's Answer



Located in the harbor area of Kristiansund, the Mine War Memorial, *Minebøssa*, commemorates the hundreds of Norwegian fishermen and minesweeper sailors from the local area who lost their lives. Originally dedicated to victims in WWI, the monument was blown up in 1946, rebuilt and re-dedicated in 1962 to include the fallen from both world wars.

## Name That Artifact



What can you tell me about the picture? Where is it? What does it show? How were they made?

Believe it or not, these were not re-discovered until 1961. This is not on the well-traveled path but it is easier to access today with a car park, signposts, and a wooden boardwalk. Well worth the effort to visit them.

### Norway's Crown Princess

Norway's Crown Princess Mette-Marit will likely need a lung transplant as her health has worsened in recent months, the country's royal household has said.

The princess, 52, was diagnosed with pulmonary fibrosis in 2018. The degenerative disease creates scar tissue that stiffens the lungs making it difficult to breathe and for oxygen to enter the bloodstream.

Tests in autumn showed "a clear worsening" of her health, the palace said on Friday. "We are reaching the point where a lung transplant will be necessary," Are Martin Holm, head of respiratory medicine at Oslo University Hospital, said.

Princess Mette-Marit told public broadcaster NRK that her illness had developed "faster than I'd hoped".

### Barnesider Answers

Rebus: Top Hat, Top Secret, Hop up and down, Stay over night, Back Door, Pretty Please, 6 of one and a half dozen of the other, Your Time is up, 3 blind mice (no "I"s, Pipe down, Try to Understand, Turn the other Cheek

Riddles: 1. The letter "e", 2. Incorrectly, 3. Stone, 4. Live (Evil), 5. The letter "m", 6. A Rubber Band, 7. The Phone, 8. 5:00 + 9 hours is 2:00, 9. Seven, 10. "I have so many problems"

## News from Norway Embassy in Washington

### Norway Supports Ukraine

When Russia tries to erase Ukraine's identity, it rewrites Norwegian history. During his recent visit to Ukraine, Norwegian Foreign Minister Espen Barth Eide and Ukrainian Minister of Foreign Affairs Andriy Sybiha unveiled a replica of the Alstad Runestone, carved by Erik Sandquist from Filips Stenhuggeri in Denmark. The original can be viewed in the Historical Museum in Oslo.

Last fall, a statue of Queen Ellisiv (born Princess Jelisaveta of Kyiv), whose tale is memorialized in the same rune stone, was also erected in Oslo. Her father had offered refuge to Harald Hardråde, Norway's last Viking King, during his exile. Upon King Hardråde's return to Norway, he made the princess his queen.

The Alstad Runestone celebrates both Norwegian and Ukrainian history and identity. Norway is heavily invested in support to Kyiv and committed to stand with Ukraine as long as it takes.



Photo: Ane Haavardsdatter Lunde/UD

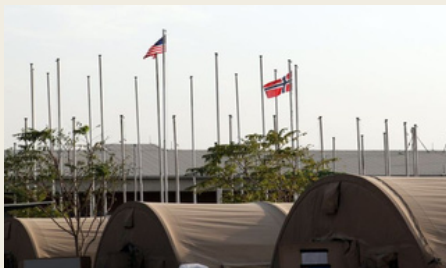


Photo Credit: Forsvaret - Norwegian Armed Forces

### "In Together, Out Together."

We (the Norwegian Embassy) were honored to host the Special Forces Club and guest speaker Rear Admiral Kerry Metz, USN (SEAL) (Ret.), for a deep dive into the history of Task Force K-Bar.

Deployed in October 2001, the task force brought together Special Operations Forces from seven nations—including Norway—and was the first major ground deployment of the war in Afghanistan. With an incredible 100% mission success rate, this coalition demonstrated the joint professionalism and tenacity of the [NATO](#) alliance.

Ambassador [Anniken Huitfeldt](#) emphasized America's role in training the original Norwegian special forces, including key freedom fighters that conducted liberation activities against Nazi Germany.

Honoring this relationship, she praised the U.S. veterans and the 9,000 Norwegians that served alongside allied soldiers in Afghanistan.

Ambassador Huitfeldt recalled former NATO Secretary General Jens Stoltenberg's mantra of "In together, out together."

In the final days of the war, the Norwegian and American flags were the last remaining flags flying at the international airport in Kabul in August 2021 (see photo to the left). Soldiers from both nations stood shoulder to shoulder to facilitate the last phases of evacuation.

Highlighting the importance of the event, twelve Norwegian parliamentarians from across political parties joined the U.S. veterans and military representatives.

# Nyheter fra Norge - News from Norway

## Norway Means Business

At the most recent Norway Means Business seminar with NorCham Washington DC, U.S. and Norwegian experts discussed strategies to secure the critical mineral supply chain and energy security

Ambassador Anniken Huitfeldt noted the importance of critical minerals for the next era of technological advancement. In fact, Norway is one of Europe's largest producers of aluminum, silicon, iron alloys, and zinc.

Ambassador Huitfeldt also highlighted that Norway is the largest supplier of natural gas to Europe, covering more than 30 percent of the EU's and UK's combined gas needs contributing significantly to European energy security. Norway will continue to be a reliable supplier of energy to Europe.

Innovation Norway CEO Håkon Haugli explained that Norwegian businesses and investments help sustain thousands of jobs in the U.S., including in critical and emerging fields.

Through these investments, Norway ensures the stability of technological and defense supply chains, enhancing the national security of the United States and allied countries.

## 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.

## Cold Response 2026

The current security policy environment is characterized by increased tension and unpredictability. As a member of NATO, Norway has a responsibility to contribute to stability and collective security in its neighbouring regions. Exercise Cold Response 2026 is an important element in this effort and is therefore one of the Norwegian Armed Forces' most significant exercises this year.

The overall purpose of the exercise is to contribute to deterrence, strengthen Norwegian and allied defence capabilities, and reassure the population. This is achieved by demonstrating Norway's and NATO's ability to defend the Alliance's northern flank.

Cold Response 2026 is led by a Norwegian-US headquarters established at Reitan, near Bodø. Approximately 25,000 soldiers from 14 nations are participating, including Norway, the United States, the United Kingdom, Germany, the Netherlands, France, Italy, Canada, Spain, Turkey, Sweden, Finland, Denmark, Belgium, and NATO. The exercise is important for enhancing interoperability among allied forces and for supporting the integration of Finland and Sweden into NATO.

## Name that Artifact

Located near *Møllerstufossen* waterfall on the river Etna, in the village of Nordsinni, Nordre Land Municipality, Innlandet County, the Møllerstufossen Rock Carvings (*Helleristninger*) date to the Mesolithic period, roughly 8,000–6,000 years ago. This places them in the Stone Age, long before the Viking Age or Bronze Age rock art in other parts of Norway. They reflect some of the earliest known artistic expression in Scandinavia.

The carvings show primarily ungulates, especially moose (*elg*), including a very large elk figure of about 90 cm across. There are other carvings interpreted as a beaver and possibly two human-like figures. A notable stylistic feature is that the animals are sometimes carved showing internal organs, an unusual trait that may reflect specific symbolic or storytelling choices by the artists.

The petroglyphs would have been carved by incising the rock with harder stones. In recent times, some figures were painted red to make them more visible, but this practice was later stopped because paints can harm the carvings.

The significance of these carvings is to give us direct insight into the life and worldview of Mesolithic hunter-gatherer groups in Norway and how the moose and other animals suggests a symbolic connection to the hunter-gatherer existence, which was vital for survival in prehistoric northern Europe.

Other rock carvings can be found throughout Norway. If then you can find animal, humans, tools, boats, hunting scenes, footprints, and other symbolic motifs. Other notable sites are the Alta Rock Art showing hunting, and fishing boats. Combined, this site offers a look into human life spanning many millennia, and making this a UNESCO World Heritage Site. Another prime site for viewing carvings is in Trøndelag, particularly around Trondheim, at Fosen, Bardal, and *Snåsavatnet* near Steinkjer.

There are other places throughout Norway that offer this insight and understanding into the lives and culture of early people. So whether you are traveling through Trøndelag, Rogaland, Romsdal, Telemark, Vestland, or Oppland, get yourself a map and explore.

## Forsvaret Høgskole (FHS)

Military officers usually attend some form of Professional Military Education (PME) as a part of the promotion process and to ensure they can handle complex operational environments, joint, interagency, and multinational contexts, and technical demands. I was fortunate to attend FHS, the Norwegian Defense College, and I continue to follow them on social media. There is a seminar being held in Norway in mid-February and it provides a Norwegian perspective to the war in Ukraine, from both a military and a civilian perspectives. Training and preparedness ensures *Aldri Igjen*

Here is the thought-provoking statement of purpose describing the seminar:

“The purpose of the seminar is to learn from Ukraine's fight against the enemy, both from a military perspective and from a societal perspective. Ukraine has been in a very demanding battle against Russian aggression for almost five years.

How prepared are we in Norway to meet a similar challenge? One thing is that we have a Armed Forces that exercises and trains to protect our sovereignty. But what about the rest of society?

In Ukraine, the entire society is involved in the war. In 2026, Norway will focus on Total Defence. Then it may be a good idea to learn from those who are in the fight and who are willing to share experiences with us.

We ask: What is it that Ukraine has experienced, learned and developed in this war? What changes occur in society in wartime? How do they build up and take care of their own military personnel in this demanding battle?

Sustained air strikes against cities and civilian infrastructure have made air defence, protection of critical installations and civil preparedness key factors for society's resilience (endurance).”



Free Children's Cross Country Ski Event

# BARNELØPET

**Saturday, February 21<sup>st</sup>, 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*



## Norway Heritage Membership



FREE Sons of Norway Heritage membership for young relatives aged 15 and under. Heritage membership offers current Sons of Norway members an easy and free way to share their love of Norwegian traditions and culture with young family members. New Heritage members receive a Welcome Kit and Sons of Norway ID card, along with ideas for celebrating Nordic heritage. Heritage members must be related to the sponsoring Sons of Norway member – most often a parent or grandparent – but they are not required to be part of the same household. At age 16, Heritage members have the option of joining Sons of Norway as an adult Individual member or as part of a Family membership, if one exists at their home address. Heritage Member Enrollment Forms are available at <https://tinyurl.com/ydywenur> or from any lodge officer.