



Vestafjell VANDRER



Vestafjell Lodge 6-146
Western Slope of Colorado

August ~ September 2011

Sons of Norway
Vol. 22 No. 4

Vestafjell Calendar

August 21, 2PM. Gather at 1:30PM for the **Annual Lodge Membership Appreciation Picnic** at Hawthorne Park in Grand Junction located at the intersection of 5th Street and Gunnison Avenue. All food and beverages provided by the lodge, with Arvid and his gang at the big grill. Your family members and a friend or two are always welcome, but please call Barb (245-5649) or Thor (249-8691) so we can plan plenty of food. Viking culture and crafts are on the schedule led by Egil, Rorik and Annie.

August 25, 9AM. Ladies Breakfast, men at their own table, Starvin' Arvin's, 3247 F Road, Clifton, CO.

September 11, 2PM. Lodge meeting, Zion Lutheran Church, 701 South Junction Avenue in Montrose, CO. Potluck dinner with members (A-L) bringing main or side dishes and members (M-Z) providing fruit or other desserts. Program: *Taking a Peek Back Into Time*. Bring ONE of your oldest and dearest items to display. Each of us will have a few minutes to tell the story.

September 16, 17, 18. Sons of Norway Zone 8 (All Colorado) Kretsstevne. Members, friends and family are invited to join the All Colorado Lodges Family Weekend! Meeting from Friday September the 16th, Saturday the 17th and Sunday the 18th at Green Mountain Falls.

This Kretsstevne is an opportunity to meet, share and enjoy our Norwegian and Scandinavian Heritage and to spend time with friends and family from All the unique Sons of Norway Lodges in our area. Music, games, programs and time for coffee and great food too! Stay in vacation homes with the whole Pikes Peak recreational area just steps from your front door.

You can stop in for a small visit or stay the whole weekend. Contact Crystal Sundet at:

crystobel@hotmail.com or Lyle Berge at bergenorsk@comcast.com to RSVP or get more information.

September 19, 1PM. Board meeting at Shepherd of the Valley Lutheran Church, Grand Junction, CO.

September 22, 9AM. Ladies Breakfast, men at their own table, Starvin' Arvin's, 3247 F Road, Clifton, CO.

October 9, 2PM. Annual Torsk and Meatball Dinner and Silent Auction at Shepherd of the Valley Lutheran Church, Grand Junction, CO. Items are needed for the Auction. Bring your friends

October 17, 1PM. Board meeting at Shepherd of the Valley Lutheran Church, Grand Junction.

October 27, 9AM. Ladies Breakfast, men at their own table, Starvin' Arvin's, 3247 F Road, Clifton, CO.

Torsk and Meatball Dinner and Silent Auction

October 9, 2011 at 2 PM

**Shepherd of the Valley
Lutheran Church
3133 F Road**

Grand Junction, Colorado

**\$8 Adults, Children free
Encourage your friends to join us!**

For information call Barb, 970-245-5649



In Memoriam

We recently learned that Ruth Leaneagh passed away October 28, 2010 in Pueblo, CO. Ruth's husband, Larry Leaneagh, passed away on March 27, 2010. Both Ruth and Larry were members of Vestafjell.

We at Vestafjell Lodge extend our most heartfelt sympathy and condolences to the family of Richard Hall on his death. Richard passed away May 23, 2011 at the age of 89. Richard was a charter member of Vestafjell.

We were all saddened by the news that Phyllis Larsen passed away July 17 after a brave battle with cancer at the age of 78. Husband John passed away several years ago. Phyllis and John were ardent supporters and charter members of Vestafjell.



We were all deeply affected by the horrific bombing and the shooting of children and young adults in Norway on July 22nd. Many of us have family and friends there and were concerned for their safety. We hope all are safe and well. Our thoughts and prayers are with those in Norway.

August brings the annual Viking members appreciation picnic. It's fun for all so bring your kids and grandchildren for a grand time. Tom and Rorik will have a fun filled program for us. And Arvid and his crew will have a fantastic picnic meal for all to enjoy.

September starts the process of election of officers for next year. Election of a nominating committee is to be done at the September 11th meeting in Montrose at the Zion Lutheran Church so please help by nominating someone or volunteering to be a member of the committee. We need at least five interested members to serve on the committee.

The election of officers will be held at the November meeting.

Thor Grosword, President Vestafjell

A Note from the Tessems

Our son Chris just called me from Illinois and told me he had just called my cousin in Norway who is a SAS pilot and on vacation.

The cousin and family were attending a wedding in Oslo and had some time to kill so he took his two sons on a train ride around Oslo. He bought tickets at a kiosk and got in the train and started their trip. They were less than 15 minutes on their way when the bomb went off at the government building!

When they returned, the kiosk and square were full of debris and glass shards and injured people.

How lucky can you get?

Har Du Hort

Vestafjell member Frank Bietz now lives at *The Residence*, 565 28 1/4 Road, Room 31. He would like some visitors to chat with. His cell phone number is 970-216-8690.

Honor Flight

Vestafjell member Marion Rhodes participated in the Veterans Western Slope Honor Flight to Washington, D.C. in May. She said they had plane delays with bad weather and lots of rain, but the trip was wonderful. Marion was a student nurse when she was inducted into the US Cadet Nurse Corps late in WWII.

Submitted by Barb Firth

A Note from Janice Kirkwood

JaTonna Kirkwood Whisler graduated from Friends University on May 7, 2011 at Wichita, Kansas. The Sigma Tau Delta English Honor Society recognized her with academic excellence.

JaTonna wants to become a freelance writer for children's books. JaTonna works as a Certified Nurse Assistant for Hospice Care. She has two sons; Kathan (13) and Jareth (11).

JaTonna is the daughter of Janice and Greg Kirkwood of Malta, Montana.

Janice is a charter member of Vestafjell Lodge.

Ed. Note: Thanks for your kind donation to the lodge.

Who can speak Finnish?

There is a new lady in Grand Junction who is fluent in Finnish and interested in meeting others who speak Finnish. We hope to meet her and her family at the picnic on Aug. 21. Please contact her son Jeff Laine at 812-5016 if you can help.

Submitted by Barb Firth

Vestafjell Library

At long last, our library of over 100 books and videos has a home at Shepherd of the Valley church in Grand Junction. The church has offered us a rolling cart, making it much more convenient for you to locate the items you want to check out during our meetings. At other meeting places, return items to the Librarians or to the Treasurer.

Submitted by Annette Helgelien

Cultural Key to Happiness

As Sons of Norway members, there are many benefits that we enjoy on a regular basis, from travel discounts to *Viking* magazine and all the cultural programming in-

between. But, did you know that your membership might in fact do much more?

A recent study conducted by the Journal of Epidemiology and Community Health of 50,000 Norwegian men and women uncovered an interesting link between culture and happiness. Participants who attended and engaged in cultural activities were more likely to report a higher satisfaction with life and better health than participants who did not engage in cultural activities. What types of activities you may ask? Study examples included both "receptive" activities like visits to museums, art exhibits, concerts, films and plays, along with attending church and sporting events and "creative" activities like playing sports, dancing, singing, fitness and physical activity and social clubs.

Men in the study saw particularly high benefits, as men who attended cultural activities were 9% more likely to report better health and satisfaction with life than other less engaged men. These same men were also 13% less likely to have anxiety and 12% less likely to be depressed. Women also saw marked benefits in the study, however the results were less pronounced.

Overall, those who either participated in or watched five or more cultural activities per month reported a 91% satisfaction rate with life compared to 84% for those who participated in just one activity per month.

Koenraad Cuypers, Norwegian University of Science and Technology researcher and the study's lead author, says it is possible that these activities may provide a positive effect on the brain and the immune system. It is also suggested in the study that cultural activities may enhance overall health by reducing stress levels.

If you're looking for ways to take advantage of these hidden cultural benefits within your lodge, contact membership coordinator, Joe Eggers, at jeggers@sofn.com or (800) 945-8851 ext. 697.

Norwegians Hope to Recover Amundsen Ship from Canada

Norwegian investors hope to reclaim an almost 100 year-old piece of Norwegian history from Canadian waters. For the past 80 years the wreck of the *Maud*, named for Queen Maud of Norway and built for Roald Amundsen's second Arctic expedition in 1916, has weathered the ice of Cambridge Bay in Nunavut, Canada.

After a lengthy six-year expedition through the Northwest Passage, the *Maud* was sold in 1925 and used as a floating trading post. Five years later the ship sank at its mooring. Ownership of the *Maud* stayed with Hudson Bay Co. until 1990 when the ship was

purchased by Asker, Norway for \$1.

Today, investors behind the group *Maud Returns Home* are working to return the *Maud* to Norway--an endeavor that could cost as much as \$10 million (USD)--in the hopes of creating a new museum exhibit around the famous ship. Relocation of the ship would not be an easy task. The wreck would need to be raised with balloons and readied for a long journey aboard a barge. Officials in Asker must also secure a cultural properties permit from the Canadian federal government.

The relocation of the *Maud* is a very disheartening notion to the Canadian community, who enjoy the ship as a tourist attraction and a piece of local fur trade history. The International Polar Heritage Committee, Parks Canada and the Government of Nunavut are also skeptical of the plan. Susan Barr, President of the International Polar Heritage Committee says, "In Canada, *Maud* could some day become part of a United Nations world heritage site, organized around the voyages of the early European explorers in the Arctic." Some residents of Asker have also opposed the plan to relocate the ship, saying the proposed futuristic design of the *Maud* museum would clash with the surrounding idyllic fishing harbor.

Bunad Copies

The Norwegian institute for bunad and folk costumes gives counsel about traditional costume standards which is the basis for today's bunads. The majority of bunads are a result of a painstaking reconstruction process of extinct folk costumes. It is, however, a common misunderstanding that bunads have always existed and that they can therefore be freely copied. Such pirated copies are the closest one can come to being illegal in the context of bunads. In some cases it is (by law) illegal to copy a bunad. But, in the majority of cases, it is not because bunads are poorly copyrighted. There are many reasons for this.

One of them is that those who prepared bunads in their time did not anticipate this issue. Husflid outlets sold fabric packages to people that sewed their own bunads, or who sewed bunads for their company.

Another reason lies in the legislation. To obtain protection through design laws or copyright acts, the design must be new and have an individual character. Something that often works against a bunads character.

The marketing law has varying success in that it is difficult to judge what is "contrary to good business practice" or "an unfair exploitation of another's work or results and creates a risk for confusion".

Obtained from the SON web site.

Sons of Norway Insurance

LAZY MONEY

What does "LAZY MONEY" have in common with your wanting to pass Lazy Money to your Children/Grandchildren? We all have Lazy Money (Inherited Money, 401k Money from a previous employer, CD Money, etc.). It's money we have but don't pay much attention as to how it's doing. Sons of Norway may have a better investment that would benefit your Children/Grandchildren. Give me a call and we can discuss Lazy Money options.

Thank You,

LaRue Hanson

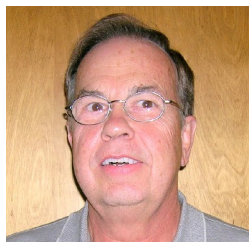
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Vestafjell Lodge Minutes

May 15, 2011

Our lodge meeting was held in Cory, Colorado at the All Saints Lutheran Church.

It was a gorgeous warm day and prior to the meeting indoors, Elmer and Brandy Ferganchick introduced us to some of their Fjord horses. One of the horses was a four day old foal that was not yet named.



Four days old

Brandy riding one of their Fjord horses had just won

a National Trail Riding competition award.

There were approximately 50 members present together with 9 guests, Pauline Bensing, Jeanine Djos, Harriet Smock, Nelson and Marilyn Cederburg, Edie Gregory, Irv Frafjord, and Elmer and Brandy Ferganchick. The Delta newspaper editor was present to cover the event.

Brandy told us all about the breed and the competition she and one of her horses won.

Thor opened the meeting with the pledge of allegiance.

Ron Thoreson presented Winnie Perry with a Golden Irettsmerk E sports medal which covers several activities such as dance, swimming and walking.

Marion Rhodes briefly shared with us her trip to Washington, D.C. with the World War II vets.

The meal was delicious as usual that began with the Norwegian table prayer. We did our first 50/50 drawing with Thor's name being drawn. The drawing collected \$40 dollars, ½ to lodge and ½ to the name drawn.

Respectfully submitted, Carol Selfors, Secretary.

Vestafjell Board Meeting Minutes

May 16, 2011

The board meeting was held at the Shepard Of the Valley Lutheran church at 1PM. Attendees were Thor and Twyla Grosword, Barb Firth, Bud Smock, Cecil and Mary Ann Tapey, Marge Sehler, Gladys Beals, Wayne and Carol Selfors, Duane and Annette Helgelien.

The June meeting details was finalized. August picnic will be changed to August 21, as Arvid the chef will be on vacation.

We discussed locations for the remainder of the year meetings. We will try to have another meeting at Cory and Montrose.

The board felt that the 50/50 drawing went well, and should be continued. At next meeting we will start the "Lucky Member of the Month" drawing.

Thor shared an idea of new business, that at each meeting, one member in the lodge gets the opportunity to tell something about themselves or about their Scandinavian related heritage. This will be discussed further at the June board meeting.

Respectfully submitted, Carol Selfors, Secretary.

Vestafjell Lodge Minutes

June 12, 2011

Thor opened the meeting with the usual pledge and songs.

There were 30 members present as well as 5 guests.

Guests that attended the meeting were Lynda Lynch,

Erv Frafjord, Pauline Bensing, Kim and Chris Klene.

Thor reminded us that our next board meeting will be on Monday, June 20 at SOV at 1:00PM and that there will be no lodge or board meetings in July. The Ladies breakfast will be held on June 26th at 9:00AM at Starvin Arvin's.

Thor announced that the annual lodge "Viking" picnic will be held August 21st. This is one week later than usual.

A memorial service for members who have passed in the last year was held. The members were Richard Hall, Ruth Leaneagh, Edith Klitzke, Darlene Overby, and Don Singlestad.

The program for the day was "Ideas for making open faced sandwiches". Demonstrators were Twyla Grosword doing ham and egg type sandwiches, Joyce Theyson doing egg salad type sandwiches, Carol Selfors doing beef, cheese and different additives, and Elinor Knutson demonstrated shrimp sandwiches. Members seemed to enjoy the demonstrations and also tasting the various samples.

Open-face sandwich demonstrators



Elinor Knutson



Joyce Theyson



***Twyla, Diane Molter,
and Carol***

Diane Molter, representing Division 6, demonstrated making traditional heart shaped waffles together with Kim and Kris Klene. They were delicious and were gobbled up by the members.



Waffle makers Diane, Kris and Kim

A five year pin was presented to Jane Frafjord.

Annie did a colorful demonstration of the Norwegian flag in her costume which we all enjoyed.
Respectfully submitted, Carol Selfors, Secretary.

Vestafjell Board Meeting Minutes June 20, 2011

Attendees were Thor, Bud Smock, Wayne and Carol Selfors, Duane and Annette Helgelien, Gladys Beals and Barb Firth.

Thor shared an invitation for us to attend a picnic at Storffjell Lodge on August 6th. If you attend bring a side dish to share.

The newsletter will go out in the first part of August to announce the Viking Picnic date.

Bud shared information from Fjellheim Lodge on how they share stories about themselves, something relative to our ancestry. They need to be short (approximately 5 minutes) and the person wanting to present needs to check with President as to when they can do this. They call it "Cultural Corner".

The Colorado Kretsstevne will be held in September at Green Mountain Falls near Colorado Springs.

Arvid requested help for the Viking Picnic. Check with Barb to see where help is needed.

Thor shared a request from the Coeur d'Alene, convention committee requesting some financial help needed for last year's convention expenses. We will discuss this at a future meeting.

The "Lucky Member of the Month" was discussed and it was decided to (pull names of out of state members out of the drawing) so that it makes it possible for area people to win this.

Details of the September, October, November, and December meetings were reviewed.

The board visited the library site at SOV. All the materials fit on a mobile cart at the church.

Respectfully submitted, Carol Selfors, Secretary.

GRATULERER PÅ DIN FØDSELSDAG

Hurra for deg som fyller ditt år!

Ja ,deg vil vi gratulere!

Alle i ring omkring deg vi står,

Og se nå vil vi marsjere,

Bukke, nikke, neie, snu oss omkring,

Danse så for deg med hopp og sprett og spring,

Ønke deg av hjertet alle gode ting

Og si meg så, hva vil du mere.

BIRTHDAYS**August**

Erika Lise Andersen	8/2	Jo Ann Trudell	8/5
Fred Andersen	8/6	Tony Kovacic	8/11
Glenice Overby	8/14	Trudy Carpenter	8/19
Phillis Bowers	8/21	Pearl Kovacic	8/22
Jace Carpenter	8/24	Winsome Perry	8/24
Dwaine Overby	8/28		

September

Lyndsey Andersen	9/4	Sallie Thoreson	9/14
Tyler Head	9/15	Brandon Herring	9/17
Cynthia Mill	9/17	Carmen Herrick	9/20
Margery Crow	9/22		

VESTAFJELL VANDRER

The official newsletter of Sons of Norway

Vestafjell Lodge 6-146

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