



Vestafjell VANDRER



Vestafjell Lodge 6-146
Western Slope of Colorado

January ~ February 2011

Sons of Norway
Vol. 22 No. 1

Godt Nytt År!

Vestafjell Calendar

January 8, 9AM. Zone 8 Leadership Workshop, Trollheim Lodge Building, 6610 W 14th Avenue, Lakewood, CO.

January 9, 2PM. Lodge Meeting at the Shepherd of the Valley Lutheran Church, 3133 F Road, Grand Junction, CO. We will welcome new Colorado Zone Director, Crystal Sundet to install our officers for 2011. Enjoy a warming menu of soups and chili (members M-Z) and fruits and desserts (members A-L). Scandinavian Sweater day.

January 20, 7PM. Board Meeting at Shepherd of the Valley Lutheran Church.

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

January 29 – Scandinavian Smorgasbord. See the ad this page. *You will be able to purchase packages of lefse at the smorgasbord.*

January 30 – February 6. Ski For Light. Granby, Colorado, Snow Mountain Ranch/The YMCA of the Rockies. For information or to volunteer, call Crystal Sundet (720) 283-8592.

February 13, 2PM. Morsdag, Mother's Day in Norway. Lodge meeting at the Shepherd of the Valley Lutheran Church, 3133 F Road, Grand Junction, CO. Annual Valentine Dessert Auction (*please donate a dessert for the auction!*). Old Fashioned potluck, with no assignments, just bring your favorite dish from the past.

February 24, 9AM. Ladies Breakfast, men at their own table, Starvin' Arvin's, 3247 F Road, Clifton, CO.

February 24, 7PM. Board Meeting at Shepherd of the Valley Lutheran Church

March 5, 10AM. 9th Annual West Slope Barneløpet

Cross-country Ski Event for young people at the Skyway Nordic Area. See article on page 2.

March 13, 2PM. Lodge meeting at the Shepherd of the Valley Lutheran Church, 3133 F Road, Grand Junction, CO. Corned Beef Dinner, prepared by Norske Chef Arvid.

March 24, 9AM. Ladies Breakfast, men at their own table, Starvin' Arvin's, 3247 F Road, Clifton, CO.

Shepherd of the Valley Lutheran Church

3133 F (Patterson) Road
Grand Junction, CO 81504

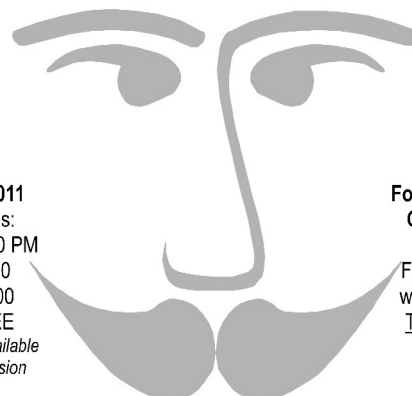
The 24th Annual Scandinavian Smorgasbord

Menu Includes

Lutefisk, Torsk, Swedish Meatballs,
Pickled Herring, Potato Sausage, Ostakake,
Rosettes, Krumkake, and MORE!

January 29, 2011
Three seatings:
1:30, 3:00 & 4:30 PM
Adults: \$15.00
Children: \$5.00
Under 4: FREE
Gift Certificates available
for price of admission

**For Reservations &
Gift Certificates
Call: 434-3119**
First \$500 of profit
will be matched by
Thrivent Financial
For Lutherans



Fra presidenten

Vestafjell Lodge has had another busy year. We want to thank all of the members who presented programs throughout the year, and special thanks to Arvid Koppang and his helpers in preparing the corned beef and cabbage dinner in March, the August picnic barbeque, the torsk dinner in October and the ham for the Christmas dinner. Also, thanks to all the officers for their help and assistance this year.

The nominations committee was able to fill all the officer positions except the historian. The historian is a very important office and we must find someone to do the job. This officer keeps the historical record of the lodge. This is the perfect position for someone who likes to do scrapbooks. We have several members who take photos at meetings and events and can get them to the historian. Newsletters, newspaper articles and other items can be provided to the historian. Several members could occasionally get together and organize the material. If you have an interest in history, please let us know and we will help you get started.

The board is in the process of planning for next year, with meetings planned for Cory, Delta and Montrose. If you have suggestions for programs and activities, please let Cultural Director Barb Firth know. We need your ideas.

Thor Grosword, President, Vestafjell Lodge

Har Du Hort

Christmas came early to the Oien's again this year with the birth of their first granddaughter. Elsa Mae Oien was born to Jens and Emily Oien on Friday December 10 at 7:17 PM in Provo, Utah. She is a beautiful 8lb 6oz healthy baby girl. We are looking forward to spending much of the holidays with her. We thank God for this gift of life.

John & Jenifer Oien



In Memoriam

S. "Don" Singlestad, 93, of Park Rapids, MN died on Thursday, November 18, 2010 in Park Rapids, MN.

S. Don Singlestad, the most decorated non-commissioned officer of the 34th Division of the Red Bull Infantry, at St. Joseph's Area Health Services in Park Rapids.

Don and his wife, Florence who preceded him in death, were charter members of the Vestafjell lodge.

Golden Member Dues

Golden Member dues will be going up. The districts will be charging Golden Members FULL district dues instead of just half.

Right now, a Golden Member in your lodge pays \$20.25 as a primary member, \$17.25 as a spouse.

As of 01/01/2011, Golden Members at your lodge will pay \$25.50 and \$22.00 respectively.

This was decided at the Convention in September.
Sherry Gorse, Membership Services, Sons of Norway.
1-800-945-8851 x643 e-mail: fraternal@sofn.com

Barneløpet 2011

Annual Kids Race Day at Skyway

Happy New Year! – To all Vestafjell Members!

With the New Year, comes the anticipation of our next outstanding Sons of Norway District 6 and Vestafjell sponsored 9th Annual Western Slope Barneløpet Cross-country Ski Event for young people at the Skyway Nordic Area.

It's our Western Slope Barneløpet Race Day, a fun time to enjoy the last snowy days of winter in the wonderful alpine setting of the magnificent Grand Mesa. We hold these races as a cooperative effort with the other dedicated supporters of the Grand Mesa Nordic Council, and this year will be our Ninth Annual event.

The date is **Saturday, March 5th**, and the location is the Skyway Nordic Area on the Grand Mesa between mile markers 32 and 33 on Highway 65.

"Barneløpet" is a Norwegian word that translated means "the children's race." By holding these race days each year, we hope to introduce and promote the healthy and exhilarating sport of cross-country skiing to these young athletes, ages 3 to 16, while emphasizing its connection to the people and culture of Norway and Scandinavia. There are three courses to choose from, with lengths of 1, 2, and 5 Kilometers. There is always a lot of ski gear color, particularly as the groups of energetic skiers form at the Starting Line. As the kids race around their chosen course, there are wild cheers by parents, friends, and volunteers! And then comes the encouraging noise of ringing cowbells to bring them back home again to the Finish! The object is fun, and even some friendly competition. These are personal best races, with recognition and striking mementos of the day given to all who participate, – everyone will be a winner!

So tell any young people that you know, about this year's Barneløpet. Also, consider driving up to Skyway

yourself. We always need, and appreciate, more “Vikings” to provide those vital cheers, and to ring those cowbells for encouragement! Dress warmly, and in layers, to deal with varying weather conditions (one of those layers could be a Norwegian sweater!) However, please watch the forecasts, and adjust your travel decisions accordingly. Skyway's 10,000-foot elevation can be somewhat challenging at times. We were certainly challenged last year! Still, our races have always proven to be a very fun time, no matter what the weather. If you can't make it, but would like to contribute items to the cookie and healthy snack table for our young skiers, two of our Lodge ladies have kindly agreed to help by coordinating again this year. Please contact Florence Vuk (241-7467) on the Grand Junction side, or Twyla Grosword (249-8691) on the Montrose side.

Detailed summary is in the information box below. Let's go to Skyway!!

Barneløpet 2011

What: A fun, cross-country ski event for young people ages 3 to 16. Free lessons. Free races. Prizes, hot drinks and cookies.

When: **March 5, 2011** (Saturday).

Where: Skyway Nordic Area on the Grand Mesa between mile markers 32 & 33 on Highway 65.

Times: **10AM** Registration at Skyway.
11AM Instructional Clinic. Free, learn to ski lessons.
12PM 1, 2, & 5 Kilometer Fun Races where everyone is a winner.

What to Bring: **Participants must have their own equipment or bring rentals, as none will be on site.**

Grand Mesa is at a high elevation so plan on warm clothing, particularly for spectators. Also, due to the elevation and reflection of the snow, be sure and apply sunscreen and bring water. Sun glasses are important. Pack a lunch, as the event covers the middle part of the day. Bring cowbells, goat bells, or sleigh bells to cheer the racers on.

Contacts:

Ron Thoreson, Sons of Norway, (970) 249-1869
 Tom Ela, Grand Mesa Nordic Council, (970) 434-9753

Ron Thoreson, Sports Director

us. We'll discuss the positions that make up our lodge board and the responsibilities that we are expected to carry out when we accept one of these positions.

We also hope to have Scott Bertrand the Ski for light Volunteer Coordinator with us to explain in more detail what will be required of us on arrival and departure days of the event. Please mark your calendar and plan to share this day with us.

Submitted by Crystal Sundet, District 6, Zone 8 Dir.

2011 Vestafjell Lodge Officers

The Vestafjell Lodge officers elected at the November 14, 2010 meeting. These officers will be installed at the January 9th meeting.

President	Thor Grosword
Vice President	Bud Smock
Co-Secretaries	Janice Hogue Carol Selfors
Treasurer	Gladys Beals
Membership Secretary	Mary Ann Tapey
Counselor	Barbara Firth
Editor(s)	Wayne Selfors Carol Selfors
Social Director(s)	Gladys Beals Twyla Grosword Annette Helgelien
Cultural Director(s)	Marge Sehler Barbara Firth Marge Sehler Annie Haugen
Foundation Director	John Oien
Publicity Director	Annette Helgelien
Youth Director	Annie Haugen
Sports Director(s)	Ron Thoreson Sallie Thoreson
Trustees	2013 Keith Willams 2012 Hal Jacobson 2011 Cecil Tapey
Marshall(s)	Ronald Nelson Milford Knutson
Greeter(s)	Arletta Van Tassel Pearl Kovacic Anne Gulliksen
Historian	
Librarian	Duane Helgelien
Musician	Cecil Tapey Duane Helgelien Jane Frafjord
Gode Vener(s)	Florence Vuk Jenifer Oien

LEADERSHIP WORKSHOP

January 8, 2011 – Plans are to discuss our membership in Sons of Norway and what it means to

Tubfrim Coordinator(s) Thor Grosword
 Twyla Grosword
 Adopt-a-Highway Coordinator Thor Grosword
 Volunteer Hours Coordinator Elaine Nelson
 Adopt-a-School/Labels Coordinator Joyce Theyson

MEMBERSHIP PINS

Members will now be receiving their pins in the month they are earned. There will be one exception to this and it will be the years we honor our Charter Members.

Receiving pins in 2011 will be:

January	Elaine Nelson	5 years
March	Rolf Hermanson	10 years
April	Tom Sorensen	5 years
July	William Pedersen	10 years
	(no meeting is held in July so he will receive his pin in August)	
October	Carmen Herrick	15 years
December	John Welch	20 years

MEMBERSHIP REQUEST

If you have a change in address, phone number, cell number or email please contact Mary Ann Tapey, Membership Secretary, at 263-9414 or email cematapey@aol.com. Thank you, Mary Ann.

PRESS RELEASE FOR ALL LODGE NEWSLETTERS

The 6th District will award three \$1,000 scholarships to members in good standing, their children or grandchildren who are Unge Venner members in any lodge in the 6th District. They must attend a 4 year accredited college or university in the USA as a full-time undergraduate in their sophomore, junior or senior year and have a grade point average of 2.5 or better on a scale wherein A=4, B=3, C=2, D=1. When an applicant is deemed worthy of a scholarship (recommended by the 6th District Scholarship Committee and approved by the 6th District board) the funds will be jointly paid to the applicant & to the institution he or she is attending.

Applications must be submitted to the scholarship committee by April 1 of the application year.

Also, the 6th District scholarship to a 2 week Concordia Language Camp Summer Session at The Norwegian Village or "Skogfjorden" in the amount of about \$1700.00, for a camper over the age 13. The applicant must be a Heritage or Unge Venner member of a 6th District lodge. Applications must be submitted by May 1 of the application year. Visit website www.ConcordiaLanguageVillages.org for information and applications for the Norwegian Village or

"Skogfjorden." The applicant must also apply directly to and meet all requirements of Concordia Language Camp. Those interested in applying for the scholarship for the Concordia Language Camp may get the district applications from members of the scholarship committee.

Carolyn Dahl, Chairman,

13361 East 35th Place

Yuma, AZ 85367

Phone: 928-335-1801

e-mail: KA6LSK@arrl.net

Grand Junction Veteran's Day Parade

If you missed this parade, I am so sorry.



Vestafjell was led by our flag bearers, Fred Andersen, Arvid Koppang, Kieth Gunter and Bud Smock



They were followed by our Vestafjell banner carried by Winnie Perry, Lindsey Andersen and Ramy Andersen. Three cars took care of our folks who preferred not to walk.

We really had the attention of the folks on the curbs as many of them saw Norwegian fjord horses for the



first time. Owner Brandy

Ferganchick on her handsome stallion, Thunder, led the horses from Thunder Mountain Fjords ranch in Eckert.



On the high seat of a 2 wheeled cart, was our own Emma Andersen in her Norwegian bunad and owner Elmer Ferganchick, with his mare, Lena, in harness.



Also on parade were the males, Thor with his fancy trimmed mane, and Dodger, who marched side by side.



The mares, Annie and Gertie, brought up the rear of our unit. Oh, wait, not true. Our Annie Haugen, in her distinctive Viking costume, truly brought up the rear as our 'pooper scooper', to the eternal gratitude of the many units behind us.

One of our spring meetings will feature Brandy and the fjord horses, so you can have your chance to get acquainted with these wonderful animals. Dodger and Brandy compete in trail riding events that test the skills of rider and horse during rides of over 50 miles. She says Dodger just can't understand why anyone would want to stop, he just loves to keep on going. He is *second nationally* in this rigorous event. Watch for more info about the Fjord horse program.

Thanks to all who helped pull this together!

Barb Firth

The Heroic Birkebeiners

To see how the survival of the young Prince Haakon was so central and crucial to our story, we must understand how the dominant political forces of the day - primarily wealthy, land-holding families that were the common economic unit around which medieval society was organized - viewed royal succession. For whoever sat on the throne, it was acknowledged, would also have the economic destinies of the families, for good or ill, in his hands. Whatever political party held sway in those days, and there were many rival forces of various names, even before the two dominant Bagler versus Birkebeiner, the rallying point was always the birth of a royal son. The son would be set up as the head figure of the party in question, and this was seen as directly opposing the rule of the king of a contesting party. Much like a chess game, it was a matter of check and counter-check. Into this brew, then, comes our young Prince Haakon. His grandfather, Sverre Sigurdson, a Birkebeiner, had ascended the throne in 1177 but his power really had not extended much beyond the party's stronghold of Trøndelag. It took two decisive battles in 1179 and 1184 before he could be elected king. He sired one son, Haakon Sverreson, who succeeded his father to the throne as Haakon III in 1202. He died in 1204, unmarried, and apparently leaving no legitimate heirs. But there was one, Inga of Varteig, a consort of Haakon III, who bore a child after Haakon's death, and named him Haakon Haakonson, claiming that Haakon III was his father.

When Inga bore her son, she was in hostile territory controlled by the Bagler party at the time. A sympathetic priest, Sira Trond, had hidden her and her child for over a year, but now increasing raids by the Baglers on Birkebeiner farms made any continued safety for either of them very doubtful. With no legitimate heirs to the throne, the Baglers had resumed an all-out effort to reclaim the monarchy as their own. They had learned of the existence of the presumed son of the recent king. It would be advantageous to their cause if this young Haakon did not survive. The soldiers of the Baglers began sweeping the countryside. And they had horses!

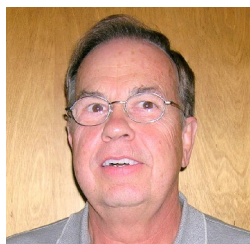
So now, picture this: It is Christmas Eve night in the year of 1206. Under the cover of darkness the kindly priest, with Inga in tow, bearing her warmly wrapped child, has made it to the small wooden farm of the district governor, a proud Birkebeiner. Inside the small house, all the folk of the farm have gathered to celebrate Holy Night. When Sira Trond knocks on the door, it brings immediate uncertainty and fear to the assembled

party. However the governor recognizes the priest and he and Inga are soon welcomed inside. Quickly the holy man relates his story, and his concern for the safety of the young boy. The governor bids them stay, for as long as they liked, under his own roof, but even the home of the district governor proves not to be a safe haven. For seemingly overnight, the Baglers had learned of their attempt to escape, and were coming after them on their fast horses. There was but one thing to do. They had to flee north, where the many Birkebeiner chieftains could protect them. And this being the darkest and coldest time of the year, they would outwit the Baglers by skiing to cover, crossing over mountains that were some of the tallest and stormiest in all of Norway. Sira Trond, Inga and Haakon made it to the nearby small town of Lillehammer. There, they were joined by eight other Birkebeiners, including Torstein Skevla and Skervald Skrukka, two of the best skiers in all of fledgling Norway. The whole party set out on their long, hand-carved skis, however within just two days a fierce snowstorm blew up. Forward progress was almost impossible against the driving wind. Their local guide was even losing his way, and he urged digging a shelter in the snow to wait out the storm. Yet Torstein thought that the storm would last for days and that the child Haakon would not survive without finding warm shelter soon. As one of the territory's strongest skiers, he volunteers to take the young boy on ahead. Skiing at his own solo pace, he is sure he can make it. But Skervald, an equally accomplished skier, wants to assist his friend, and agrees to go with him. Never having been parted from her son before, it must have been difficult for Inga to relinquish her only child to these two men. Yet she handed her baby to Torstein. It was her only chance to save her son's life. With strong strides the two men set off on their skis into the raging blizzard and an uncertain journey. The two dark forms, with one bearing a precious cargo under his powerful arm, are lost to sight amid the swirling flakes, as a huddled and hopeful group, Inga, Sira, and the other Birkebeiners, watches.

Ron Thoreson, Sports Director – Part 2 of 3

Sons of Norway Insurance

Congratulations and Happy New Year! You made it to another year. The bad news is; last year was the "best" year to die because there was NO estate tax. The other bad news is taxation is as confusing as ever and the rules keep changing.



Don't let all of this uncertainty keep you from having a plan. There are two things that all of us face taxes and death. When the latter happens, your family will need additional capital and life insurance is the only asset that will guarantee a certain sum. The estate tax has been changed many times in this country and will be around in one shape or form in the future. It makes good sense to plan for what we know today and adjust that plan in the future. Doesn't it make more sense to leave your family with too much money rather than too little? Never has a family member complained that they were left too much life insurance.

The time to take action on your estate plan is now. Your Sons of Norway Financial Benefits Counselor can help you navigate a plan that works for you and your loved ones. Procrastination can cost you your insurability; it may be here today but gone tomorrow.

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Colorado Springs, CO 80915
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Vestafjell Lodge Meeting Minutes November 14, 2010

The November meeting was held at the Shepherd of the Valley Lutheran Church in Grand Junction and was called to order by President, Thor Groswold. The three country anthems were sung. In attendance were 38 members Thor welcomed our guests.

Our fund raising project of selling Norwegian and Swedish calendars has been a real success. Carol Selfors reported we have sold many and she has orders for more.

Marge Sehler presented the proposed slate of officers for 2010 to the membership. There were no candidates for President, but Barb Firth nominated Thor Groswold for president from the floor. The slate of officers was approved by the membership by a vote of the lodge members. The list of new officers will be printed in our next newsletter.

We enjoyed our lavish Thanksgiving Dinner, headlined by turkeys cooked by Twyla Groswold, Jane Frafjord, and Arletta Van Tassel.

Those who planned and presented our unit at the GJ Veterans Parade yesterday were applauded for their efforts. Barb Firth's script about the fjord horses was read as we passed the reviewing stand. Thanks to all that participated.

We enjoyed a slide show by Anne and Jan Gulliksen of their trip to Norway last summer.



Respectfully submitted, Carol Selfors, Secretary.

Vestafjell Board Meeting Minutes November 17, 2010

The meeting was held at the home of Cecil and Mary Ann Tapey. In attendance were Thor Grosword, Barb Firth, Janice Hogue, Cecil and Mary Ann Tapey, Duane and Annette Helgelien, Gladys Beals, Wayne and Carol Selfors.

Details of upcoming meetings were finalized. Crystal Sundet, the Zone 8 Director, will be at the January meeting to install the 2011 officers.

Several ideas were discussed for future programs and meetings to be held in Delta and Montrose next year and get input from members for programs.

Respectfully submitted, Carol Selfors, Secretary

Vestafjell Lodge Meeting Minutes December 12, 2010

The meeting hall was decorated beautifully for our annual Christmas meeting. Forty members and six guests attended.

A small Christmas tree decorated with Scandinavian items and flags was the center piece where members placed their unwrapped presents for the Latimer House.



The "Vestafjell Uff Da Singers" sang several songs accompanied by Jane Frafjord on the accordion and Cecil Tapey on a guitar. The audience joined in to sing Christmas songs in Norwegian and English.



Vestafjell Uff Da Singers

Arvid Koppang brought and cooked the hams for the meal. Members brought side dishes and desserts. The bake sale brought in some money for the treasury.

A collection was taken to donate to the Salvation Army.

An injured skier, "Lena", showed up at the meeting seeking assistance. She got fed and was cared for.

Marge Sehler taught us some seasonal Norwegian words.

Carol Selfors read the Christmas story from Luke 2 in the bible and shared how her family celebrated a Norwegian Christmas as a child. Thanks to all who helped make it a special day.

Respectfully submitted, Carol Selfors, Secretary.



Marge consoling injured skier "Lena"

Vestafjell Board Meeting Minutes December 16, 2010

The board meeting was held at the Shepherd of the Valley Lutheran church.

The members present were Thor and Twyla Grosword, Gladys Beals, Barbara Firth, Cecil and Mary Ann Tapey, Marge Sehler, Wayne and Carol Selfors.

Gladys gave a Treasurers report. Arvid Koppang will do the annual audit and may pick helpers.

The Zone 8 Director, Crystal Sundet, will be at the January meeting to install the 2011 lodge officers.

There was a discussion of the 2011 budget that will be prepared and submitted at the January meeting for members to vote on.

Thor reminded us of the leadership workshop in Denver on January 8.

The food for the January meeting will be soups and chili.

All members need to turn in their volunteer hours to Elaine Nelson. The rest of the meeting was a discussion of upcoming programs and where they will be held.

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**January**

William Pedersen	1/1	Cecil Tapey	1/4
Amy Martinson	1/5	Elaine Nelson	1/14
Anita Seitz	1/24	Lionel "Bud" Smock	1/25

February

Lillie Huwe	2/4	Florence Vuk	2/4
Steve Nannestad	2/6	Alison Koppang	2/9
Janice Kirkwood	2/10	Robert Andrews	2/11
Annette Helgelien	2/14	John Welch	2/15
Linnea Jackson	2/18	Steven Thompson	2/18
Arletta Van Tassel	2/21	Matthew Tapey	2/23
Dylan Woodward	2/23	Edith Klitzke	2/24
Dustin McCall	2/24	Gladys Beals	2/25
Beverly Kampf	2/26	Christopher Klene	2/26

VESTAFJELL VANDRER

The official newsletter of Sons of Norway

Vestafjell Lodge 6-146

Editors: Wayne and Carol Selfors

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Grand Junction, Colorado 81507

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www.vestafjelllodge.org

Disclaimer: Names, phone numbers and addresses listed in the newsletter must not be redistributed or used for commercial purposes.

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Mary Ann – (970) 263-9414

or

"Bud" – (970) 242-3396

VESTAFJELL LODGE 6-146

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Happy New Year