



# Vestafjell VANDRER



Vestafjell Lodge 6-146  
Western Slope of Colorado

January ~ February ~ March 2012

Sons of Norway  
Vol. 23 No. 1

## Godt Nytt År

### Vestafjell Calendar

**January, 7, 9:30AM – 2:30PM.** Zone 8 Leadership Workshop at Trollheim Lodge 6610 West 14<sup>th</sup> Ave., Lakewood, CO.

**January 8, 2PM.** Lodge meeting at Shepherd of the Valley (SOV) Lutheran Church, 3133 F (Patterson) Road, Grand Junction. Soup and Chili for Lunch. Members M-Z breads, crackers, cheeses, veggies, etc., members A-L fruit and desserts. Program: Learn some tricks about making tasty lefse. Plan to put on an apron to roll and turn.

**January 16, 1PM.** Board meeting at Shepherd of the Valley Lutheran Church, Grand Junction.

**January 26, 9AM.** Ladies Breakfast, men at their own table, Starvin' Arvin's, 3247 F Road, Clifton, CO.

**January 28.** Scandinavian Smorgasbord, at SOV see the information in the adjacent column.

**February 12, 2PM.** Lodge meeting at Shepherd of the Valley Lutheran Church, 3133 F (Patterson) Road, Grand Junction. Potluck, members A-L hot dishes and side dishes, M-Z fruits and desserts. Live *Dessert and Goodies Auction*; your homemade items will sell best. Program: A display and demonstration of Viking Knit, a metal wire jewelry technique, is planned.

**February 20, 1PM.** Board meeting at Shepherd of the Valley Lutheran Church, Grand Junction.

**February 23, 9AM.** Ladies Breakfast, men at their own table, Starvin' Arvin's, 3247 F Road, Clifton, CO.

**March 3, Barneløpet on Grand Mesa.** Ron and Sallie Thoreson to coordinate, see article on the next page.

**March 11, 2PM.** Lodge meeting at Shepherd of the Valley Lutheran Church, 3133 F (Patterson) Road, Grand Junction. Corned Beef and Cabbage Dinner \$8, children under 18 free.

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

**April 15, 2PM (Easter is on April 8).** Lodge meeting in Montrose at the Zion Lutheran Church. Potluck, M-Z hot dishes and sides, A-L fruits and desserts. Program: Family History, presented by Thor and Twyla Grosword.


**Saturday**                      **January 28, 2012**

## Shepherd of the Valley Lutheran Church

3133 F (Patterson) Road  
Grand Junction, CO 81504

### The 25th Annual Scandinavian Smorgasbord

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



Saturday January 28  
Three seatings:  
1:30, 3:00 & 4:30 PM  
Adults: \$16.00  
Children: \$5.00  
Under 4: FREE  
Gift Certificates available  
for price of admission

For Reservations &  
Gift Certificates  
Call: 434-3119

## St. Patrick's Day

### Corned Beef & Cabbage Dinner

**March 11, 2012**

**2 PM**

**Shepherd of the Valley  
Lutheran Church**

**3133 F Road**

**Grand Junction, CO**

**\$8.00 adults**

**Children free under 18**





### In Memoriam

We at Vestafjell Lodge extend our most heartfelt sympathies and condolences to Halvor Jacobson and family on the death of Florence. She passed away September 9, 2011 at the age of 83. Florence was a Vestafjell Lodge charter member.

### Siste ord fra denne Presidenten

Another Christmas has passed and it is time to welcome in another new year and to welcome our new president. Please welcome Bud Smock as your new president and please give him the same wonderful help and cooperation that you have given me. Bud will do a wonderful job as President of Vestafjell.

Bud has had recent surgery, but is recovering well and is ready to lead us to greatness.

I wish to thank the board and all of the other officers for their help in handling all the many details that are required to keep the Lodge running. It has been a privilege and honor to have served as your president.

*Thor Grosword, President Vestafjell Lodge 2011*

### 2012 Vestafjell Lodge Officers

List of Vestafjell lodge officers for 2012 elected at the November 13<sup>th</sup> meeting. District 6 President Lyle Berge installed the officers at the December 11 lodge meeting.

#### Elected Officers (Board of Directors)

**President:** Bud Smock

**Vice President:** open

**Co-Secretaries:** Carol Selfors & Janice Hogue

**Treasurer:** Gladys Beals

**Membership:** Secretary: Mary Ann Tapey

**Counselor:** Thor Grosword

**Editors:** Wayne Selfors & Carol Selfors

**Cultural Director:** Barbara Firth

(Committee: Marge Sehler, Annie Haugen, Linda Lynch)

#### Appointed Officers:

**Social Director:** Annette Helgelien

(Committee: Barbara Firth, Marge Sehler, Gladys Beals, Annie Haugen, Elinor Knutson, Winnie Perry)

**Foundation Director:** John Oien

**Publicity Director:** Annette Helgelien

**Youth Director:** Annie Haugen

**Sports Directors:** Ron Thoreson & Sallie Thoreson

#### **Trustees:**

2014: Janice Hogue

2013: Keith Williams

2012: Hal Jacobson

**Marshals:** Ronald Nelson, Milford Knutson

**Greeters:** Arletta Van Tassel, Pearl Kovacic, Elaine Nelson

**Historian:** Elaine Nelson

**Librarian:** Duane Helgelien

**Musicians:** Cecil Tapey, Duane Helgelien, Jane Frafjord

**Gode Vener(s):** Florence Vuk, Jenifer Oien

**Tubfrim Coordinators:** Thor & Twyla Grosword

**Adopt-a-Highway Coordinator:** Thor Grosword

**Adopt-a-School/Labels Coordinator:** Joyce Theyson

**Volunteer Hours Coordinator:** Elaine Nelson

### Barneløpet 2012

#### Annual Kids Race Day at Skyway

Hello fellow Vestafjell members, and **Happy New Year!** This new year of **2012** sure came up fast, or is that just me? Yet I know I share with all of you, a feeling of true welcome to these newly minted twelve months that have so figuratively just landed on our doorstep, no matter how quietly and quickly, or noisily and slowly, they seem to have arrived. And just a few steps ahead, and also coming right up before you know it, will be our next wonderful **Barneløpet** kid's cross-country ski race event up on **Grand Mesa**. And speaking of time passing, can you believe it – this **March 3<sup>rd</sup>** will mark our **Tenth Annual!** That's right, ten years of fun, color, noise, (and often heroic and all out striving), shared by some winter sports loving kids, all in the magnificent setting to be found on top of our truly grand **Mesa**.

One of the truly exciting things that we have to look forward to this year is a **warming hut!** That's right. After dealing with unpredictable weather, and often very cold conditions up on Grand Mesa for years (recall last March's Barneløpet!) our cosponsor, the Grand Mesa Nordic Council, has put in place a warming hut for skiers at the Skyway Nordic Area. This really calls for cheers! Now this hut truly is catered toward the skiers (and snowshoers) as the location is out at the start of the Sunset and Winslow trails, and not in the parking lot. It is more out of the wind there and should be a real boon, particularly for our younger participants. If all goes well, the wood stove heated hut will be taken down and then assembled again for each new skiing season. Vestafjell has provided a generous donation to

help defray the costs for this endeavor, and we applaud GMNC for making it happen. Now let's review the core information about this year's Barneløpet: The date is Saturday, March 3rd, 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 listed below. Let's go to Skyway!*

**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 3, 2012** (Saturday).

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

**Times:** **10:00AM** Registration at Skyway.

**11:00AM** Instructional Clinic. Free, learn to ski lessons.

**12:00PM** 1, 2, & 5 Kilometer Beginner 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. Sunglasses 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!

**Barneløpet Contacts:**

Ron Thoreson, SON, (970) 249-1869

Tom Ela, Grand Mesa Nordic Council, (970) 434-9753.

*Ron Thoreson, Sports Director*

### **East Slope Barneløpet**

The eastern slope annual "**Barneløpet**" **Kids Ski Race** to be held on Saturday, February 25th at the YMCA, Snow Mountain Ranch. The actual race begins at 11:30 AM, but Ski Lessons and Orienteering will also be available. Please **MARK YOUR CALENDARS** for this fun event.

### **Tubfrim**

*Tubfrim* is a charitable organization in Norway that sells used postage stamps and telephone cards. The proceeds help handicapped children and support tuberculosis research. Our members collect all types of postage stamps throughout the year, and at the end of the year you can turn them into the *Vestafjell Tubfrim Coordinator*. The trimmed stamps are mailed to Norway where they are prepared for sale. Find out how to be entered in the drawing for an air ticket to Norway!

Never throw away canceled stamps. Just cut or tear the stamps off the envelope, leaving a slight margin (approx. 1/2 inch) to keep the perforation intact. *Tubfrim* is also happy to receive stamp collections, old envelopes, covers and postcards. If postcards or envelopes are more than 40 or 50 years old, please do not cut off the stamp, but send the whole envelope/postcard! Stamps from any country in the world can be used, but it would save *Tubfrim* a lot of work if you could separate U.S. stamps from those of other countries.

## Adopt-a-School Program

Books donated by lodge members to the *Adopt-a-School Program* were delivered to the Rocky Mountain Elementary School. Books have been donated for all of the grades, with the exception of the fifth grade, which will be taking place the first of the year.

The teachers and children are very happy to receive the books and I have received many “*Thank You's*” for them and share them with the lodge members.

Barbara Firth, Janet Nelson and I volunteered when they had a day testing of eyes and ears. They need volunteers at various times during the year.

*Joyce Theyson, Adopt-a-School Program Coordinator*

## New Members

We welcomed seven new members into our lodge in 2011.

Robert Brooks  
Joyce Fluckiger  
Linda Lynch  
Carol Morford  
Janet Nelson  
Steve Ness  
Keith Olson

## Membership Pins

Congratulations to the members that will receive a Sons of Norway membership pin in 2012 and the month they will receive their pin.

Larry Carpenter	January	20 years
Cynthia Mill	May	20 years
Ron Nelson	June	5 years
Marion Rhodes	September	5 years
Larry Rydiger	October	5 years
Janice Hogue	November	20 year
Dale Lund	November	10 years
Trudy Carpenter	December	20 years

## Cultural Skills

I want to:

--find where my Norwegian ancestors lived in Norway. Let's get a genealogy group going! The resources are so much easier to use now.

-- taste some traditional Scandinavian foods, and some modern ones as well. Okay, we can do a cooking group, with light buffet, full dinners, or just desserts.

-- discover good stories and adventures written by Norwegian authors. Thor Heyerdahl comes to mind! I have enjoyed several early Norwegian/American authors.

There are many more activities all ready for us to dive in to. Sons of Norway calls them Cultural Skills, but I just call them good fun.

*Let's talk. Barb Firth 245-5649.*

## The Norwegian Emigration Father Cleng Peerson

After Norway had been rid of the Danish rule in 1814, Norwegian nationalism grew. Henrik Wegeland was “new Norway’s” first poet and he became a great symbol of Norwegian freedom. The growing freedom feeling also lead to other effects. One of these was a large interest in emigration to America. Cleng Peerson was born in Tysvær in 1782. Like many others who were interested in America, he was deeply religious. He belonged to the Quaker Church and in 1821 was sent to the state of New York to look into the possibility of creating a Norwegian colony. After 3 years he returned to Stavanger and advocated strongly to get a ship that could sail from Norway. Many within the Quaker Church in Stavanger were strongly convinced by Peerson and on July 4th, 1825, 52 Norwegians emigrated on the sloop “Restoration” from Stavanger. They arrived in New York on the 15th of October and the number was increased to 53. A newborn baby saw the first day’s light on the way over the Atlantic Ocean. The newspaper “New York Daily Adviser” characterized the shipmen as “an unusual sight.” The newspaper was interested in the old-fashioned clothes the Norwegians wore – fashion is not a concept that only belongs in the present.

Cleng Peerson led his fellow Quakers to Kendall Township by Lake Ontario where they were allocated land. But Peerson was an adventurous man and continued his travels through North America. On his voyage through the Midwest, he found the fertile Fox River Valley in Illinois. He then returned to his friends by Lake Ontario and persuaded them to move to Illinois. Odd Lovoll describes Cleng Peerson among other things as “Peer Gynt on the Prairie” – a description we can agree describes this adventurer. His ability to convince others was something he had plenty of! Peerson continued his traveling and died in Texas in 1865.

Cleng Peerson is rightly called “the Norwegian emigration father.” Not just because he organized the first joint Norwegian emigration. He also advocated that, in the end, they should settle in the Midwest – a place that would late become the main area of the great Norwegian emigration wave 50 years later. The first

emigrant wrote home and told about a “beautiful and fertile land” and therefore more Norwegians were informed of where they should go in America.

### Ivar Aasen and New Norwegian

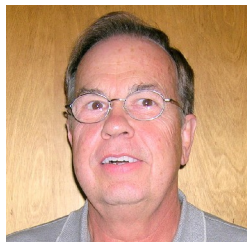
There was one direction sought to create a totally independent Norwegian written language based on dialects. That direction was created by Ivar Aasen (1813-1896). He was a country boy and a dialect user from Sunnmøre, and was under the early understanding that a thorough survey of dialects in various counties was integral to creating the basis for a Norwegian written language.

With a public inquiry scholarship he traveled around the country from 1842-46, he made a comparative survey of grammar and vocabulary between the dialects, and made a comparative grammar of that in 1848 and a dictionary in 1850. He got a scholarship to investigate further and followed up with a little book where he compiled texts of different dialects and combined these texts to propose a common form of the dialects.

This norm, which he called *landsmal* (country language), he built upon in the years that followed, by creating a larger grammar (1864) and a comprehensive dictionary (1873) and by writing poems and plays with it. At the end of the 1850s, others began to write in *landsmal* and ten years later it was taught in a *folkehøgskole* (adult learning school). The *landsmal* language was officially recognized as an official language with Danish in 1885, and was approved as a language of instruction in schools in 1892 (after local ruling). From 1890 to 1930 it expanded as a school language and as a language of popular usage in many regions, but only in the rural areas. In 1929 the language was given the official name of *nynorsk* (new Norwegian) via parliamentary vote.

### Sons of Norway Insurance

Looking back over newsletter articles this past year there has been a theme. You read about; estate planning, college financing, estate equalization, leaving a legacy, poetry of love, advantages of Fraternal Societies, buy/sell business arrangements, investment safety, charitable giving and a gift of the future for your loved ones. The common thread to all of these topics is life insurance! This single tool can do all of these things and more. It's kind of like the Swiss army knife of investments. As you look over your investments and would like further



information on any of these plans, just give me a call.

*LaRue Hanson*  
 2523 Shalimar Dr.  
 Colorado Springs, CO 80915  
 E-mail [lhanson1@msn.com](mailto:lhanson1@msn.com)  
 Office phone 719-599-8546  
 Cell phone 719-237-7314

### Vestafjell Lodge Minutes October 9, 2011

Our annual Torsk and Meatball Dinner was held at the Shepherd of the Valley Lutheran Church.

The meeting began by stating the Pledge of Allegiance by the members. There were 41 members, 13 guests and 2 visitors present.

The wall with tables of silent auction donations was 4 tables long. Many beautiful items were donated and people bid enthusiastically.

President Thor reminded us of the road cleaning scheduled for next Saturday October 15<sup>th</sup>. We need many more people to show up for this task. “Many people make light work”.

Our Lodge presented our Leif Erikson to our group as a reminder of Leif Erikson Day.

Lorraine Hannestad won the free Norwegian Calender. The lucky member drawing was won by Ron Thoreson.

Barb announced that the Fjord Horses will be in the Veterans Parade again this year.

Arvid cooked the usual awesome meal with several members assisting him.

*Respectfully submitted, Carol Selfors, Co-Secretary*

### Vestafjell Board Meeting October 17, 2011

Meeting was held at the the Shepherd of the Valley Lutheran Church. Members present were Thor and Twyla Grosword, Barb Firth, Annette and Duane Helgelien, Elaine Nelson, Wayne and Carol Selfors, Gladys Beals, Bud Smock, and Janice Hogue.

The nominating committee reported that all positions are filled except for Vice Pres.

Ferganchicks and Fjord Horses will be at the Veterans Parade on November 5. They have requested more crowd control because the horses get too nervous when people get too close.

We need several cars for members to ride in as well as people to carry the banner.

The November Thanksgiving meeting will be a

turkey dinner provided by the lodge and trimmings to go with the dinner to be provided by the lodge members.

Janice Hogue will present the program which is about "Story Telling".

Future meeting plans for December meeting and January installation of officers were discussed.

Gladys Beals reported that the dinner and silent auction at the October meeting were a big success.

*Respectfully submitted, Carol Selfors, Co-Secretary*

### **Vestafjell Lodge Meeting Minutes November 13, 2011**

President Thor opened our meeting by us reciting the Pledge of Allegiance along with the singing of the three National Anthems.

There were 46 members present. The lodge welcomed 20 guests. We are always pleased to have guests join us.

Thor announced that is time to turn in our stamps for Tubfrim. He also reminded us to make a donation to the foundation boxes on our tables.

The slate of nominated officers was presented. No additional nominations were made. The officers were elected by the members present and will be installed at the January meeting.

Officers elected for 2012 are listed on page 2.

The incoming president will appoint the remaining officers that are needed.

The next board meeting will be held November 21<sup>st</sup> at 1PM at Shepherd of the Valley Lutheran Church.

Our December meeting will be our Christmas program. Remember to bring some items for Latimer House.

Members also remember to bring some HOMEMADE SCANDINAVIAN treats to be sold at the meeting.

A reminder to us all to attend the Scandinavian Dinner at S O V on Saturday January 28<sup>th</sup>.

Joyce Theyson gave us a report on the book donation program that we are doing at Rocky Mountain elementary school. She also requested volunteers to go read to the children at the school. Call Joyce if you can do that.

Ron Thoreson reminded us of the Barmeløpet to be held up on Grand Mesa on March 3<sup>rd</sup> 2012. Members are encouraged to attend and support this great activity.

The 50/50 drawing was won by Carol Morford a new member. The lucky member attendee award was won by Ron Thoreson.



**Vestafjell Veterans**

Marge Sehler presented and honored all members and guests that are veterans. Vestafjell did not participate in the Grand Junction Veterans Day parade this year due to inclement weather.

The Thanksgiving Dinner was awesome again this year and enjoyed by all attendees.

*Respectfully submitted, Carol Selfors, Co-Secretary*

### **Vestafjell Board Meeting November 21, 2011**

Members present were Duane & Annette Helgelien, Cecil & Mary Ann Tapey, Thor & Twyla Grosword, Wayne & Carol Selfors, Janice Hogue, Marge Sehler, and Gladys Beals.

The board reviewed plans for the January, February and March meetings. We also finalized plans for the December meeting.

The budget for 2012 needs to be planned soon. Wayne requested that he do the newsletter every 3 months. The board agreed.

Thor made the motion and Carol seconded that we make a donation to Grand Mesa Nordic Council and the motion was passed by the board members.

There was discussion about reviving the cooking and genealogy groups.

The treasurer's report was reviewed by the board members.

We agreed that we will plan some meetings in 2012 to be held in Montrose and Cory.

*Respectfully submitted, Carol Selfors Co-Secretary*

### **Vestafjell Lodge Meeting December 11, 2011**

The meeting was opened with the Pledge of Allegiance and the three national anthems; 43 members were present as well as 3 visitors from the eastern slope. Ten guests attended and we were pleased to have them join us.



### ***Christmas tree with Latimer House gifts***

The room was decorated for Christmas with a Christmas tree encircled with lots of gifts donated by our members to be given to Latimer House.

Thor reminded us to all attend the Scandinavian Smorgasbord to be held at Shepherd of the Valley Lutheran church on January 28, 2012 (see notice on front page.) Also a reminder of the Zone 8 workshop to be held on January 7<sup>th</sup> in Denver at Trollheim Lodge at 0930 am

We have had seven new members join our lodge this past year. Welcome to you all.



### ***2012 Vestafjell Officers***

Lyle Berge, District 6 President, was present at our meeting and installed the new officers for 2012. After installation, Bud Smock, our new president took over the meeting.

An awesome Christmas meal of ham provided by the lodge was served and thoroughly enjoyed by us all.

The 50/50 drawing was won by Carol Selfors and the Lucky Member of the Month was won by Twyla Grosword

The Vestafjell Uffda musicians entertained us with music, group singing, dancing about the Christmas Tree and sing along with the attendees.

Vestafjell vests were awarded to Past President Thor Grosword and to Lyle Berge, District 6 President for their service and all the assistance they have provided to Vestafjell Lodge.



***2011 Pres. Thor, 2012 Pres. Bud & Dist. 6 Pres. Lyle***

Members contributed many types of homemade Christmas cookies and other treats to our Christmas bake sale. These items were eagerly purchased by members and guests, making this bake sale a successful fund raiser for the lodge.



***Janet, Joyce and Trudy managing "goodies" sale table  
Respectfully submitted Carol Selfors, Co-Secretary.***

### **Vestafjell Board Meeting December 19, 2011**

The December board meeting was attended by Elaine, Barb (acting for President), Wayne, Annie, Gladys, Thor, Twyla, Janice. Barb filled in for Bud Smock who was in the hospital.

The treasurer's report was reviewed and accepted. It was decided to make a donation to the Salvation Army after a collection is taken in January. It will be the amount collected, rounded up, and matched for them by a grant.

2012 calendars are still available.

More than 60 donated presents from the Christmas meeting were delivered to the Latimer House by Elaine Nelson. Also, the Homeward Bound shelter was glad to have the remainder of our baked ham.

There was discussion on volunteer hours. People need to report them to Elaine.

Officer information for 2012 was sent to National by Carol and Wayne Selfors.

It was noted that any pictures that someone wants to submit for newsletter use should be emailed to the editor.

We need to get our membership committee established and working on contacting guests as follow-up.

Newsletter topic guidelines were reviewed, specifically with regard to articles needing to pertain to our lodge, Norway, or the SON.

Next meeting board meeting will be January 16. All are welcome.

*Respectfully submitted by Janice Hogue, Co-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	Lydia Knutson	2
Cecil Tapey	4	Amy Martinson	5
Elaine Nelson	14	Anita Seitz	24
Lionel "Bud" Smock	25	Robert Brooks	27

#### February

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

#### March

Daniel Roth	12	Christian Tessem	15
Tyson Clawson	25	Jenifer Oien	28
Ramy Andersen	31		

## Editor's note

Thanks to Annette Helgelien for the pictures and Ron Thoreson for the Barneløpet article.

If you have a change of address, phone number and/or email address please notify Wayne Selfors since the Membership Secretary will be gone for the next few months. The name, address, phone number and email address is on the next page.

The articles of Cleng Peerson and Ivar Aasen were obtained from the SON website newsletter files.

*Wayne & Carol Selfors*

## VESTAFJELL VANDRER

The official newsletter of Sons of Norway

Vestafjell Lodge 6-146

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