



# Vestafjell VANDRER



Vestafjell Lodge 6-146  
Western Slope of Colorado

June ~ July ~ August 2010

Sons of Norway  
Vol. 21 No. 3

## Vestafjell Calendar

**June 12, 1PM.** Vestafjell lodge 20<sup>th</sup> anniversary celebration. Covenant Presbyterian Church, 237 32 Road, Grand Junction, CO. Membership pins will be awarded. See article next page for details

**June 17, 7PM.** Board meeting at Gladys Beals home, 2953 Bonito Lane, Grand Junction, CO.

**June 24, 9AM.** Ladies Breakfast, men at their own table, Starvin' Arvin's, Clifton, CO.

### **No lodge meetings in July.**

**August 8, 2PM.** "Viking Day" Lodge picnic at Hawthorne Park, at 5th St. & Gunnison Ave., Grand Junction, CO. Tom Sorensen with Viking history, trivia, games, prizes, costumes and fun. The Lodge picnic is a member appreciation event, with all food provided by the lodge. Helpers are needed for cooking and serving and cleanup. Please call Arvid 260-4018 or Barb 245-5649 to volunteer.

**August 19, 7PM.** Board Meeting Location to be determined

**August 26, 9AM.** Ladies Breakfast, men at their own table, Starvin' Arvin's, Clifton, CO.

**September 12, 2PM.** Lodge Meeting at Zion Lutheran Church, 701 South Junction Avenue in Montrose. Election of Nominating Committee. Lunch will be an old fashion potluck. Peaches and ice cream provided by the lodge. Program – The *Vasa Story*.

**October 10, 2PM.** Lodge Meeting Shepherd of the Valley Lutheran Church, Clifton. Torsk and Meatball dinner. Baked Cod, side dishes and desert. Start your Christmas shopping at our annual silent Auction. Program TBD.

*Vestafjell Lodge  
20<sup>th</sup> Anniversary Dinner*

*Saturday, 1 PM*

*June 12, 2010*

*Covenant Presbyterian Church*

*237 32 Road*

*Grand Junction, CO.*



## **Vestafjell 20<sup>th</sup> Anniversary**

### **HEY! TIME TO RSVP!**

Please call Gladys Beals at 241-6930. She needs to know who is coming, and how each of you would like your roast beef done. **Medium Rare, Medium, or Medium Well.**

You are welcome to come at 1PM for appetizers and beverages outside under canopies, then be ready for the program to start at 2PM.

This is a great opportunity to socialize and enjoy the afternoon, as well as a really good beef dinner with all the trimmings. We are hoping to see you !

*Barb Firth*

# Fra presidenten

Twenty years !!! June 12th at the Covenant Presbyterian Church is the time and place for the celebration of our 20th anniversary. Come and enjoy a fine meal and join in on the fun and fellowship.

We have had our first highway cleanup at our new location. It is flat, no steep hillsides, slower traffic and closer to town and easier to do. We do need more people to help. You can help with a hundred feet, a hundred yards or a mile or two.

The Colorado Department of Transportation provides orange safety vests and orange trash bags for us to fill. We are part of the volunteers who help keep Colorado highways clean. So please come out and join us.

*Thor*



## A Note of Thanks

My sincere thanks to the Lodge and it's members who sent me condolences following the death of Margaret.

*Marvin Anderson*

## Membership pins

This is a list of people that are to receive membership pins at the anniversary meeting.

### 5 year

Randy Gregory

Larry Hurst

Eulalia Skinner

Annette Helgelien

Duane Helgelien

### 10 year

Gladys Beals

Twyla Grosword

Alison Koppang

Bud Smock

Mary Ann Tapey

Jo Ann Trudell

Amy Martinson

Frank Bietz

### 20 year

Florence Jacobson

Hal Jacobson

Edie Klitzke

Arvid Koppang

Phyllis Larsen

John Oien

Darlene Overby

Dwayne Overby

Glenice Overby

Sandy Tessem

Ron Thoreson

Sallie Thoreson

Arletta Van Tassel

### 15 year

Tony Kovacic

### 20 year

Connie Gustad

Gus Gustad

Lucille Hintz

Lillie Huwe

Lyle Huwe

### 30 year

Thor Grosword

### 35 year

Richard Hall

### 50 year

Winnie Perry

### 70 year

Chris Tessem

## Estes Park Scandinavian Midsummer Festival June 26-27, 2010

Estes Park is gearing up to celebrate their annual Scandinavian Midsummer Festival, which will take place Saturday June 26 and Sunday June 27, from 9:30 am to 5 pm Saturday, and 9:30 to 4 pm on Sunday. It is being held downtown at Bond Park, located at the intersection of E. Elkhorn (Rt. 36) and MacGregor.

Scandinavian Midsummer is a colorful festive event of light, flowers, food, music, and dance, which has its roots in the celebration of the summer solstice, the longest day of the year. Midsummer festivities center around the Maypole, a 20 foot tall pole decorated with live flowers and ribbons. Dancers and musicians encircle the pole with lively music and dancing. In Scandinavia, the revelry continues well into the sunny night.

The festivities begin around 9:30 am Saturday with the raising of the Maypole, followed at 10 am by a Grand March entrance. Costumed representatives from each of the Scandinavian countries enter the park carrying their national flag, and present it to the accompaniment of the national anthem of that country. Dancing and live music continue throughout the day. There are colorful dance performances, and attendees also have the opportunity to learn some simple Scandinavian dances taught by the Foresman family. The Lindsborg Folkdanslag, Norwegian Society of Texas Leikarringen, Decorah Nordic Dancers, and Muggy's Uff-Da Band are scheduled performers. Leslie Remmert Soich and Ron Tomocik will lead the opening ceremonies. Ron is our wandering accordion minstrel at the festival.

The Fjellborg Viking Re-enactors are coming back

with their recreated tent village, and museum quality reproductions of chests, tools, carvings, weapons and armor. They will be demonstrating various Viking craft and combat skills.

At 10AM Sunday morning there will be a short church service at the park, with musical accompaniment by several of the festival performers, followed immediately by more music and dancing.

The park is filled with vendors selling Scandinavian food, baked goods, decorations, and crafts of all kinds. The Vesterheim Lodge Demonstration Tent will have a combination of workshops and/or demonstrations in wood-carving, hardangar and bondesom embroidery, spinning, weaving, Icelandic lace knitting, and a children's knitting lesson. There will be Rosemaling and Dalamaling painters who will be showing their woodenwares. Rosemaling is the traditional folk painting of Norway, and Dalamaling of Sweden. Finnish folk painting can be seen at the Finlandia booth.

Items donated by local merchants and vendors are auctioned off at the silent auction booth. Icelandair is again donating round-trip tickets for two for our raffle.

For more information, a schedule of events, or photos, visit [www.estesmidsummer.com](http://www.estesmidsummer.com).

*Submitted by Cathy Allen, Festival Director  
303-449-9596*

## ADOPT A SCHOOL PROGRAM

Thanks to those who have donated books to be delivered to Rocky Mountain Elementary. In December I took over 35 books to the school for the first grade classes and April, I took over 35 books for the second grade classes.



Some of the books have been donated by members and I have also been purchasing books from Scholastic News a wonderful source for school reading material. I will bring books to the school once in the fall and once in the spring.

Thanks to the editor for printing stickers to put on the books with our lodge name and logo.

Those of you who "yard sale", please keep on looking for books geared for all grades as this is a continuing project.

I am hoping for some acknowledgment for the lodge

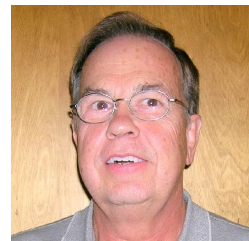
from the classes, but we have not heard anything to date, however, I do know they appreciate receiving the books for their classrooms.

*Joyce Theyson, Adopt-a-School Coordinator*

## Sons of Norway Insurance

### RETIREMENT

Planning for retirement or planning in retirement from a financial perspective is completely different than it was a generation ago. A financial check-up includes discussion regarding but not limited to the following:



- Long Term Care
- Tax Planning
- Preserving Legacy
- Probate Issues

The best time to discuss these issues is now before a life changing health or financial event limits your options. I suggest including adult children in the planning process as a way to approach these sensitive issues and help parents have the best quality of life while preserving a legacy for the future.

Sons of Norway was founded to provide financial security to its members. To discuss these options I can be reached at the following:

*LaRue Hanson*

*2523 Shalimar Dr.*

*Colorado Springs, CO 80915*

*E-mail lhanson1@msn.com*

*Office phone 719-599-8546*

*Cell phone 719-237-7314*

## Vestafjell Lodge Meeting Minutes April 11, 2010

The April meeting was held at Covenant Presbyterian Church in Grand Junction and was called to order by President, Thor Grosword. In attendance were 40 members and five guests.

After the Pledge of Allegiance and the anthems, Thor introduced our guests and announced the upcoming Genealogy Fair, which will be held at the Church of Jesus Christ of Latter Day Saints at 2881 Orchard Avenue in Grand Junction on Saturday, April 17 from 8AM to 5PM. Thor also reminded us about the Highway Pickup on April 17 at 9AM. We will meet at the City Market parking lot next to the bank in Orchard

Mesa and pick up litter from Mile Marker 36 to 38.

Thor read us a letter of thanks for our contribution from Marion Elmquist, President of Ski for Light, who also reminded us that their annual event will be held at Snow Mountain Ranch in Granby, Colorado.

Barbara Firth reminded us about our upcoming 20th Anniversary party on June 12 to be held at the Covenant Presbyterian Church in Grand Junction at 2PM. She said that we are in need of two Canopy covers for registration and appetizers which will be held outside the church. Please contact her by phone if you are able to help with this.

LaRue Hanson, our Insurance Representative, advised us that he is available to help us with any questions we may have regarding insurance.

After the announcements, Ron Thoreson, our Sports Director, presented Winnie Perry with a sports medal for dancing.

We said our Table Prayer, Jesu Namn, and enjoyed a wonderful feast of hot and cold foods and desserts. Thanks to all who contributed.

After our banquet, Bud Smock delighted us with pictures of his trip to Norway with his family. Bud's program was really informative. Thank you Bud.

Thor reminded us that our next board meeting will be on April 15 hosted by Duane and Annette Helgelien at 7 PM. The meeting was adjourned at 4:30PM.

*Respectfully Submitted, Jeanine Djos, Co-Secretary*

### **Vestafjell Board Meeting Minutes April 15, 2010**

The April board meeting was held at the home of Duane & Annette Helgelien in Fruita, CO. Members present were Thor & Twyla Grosword, Duane & Annette Helgelien, Gladys Beals, Cecil & Mary Ann Tapey, Barbara Firth, Annie Haugen, Wayne & Carol Selfors. The Lodge meeting programs for May, June, and August were discussed. Food for the May meeting will be an old fashioned pot luck with no assignments. The Viking Day Picnic in August to be held at Hawthorne Park is a member appreciation event with all food provided by the lodge.

The September meeting is planned to be held in Montrose and Ron Thoreson is in-charge of the program.

The Adopt-a-Highway cleanup will be held April 17,

weather permitting.

The lodge financial report was reviewed with no corrections or additions.

The Vestafjell 20<sup>th</sup> anniversary party plans were reviewed. The invitations are ready for mailing. Some tables will be setup outside of the church to leave more room inside for tables, etc.. Four members will be flag bearers. Membership pins will be ordered to distribute at the meeting.

Meeting was adjourned at 8:30 PM.

*Respectfully Submitted, Carol Selfors, Co-Secretary*

### **Vestafjell Lodge Meeting Minutes**

**May 17, 2010**

The meeting was held at Covenant Presbyterian Church in Grand Junction. In attendance were thirty-eight members and three guests. After the Pledge of allegiance and the Anthems, President Thor Grosword welcomed our guests, former members Morris and Lorraine Thompson and Harriet Smock.

Thor thanked all who helped in our highway cleanup at its new location near City Market. He also read a sensitive letter from Marvin Anderson on the death and loss of his wife, Margaret. Adopt-a-School and Labels Coordinator, Joyce Theyson, read a letter of thanks from the Second Grade Teachers of Rocky Mountain Elementary for our book contributions to their classrooms. Thor also relayed a message from our Insurance Representative, LaRue Hanson, who sent his best and wished us a great Syttende Mai.

After our Norwegian Table Prayer, Jesu Namn, we enjoyed a delicious potluck luncheon provided by members of the lodge. Thanks to all for the great food. Next, we were honored with an inspiring movie on the Heroes of Telemark, which was provided by Jan and Anne Gullicksen.

Following the program, Barbara Firth reminded all present to make their registrations for the June 12th twentieth anniversary dinner by June 5th. Please contact Gladys Beals if you would like to attend.

Jan Gullicksen shared his experiences of Syttende Mai in his native Norway as a child. Marge Sehler, Cultural Director, enlisted lodge members to read and inform us about Constitution Day (May 17, Syttende Mai) in Norway. Annie Haugen created a pseudo

children's parade with members waving flags and making joyous sounds of celebration. Marge also gave us a language lesson. Thanks to our Cultural Directors.

Cecil Tapey, Music Director, led us in singing Happy Birthday to all celebrants in May. We learned a new Norwegian song we will sing at our anniversary party.

The brag-a-bucks came flying in, with Carol Selfors reminding us her husband, Wayne (who turned red), was born on Syttende Mai and then married a part-Swedish bride whose birthday was June 7, Norway's Independence Day. Barb Firth bragged about a granddaughter graduating from university, Fred and Ramy Andersen showed off their much slimmer shapes, Marge Sehler bragged about her daughter-in-law becoming a US citizen, the Djoses bragged about their eldest granddaughter graduating in 3 years from UNC, and, finally, the Oien's daughter-in-law will be receiving her doctor of pharmacy later this month.

Thor adjourned the meeting with a reminder that the next board meeting will be held at the Selfors home on May 20th at 7:00pm.

*Respectfully submitted, Jeanine Djos, Secretary*

### **Vestafjell Board Meeting Minutes May 20, 2010**

Attendees were Thor & Twyla Grosword, Cecil & Mary Ann Tapey, Barb Firth, Winnie Perry, Gladys Beals and Wayne & Carol Selfors.

Most of the meeting was a review of plans for the 20<sup>th</sup> Anniversary celebration. Most of the plans are now in place. We do need a 5' or 6' long sturdy table. Cecil announced that a man from Trollheim Lodge is bringing 5 or 6 members to lead us in group singing. So far we only have 41 reservations for the party. The reservations need to be in as requested as the church needs to plan the amount of food needed.

Don Singlestad donated a book to our library that he wrote about his WWII experiences.

The anniversary party will be the June lodge meeting.

There will not be a lodge or board meeting and ladies breakfast in July.

The August lodge meeting will be the annual "Viking Day" picnic at Hawthorne Park. Food and refreshments will be provided by the lodge. Barb Firth and Arvid Koppang are in-charge of arrangements.

The September lodge meeting will be held at the Zion Lutheran Church in Montrose.

The board gave the editor permission to have this newsletter to cover June, July and August. The next newsletter will be mailed in late August for September and October.

The meeting was adjourned at 9PM.  
*Respectfully submitted, Carol Selfors, Co-Secretary*

### **St. Hansaften Day**

St. Hans' Day and St. Hans' Eve are two holidays in June that are celebrated in Norway and the other Nordic countries. Saint Hans' Day, or Jonsok, is celebrated on June 24th and is a religious holiday commemorating the birth of St. John the Baptist – the name "St. Hans" comes from his Danish name. St. Hans' Eve is celebrated the night before, and is marked with bonfires and parties.

Despite its religious roots, St. Hans' Eve is really just a good old fashioned midsummer festival. This type of celebration is older than Christianity, and the occasion has traditionally involved games, dancing and drinking.

In many places bonfires play a central role on St. Hans' Eve, and many Norwegians practice the custom of burning paper witches. This tradition was originally a heathen practice. According to old folk beliefs, witches were especially active on St. Hans' Eve. They might, for example, be out to collect ingredients for their witch's brew, or making their way to covens at Troms Church in Northern Norway. Therefore, people set bonfires, believing the flames would keep the witches away.

*Adapted from SON web site*

**For Sons of Norway – Vestafjell Lodge  
membership or information contact:**

**Mary Ann – (970) 263-9414**

**or**

**Arvid – (970) 260-4018**

**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****June**

Mariah Andrews  
 Connie Gustad  
 Carol Selfors  
 James Fosburgh  
 Jan Mattson  
 Kieth Gunter  
 Ruth Leaneagh  
 Jeanine Djos  
 Kathryn Braukhoff  
 Elaine Rydiger  
 Gus Gustad

6/2  
 6/3  
 6/7  
 6/10  
 6/14  
 6/15  
 6/16  
 6/19  
 6/20  
 6/25  
 6/30

**July**

Jan Gulliksen  
 Katlyn Klene  
 Randy Gregory  
 Marion Rhodes  
 Frank Bietz  
 Gene Carpenter  
 Rolf Hermanson

7/8  
 7/9  
 7/11  
 7/19  
 7/27  
 7/27  
 7/30

**August**

Erika Lise Andersen  
 John Olson  
 Jo Ann Trudell  
 Fred Andersen  
 Tony Kovacic  
 Glenice Overby  
 Lucille Hintz

8/2  
 8/5  
 8/5  
 8/6  
 8/11  
 8/14  
 8/17

Trudy Carpenter  
 Phillis Bowers  
 Pearl Kovacic  
 Jace Carpenter  
 Winsome Perry  
 Dwaine Overby

8/19  
 8/21  
 8/22  
 8/24  
 8/24  
 8/28

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The official newsletter of Sons of Norway

Vestafjell Lodge 6-146

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[www.vestafjellodge.org](http://www.vestafjellodge.org)

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