



# Vestafjell VANDRER



Vestafjell Lodge 6-146  
Western Slope of Colorado

March ~ April 2011

Sons of Norway  
Vol. 22 No. 2

## Vestafjell Calendar

**March 5, 10AM.** 9<sup>th</sup> 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 Norsky Chef Arvid Koppang. Program is a video of a Hurtigruten cruise of a Norwegian Coastal Voyage.

*Note: March 13 is the beginning of Daylight Saving Time.*

**March 21, 1PM.** Board meeting at the Shepherd of the Valley Lutheran Church.

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

**April 10, 2PM.** Lodge meeting at the **Montrose Zion Lutheran Church**, 701 South Junction Avenue. Program will be about Viking music presented by Rorik the Viking and his family. Main dishes and salads (A-L), fruit and other desserts (M-Z).

**April 18, 1PM.** Board meeting at the home of Wayne and Carol Selfors, 2309 South Rim Drive.

**April 28, 9AM.** Ladies Breakfast, men at their own table, Starvin' Arvin's, 3247 F Road, Clifton, CO.

**May 8. Mother's Day.** Lodge meeting will be held next week so Mother's can be visited and treated special.

**May 15, 2PM.** Lodge meeting at **Cory Lutheran Church** in Cory, CO. Food served - koldtbord small or open faced sandwiches (M-Z), fruit or other desserts (A-M). Program: Brandy Ferganchick will introduce us to her Norwegian Fjord horses.

**May 23, 1PM.** Board meeting. Location TBD.

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



## St. Patrick's Day

### Corned Beef & Cabbage Dinner

**March 13, 2011**

**2 PM**

**Shepherd of the Valley**

**Lutheran Church**

**3133 F Road**

**Grand Junction, CO**

**\$8.00 adults**

**Children free under 18**



## Fra presidenten

The February meeting on the 13<sup>th</sup> featured our annual Valentines dessert auction. There were about 35 desserts to be purchased by our members and guests. Bud Smock and Keith Williams were the auctioneers and kept it lively. Thanks to all who provided the desserts and to all who participated in the auction. The program was a short slide show about last years Barneløpet and an enjoyable movie about the King's Shirts during WWII.

Remember that the Barneløpet is March 5th at the Skyway Nordic Center on Grand Mesa. Come and cheer for the racers. It is a fun time for all. More about this in this newsletter.

The March meeting on the 13th, is the Corned Beef Dinner with an interesting program about a "Norwegian Coastal Voyage" on a Hurtigruten cruise ship.

April's meeting will be in Montrose at the Zion Lutheran Church and in May we will be in Cory with the Fjord Horses.

*Thor Grosword, President, Vestafjell Lodge*

## Har Du Hort

Did you see the Member Profile of Chris Tessem in the *January* issue of the *Viking* magazine on page 37? Isn't it wonderful to have a 70 year member of SON to be inter-nationally recognized? **Congratulations Chris!** It is a very good article written and submitted by Annette Helgelien.

Also, did you notice the Vestafjell item in the *February* issue of the *Viking* magazine on page 43? There is a picture of Emma Andersen and the Fjord horse named *Lena*. Thanks to the Andersen's and especially Emma!

## Barneløpet 2011

### Annual Kids Race Day at Skyway

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.

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 (970-241-7467) on the Grand Junction side, or Twyla Grosword (970-249-8691) on the Montrose side.

Detailed summary is in the information box.

Let's go to Skyway!!

*Submitted by Ron Thoreson, Sports Director*

## 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

## Ski for Light and our magnificent Zone 8 members!!!

I can't tell you how many times I heard "the Sons of Norway people are amazing" (or any number of complimentary adjectives!) from Sunday Jan 30 through Sunday Feb 6, from the participants in the 2011 Ski For Light event at Snow Mountain Ranch (SMR), Grand County, CO! There were approximately 280 participants at this year's event, and our SON efforts were to assist their DIA arrival and departure, their SMR arrival, Norway Day, and race day. We had 50 members from 6 of our 7 Colorado lodges (the 7<sup>th</sup> lodge being on Colorado's Western Slope) volunteer to help however they could throughout this week.

*Crystal Sundet, District 6, Zone 8 Director*

(ED. Note: In support of the *Ski for Light*, Vestafjell did contribute \$100).

## Recruit to Win in 2011!

This year, when you recruit new, dues-paying members you are entering yourself into the 2011 Norwegian Experience Recruitment Contest,

courtesy of Borton Overseas and Sons of Norway. The prize, which will be awarded in January of 2012, is a free trip of a lifetime for the winner and one guest that includes airfare, meals, exclusive travel opportunities and upscale accommodations!

To enter this year's Norwegian Experience Recruitment Contest all you have to do is recruit one new, dues-paying member and make sure your name is listed in the "Referred By" field. It's as easy as that! Entries are taken from members recruited between January 1st and December 31st, 2011. Also, remember that you can enter as many times as you recruit throughout the year, which increases your chances of winning!

To learn more about the contest or its rules, contact Sons of Norway at 800-945-8851.

*SON website newsletter files.*

## The Heroic Birkebeiners



### *Birkebeinerne*

Painting by [Knud Bergslien](#), 1869

Downloaded from [Wikipedia.org](#)

We can only imagine what that danger fraught ski of Torstein and Skervald must have been like. We know that the storm continued unabated for three long days. During that time Skervald was breaking trail while his comrade, bearing the young Prince, followed. It was Skervald in the lead that also luckily happened on the roof tip of a barn, near the mountain summit, that was completely buried in snow. They dug down to the door,

and were able to build a life sustaining fire once inside, though they and the small boy had only snow to eat. The pressure of the pursuing Baglers was always behind them, and concern for the health of the child urged them onward, through treacherous forest and pass, until they reached the far side of the mountains. Down into the valley they skied, reaching Nidaros, where the Birkebeiner chieftains welcomed them. They had reached their goal. They had carried a young child through a winter storm from hostile territory to safety, and so had saved a future King from certain death at the hands of the Baglers.

The almost impossible ski of the Birkebeiners in 1206 may have been a minor footnote in Norwegian history were it not for the long tradition of participating in, and supporting, outdoor sports, especially cross-country skiing, by its vigorous people. Today, the historic event of the rescue of Haakon Haakonson is honored in Norway by three annual sporting events. The best known, and the oldest of these, is the *Birkebeinerrennet*, a cross-country ski race of 55 kilometers that was established in 1922. There is also a run (Birkebeinerlopet), and a mountain bike race (Birkebeinerrittet). A common requirement of the bike and ski events is for the participants to carry a heavy backpack, weighing 8-kilos, as a remembrance of the child, in age around 18 months, that the Birkebeiners had to carry on their challenging journey. The bike and ski events start at Rena, and all three events finish at Lillehammer. In the United States, the American Birkebeiner is a 51-kilometer ski race patterned after the Norwegian event that is run between Cable and Hayward, Wisconsin and founded by Tony Wise in 1973. There are also sister skiing events in Edmonton, Canada and in Falls Creek, Australia.

And what of the young Prince Haakon Haakonson himself? He did ascend the throne in 1217, and so became Haakon IV. The young king would rule Norway until his death in 1263, some 46 years. During his reign, a final rebellion was put down in 1240, ending the civil wars, and he then led a united country for the next 23 years. Haakon brought Greenland and Iceland under Norwegian control and the years of his monarchy became known as the "Golden Age", a time of the greatest expansion and extent of Norwegian territory. Norway became an internationally respected kingdom under his rule and art and literature flourished in his capital, Bergen. He began elaborate stone architecture in Norway and his great hall, Haakonhallen, can still be seen in that beautiful coastal city. – *Part 3 of 3*  
*Submitted by Ron Thoreson, Sports Director*

## The Norwegian Language Council Registers New Words in 2010

With a relatively small population and a large English language influence, preserving and promoting the Norwegian language is a state priority for Norway. Sprakradet, the Norwegian Language Council, is the regulatory body of the Ministry of Culture that works to encourage the proper use of the Norwegian language, both bokmal and nynorsk, in every aspect of Norwegian society, to ensure the language's use in the future and making sure it never takes a backseat to English.

One of Sprakradet's many jobs is approving new additions to the Norwegian language. Every year they register, or introduce, new words. The selected words registered by Sprakradet often portray new trends or a phenomenon in Norwegian culture, current events, business or science. Sigfrid Tvitekkja, functioning director of the Norwegian Language Council, explained to *Aftenposten*, "New words can be a historical document. When new words are registered a type of profile is created of that year."

The past year's new words are a perfect example as they reflect Norway's 2010 experience. For example framsnakking (talking positively about someone behind their back) reflects a change in Norwegian culture as they tired of the concept of baksnakking (talking negatively about someone behind their back). Where askefast ("ash-stranded") was created after the eruption of Eyjafjallajökull, Iceland's volcano, which left many Norwegian travelers stranded.

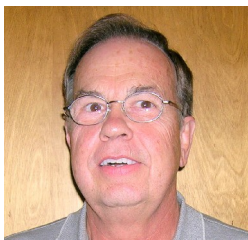
The new word apper ("apps" – down loadable applications for smart phones) shows the success of smart phones and the Norwegianization of the phenomenon.

The creation of new words makes Norwegian a unique and lively language with endless opportunities for expansion, giving Sprakradet a challenging task.

*SON website newsletter files.*

## Sons of Norway Insurance

Retirement plans are often among your largest assets. Unfortunately they are subject to some of the most complicated taxation; income taxes, premature distribution penalties, and estate taxes. Uncle Sam will one day get his piece of your retirement savings. This can lead to



IRA implosion. You can overcome this with some careful planning and help from your Sons of Norway Financial Benefits Counselor. The choice is yours, ultimately liquidate the IRA you have spent a lifetime building or let us help you with a plan to protect your wealth and give you control. Sons of Norway wants to help you be in charge of your financial dreams. It's not too late to add to your 2010 IRA!

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## Vestafjell Lodge Meeting Minutes January 9, 2011

The January meeting was held at the Shepherd of the Valley Lutheran Church. The meeting was opened by the pledge of allegiance and national anthems, 39 members, four guests and three visitors from Eastern Slope lodges attended our officer installation, Crystal Sundet, Zone 8 Director, Diane Molter, Zone 8 Youth Director, and Linda Ault. Crystal performed the installation of the 2011 Vestafjell officers. Rachel Sauer and Dean Humphrey from the Grand Junction Sentinel also attended the meeting. They were doing an article on GJ service organizations. Oivind Mathias Gitmark a Norwegian exchange student, who is attending high school in Delta, attended the meeting.



*2011 Vestafjell Officers*

Thor mentioned the Shepherd of the Valley (SOV) lutefisk dinner on January 29 and reminded us to make reservations. He also mentioned the next board meeting would be held January 20<sup>th</sup> at 7PM at SOV and the January 27<sup>th</sup> Ladies Breakfast at Starvin' Arvin's at 9AM.

The 9<sup>th</sup> annual Barneløpet on the Grand Mesa is just around the corner so get your donations lined up, as well try to attend and bring bell and other noise makers to cheer for the skiers.



Joyce Theyson, Trudy Carpenter, and Carol Selfors talked about their rosemailing class and brought some samples to show the lodge members.



Princess Aurora Borealis (Anne Haugen) visited the lodge with her friend Oivind to invite us to the Winter Festival in Tromso.

Marge Sehler had a language lesson to say Happy New Year in Norwegian.

Thanks to the cooks that made and brought the soups and chili's.

*Respectfully submitted, Carol Selfors, Secretary.*

## **Vestafjell Board Meeting Minutes January 20, 2011**

The board meeting was held at Shepherd of the Valley church. Members present were Thor and Twyla Grosword, Bud Smock, Barb Firth, Marge Sehler, Mary Ann Tapey, Carol and Wayne Selfors.

The 2011 budget was reviewed; a motion was made and seconded that it be presented to the members.

Thor requested that we have a printed Treasurer's report on each table at every lodge meeting.

The annual lodge audit is in process.

A highway cleanup will be scheduled by Thor.

Elaine Nelson turned in volunteer hours to the board. The hours will be reported in the Lodge Achievement Report that will be sent to headquarters.

Goals of the lodge were discussed and it was decided to finalize them at the next meeting.

After some discussion, it was decided that future board meetings will be held during daytime hours.

The next board meeting will be February 28 at Shepherd of the Valley.

*Respectfully submitted, Carol Selfors, Secretary*

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

The annual "dessert auction" meeting/potluck held at Shepherd of the Valley, brought in two of our new members and several guests. Each of them was recognized.

It was noted that we have 18 member birthdays in February.

Ron Thoreson talked about the "Barneløpet" event coming up on March 5 at Skyway on the Mesa. This is the 9th year of the event. Members are asked to provide snacks (These can deliver to Florence Vuk or Twyla Grosword) All are encouraged to attend and bring enthusiasm.

Ramy Andersen received her 5 year pin.

The next board meeting will be February 28, 2pm, at SOV.

The next regular meeting will be our corned beef and cabbage dinner on March 13, 2pm, SOV.

The financial report was available for viewing.

Joyce Theyson talked about books and the adopted school program.

Following the potluck and auction, there was a program on language and a slide show on last year's "Barneløpet" and a short story "The King's Shirts"

*Respectfully submitted, Janice Houge, 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****March**

Phyllis Larsen	3/1	Garrett Gregory	3/4
Daniel Roth	3/12	Chris Tessem	3/15
Tyson Clawson	3/25	Jenifer Oien	3/28
Ramy Andersen	3/31		

**April**

Duane Helgelien	4/2	Jane Frafjord	4/6
Barbara Firth	4/9	Doris Wilson	4/18
Carl Scheevel	4/20	Sean Gustad	4/26
Margaret Sehler	4/27	Marvin Anderson	4/29
Keith Williams	4/30		

**VESTAFJELL VANDRER**

The official newsletter of Sons of Norway

Vestafjell Lodge 6-146

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