



Vestafjell VANDRER



Vestafjell Lodge 6-146
Western Slope of Colorado

October ~ November ~ December 2011

Sons of Norway
Vol. 22 No. 5



Vestafjell Calendar

October 9, 2PM. Annual Torsk and Meatball Dinner and Silent Auction at Shepherd of the Valley Lutheran Church, Grand Junction, CO. Lodge fund raiser. Please bring items to sell at the Auction. Celebrate Leif Erikson Day. Bring your friends.

October 15, 9AM. Adopt-a-highway cleanup. Highway 50 near City Market in Orchard Mesa. Park near Wells Fargo ATM

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.

November 5, 1PM. Grand Junction Veterans Parade. Gather at 1 PM at the R-5 School parking lot, located at 8th Street and Grand Avenue. Wear Scandinavian or Viking sweaters and/or Viking apparel, or red/white/blue clothes. We honor our veterans and celebrate our Viking Spirit with flags, costumes and fun. Everybody is welcome to walk or ride. Cars will be available for riders. The Ferganchick's from Eckert will again be bringing their wonderful Norwegian Fjord horses.

November 13, 2PM. Lodge meeting at the Shepherd of the Valley Lutheran Church, 3133 F Road, Grand Junction, CO. Election of officers. Traditional Thanksgiving dinner with turkey provided by the lodge. Generous side dishes by members A-L, desserts and fruit by members M-Z. Norwegian and Swedish calendars \$12 each. Program: *Traditional Story Telling* by Janice Hogue.

November 21, 1PM. Board meeting at Shepherd of the Valley Lutheran Church, Grand Junction.

December 11, 2PM. Traditional Christmas dinner with meat provided by the lodge. Generous side dishes M-Z, desserts A-L. Sale of Christmas cookies baked by members. Bring a clothing item and/or toy to be donated to Latimer House. Norwegian and Swedish calendars \$12 each.

December 19, 1PM. Board meeting at Shepherd of the Valley Lutheran Church.

January 8, 2012, 2PM. Lodge meeting at Shepherd of the Valley Lutheran Church. Food: Pots of soup and chili for lunch. Members A-L breads, crackers, cheeses, veggies to go with soups, members M-Z fruit and desserts. Zone Director Crystal Sundet has been invited for lodge Officer installation. Program: To be determined.

January, 2012. Zone 8 Leadership workshop. Location, date, and time will be announced later,

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 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.



Cool weather and lots of color in the mountains remind us that fall is here and with fall comes the annual Torsk and meatball dinner and the silent auction. Please bring items for the auction and bid high and bid often. This is a fun time and an excellent dinner will be provided by Arvid Koppang and his helpers.

The next highway cleanup will be Saturday October 15th. We meet at 9:00AM at the City Market on US 50, park near the Wells Fargo ATM. We need your help, it is good exercise and helps our community.

The election of officers for the next year will be at the November meeting. The nominating committee is working to get a full slate of officers and there will be nominations from the floor. The lodge always needs new people with new ideas to keep the lodge progressing. We will have a report from the nominating committee at the October meeting.

Thor Groswold, President Vestafjell

Sons of Norway Insurance

Giving to Charity

Many of you are regular givers. You give to the church, a favorite foundation, your alma mater and other places. What happens when you die? Will the giving stop? It doesn't have to.



If you have an IRA or other retirement plan you know it is taxed as income when you withdraw from it. Many prudent savers find they don't need this money and plan to leave it to the kids. Did you know this can be a costly mistake? The kids may be taxed at a higher rate than you are and your hard earned IRA can shrink up to 60%. Using the IRA for charitable purposes can eliminate taxes on this money all together.

But what about the kids? Using a portion of that IRA money to purchase a life insurance contract on yourself

can produce a generous, income-tax free inheritance to the kids and your favorite charity gets a nice bequest from your estate at the same time.

This is a win-win situation.

To find out more about charitable planning call your Sons of Norway Financial Benefits Counselor today, for a *FREE* consultation to see if you are maximizing your options.

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Vestafjell Annual Lodge Picnic Hawthorne Park, Grand Junction August 21, 2011

Just offer Norwegians great food and a Viking experience, and they will come!

Nearly 65 members and guests enjoyed the major efforts of Arvid and his BIG crew at the grill, followed by lots of time for socializing.



Arvid, chief cook



Helpers - Thor, Larry, Wayne

We learned the basic tools and other items of daily life as a Viking from Egil and Rorik, and Anna described how 'reading the runes' helped Vikings to make life's decisions.



Anna explaining runes



Egil helping with a craft

Of course there was a 'challenge' with prizes for the team with the best memory and the most accurate ax thrower!



Ron throwing the Ax



Rorik - explaining items on the table



Winners of Viking history challenge

Many folks took advantage of the supply of Norway and Sweden calendars. We reordered and will have calendars at all meetings this fall.

Respectfully submitted, Barb Firth, Acting Secretary

Vestafjell Board Meeting Minutes August 16, 2011

Members present were Thor Groswold, Barbara Firth, Duane and Annette Helgelien, Arvid Koppang, Annie Haugen, Gladys Beals, Carol and Wayne Selfors.

Barbara reviewed all the picnic plans with the board.

The board approved donations to the Sons of Norway in Minot, ND for the flood victims and the Zone 8 banner.

Plans were finalized for the September, October, and November meetings as far as food is concerned.

Gladys reviewed the Treasurer's report with the board.

The board reviewed the cost of calendars and decided to charge \$12 again this year for a lodge fund raiser.

Respectfully submitted, Carol Selfors, Secretary

Vestafjell Lodge Minutes September 11, 2011

The September meeting was held at Zion Lutheran Church in Montrose, and called to order by President, Thor Groswold. Fourteen members attended along with guests, Wayne Quade, Liv Persson, Edy Gregory, and Jean Nannestad, all of Montrose.

The 10th anniversary of the terrorist attacks on the USA in 2001 and the recent tragedy and loss of lives in Norway were recognized by readings by Thor during his opening remarks, followed by a moment of silence.

Members present were asked to offer to serve on the Nominating Committee. Gladys Beals, Marge Sehler, Elaine Nelson, and Barb Firth offered. A motion was made by Ron Thoreson, seconded by Steve Nannestad,

and approved by members present to elect those volunteers. Election of officers for 2012 will be held at the November meeting.

Marge Sehler presented a tribute of remembrance followed by the singing of 'God Bless America'.

Following a nice potluck lunch, 9 members told us a bit about their 'old' item, a wide range from cabinet-making hand tools to tating, old photos to tine box.

One of our guests, Wayne Quade, told of his recent trip to Norway and Sweden, with tales of an International Boy Scout Jamboree, and hiking with his backpack through the beautiful countryside.

Announcements were made about the upcoming board meeting and our Annual Torsk and Meatball Dinner on October 9, with Silent Auction. Members are reminded to donate items for the auction and bring friends to enjoy the wide variety of items on display.

Respectfully submitted, Barb Firth, Acting Secretary

Vestafjell Board Meeting Minutes September 19, 2011

The meeting was called to order at 1 pm at Shepherd of the Valley Lutheran Church, Grand Junction, by President Thor Groswold. Also attending were Twyla Groswold, Bud Smock, Gladys Beals, Annette and Duane Helgelien, Cecil and Mary Ann Tapey, and Elaine Nelson.

Details of the October meeting were finalized. Arvid has asked for kitchen helpers, Trudy Carpenter and Elaine Nelson will organize the Silent Auction.

Nominating committee has been making contacts, confirming officers and committee chairs who will continue. Several key positions remain open.

Other upcoming meeting details are falling into place.

Thor will schedule a Highway cleanup in October.

Elaine reported the Scrapbook/Historian Committee will meet in October.

The next board meeting will be at the same location on Monday, Oct. 17, all members are welcome.

Respectfully submitted, Elaine Nelson, Acting Secretary

Editors Note

The editors were out of town during the month of September, thus causing the lateness of the newsletter. The schedule is complete for the last three months of this year. Any new information will be relayed to you at the lodge meetings, via emails or calling tree.

Wayne and Carol Selfors

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**October**

Heidi Knuth	1	Eva Lemley	12
Larry Rydiger	14	Emma Rae Andersen	20

November

Robert Tenney	2	Peter Crow	9
Jerry Trudell	9	Halvor Jacobson	10
Arvid Koppang	13	Ronald Thoreson	14
Johnny Carpenter	17	Sandra Tessem	21
Mary Ann Tapey	27	Eulalia Skinner	28
Joyce Theyson	29		

VESTAFJELL VANDRER

The official newsletter of Sons of Norway

Vestafjell Lodge 6-146

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Vandrers newsletter is in color on the web site

VESTAFJELL LODGE 6-146**Return Mail Address:****2309 South Rim Drive****Grand Junction, Colorado 81507**

<p>Torsk and Meatball Dinner and Silent Auction October 9, 2011 at 2 PM Shepherd of the Valley Lutheran Church</p>

Clip Stamp for Tubfrim