



Vestafjell VANDRER



Vestafjell Lodge 6-146
Western Slope of Colorado

May ~ June ~ July 2011

Sons of Norway
Vol. 22 No. 3

Vestafjell Calendar

May 8. Mother's Day. Lodge meeting will be held next week so Mother's Day can be observed.

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

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

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

June 12, 2PM. Lodge meeting at Shepherd of the Valley Lutheran Church, Grand Junction. Cultural Skills Cooking demo of Open-Faced Sandwiches and Norwegian Waffles. You will make your own lunch! NO POTLUCK. Suggested donation: \$3. See the article on making open face sandwiches.

June 20, 1PM. Board meeting at Shepherd of the Valley Lutheran Church

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

July. No lodge or board meetings this month.

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

August 14, 2PM. Annual lodge picnic at Hawthorne Park in Grand Junction. Lodge will provide food and drinks. Program will be a Viking presentation by Tom Sorensen and Rorik.

In Memoriam



We at Vestafjell Lodge extend our most heartfelt sympathy and condolences to the family of Edith Klitzke on her death. Edie passed away March 23, 2011 at the age of 89. She was a charter member of Vestafjell Lodge.

All Saints Lutheran Church Lodge Meeting May 15, 2PM

Norwegian Fjord Horses come to Vestafjell!

Our May 15 meeting is a great opportunity to bring a guest or two to learn about these lovable horses. Brandy and Elmer Ferganchick breed and raise Fjords on their ranch in Eckert. Those of you who were at the Vet's Parade in Grand Junction last November saw and heard how these horses were received. Now the Fjords are coming to you!



Allow close to an hour for the drive from Grand Junction. These directions will make your drive easy!

In Delta go EAST on CO-92, 3.7 Miles to highway CO- 65

Turn LEFT onto CO-65.

Go 3.2 miles to All Saints Lutheran Church that will be on your left.

Fra presidenten

Our March meeting was the annual corned beef dinner put on by Arvid Koppang and his helpers, They did a fantastic job with several members saying it was the best ever. Many thanks, Arvid and all the helpers.

The April meeting was held in Montrose and featured Viking music and instruments by Rorik and Tom Sorensen. The instruments were made by Tom and Rorik and they told the history of the instruments, showed how they were played and sang some songs. A very interesting program.

This month was our highway pickup in Grand Junction. Nine members participated in cleaning

highway 50 from mile marker 34 to 36. The helpers were Barb Firth, Sally Thoreson, Elaine Nelson, Duane Helgelien, Wayne Selfors, Bud Smock, Janice Hogue, Twyla Grosword and me. We need more member participation. If we have 12 to help, each only has to do ½ mile and it is mostly flat ground. Come out and join the fun.

The May meeting will be at Cory and the program will be on Norwegian Fjord Horses. In June we are back at the Shepherd of the Valley Lutheran Church with a demonstration of Norwegian open faced sandwiches, then you make and enjoy your own creations.

Elaine Nelson is our new Historian and has a committee to work on the history books. Thanks, Elaine, for taking on this project.

Thor Grosword, President Vestafjell

Har Du Hort

Vestafjell member Frank Bietz is in VA nursing unit, room 143. He would like some visitors to chat with in person or calls on the phone. A phone number that you can reach him on is 970-216-8690.

Open Faced Sandwiches

Fresh open-faced sandwiches made to your liking! The smell of fresh Norwegian waffles in the air! What could be better? After the Sandwich Ladies inspire you, you will make your own lunch, followed by the best dessert, fresh made Norwegian waffles with all the trimmings. Bring a guest to the June 12 meeting to enjoy these treats. We suggest a donation of \$3 with proceeds to support our Adopt-a-School program.

Some examples of June 12th treats



Waffles with berries



Open-faced shrimp



Open-faced roast beef

Photos courtesy of Barbara Hessel, Trollheim Lodge, #110

Barneløpet 2011 Annual Kids Race Day at Skyway

A bit **chilly** around the edges, but we still had a lot of fun! Back on **March 5** we held our cross-country ski event for young people, ages 3 to 16. It was the **Western Slope Barneløpet Race Day** that we, as a great function of **Vestafjell Lodge**, organize each year for the first Saturday in March in a cooperative effort with the **Grand Mesa Nordic Council, District 6 and Zone 8**, as well as **Minneapolis Headquarters** of the **Sons of Norway**, also provide crucial, and much appreciated, material support for this wonderful day of intense, and always memorable, skiing in a truly exhilarating alpine setting. We hold the ski races at the **Skyway Nordic Area** up on the **Grand Mesa**, and the **March 2011** happening was our **Ninth Annual**.

Young skiers of all abilities look forward to Barneløpet **Day** each winter, and this year was certainly no exception. We had **40** eager kids on the “skinny boards” who challenged themselves, not only to the cold start to the day, but also to the lengths of the courses themselves. There are three distances from which skiers can choose, depending on ability, which we conveniently designate as **1, 2, and 5 Kilometer races**. These are fun, personal best races, and skiers try to beat their finishing position from last year, or complete a course for the first time. All cheerfully compete, and **everyone** finishes a **winner!** They receive an amazing, and very attractive **Barneløpet Medallion**, plus a small **Norwegian flag**, to commemorate their superb efforts. They also receive plenty of encouragement from the parents, coaches, and other adult “Vikings” gathered at the **Start** and **Finish** line through cheers, shouts, and the ringing of a variety of small and large cow and goat bells. **The more noise, the better!** After their particular race, the young athletes head for the **refreshment table** for some well-earned energy replenishing goodies such as cookies, fruit snacks, and hot chocolate drinks.

We appreciate the assistance this year given by, among others, Thor and Twyla Groswold and Bud Smock. Thank you, also, to those who gave us donations for refreshments. The refreshment table was in good hands with Twyla, and Thor and Bud assured our Scandinavian large flags and Start and Finish banners were in place. I want to especially acknowledge the great help given by Liane Mattson and Neal Schwieterman, from the town of Paonia. They gamely agreed to step in to cover the multiple tasks at the registration table, an often-hecktic job, when my dear wife Sallie, unfortunately, had to be absent for our races. As always, we rely on Florence Vuk to accept and store cookies and snacks on the Grand Junction side, while Twyla is the contact on the Montrose side – thank you both! And also to Bud, who made sure the contributions made it up to the mountain on Race Day morning. Jan Gulliksen and friend Steve Ness were both on hand as first time observers of all the activities. Recall that it was Steve, at our March 13 meeting, who confirmed the cold start to our special day. He had access to a thermometer and said it was indicating **4 degrees Fahrenheit** as we were registering the early skiers.

So – a very **Norwegian winter** sporting event! And I want to particularly recognize **Jan Gulliksen**, a relatively new member of Vestafjell, along with his wife

Anne, who just made a tremendous contribution to the overall success of our Ninth Annual. Or should I say – “sockcess”? Because Jan, through his connection with the **Thorlo Company**, was able to contribute professional quality ski socks for **every**

Barneløpet skiing participant up at Skyway this year! Our knitted ski caps are very much being waved high in the air and we are cheering! Jan, we thank you. And I know each individual young skier, from beginner, to those more accomplished, sincerely -- **Thank You!**

Well, a somewhat brisk Barneløpet. Yet the kids, with their enthusiasm and eagerness, that always overcomes any challenging weather that may be at hand, soon made it seem just as warm as could be. Included in the happy throng this year I saw grand-kids from the Djos, Groswold, and Knutson clans. Good job! It was fun. Let's do it again!

Ron Thoreson, Sports Director



Jan Gulliksen receiving Barneløpet medallion from Ron Thoreson, Sports Director

Barneløpet 2011 Photos



Get ready, Get Set

(continued next page)



GO!



Blazing down a trail



Twyla Grosword staffing the skier refreshment table
Photos from Thor Grosword

An Exciting Member Benefit

At the end of March the first monthly Viking E-post was sent out as a new benefit for Sons of Norway members.

This new e-mail newsletter contained stories about the Norwegian film industry, lodge programs, the updated and expanded Sports Medal program and the 2011 Presidential Tour of Norway, as well as a favorite lefse recipe. In the future, the *Viking E-Post* will highlight other topics of interest and programs available to members.

Do you know of members in your lodge who didn't receive Viking E-post? Encourage them to update their e-mail address online in the members' section of www.sonsofnorway.com or by contacting Sherry Gorse, Membership Services, at (800) 945-8851 ext 643 or send an e-mail to: fraternal@sofn.com.

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.

Midsommer Madness

Grow your lodge this summer - encourage your lodge members to participate in the Midsommer Madness recruitment contest! Just because the summer is a slower time for the lodges doesn't mean recruitment needs to slow down!

For every three new members recruited between May 1st and August 31, the recruiter will receive a special 2011 Sons of Norway mug. For every 13 members recruited, they'll receive a pound of fresh roasted

coffee.

And don't forget, each member recruited automatically enters the recruiter into the 2011 Norwegian Experience contest.

SON website newsletter files.

Tubfrim

NEVER THROW AWAY USED STAMPS

Since its inception in 1928, the Norway-based organization, Tubfrim, has been raising money to help children.

Originally started to aid children afflicted by tuberculosis, the organization now works to improve the quality of life for children and youth with handicaps.

Sons of Norway members have been an integral part of Tubfrim's success since 1986. Lodges and individuals participate by clipping used stamps and sending them to Tubfrim, which sells them to dealers and collectors. In addition to helping children, there is an added incentive for Sons of Norway members who clip stamps. For every pound of stamps collected, the member or lodge is entered into a drawing to win up to \$1,000 toward a plane ticket to Norway.

The drawing for the plane ticket was held on January 15, 2011 at Valhall Lodge # 6-025, in San Diego, California.

Congratulations to Lollo Sievert, from Vegas Viking Lodge #152.

Will your lodge or one of your members be the next winner? Keep clipping those stamps!

Collect and bring your used stamps and give them to the Vestafjell Tubfrim Coordinators Thor or Twyla Grosword.

Estes Park Scandinavian Midsummer Festival June 25-26, 2011

Estes Park will be celebrating their annual Scandinavian Midsummer Festival on Saturday June 25 from 9:30-5, and Sunday the 26th from 9:30-4. It is being held downtown at Bond Park, located at the intersection of E. Elkhorn (Rte. 36) and MacGregor.

Scandinavian Midsummer is a colorful festive event of flowers, food, music and dance. It 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 flowers. Dancers and musicians encircle the pole with lively music and dancing. In Scandinavia, the revelry

continues well into the sunny night.

For more information, a schedule of events and demonstrations, or photos, please visit

www.estesmidsummer.com. or phone 303-449-9596.

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

Joining Forces for Norway's Sake

Many people are familiar with the history of the Norwegian resistance movement during World War 2, but less widely known is it that the Norwegian-American community also reacted when German forces invaded Norway on April 9th 1940. The following is an excerpt of an article published in May of 1940 in Sons of Norway's member magazine that shows how the organization and many others came together to support the Norwegian people.

Work already begun to help Norway in the moment of the greatest disaster in the nation's history. A humanitarian organization has been incorporated in the state of Illinois under the name "Norwegian Relief, Inc." with Arthur Andersen, president of the Norwegian-American Historical Association, as National Treasurer.

For this cause there has been an unprecedented degree of cooperation between Norwegian organizations and groups in America. Regardless of everything that can divide us, we are all united by concern for the old fatherland.

As soon as the first shots were fired over Norwegian soil Sons of Norway's board of directors, by personal contact and via telegraph, came to the unanimous decision to commence a fund raising operation. In various other places around the country and among other organizations similar plans were being laid.

It soon became clear that these efforts must be united. A meeting was then held in the office of Dr. J.A. Aasgaard, the foreman for the Norwegian Lutheran Church in America, with representatives from many other Norwegian-American organizations including St. Olaf College, Daughters of Norway, Augsburg Seminary and College, The Norwegian Glee Club, the Norwegian-American Historical Association, the Bygdelag Council, the Norsemen Federation and others.

None of the collected funds will be sent to Norway until we can be completely certain that they will go to the right hands.

SON website newsletter files.

Sons of Norway Insurance

LAZY MONEY

What does " LAZY MONEY " have in common with your wanting to pass Lazy Money to your Children/Grandchildren? We all have Lazy Money (Inherited Money, 401k Money from a previous employer, CD Money, etc.). It's money we have but don't pay much attention as to how it's doing. Sons of Norway may have a better investment that would benefit your Children/Grandchildren. Give me a call and we can discuss Lazy Money options.

Thank You,

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 Board Meeting Minutes February 28, 2011

The meeting was called to order at Shepherd of the Valley Church at 1pm by Thor.

The Barneløpet is being held March 5, 2011 at Skyway and needs volunteers for all aspects. In the past there have been as many as 80 contestants. Any help one can give is appreciated.

The schedule for the March 13 meeting at SOV was outlined. The meeting will be held at 2pm in the sanctuary, including a program DVD on Hurtigruten, followed by the corned beef meal in the community hall. Volunteers are needed to help with aspects of the meal. Contact Arvid.

It was noted that Gulliksen's have a booth for the Scandinavian Festival in Estes Park that they are willing to share if anyone else wants to take/send for sale. Call Gulliksen's.

It was decided that a songbook of the only the things we sing monthly should be printed so songs could be easily found. Annie will work on it.

A historian is needed--perhaps a GJ group can form to work on it together. Elaine Nelson will try to organize.

Discussion was held regarding the library books: quantity and quality/keeping or reformatting. Janice will ask if it is possible to store them at the church.

The goals for the organization were formed:

- 1) to increase exposure in our community by volunteering in community events.
- 2) to add five new members in the coming year.
- 3) to develop a recruiting/retention plan.
- 4) to simplify meeting time in order to encourage member interaction.

The Camp Norge raffle tickets have arrived and will be put out to the people in April.

Thor was presented with a certificate of recognition for his presidency in 2009.

The Lodge goals for 2011, the Lodge Achievement report for 2010, and the Lodge Financial report will be sent to headquarters today, February 28, 2011.

Submitted by Janice Hogue, Co-secretary

Vestafjell Lodge Meeting March 13, 2011

Thirty-four members of Vestafjell and 11 guests had the pleasure of a 'virtual cruise' on the Hurtigruten line up the coast of Norway at the Shepherd of the Valley Lutheran Church, Grand Junction. All enjoyed a traditional Irish Boiled Dinner prepared by our chef, Arvid Koppang and his hard working crew.



Chef Arvid



Chef helpers

Vestafjell Board Meeting Minutes March 21, 2011

The meeting was held at Shepherd of the Valley (SOV). Attendees were: Thor and Twyla Grosword, Annette and Duane Helgelien, Annie Haugen, Marge Sehler, and Barbara Firth.

Treasurer Gladys Beals had reported by phone that the net income from the Corned Beef Dinner was deposited. Members will be asked to approve the 2011 budget at the May 15 meeting. Thor requested that the trustees conduct a property inventory. Highway cleanup will be announced at the April 10 meeting.

The remainder of the meeting was devoted to finalization of upcoming meetings and forward planning for the remainder of the year.

The April board meeting will be held on April 18 at 1 pm at the Selfors. The May board meeting will be held at SOV on May 16 at 1 pm at SOV.

Respectfully submitted, Barbara Firth, Acting Secretary

Vestafjell Lodge Meeting Minutes April 10, 2011

The lodge meeting was held at the Zion Lutheran Church in Montrose, CO. Twenty six members and four guests attended the meeting. The guests attending were Jane Nannestad, Edy Gregory, Ruth Thompson, and Joseph Kooyenga.

A program of *Viking Music* was presented by Tom Sorensen and Rorik. They made and played replicas of some instruments that they believe were played by the ancient Vikings. It was a very interesting and informative program enjoyed by everyone.

President Thor announced an Adopt-a-Highway cleanup to be held on Saturday, April 16. Participants should meet in the Highway 50 City Market parking lot.

Marge Sehler introduced Norwegian words and had some news from Norway. Marge Sehler and Annie Haugen led an Easter bonnet parade.

The next meeting will be held at All Saints Lutheran Church in Cory, CO, with a program about Norwegian Fjord horses. Elmer and Brandy Ferganchick from their ranch near Eckert will be bringing a couple of their Fjord horses for the program.

A copy of the Treasurer's report was available at all tables for review.

The May board meeting will be held at Shepherd of the Valley Lutheran Church on May 16th at 1PM.

Respectfully submitted, Carol Selfors, Secretary.

Vestafjell Board Meeting Minutes April 18, 2011

The April board meeting was held at the home of Wayne and Carol Selfors' at 1PM. Members present were Thor & Twyla Grosword, Gladys Beals, Barb Firth, Marge Sehler, Annie Haugen, Elaine Nelson, Duane & Annette Helgelien, Wayne & Carol Selfors.

The board discussed a couple of fund raising ideas of Carol Selfors. A motion was made, after some board discussion, by Barb Firth and seconded by Carol to begin a 50/50 drawing at each meeting. Drawing tickets will be sold for \$1 each. Toward the end of each

meeting a ticket will be drawn with the winner getting ½ of the money from the ticket sales. The remaining ½ of the pot will go into the lodge treasury.

The board, after some discussion, also voted to start a new project called the "LUCKY MEMBER OF THE MONTH". A total of \$110 (\$10 per month) will be set aside each year out of the treasury to award to a fully paid up dues paying member that has their name drawn at a regular lodge meeting. The member must be physically present at the current regular lodge meeting to win. If the member is not present, the monthly \$10 award will accumulate until there is a paid up member present to win. The SON monthly membership report will determine eligibility.

Thor introduced the Nordic Chamber of Commerce. The board agreed to submit the name of our lodge for business purposes.

There was a report by the lodge Historian on the progress made of bringing the scrap book up-to-date.

The rest of the meeting was spent on the planning calendar events.

Respectfully submitted, Carol Selfors, Secretary.

Camp Troll Fjell July 10-23, 2011

Be a part of the "Camp Troll Fjell Team" that teaches our young people about their Heritage and Culture plus ensures their health and safety at Camp Norge.

We are in need of the following staff members:

-Assistant Director for Food Services

-Food Buyer

-Cook

-Assistant Cook

Assistant Director for Personnel

Nurse—licensed to practice in California

Please visit www.campnorge.com and link to Camp Trollfjell to access the complete Manual in pdf under Counselor Application or CIT Application. For more information and details regarding salary scale, contact:

Mary Beth Ingvaldstad

mbingvoldst@aol.com

707-987-2404 or toll free at 866-834-1932

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

Mary Ann – (970) 263-9414

or

"Bud" – (970) 242-3396

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**May**

Janet Scheevel	5/2	Cory Dick	5/6
Evan Herring	5/7	Twyla Grosword	5/8
Susan Nichols	5/8	Milford Knutson	5/10
Tom Sorensen	5/14	Ronald Nelson	5/17
Wayne Selfors	5/17	John Oien	5/27
Robert Nelson	5/30	Matthew Howard	5/31

June

Connie Gustad	6/3	Carol Selfors	6/7
David Manlove	6/9	James Fosburgh	6/10
Kieth Gunter	6/15	Ruth Leaneagh	6/16
Elaine Rydiger	6/25	Gus Gustad	6/30

July

Jan Gulliksen	7/8	Katlyn Klene	7/9
Randy Gregory	7/11	Marion Rhodes	7/19
Frank Bietz	7/27	Gene Carpenter	7/27
Rolf Hermanson	7/30		

VESTAFJELL VANDRER

The official newsletter of Sons of Norway

Vestafjell Lodge 6-146

Editors: Wayne and Carol Selfors

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VESTAFJELL LODGE 6-146

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