



# Vestafjell VANDRER



Vestafjell Lodge 6-146  
Western Slope of Colorado

March – April 2015

Sons of Norway  
Vol. 26 No.2

## Vestafjell Calendar

**March 2, Monday, 1PM.** Reading group at Shepherd of the Valley Lutheran Church, 3133 "F" or Patterson Rd, Grand Junction, CO (referred to as SOV in this newsletter.) Library open. All are welcome (Linda 433-4113)

**March 7, Saturday, 10 AM.** 13<sup>th</sup> Annual Barneløpet Ski event for children on Grand Mesa at Skyline cross country ski area. See article on page 2.

**March 15, Sunday, 2 PM** Lodge Meeting and Annual Corned Beef and Cabbage Dinner. Adults \$8, Children free. Roric will be discussing the Battle of Clontarf in 1014 AD between the Irish & Vikings. Please call in reservations to Barb 245-5649 or Annette 858-6702, so we can have plenty of food!

**March 17, Tuesday, 3PM.** Board meeting at SOV in Fellowship Hall.

**March 26, Thursday, 9AM.** Ladies Breakfast, men at their own table. Meet at Denny's in Clifton.

**April 6, Monday, 1 PM** Reading group at SOV. Library open. All are welcome. (Linda 433-4113)

**April 12, Sunday, 2PM** Lodge Meeting at Zion Lutheran Church, 701 S Junction, Montrose. CO. Lefse making day. Enjoy fresh lefse and play card games. Olde Fashioned Potluck Dinner.

**April 14, Tuesday, 3 PM** Board Meeting at SOV, Fellowship Hall.

**April 23, Thursday, 9AM.** Ladies Breakfast, men at their own table. Call Marge at 434-0803 for location.

**May 3, Sunday, 2PM.** Lodge meeting at SOV. Program: All About the Trolls. Koldtboard lunch with small and open-faced sandwiches, side dishes, fruits and desserts.

All lodge meetings begin promptly at 2PM and are adjourned by 4PM. Members are reminded to always bring their own table service to reduce costs and waste. To carpool, call Barb at 245-5649, or Annette, 858-6702.

**SAVE THE DATE! Vestafjell's 25<sup>th</sup> Anniversary Celebration. Friday, June 12, 5-8 PM at SOV. Dinner and entertainment. Guests welcome.**

## Vestafjell Lodge St. Patrick's Day Corned Beef & Cabbage Dinner



March 15, 2015

2 PM

Shepherd of the Valley

Lutheran Church

3133 F Road

Grand Junction, CO

\$8.00 adults

Please call: 858-6702 or  
245-5649 for reservations.

## OUR NEW PRESIDENT

BARBARA FIRTH



## Fra presidenten

Your Board members are always busy in the months of January and February, reviewing last year's financial records, and lodge activities and creating required end-of-year reports. During this process your Board discussed how we can continue to provide meetings and activities that meet our mission of promoting and preserving the heritage and culture of Norway and other Nordic countries.

This year your Board will be emphasizing all aspects of membership so we can meet the needs and concerns of you, our current members, and also make our lodge more visible in the communities where we live. We hope you will bring friends and family to meetings and other events, and that those guest will be pleased with what we as an organization do. In order to keep you up to date, you will receive a newsletter every other month, and frequent reminders about upcoming events from the calling tree.

However, I feel we are 'working in a vacuum'. Only a few members turned in the member survey last month. Your board members need your input as they will be making decisions about community involvement and donations, programs at meetings, and opportunities for classes and cultural skill groups. **The survey is printed again on page 6.** Please call or email me or any of your Board members, or mail your comments to the Editor.

The Corned Beef and Cabbage Dinner on March 15, is our biggest fund-raising event of the year! Please get out the word. Bring your friends and families. Always good food and our chance to be a little bit Irish for the day!

**Barbara Firth, President**

### ***BARNELØPET FOR FUN!***

One definite returning happening that many young skiers look forward to, as winter's short days give way to the longer, warmer days of spring, is our annual Vestafjell and District 6 Sons of Norway sponsored Barneløpet.

This year, our Thirteenth Annual, will be held on Saturday, March 7. "Barneløpet" is a Norwegian word that translated means "the children's race". We hold these races, in cooperation with other winter enthusiasts of the Grand Mesa Nordic Council, on the beautiful Grand Mesa and at the Skyway Nordic Area, with its spectacular alpine setting. 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, wear sunglasses, and bring water. 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!

**Ron Thoreson, Sports Director**

### **Vestafjell Lodge 6-146 Officer List for 2015**

The Vestafjell Lodge officers elected at the November 17, 2014 meeting. These officers were installed at the January 11 meeting by Bev Moe, District 6

President: Barbara A Firth

Vice President: Kaye Wergedal

Secretary: Janice M. Booth

Treasurer: Gladys M. Beals

Membership Secretary: Harriet A. Smock

Counselor: Thor B. Grosword

Social Director: Linda A. Lynch

Editor: Janice M Booth

Editor/Mailing List: Wayne Selfors

Cultural Director: Bud Smock

Publicity Director: Annette R. Helgelien

Current Events of Norway: Marge Sehler

Greeters: Arletta VanTassel, Elaine Nelson and Harriet Smock

Foundation Director: Elaine M. Nelson

Youth Director: Linda M. Bishop

Sports Directors: Ronald D. and Sallie R. Thoreson

Musician: Duane Helgelien

Historian/Scrapbook: Elaine M. Nelson

Gode Vener: Florence Vuk

Volunteer Coordinator: Elaine M. Nelson

Adopt-A-School: Joyce Theyson

Librarian/Reading Group Leader: Linda Lynch

Geneology Group Leader : Thor Grosword

Cultural Skills & Crafts: Linda Bishop

Tubfrim Stamps: Thor & Twyla Grosword

Adopt-A-Highway: Thor & Twyla Grosword

Facebook: Crystal Bishop

25<sup>th</sup> Anniversary Chairperson: Linda Lynch

### **An IMPORTANT message from your MEMBERSHIP committee:**

**In order for our Lodge to keep you informed about events and activities, we need your current contact information. IF you have recently changed**

**your email or home mailing address and/or telephone number, please CONTACT Sherry Gorse at Sons of Norway Headquarters, 1-800-945-8851, and update your records. *Thank you!***

**WELCOME** to our newest member, **Mr. Charles S. Robert Barth IV**, who resides in Snowmass Village, CO. please add his name and contact information to your membership directory.

Charles S. Robert Barth IV  
P.O. Box 6152  
Snowmass Village, CO 81615-6152  
970-922-5466  
**charles\_barth4@yahoo.com**

**Jerry and Kaye Wergedal**  
3137 Meadow Lane  
Grand Junction, CO 81504-5102  
970-314-7644  
**kwergey@gmail.com**

### ***ZONE 8 LEADERSHIP MEETING:***

President Barb Firth, Vice President Kaye Wergedal, and Current Events of Norway Extraordinaire Marge Schler attended the Zone 8 Leadership meeting in Denver on January 24<sup>th</sup>.

Hosted by Trollheim Lodge, a general session meeting, led by Zone Director Bev Moe, was held in the morning, where information was shared regarding: newly voted-on amendments at the District 6 2014 Convention, upcoming events being held in our District - ***Ski For Light and Barneløpet*** activities, Language Heritage Camps at Camp Norge in Sierra Madre CA, Camp Trollfjeld (Woodcarving, Knitting, and Culinary Arts) in July, and the June 2016 Convention, being held in Loveland, CO and hosted by Zone 8.

In the afternoon, small-group discussion sharing sessions were held according to the office you held at the Lodge level. Presidents met together, Vice Presidents, and etc.

Morning and afternoon cookies and coffee were enthusiastically enjoyed by all, and a delicious lunch served at noon. ***Mange takk*** to the members of Trollheim Lodge for their hospitality!

***Kaye Wergedal, Vice President***

### **VESTAFJELL LODGE MEETING**

**January 11, 2015**

The Lodge meeting was held at the SOV church and brought to order with the Pledge of Allegiance after which the anthems of the USA, Canada and Norway were sung with Marge Sehler leading the members.

Bud Smock, President of the Lodge, conducted the meeting until the new officers were installed by Bev Moe who is the Zone 8 Director. Linda Ault, former Zone 8 Director, accompanied Bev Moe as a visitor to our Lodge. Bud has served three years as Lodge President and he was acknowledged with praise and applause as well as a certificate.

Shirley Spangsborg, a new member, was acknowledged. Kaye and Jerry Wergedal were announced as transferring members.

Dinner was served which consisted of 3 kinds of soup, chili, sides and dessert. We all had a delicious dinner with plenty of food to enjoy.

Marge Sehler won the 50-50 drawing. Ron Thoreson explained about the 13th Barneløpet ski event for children on the Grand Mesa at Skyline that is coming up March 7<sup>th</sup>. There were 23 members present with 2 visitors and one guest.

***Respectfully submitted,  
Jan Booth***

### **VESTAFJELL BOARD MEETING**

**January 19, 2015**

Our Board meeting was called to order at 9 a.m. at the Shepherd of the Valley Lutheran Church by our new President Barb Firth. Barb welcomed Kaye Wergedal as our new Vice President. Marge Sehler seconded the motion. Kaye has had much experience in positions in the Sons of Norway and will be a great addition to our Lodge Board.

Board members present were Barb Firth, Bud Smock, Linda Lynch, Gladys Beals, Joyce Theyson, Marge Sehler, Elaine Nelson, Kaye Wergedal, Wayne Selfors and Jan Booth. Gladys gave a Treasurer's report and stated that the end of the year balance. The 2015 budget was reviewed with estimated expenses.

Goals for the New Year were presented and discussed. Some of the suggested goals were: Adjust present community activities to fit current community needs and fit skills and abilities of members; incorporate member survey results/comments; and Improve communication with members and other lodges.

Our next Lodge meeting will be Tuesday, Feb 10th at the SOV.

Linda Lynch discussed the 25<sup>th</sup> Anniversary Party that will be held Friday, June 12 from 5-8PM at the SOV. The cost will be \$15 for individuals and \$25 per couple. The committee is still in the planning stage and will provide more information in the near future.

Kaye made a motion that the lodge should produce a newsletter every *other* month starting March 1<sup>st</sup>. Marge seconded the motion. It was suggested that photos and information regarding new members be posted in the newsletters.

We have a membership of 94 with 1/3 participation of members at Lodge meetings. Joyce Theyson talked about the donations that we provide to the Rocky Mountain Elementary school in Clifton. We collect box tops and books to help children have their own books.

We have a Foundation Box which is circulated on a regular basis. These donations go to the Sons of Norway Foundation.

***Respectfully submitted,***  
***Jan Booth***

### VESTAFJELL LODGE MEETING

**February 8, 2015**

Our lodge meeting was held at the SOV church and was called to order at 2:00 PM after which the Pledge of Allegiance and the Anthems of the USA, Norway, and Canada were recited and sung. Marge Sehler led the members in our singing. We had twelve February birthdays with Jan and John Booth being the only anniversary couple that was present.

Shirley Spangsborg was introduced as being our newest lodge member.

Joyce Theyson asked us to keep our eyes open for books to provide to the Adopt a School program. We also collect box tops/labels.



Bud Smock gave an informative program on the history of Norwegian housing. He had a display of pictures of what ancient buildings would have looked like. He talked of the Longhouse which dates back to 1200 A.D. Several families would have lived in small areas within the square shaped home with an open courtyard where the animals lived. In the ancient homes there was 1 bed for

the grandparents or parents. All the other family members would sleep on the floor. Through the centuries, the buildings were updated and many are still in use today. They always used building materials available where they lived such as grass roofs with birch bark turned upside down and rocks. Flowers seeds would land on the roofs due to the wind and so there would be flowers growing on the roof. It was very interesting presentation.

Ron Thoreson who was awarded the 25 year pin, also informed us of the upcoming Barneløpet skiing event for children.

The dinner prayer was given by Marge Sehler and a delicious potluck was served with a nice variety of food.

Kaye Wergedal led the men in singing Valentine songs to the ladies. Then we all joined in singing some oldies.

Kaye also gave us a brief description of the upcoming 2016 District Convention. She also stressed the importance of our lodge sending delegates. We would like to have members involved in the host activities of this convention.

John Booth won the 50/50 drawing and was \$10 richer for it. The Library was open for checking out our selection of items. If you have any items from the Library and you are done reading them, please return them in a timely fashion.

***Respectfully submitted,***  
***Jan Booth***

### VESTAFJELL BOARD MEETING

**February 10, 2015**

The meeting was called to order at 3 PM at the SOV with Barb Firth, Kaye Wergedal, Bud Smock, Harriet Smock, Thor Grosword, Marge Sehler, Elaine Nelson, Gladys Beals, Linda Lynch, Arletta Van Tassel, Duane Helgelien, Annette Helgelien and Jan Booth present. Gladys spoke about the Audit, End of year Financial report and the Lodge Achievement report. The Board voted on the Treasures report for the month of January 2015 and it was 2<sup>nd</sup> by Wayne. The 2015 budget will be developed after a review of '2014 actuals'. Bud, Linda L and Barb are on our Lodge Budget committee.

Thor would like to be removed from the being a signer on the Lodge Bank account and that was approved by the board members.

Goals were discussed for 2015 to go into the Lodge Achievement Form. They are to Increase visibility in marketing, with 2 well-publicized outreach events; By following up with guests at meetings and events, add 5



new members including more friendship within the lodge; Increase monthly attendance by 25% by improving member satisfaction and interest; and Improve communication with members by increasing issues of newsletters to 6 annually. Kaye spoke about the need for delegates to go to the District 6 Convention in 2016 at Loveland, CO. Kaye is on the Convention committee.

We changed the time for all future Board meetings to the first Tuesday after the Lodge meeting at 3:00 PM at the SOV Church.

A motion was made by Thor to give a retirement gift of \$50 to LaRue Hanson. Bud and Kaye 2<sup>nd</sup> the motion after which the Board voted and carried the motion. Marge motioned to accept.

Linda L spoke of the 25<sup>th</sup> Anniversary party and made a motion asking for \$1,000 for the budget. Kaye and Marge 2<sup>nd</sup> the motion and the vote carried.

We discussed the details of upcoming meetings and also the assigning of tasks to make these meetings successful such as the Corn Beef and Cabbage dinner being held on March 15 at the SOV.

*Respectfully submitted,*  
*Jan Booth*



### Det Norske Sellsak I Vestafjell

The last few meetings of our reading group have been very interesting. The novel, The Orphan Train, by Christina Kline, is circulating through our group. When we all have finished it, we will be able to have a fun discussion about it and the era in which it all took place. This is a novel based on true situations which addressed the orphan problem on the east coast from about 1868-1929. The story is interesting and compelling. If you'd like to join in on this, come to our next meeting and you'll be able to get a copy to read.

Another great little story that is going around is At The Helm, by Jan Erling Gullikson. Jan is a Sons of Norway member that wrote his memoirs of when he was a young man becoming a merchant marine. This interesting true story takes place right after WWII and

also is a compelling read.

Our lodge has a nice library of fiction and non-fiction. We have a great selection of Viking themed books too. Be sure to check it out.

As always, we meet the 1st Monday of each month at The Shepherd of the Valley Church at 1pm. The next meeting will be on March 2nd.

See you there!

*Linda Lynch, Facilitator*

### TUBFRIM

Don't forget to clip your postage stamps and bring them to the the next lodge meeting. Please give your stamps to Thor and Twyla Groswold .

Also, Adopt-a-School is still going strong. Please keep your eyes open for children's books. The children love the books they receive, so thank you for your contribution.

I'm also still collecting box tops and soup labels. The school utilizes them as well. *Please bring your box top education coupons/labels and give them to Joyce Theyson.*

*Submitted by Joyce Theyson*

### BIRTHDAYS

#### March

Connie Priebe	10	Daniel Roth	12
Chris Tessem	15	Tyson Clawson	25
Jenifer Oien	28	John Booth	30
Ramy Andersen	31		

#### April

Duane Helgelien	2	Jane Frafjord	6
Barbara Firth	9	Doris Wilson	18
Wendle Whiting	23	Hege Randall	23
Mycroft Tapey	23	Sean Gustad	26
Margaret Sehler	27	Marvin Anderson	29
Keith Williams	30		

### HOW ARE WE DOING?

It is important to the future of our Vestafjell Lodge that your Officers and Board members hear what YOU think the lodge should be doing, or not doing, when we are planning activities for 2015. Please take a few minutes to answer these 3 questions.

1. What is the lodge currently doing that it should continue doing?
2. What is the lodge currently doing that it should stop doing?
3. What is the lodge not doing that it should start doing?

You can sign your comments if you like. You can

call, email or mail you comments to me, or any other board member if that is your preference. You can bring your comments to the January meeting or any other activity in January. The results will be summarized and published for all to see.

**Barbara Firth, Vestafjell President**

## Recruit to Win Two Tickets to Norway with Norwegian Experience 2015



Sons of Norway is proud to announce that it is continuing its partnership with Borton Overseas for the 2015 Norwegian Experience Recruitment Contest! This year, however, there are some new and exciting changes to the contest, in order to raise the stakes and recognize the great work being done by recruiters in every district.

Unlike the past, where one winner was drawn at random and given an all-expense paid trip to Norway, the 2015 contest will award two plane tickets to the top recruiter in every district! Sons of Norway feels this change better reflects the egalitarian nature of the organization and does a better job of rewarding members throughout the organization for their dedication to their lodge and district.

This is an exciting opportunity for recruiters because their efforts will not only help their local lodge grow, but it could also result in a trip of a lifetime to Norway. As in past years, this year's contest is open to Sons of Norway members\* who recruit new, dues-paying members, so make sure your name is listed in the membership application's "Referred By" field. The eligible members in each district who have the highest recruitment numbers will be notified in January of 2016.

*\*Members of HQ staff, FBCs and members of the International Board of Directors are not eligible for this contest  
SON Web site Newsletter Files*

## The Year of Friluftsliv 2015

"Go on a ski trip, hiking trip, sledding trip, camping trip, mountain top trip, berry picking trip, fishing trip, overnight trip - or just get outside for a walk! These can be experiences you remember your whole life," said H.K.H. Crown Prince Haakon. He opened Friluftslivets år (The year of Outdoor Life) 2015 on January 13th in

Tøyenparken. Crown Prince Haakon is the Friluftsårets spokesperson.

"The best thing about being outside and engaged in outdoor activities is that it's so easy! It's just about putting clothes on – some skis or some shoes and going out to be in nature. And in Norway we are extremely lucky, because we have nature everywhere," said Crown Prince.

Friluftsliv provides good opportunities, an improved quality of life, better health and a richer life, writes Friluftslivets Joint Organization on its webpage. The goal is to provide lasting results in the form of increased participation in outdoor recreation in all parts of the population. The year shall increase awareness of outdoor recreation, positive effects on public health and raise awareness about the great opportunities that everyone in Norway has for friluftsliv.

In his New Year's Speech, His Majesty the King talked about this year that we are entering into, saying, "I think we have a lot to learn from those who live close to nature in order to gain knowledge about how to deal with environmental challenges. 2015 is the year of Friluftsliv. We Norwegians love to be out in nature. We enjoy this fantastic goodness in a long breath – on the mountain, in the forest, on the sea. That is what we will continue to do, and to teach future generations to appreciate as well. But, together we all must protect everything that lives around us."

The Crown Prince presented those in attendance with how they can take advantage of this year, and hopefully years to come saying, "To all of you children: pester your parents about getting outside to take a trip as much as you want this year!"

Crown Princess Mette-Marit and Crown Prince Haakon visited the Norwegian Scout Association's activity area where they were trained in lighting bonfires. From January 13th to the 14th there are many in Norway who will sleep outside to celebrate the year of Friluftsliv – on their balcony, in the backyard, next to the water, in the forest or on a mountain.

*SON Web site Newsletter Files*

## The Nordic Diet

For years nutrition experts have been singling out the Mediterranean diet as one of the best ways to prevent some chronic diseases. Consisting heavily of vegetables, fruit, nuts, fish and olive oil, the Mediterranean diet has been shown to reduce the risk of heart disease and strokes. However, findings from a new study in the *Journal of Internal Medicine* have

identified the Nordic diet as a proven, healthy alternative to its Mediterranean counterpart.

Established with a randomized 18 to 24 week study beginning in 2009, nutrition researchers in Iceland, Sweden, Denmark, Finland and Norway sought out a locally sourced diet to rival the Mediterranean diet, which heavily features a few food items that are difficult to find in Norway. The 166 participants followed two distinct diets and consumed the same number of calories. The group that received the “healthy” plan ate mostly berries, canola oil, whole grains, root vegetables and three fish meals per week, while limiting their sugar intake. Additional weekly foods included vegetarian meals, poultry or game, and no red meat. In contrast, the control group participants ate fewer berries and vegetables, used butter instead of canola oil and had no restrictions on their red meat, white bread or sugar intake. All study participants had metabolic syndrome – a precursor to diabetes.

At the conclusion of the study researchers found that while there was no change in blood pressure or insulin sensitivity of those eating the healthier diet, their LDL-C (bad cholesterol) and HDL-C (good cholesterol) ratios improved. In addition, the participants also showed reduced levels of inflammation causing chemicals in the blood, which are linked to heart disease and type II diabetes. Lieselotte Cloetens, a biomedical researcher who co-authored the study, also points to promising projected long term effects of as much as a 20 to 40 percent reduction in the risk of type II diabetes on the healthy Nordic diet.

*SON Web site Newsletter Files*

### **Tourism in Norway Looks Back Over 100 years**

Norway’s vast, unspoiled nature is a perennial attraction for tourists from around the world. Since the mid-19th century Norway’s scenic fjords, enchanting waterfalls, endless coastline and towering mountains have made it a top travel destination. Department Head at Norway’s National Library Arthur Tennøe recently told NRK, “The way we market Norway has not changed a lot in 100 years.”

Heading into the 19th century Norway was on the brink of independence from neighboring Sweden. There was a strong sense of pride and confidence spreading throughout Norway that stemmed from a movement called National Romanticism. By the latter half of the 19th century Norwegians were ready to become a free nation. Popular culture was focused on preserving a distinctly Norwegian culture by emphasizing its natural

beauty and unique folk art. As Norway’s national identity was swelling so, too, was the number of tourists.

Most of the world wanted to experience the sites that Norwegians were proud to call their home. So much so that Norway’s pristine nature has attracted foreign dignitaries and wealthy couples to see the waterfalls, mountaintops and fjords. As hotels began popping up and railways were established the ease of transport and accommodation encouraged tourism.

“The national romantic image of Norway was noticed abroad,” says Tennøe. By the time Norway gained its independence in 1905 its first advertisement was produced by Norway’s State Railway (NSB). The illustration featured Norway’s mountains, midnight sun, stave churches and national railway. Tennøe adds that “The fjord landscape, high mountains, midnight sun, skiing, Nordkaap and the Sami culture all gave Norway its status as an exotic destination.” And that view of Norway has remained the same

*SON Web site Newsletter Files*

### **Kvikk Lunsj with Apples and Mascarpone Cream**

Kvikk Lunsj is the Norwegian equivalent of the wafer and chocolate Kit Kat™ bar. Introduced by Freia founder and hiking enthusiast Johan Throne Holst in 1937 as the perfect portable snack to enjoy while hiking or skiing, Kvikk Lunsj has become a favorite of Norwegians during Easter time family hikes and cross-country ski trips to the mountains.

- 3 apples, peeled and coarsely chopped
- 2 lemons
- 2 tbs. icing sugar (powdered sugar)
- 1 tsp. cardamom
- ¾ cup mascarpone
- 2 tbs. icing sugar (powdered sugar)
- 4 Kit Kat™ bars (Kvikk Lunsj), coarsely chopped

Add chopped apples, sugar, cardamom and juice from two lemons to a pan. Cover with lid and simmer for 2-3 minutes. Mash apple compote with a whisk and cool. Add remaining sugar to mascarpone and whisk together. Serve apple compote topped with mascarpone cream and coarsely chopped chocolate bars in a glass or a bowl and enjoy.

*SON Web site Newsletter Files, Adapted from newscancook.com*

**VESTAFJELL LODGE 6-146**  
**Return Mail Address: 613 ½ Arapahoe Way**  
**Grand Junction, CO 81506**

**VESTAFJELL VANDRER**

The official newsletter of Vestafjell Lodge 6-146.

Editors: Janice Booth

Email address: [jbooth@bresnan.net](mailto:jbooth@bresnan.net)

613 1/2 Arapahoe Way

Grand Junction, Colorado 81506

and

Wayne Selfors

Email address: [wselfors7@gmail.com](mailto:wselfors7@gmail.com)

2309 South Rim Drive

Grand Junction, Colorado 81507

The Lodge web site address is:

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

**Vandrер newsletter is in color on the web site**