

VESTERHEIM NEWS



Eriks Hjørne - Erik's Corner

Thanks to everyone who came out for our September program on Travels to Norway, our first meeting since the summer break. It was great to see so many familiar and new faces, and we filled up the room! A special thanks to Lori, Tommy and John for sharing stories and pictures of their time spent in Norway recently.

As usual, our calendar is jam-packed with events for November and December. You want to make lefse? We got an event for that! You want to learn more about the violinist extraordinaire and explorer Ole Bull? You got it, that program is coming to you in November. And let's not forget the biggest fundraiser for our Lodge, the Trollheim Holiday Fair in Lakewood at the beginning of November.

Speaking of events and programs, we are emailing out a survey to you all to get feedback on the various events we host and participate in throughout the year. This will help us plan for next year and years to come. Please take a few minutes to respond to the survey when it shows up in your inbox. The Board would really appreciate it.

Takk til alle som kom til vårt program i September: Reiser til Norge, vårt første møte siden sommerferien. Det var flott å se så mange kjente og nye fjes og vi fylte opp rommet! En spesiell takk til Lori, Tommy og John som delte historier og bilder fra deres tid i Norge i år.

Som vanlig er kalenderen vår stappfull av arrangementer for november og desember. Vil du lage lefse? Vi har et arrangement for det! Vil du lære mer om fiolinist virtuos og eventyrer Ole Bull? Det programmet kommer er tilgjengelig i november. Og la oss ikke glemme den største pengeinnsamlingen til Lodgen vår, Trollheim Holiday Fair i Lakewood i begynnelsen av november.

Når vi snakker om arrangementer og programmer, vi sender ut en undersøkelse på e-post til dere alle for å få tilbakemelding på de ulike arrangementene vi arrangerer og deltar på gjennom året. Dette vil hjelpe oss med å planlegge for neste år og årene som kommer. Bruk noen minutter på å svare på undersøkelsen når den dukker opp i innboksen din. Styret vil sette stor pris på det.

CALENDAR OF EVENTS

November - December

Date	Time	Scheduled Event
Nov 3	Sun 2:00 a.m.	Daylight Saving Time Ends - Time to "fall back" Change batteries in your smoke alarms
Nov 13	Wed 7:30 p.m.	Vesterheim Board Meeting - Contact Erik for Zoom link at eriksirnes@hotmail.com. Meeting is open to all members.
Nov 21	Thurs 1- 3:00 p.m.	Book Club: The Book Club will discuss further works by Hans Christian Anderson (see p. 3).
Nov 16	Sat 2:30 - 4:40 p.m.	General Meeting: Atonememnt Lutheran Church 685 Inca Pkwy, Boulder <i>Ole Bull Presentation</i>
Nov 28	All Day	Thanksgiving
Dec 11	Wed 7:30 p.m.	Vesterheim Board Meeting - Contact Erik for Zoom link at eriksirnes@hotmail.com.
Dec 24	All Day	Christmas Eve - Juleaften
Dec 25	All Day	Christmas - Jul God Jul og ta vare på hverandre
Jan 1	All Day	New Year's Day Ha et riktig godt nyttår

VESTERHEIM LODGE 6-118 OFFICERS AND CHAIRPERSONS 2024

*President - Erik Sirnes	Historian - John Kennedy
*Vice Pres. - Erling Westgaard	Marshalls - OPEN
*Secretary - Cathy Allen	Musician - Caryl Stalick
*Asst. Sec - Esther Mills	Road Cleanup - OPEN
*Membership - Rhonda Fadum	Social Dir. - Lori McLean
*Treasurer - Erik Sirnes	Sunshine - Cheryle Kapsak
Auditor Lori McLean	Trustee - OPEN
*Counselor - Garry Gorsuch	Youth Sports - Erik Sirnes
Cultural Dir. - OPEN	Website - Cathy Allen
*Editor - John Kennedy	

* Indicates Voting Board Members

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Greeters - Addy Martinez
- Ole Fadum
- Joan Cleland

Bok Klubb - Book Club

Book selection for November 2024:

(The meeting will be at Grete Jansen's. Contact her at gretejansen@msn.com for more information and to RSVP.)

The Book Club will discuss further works by Hans Christian Anderson. Please RSVP to Grete and Esther by Tuesday the week of the Thursday meeting



Calling All Bakers

The Scandinavian Christmas fair at Trollheim lodge is coming up the first weekend in November which is Friday & Saturday November 1-2. Vesterheim has a booth there which is our number one money maker. We would like to get a lot of cookies and baked goods to sell, which means a lot of volunteer bakers. If you wish to help us and make some cookies or breads, here is the scoop.

Let Cathy know (bouldercathy46@gmail.com) if you will be able to bake, and what you might make. She has the clamshells and will price and box the Wednesday prior, which is October 30th. Please bring everything to her that Wednesday morning or afternoon, or Tuesday if you can't make it on Wednesday.

And if you will be out of town then, Addy Martinez has offered to store them in her freezer. Just make arrangements with Addy as to when you can get them over to her (in freezer bags) and Cathy will pick them up that Tuesday from Addy. Addy's contact is addymartinez@comcast.net.



GRATULERER MED DAGEN



Kathy Erickson 11/3

Kurt Hofgaard 11/5

Inger Bell 11/12

Lavonne Peterson 11/16

Caroline Swanson 11/17

Virpi Zuck 11/23

Lori McLean 11/25

Joan Cleland 11/29

Ellen Barry 12/10

Dave Rogers 12/12

Lars Dalby 12/16

Kari Greenberg 12/21

Joy Gundersen 12/23

John Thompson 12/28

Cathy Allen 12/30

Other Upcoming Dates of Note

- November 3 Daylight Saving Time ends
- November 5 Election Day
- November 10 Birthday of US Marine Corps
- November 11 Veterans Day
- November 28 Thanksgiving Day
- December 3 Prince Sverre Magnus Birthday
- December 24 Christmas Eve
- December 25 Christmas Day - *Forste Juledag*
- December 26 Boxing Day - *Andre Juledag*
- December 31 New Year's Eve - *Nyttarsaften*
- January 1 New Year's Day - *Nyttarsdag*

Where's Tove Quiz



Near the coastal town of Brønnøysund, you can travel to an adjacent island to visit this iconic mountain.

Last Month's Answer



On a clear day, Preikestolen would look like the picture below. Now you understand why I did not go too close to the edge!



Name That Artifact



Winter will be soon upon us, and as most members do not avail themselves of the wonders found in Norway (throughout Scandinavia) during the winter, I thought you might like to try and name a most useful tool for getting around on the snow and ice. What is it? Extra point if you know the Norwegian word! Answer on page 9.

Norwegian Genealogy

There are two classes each month. Fjelldalen Lodge meets by zoom on the first Saturday of each month 9:30-12:00.

Trollheim Lodge meets in-person on the second Saturday of each month from 10-12:00.

If you are interested in looking for your Norwegian ancestors and would like more information about either class, contact Esther Mills.

Millser2@msn.com.

The Norwegian American

For those wanting to follow current events in Norway, I recommend going to the website norwegianamerican.com/2025-history for a variety of stories. At the top of the page you will find E-Issues and this will allow you to see both Norwegian and English articles. It is a very enjoyable read.



*Vesterheimen Lodge's
Den Norske Kokebok
(The Norwegian Cookbook)*



Almond Star Cookies

(Makes about 4 dozen cookies. (Note: These cookies can be stored in airtight containers for about a week.)

Ingredients:

For the Cookies

2 sticks unsalted butter, softened
1 cup whole blanched almonds
1/2 cup sugar
2 cups flour
1/4 tsp. salt
1 tsp. almond extract

To Decorate (optional).

Powdered sugar for dusting
Various colors of sanding sugar
Luster pearl deco dots
Frosting for piping designs

Recipe

Step 1

Puree 1/2 cup of the whole blanched almonds in food processor and set aside. Coarsely chop the remaining 1/2 cup of almonds and reserve for later.

Step 2

In a large mixing bowl, whisk the flour and salt together and set aside.

Step 3

Cream the butter with an electric mixer. Add the pureed almonds and sugar. Blend together until well-combined, and remember to scrape down the sides of the bowl occasionally. Add almond extract and mix until well combined. Next, add the flour mixture and beat until just incorporated.

Step 4

Prepare a lightly floured surface and pour out the dough, dividing it in half. Shape each half of the dough into a disc and wrap it in plastic wrap. Refrigerate the discs for at least an hour. While dough is resting, line cookie sheets with parchment paper. Preheat oven to 325°.

Step 5

After dough has rested, lightly flour your work surface and roll out one disc of dough until it is about 1/4" thick. Cut out shapes using various star cookie cutters. Sprinkle with the coarsely chopped almonds.

Step 6

Place the cut cookies onto cookie sheets lined with parchment paper and bake for 15-20 minutes. Keep an eye on your first sheet of cookies. You will know they are done when the edges start to turn golden brown. You now know how long each batch should take and can set your timer with no guess work.

Step 7

Place your cookies on a wire rack to cool. Once your cookies have cooled, dust them with powdered sugar or with sanding sugar if you want more color. Another great option are luster pearl deco dots.

SONS OF NORWAY FOUNDATION GRANTS

In 2023 the Foundation awarded \$67,000+ in grants. Grants are awarded/provided for heritage and cultural activities, and also for humanitarian needs. Grant applications will be accepted starting October 1st, and must be submitted by December 31st, 2024. Again, the various grant categories and application information are provided on the Foundation webpages. See Mitch's picture on page 9.

SONS OF NORWAY FOUNDATION SCHOLARSHIPS

In 2023 the Foundation awarded \$160,000 in scholarships. Applications for 2024-2025 scholarships will be accepted starting October 1st, 2024. The cutoff date will be sometime in early 2025. There are lots of scholarships. There are some for domestic college attendance. There are some for attending schools in Norway. And there are some for attending Vocational/Technical Schools. Go to the Sons of Norway website, click on Foundation on the home page, and you will find all the information you need.

Get started now – it takes time to fill our applications and to secure transcripts, etc.

Ole Bull Presentation at General Meeting

On Saturday, November 16, at our General Membership meeting, Paul Engelstad will be giving a presentation on Ole Bull. The lodge will also be having a Pie-Fest to add to the festivities.

Ole Bull (1810–1880) was a renowned Norwegian violinist and composer, celebrated for his virtuosic playing and charismatic presence. A pioneer of Norwegian nationalism in music, Bull drew inspiration from traditional folk melodies, which he integrated into his performances, helping to shape Norway's cultural identity. He achieved international fame, touring extensively across Europe and America, where he dazzled audiences with his technical skill and emotional depth. Bull was also a patron of the arts, founding a short-lived Norwegian theater and attempting to establish a utopian colony for Norwegian immigrants in Pennsylvania. His legacy endures as a symbol of national pride and artistic excellence.

Mark Your Calendars

Our annual Julefest is scheduled for December 14 from 2:00 - 4:00. More is to follow on this; however, we will be asking for people to bring a side dish or desserts to complement the provided main course.

Should be a great time!



Health Benefits of Gratitude

(Sons of Norway Newsletter Service)

According to Norsk Helseinformatikk, Norway's largest resource of health information, gratitude can help you live longer. A study published in JAMA Psychiatry in July 2024 looked at whether feeling grateful affects longevity.

49,000 women were surveyed, and the study revealed that gratitude may have had a protective effect on them, especially in bolstering heart health.

Expressing gratitude also increases short-term happiness and lowers stress. While gratitude is thought to help with emotional challenges and social well-being, one of the clear findings was that grateful people seem to get better quality sleep.

Another study split subjects into two groups and found that the people who were instructed to express their gratitude felt 25 percent happier and more optimistic than before the study had started.

What are some ways to promote gratitude? Here are a few ideas:

- Write down or talk about what you are grateful for, once or twice a week
- Practice gratitude by setting aside a few minutes every day to think over what makes you grateful
- Tell someone how you appreciate them or their work
- Concentrate on the good things that happen and see if your well-being increases



Sing A New Julesang

(Sons of Norway Newsletter Service)

What is your favorite Norwegian Christmas carol? Chances are, if you live in the US or Canada, it's *Jeg Er Så Glad Hver Julekveld*, a song written by Marie Wexelsen, published in her 1860 collection of children's songs. This carol gained popularity just as Amerika fever broke out, and was carried cross the Atlantic on the lips of Norwegian immigrants.

A much newer carol with similar staying power is *En Stjerne Skinner i Natt—A Star Shines Tonight*. With a melody by composer and music professor Tore W. Aas and words by pastor and prolific lyricist Eyvind Skeie, the text to both carols mention an angelic chorus, the newborn child in the manger and bring stars shining above. While *Jeg Er Så Glad* remembers the prayers of the little ones, *En Stjerne* underscores peace on earth.

Both of these carols became the most famous work by their respective authors.

In 1992, the Oslo Gospel Kor (choir)—founded by Aas—was in the studio, and the song was written in time, to be added to their Christmas album. Three decades later, *En Stjerne Skinner i Natt* has been incorporated into several songbooks and recorded by a score of other artists.

Listen to this new classic on YouTube:

<https://www.youtube.com/watch?v=BhwKEv51dlM>

(Editor's note: I have included the words to these two songs on the next page, in Norwegian, to let you follow along with the YouTube versions that you might find. It is well worth the effort and will contribute to your enjoyment of the songs.)



En stjerne skinner i natt

Nå er den hellige time
vi står i stjerneskin
og hører klokkene kime
nå ringes julen inn


Englene synger høyt i kor
synger om fred på vår jord
verden var aldri helt forlatt
en stjerne skinner i natt

En nyfødt kjærlighet sover
nå er guds himmel nær
vår lange vandring er over
stjernen har stanset her

Englene synger høyt i kor
synger om fred på vår jord
verden var aldri helt forlatt
en stjerne skinner i natt

Se himmelen ligger og hviler
på jordens gule strå
vi står rundt krybben og smiler
for vi er fremme nå

Her kan vi drømme om den fred
som vi skal eie en gang.
For dette barn har himmelen med
og jorden fylles med sang.



Jeg er så glad hver julekveld

Jeg er så glad hver julekveld,
for da ble Jesus født;
da lyste stjernen som en sol,
og engler sang så søtt.

Det lille barn i Betlehem,
han var en konge stor
som kom fra himlens høye slott
ned til vår arme jord.

Nu bor han høyt i himmelrik,
han er Guds egen sønn,
men husker alltid på de små
og hører deres bønn.

Jeg er så glad hver julekveld,
da synger vi hans pris;
da åpner han for alle små
sitt søte paradys.

Da tenner moder alle lys,
så ingen krok er mørk.
Hun sier stjernen lyste så
i hele verdens ørk.

Hun sier at den lyser enn
og slokner aldri ut,
og hvis den skinner på min vei,
da kommer jeg til Gud.

Hun sier at de engler små,
de synger og i dag
om fred og fryd på jorderik
og om Guds velbehag.

Å gid jeg kunne synge så,
da ble visst Jesus glad;
ti jeg jo også ble Guds barn
engang i dåpens bad.

Jeg holder av vår julekveld
og av den Herre Krist,
og at han elsker meg igjen,
det vet jeg ganske visst.

Way to Go, Mitch



Presenter Mitch Utterback, answering curious questions from presentation attendee, 16-year-old Mickaela Renwick, Snorre Lodge 1-070, Thief River Falls, MN. (Sons of Norway: E-Post, Oct 2024)

Name that Artifact - Answer A kicksled — in Norwegian, en spark—is a traditional way to glide across icy roads and snowy paths. You stand behind a chair which sits on top of two long blades. While holding onto the back of the chair, one foot stays on a runner while the other foot pushes off the ground, like using a scooter. The harder you kick, the faster you go! People of all ages ride kicksleds everywhere. They are very handy for carrying groceries or wood for a campfire. You can give a friend a ride on your spark, or challenge them to a race over a frozen lake.

Vesterheim Museum Presentations

District Six has arranged for two additional live Zoom presentations from the Vesterheim Museum. The first on November 12, 2024, and the second sometime in February or March of 2025, the specific date to be set soon. You may join these Zoom presentations from your home via computer or smart phone, invite a group of friends for a watch party, or organize a watch party at your Lodge. We are limited by the number of connections (computers), not the number of viewers, so watch parties will allow more participants. If you are not able to attend to live presentation, recording will be made available.

Topic: *Sacred Symbols: The Folk Art of Norway*

Date: November 12, 2024, at 4:00 pm CT/6:00 pm Pacific Time. **This is 5:00 Mountain Time.**

Speaker: Laurann Gilbertson, Chief Curator

Program Description: Learn about the many symbols that have come down from ancient times and how they were used in Norway in the nineteenth century. Many of the symbols, used on textiles, wood, horn, and other materials, fall into one of the following functions: good luck, fertility, protection, and linking the human and spiritual worlds.

Request Zoom link here: <https://sofn6.org/vesterheim-sacred-symbols/>

The second topic will be *In Trunks, Hands, and Hearts: What Norwegian Immigrants Brought to the United States*. As the date is presently ambiguous, February or March 2025, further information will be in a future newsletter.



Things to Do in December

The 64th Annual Georgetown Christmas Market



The First Two Weekends in December
December 7th & 8th and
December 14th & 15th
Celebrating the Yuletide Season in Our
Historic Community



Join IKEA on December 13, 2024, for a holiday feast including Swedish meatballs, salmon, Glögg drink and more! Get tickets at your local IKEA store; but, be aware - tickets subject to availability. JULBORD Buffet offerings may vary by store. Check your local IKEA Store Swedish Restaurant for hours and details.

**See advertisement for Denver's
Christkindlmarket on the next
page.**

Time to Fall Back



Benjamin Franklin takes the honor (or the blame, depending on your view of the time changes) for coming up with the idea to reset clocks in the summer months as a way to conserve energy, according to David Prerau, author of "[Seize the Daylight: The Curious and Contentious Story of Daylight Saving Time](#)" (Thunder's Mouth Press, 2005). By moving clocks forward, people could take advantage of the extra evening daylight rather than wasting energy on lighting.

At the time, Franklin was ambassador to Paris, and he wrote a witty letter to the Journal of Paris in 1784, rejoicing over his "discovery" that the sun provides light as soon as it rises.





DENVER CHRISTKINDLMARKET

FREE AND OPEN TO THE PUBLIC

Location & Hours

November 22 - December 23 in
Denver's Civic Center Park

REGULAR HOURS

SUNDAY - WEDNESDAY:
11:00 A.M. - 7:00 P.M.

Festival Hall Hours

THURSDAY - SATURDAY:
OPEN UNTIL 10:00 P.M.

EXCEPTIONS

THANKSGIVING DAY: 11:00 - 4:00 P.M.

FINAL WEEK (12/15 - 12/23): 11:00 A.M. - 9:00 P.M.



*SONS OF NORWAY
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