



FJELLHEIM 6 – 107
 Sons of Norway
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June-July 2015

Volume 42, #6

The mission of Sons of Norway is to promote and to preserve the heritage and culture of Norway, to celebrate our relationship with other Nordic countries, and to provide quality insurance and financial products to its members.

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MEETING TIME:

Monthly business meetings held the second Wednesday of every month (except July)

7:00 PM
 Viking Hall,
 1045 Ford Street,
 Colorado Springs, CO

SEND ARTICLES TO :

Michael Johaneson
 1307 Wildwood Ln
 Castle Rock, 80104
mjohaneson@gmail.com

Deadline for the August issue is July 20

SUMMER PICNIC

Sunday, June 21st (Father's Day)

Bear Creek Park
SE Corner of South 21st St. & West Rio Grande

12:00 pm

POT LUCK

Bring your favorite meat, casserole, side dish, salad or dessert.

Our lodge will provide dishes, utensils and drinks.



Please call Karen Ravnaas by June 17 at 390-0621 to reserve your seat on the bench so we know how many to prepare for.



Join us for a day of fun, fellowship and relaxation

2015 Juni

Sondag	Mandag	Tirsdag	Onsdag	Torsdag	Fredag	Lordag
31 1:30 Dine-out- Rock Bottom on Powers	1 9:00 am Lefse Making Viking Hall	2 12:30 pm Card Social Viking Hall	3 9:00 am Board Meeting Viking Hall	4	5	6
7 12:00—4:00 Rosemaling Viking Hall	8 9:00 am Lefse Making Viking Hall	9	10 5 pm Book Club 6 pm FMC 7 pm Heritage Mtg Viking Hall	11	12	13
14	15 9:00 am Lefse Making Viking Hall	16	17	18 11:30 Ladies Luncheon Senor Manuel's	19	20
21	22 9:00 am Lefse Making Viking Hall	23	24	25	26	27 9:00—5:00 Scandinavian Festival Estes Park
28 1:30 pm Dine Out Stagecoach Inn 9:00—3:00 Scan Fest Estes Park	29	30	31			

2015 Ladies Luncheon Schedule

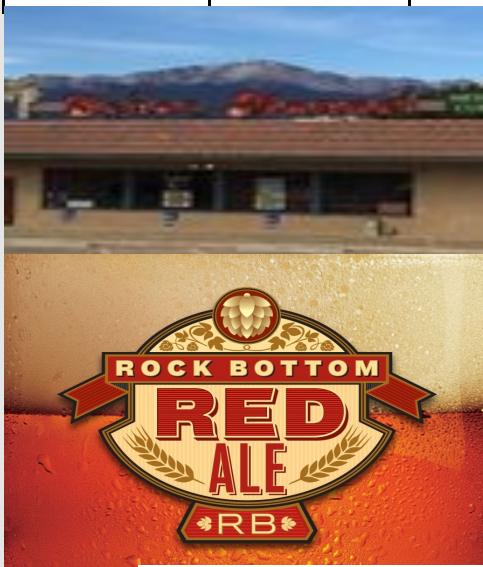
Ladies lunches are the third Thursday of the month and are at 11:30
Each month will have a hostess who will select the location and take reservations, unless indicated below:

June 18 Senor Manuel's; Karen Ravnaas-Hostess; 390-0621
July None
August 20 Location and Hostess TBD; any volunteers?
Sept 17 Location and Hostess TBD; any volunteers?
October 15 Location and Hostess TBD; taking a volunteer...
November, December – None

2015 Last Sunday Dine Out Schedule

May 31 Rock Bottom (Powers)
June 28 Stagecoach Inn
July None
August 30 Edelweiss
Sept 27 Golden Bee @ the Broadmoor
October, November, December – None
All dinners will be @ 1:30 p.m. See you there!

Karen Ravnaas-Hostess; 390-0621



President's Thoughts

Summer Vacation

My thanks are probably not enough...., but I would like to thank Kathie, Mike, BJ, Elaine, Lois, Caren, Terry, Cleo, and especially Ole for making a wonderful Syttende Mai Fest at our lodge on the 17th. A few months ago, Ole had asked me if he could not be as involved with our Mai Fest this year, and to let some other members enjoy helping with the activities.



Without other members volunteering to help, for those of you who attended this event, you saw Ole doing as much, and even more in the setting up, and organizing of this event, just as he has in past years.

There is another gentleman who needs our thanks. For the first half of this year, Larry Moe has volun

teered to act as our “temporary” Treasurer. After seven years, Larry told the Board this past December that he would no longer be able to perform the duties as our Treasurer for health reasons. But Larry has continued in this position for the past six months while our lodge has pursued trying to find a new Treasurer. Tusen takk Larry.

Do you see a pattern starting to develop within our Lodge? The “old guard” are asking for our help, and we continue to ignore their requests. Let us all take this time during our break for summer vacation, and ask ourselves what each of us would be willing to do to further help our Lodge, and to let the many members of the “old guard” enjoy the fruits of their many years of volunteering.

Enjoy the summer, and see everyone at our Summer Picnic on the 21st.

-Steve Hermanson





Sunshine – June – July 2015

Happy Birthday and Happy Anniversary for all who are celebrating these events in June and July. Have a great day!!!

Rosa Strand is recovering from her fall and is getting stronger each day. **Swede Knutson** is recovering from kidney stone surgery. **Cleo Allgood** had been in the hospital and is now home and recovering from GI issues. **Eunice Bluhm** was in a car accident and is bruised and sore; she is healing and getting around very carefully. **Owen Bergland** is recovering from an infected leg and is currently in the hospital (5/19). We hope that he is healing well and will be home soon.

Hans Bjornen, former president and member of the lodge, fell and broke his hip. He had a hemiarthroplasty (half a hip replacement) and is recovering. Vivi reports that his vitals were stable after surgery and after a short stay in recovery, was back in his room. His recovery will take time and he will be in rehab after he leaves the hospital.

Please keep them in your thoughts and prayers as they heal and recover

Friend of the Lodge and Sissel Disbrow's long-time companion, **Tom Quinn**, passed away on May 5, 2015. We will always remember Tom for his outgoing personality, his smiles, hugs, stories of growing up in his Irish family, and always helping with events at the lodge. We will miss him and send our sympathies to Sissel and family.

Knut and Melissa Lyby, Henrik and Maren, will be leaving Colorado for Norway. How exciting is that? Knut has been there and found a job. He is now back and they are preparing for the move. It was time for the kids to get to know their Lyby family and live in another culture before they are all grown up. We wish them a safe journey and the time of their life!

Summer Thought: "Then followed that beautiful season... Summer.... Filled was the air with a dreamy and magical light; and the landscape lay as if new created in all the freshness of childhood." - Henry Wadsworth Longfellow

Fraternally,
Karen Ravnaas, Sunshine Director, 390-0621

LEFSE BAKING for JUNE

Lefse baking days for June are
June 1st, 8th, 15th and 22nd.
No baking May 25th as it is Memorial
week end. See everyone in June Lois



HAPPY BIRTHDAY

June & July 2015

Lisa N Johanson	3
Ryan J Hollenbeck	4
Phyllis Lorraine Sorensen	4
Matthew Harrington Disbrow	5
Irene T Gladem	8
Michael H Johaneson	8
Peter Osburnsen	12
Charles E Sullivan	12
June E Peterson	16
Rosa Strand	16
Silje Ostrem	22
Reece Apodaca-Eacker	23
Mary Hansen	24
Harlan James Williams	26
Charles Hansen	29
Mildred Sullivan	29
Valerie B Lundy	3
Phylis J Smith	3
George C Gund	5
Terry L Mapstone	6
Laurie Hauschild	7
Grace P Johnson	7
Pamela Bakken-O'Neill	9
Maynard O Larson	10
Vivian I Johnson	13
Austin J Coltrin	19
Linda R Redwing	19
Kathie Dawn Godsil	21
Connor Gavin	22
Miranda G Coltrin	30



Card Social

Card Social will be Tuesday June 2 and August 4th with a potluck lunch at 12:30 pm. followed by visiting and cards. Please join us. Questions call Ginny at 495-0253

Viking Sisters

Viking Sisters will meet August 6, 1 pm at the lodge. All women are welcome. Any questions, please call Ginny Johnson 495-0253. (see story on next page)



Rosemaling Classes at Viking Hall

Rosemaling classes are scheduled for Sunday, May 31 from 12 to 4. Nothing is scheduled in June at press time.



All skill levels are welcome. The cost for each 4 hour session is \$20.00. Please call Cindy Bauer at 633-8260 or Bj Mapstone at 264-0955.



If you or your children or grandchildren are thinking about camp for this summer, we suggest you check out this web page: <http://sofn6.org/arv/camp-trollfjell/>.

Camp Trollfjell and Trollfjell Folkehøgskule are Sons of Norway, District 6 (western states) programs that provide fun and a great way to learn Norwegian culture.



Thank You
 Mahalo
 Kiitos
 Tack
 Grazie
 Obrigado
 Takk
 Thanks
 Merci
 Gracias

BOOK CLUB

Book Club

meets every second Wednesday of the month at 5:00 pm at Viking Hall. Our facilitator is Dot Everett.

Our book for June is Where Monsters Dwell

by Jorgen Brekke. This international best seller is a thriller, not for the faint-hearted. Please join us on Wednesday, June 10 at 5:00pm.

Thank you to all who attended my birthday open house, sent cards, phoned or in any way wished me a happy birthday. I really appreciate it. Jerry Johnson



The Cookbook is Coming, the Cookbook is Coming ..

Our Viking Sisters are undertaking a project in which we need the help of everyone in the lodge. We plan to do a **cookbook** and need recipes. Please submit recipes and indicate what category they go in such as: appetizers, main dishes, salads, soups, desserts, etc.

You can bring your legibly written recipes to the lodge or e-mail them to gnjohnson@aol.com. Recipes should be submitted by the end of this year. Your cooperation is appreciated. Thank you.

Ginny Johnson, president of Viking Sisters. Any questions call 495-0253.

Frokost Thanks 2015

Mange tusen takk to all of the Frokost volunteers. Our attendance was 227, our profit \$3,415. What a tremendous showing of guests and members all coming together to make another successful Lodge event. Without the help of all of you, it would be very difficult to continue our annual Frokost. Many of you donated food, several of you came to the Lodge two days prior to the event to offer assistance, and then stayed and cleaned up after the party!

To my fellow members and friends: You all are the greatest! We continue putting on these events to preserve our heritage and culture, for the love of our Lodge, and to honor our parents and friends who came to America to start a new life. The Lodge Frokost was initially started by Anne and Lee Beahler, who returned from a trip to Norway, were so impressed with the food, and thus Frokost began. They continued it for several years and then Anna Snead kept it going. Then one day I raised my hand to volunteer and thus began my 16 year adventure with Frokost.

So it is with great appreciation that I personally thank each and everyone of you for your outstanding participation and continued support of this annual event.

Sissel Disbrow



June 10, 2015 Program Play Ball



In celebration of our August Night Out with the Sky Sox, local Sports Historian and author Roger P. Hadix will treat us to a Fast Pitch presentation. Professional Baseball arrived in 1901 setting the stage for Colorado Springs to forever be a baseball town. The brown Bombers, a semiprofessional team came in 1940; the original SKY SOX won the Western League Championship in 1953, 55 and 58. Several local players have made it to the majors.

Roger Hadix has compiled an amazing collection of photos and stories from each decade of the 19th and 20th Centuries, which chronicle the national pastime throughout the Pikes Peak Region. For the past 21 years, Roger has lived the history by playing vintage baseball with the Colorado Vintage Baseball Association.

Come enjoy this entertaining and informative program. His book *Baseball I Colorado Springs* will be available for purchase.

Sons of Norway Annuities

At Sons of Norway, we like fixed annuities. Why?

For members looking to reduce uncertainty in their financial futures, fixed annuities are a great solution.

Fixed annuities offer guaranteed safety of principal and a guaranteed minimum interest rate, they provide protection against market down-turns.

Owners of our fixed annuities are more certain and confident that they will have a secure retirement.

If you would like to start building a safe foundation for your retirement through fixed annuities, please contact me at mjohaneson@gmail.com or 720 971-0130.

Mike Johaneson

Thomas E. Quinn

May 8, 1947—May 5, 2015

Tom was loved by many and a friend to all who met him. Tom was very patriotic. He never had enough American flags. He flew them on holidays and to him, every day was a holiday. He was brought up Catholic, however he also attended the Lutheran church here in Colorado Springs.

Tom is survived by brothers Frank, Jim, Joe, John, sister Kay, sons Christopher and Jeff, and many nieces and nephews. He was called Grandpa Tom to Ethan, Garrison, Madeline, Sissel, Lena, Eloise, Alexis, Austin, Sam, Kirsten, Kari, Kolton, Savannah, and Danny. He was a dear friend to David, Mark, Jeffrey, Matthew and Michael, and as he said, his "lifelong partner", Sissel.

He was born in Denver, received his college degree in Pueblo, and was a long time Colorado Springs resident. He served in the Army as a Finance Officer and worked as an Army civilian in Germany. He loved boats, the water and traveling in Europe and the U.S. He called himself the "Irish-Norwegian" as he became involved in many Scandinavian events.

Tom was always so grateful and appreciative to all who helped him during his illness. He will be dearly missed and remembered with love and affection.

Takk fra alt—Sissel.

FJELLHEIM - 2015 OFFICERS

Board of Directors

President	Steve Hermanson	520-0303
	ubetcha@reagan.com	
Counselor	Michael Johaneson	720-971-0130.
Secretary	Sara Berge	495-2134
Asst. Secretary	Laurie Hauschild	660-1105
Treasurer/Finance Chair	Larry Moe (temporary)	
Membership Secretary	Shirley Stilley	475-1524

Program Directors

Social Coordinator	Kathie Godsil	266-9592
Cultural Coordinator	Marjorie Erickson	597-2196
Hostesses	Doris Lake	596-8600
	Darlene Aaland	550-1288
	Carol Eacker	633-5193
Sunshine	Karen Ravnaas	390-0621
Sports	Kerry Hefta	266-9429
Foundation	Caren Alvestad	648-2320
Cultural Skills	Björg Mapstone	264-0955
Book Club	Dot Everett	328-1481

Support Officers

Greeters	Lois Halvorson	632-6003
	Owen Bergland	576-1396
Marshall	Dave Haugen	599-0810
Editor/Photographer	Michael Johaneson	720-971-0130
	mjohaneson@gmail.com	
Web Page & Facebook	Randy Johnson	260-7028
Musician	Sonja Gund	473-9588
Publicity	Eunice Bluhm	495-2029
Historian	Virginia Nelson	650-7029
Librarian	Sonja Gund	473-9588
Viking Sisters	Ginny Johnson	495-0253

Committees/Special Activities

Auditors	Dean Tollefson	473-1110
	Ole Bakken	632-3892
	Millie Sullivan	597-0381
Tubfrim	Tania Oldervik	310-3586
Volunteer Hours	Cleo Allgood	598-1982
Financial Benefits	Michael Johaneson	720 971-0130

Fjellheim Management Corporation (FMC)

Directors	Karen Ravnaas	390-0621
	Paul Wiig	596-6159
	Doug Haug	632-4284
	Swede Knutson	473-3297
	Chuck Sullivan	597-0381
	Owen Bergland	576-1396
Trustees	Rodger Erickson	597-2196
	Jerry Johnson	495-0253
	Terry Mapstone	264-0955

Colorado Zone 8 Director

Beverly Moe 720-746-9755
bevm259@comcast.net

District 6 President

Mary Beth Ingvaldstad 707-987-2404
mbingvaldst@aol.com

Sons of Norway Board Lyle Berge 720-470-4961
bergenorsk@comcast.net

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Monthly Newsletter
Mike Johaneson, Editor
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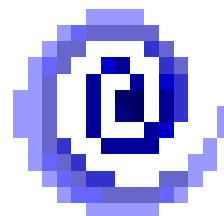
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