



**FJELLHEIM 6 – 107**  
 Sons of Norway  
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[facebook.com/sonsofnorwaycs](https://facebook.com/sonsofnorwaycs)

**April 2016**

**Volume 43, #4**

**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](mailto:mjohaneson@gmail.com)

Deadline for the May issue is April 20

# *Frokost Meny*

## Authentic Norwegian Breakfast

Sunday, April 17, 2016

11:00 – 1:30 PM

Sons of Norway Lodge  
 1045 Ford Street, Colorado Springs

Baked honey ham	Pickled herring	Salmon mousse
Roast beef	Sardines	Potato salad
Liver sausage	Smoked salmon	Cucumber salad
Salami	Scrambled eggs	Cardamom bread
Roast pork	Deviled eggs	Cole slaw
Head cheese	Tomatoes	Julekake
Gjetost	Lingonberries	Lefse
Jarlsberg	Waffles	Apple cake
Swiss cheese	Fresh fruit	Flat bread
Bondøst	Pickled beets	Dill pickles
Tomato aspic	Orange juice	Coffee

Lovingly prepared by your fellow members  
 who wish you a hearty:

## *Velkommen til Bords!*

**Members: \$18.00**

**Children 12 and under: \$8.00**

**Non-members: \$20.00**

**Children not requiring a seat: Free**

**RSVP by April 13, 2016. Make checks payable to Sons of Norway.**  
 Send checks to Kathie Godsil, 4415 Flat Top Place,  
 Colorado Springs, CO 80923, Phone: 719-266-9592

# 2016 april

sondag	mandag	tirsdag	onsdag	torsdag	fredag	lordag
				3	1	2
3	4	5 12:30 pm Cards & Games Viking Hall	6 9:00 am Board Meeting Viking Hall	7	8	9 12:00—4:00 pm Rosemaling Viking Hall
10	11 9:00 am Lefse Bake Viking Hall	12 8:30 am Hardanger CS Senior Center on Hancock	13 5 pm Book Club 6 pm FMC 7 pm Heritage Mtg Viking Hall	14	15	16
17 11:00 am Frokost Viking Hall	18	19 8:30 am Hardanger CS Senior Center on Hancock	20	21	22	23 12:00—4:00 pm Rosemaling Viking Hall
24	25 9:00 am Lefse Bake Viking Hall	26 8:30 am Hardanger CS Senior Center on Hancock	27	28	29	30

Sons of Norway

## District Six Convention 2016

*Save the Dates!*

June 19<sup>th</sup> - 22<sup>nd</sup>

Embassy Suites Hotel  
Loveland, CO



*"Mining Our Heritage"*

Hosted by the 7 lodges of **Zone 8 (Colorado)**  
More info to come!

## *Yes, There is such a thing as a Free Lunch*

Fjellheim Lodge is sponsoring a special dinner and new member recruiting program on Saturday, **May 14<sup>th</sup>**. If you bring a prospective member, you and your guest will get dinner free. This is a blast from the past with good, old Minnesota (ND, WI, SD, IA, etc.) hotdish and jello. Maybe a little 50s music. A short film. Some jokes. If you want to join us but cannot bring someone, the cost is \$10.00.



*North Dakota Hotdish*  
that's sewnina



## President's Thoughts

# Wake up! It's Breakfast time.

As a young child, not wanting to get out of bed and go to school, how many of us have heard that commanding voice early in the morning? And it was usually followed by the well known phrase; "if you don't eat now, it'll get cold!" Well...., haven't things come full circle?

Guess what you can find on the Norwegian breakfast table other than a super cup of coffee along with a bunch of delicious desserts? Maybe some fish in sauces and marinades. Or some smoked salmon. How about some sardines in tomato sauce, mustard sauce, or some oil and spices. Or maybe a little pickled herring would be good.



So, would you like some fried potatoes early in the morning? Absolutely not in Norway! Potatoes are for dinner. But maybe some Norwegian waffles, or some hard-boiled eggs, or some scrambled eggs.

And add some sliced tomatoes and cucumbers, pickled beets, lingonberries, and sweet pickles, and many cheeses like gjetost, head cheese, jarlsberg, and brunost.

And with all of this cheese, add some sliced meats such as ham, beef, sausage, salami, and pork to make some open-faced sandwiches because Norwegians eat open-faced sandwiches for breakfast. They never make a sandwich with two pieces of bread.

In Norway, this is known as smorbrod, and is on one slice of bread topped with a combination of many of the items previously mentioned. But, what about Lutefisk? Never. You will not find Lutefisk at the Norwegian breakfast table. But you will find lefse at the table.

There must be a simpler way to explain a Norwegian Breakfast. There is. The Norwegians call it "Frokost". Join us on April 17th, at our Lodge, and you will experience an authentic Norwegian delight. Oh, did I mention that to be authentic, the entire breakfast is served "cold"? Had I known this 50-60 years ago, I could have answered that commanding voice with; "go ahead and let it get cold, I'm Norwegian!"

*-Steve Hermanson*



## April Birthdays

Tyrone L Steen	1
Kolben Erdal Barney	2
Barbara Ann Nelson	2
Kristine H Brindle	3
Doris I Lake	5
Joan Ruth Magee	9
Henrik A Lyby	10
Cynthia A Snell	11
Vickie Lee Bross	12
Lorraine J Timm	15
Norman Andrew Pechacek	16
Jennifer J Forbes	22
Timothy Coltrin	24
Paul E Greenfield	25
Marjorie E Erickson	27
Randy M Johnson	27
Carlton J Johnson	30



## Card Social

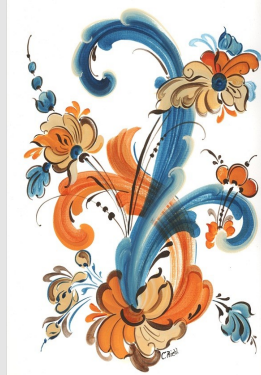
Card Social will be Tuesday, April 5 with a potluck lunch at 12:30 pm at Viking Hall followed by visiting and cards. Please join us. Questions call Ginny at 495-0253

## Viking Sisters

Meeting on Thursday, May 5 at 1:00 pm at Viking Hall



## Rosemaling at Viking Hall

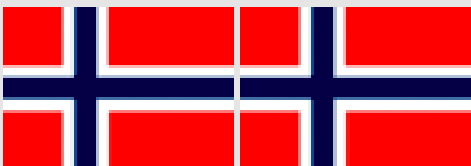


Rosemaling classes are scheduled for Saturday April 9 from 12:00 until 4:00. and on Saturday April 23 from 12:00 4:00 at Viking Hall. All skill levels are welcome.

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

# 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 April is Chihuahua of the Baskervilles by Esri Allibritten set in Manitou Springs. Please join us on Wednesday, April 13 at 5:00pm.



## REMINDER:

Start your projects now for the Folk Art Competition during the 2016 District 6 Convention in June. Ready, set, go.....



## It Is Lefse Time Then

Spring Lefse baking is starting in April. We will bake April 11th for Frokost. It will also give us some for selling at Frokost. Baking starts at 9:00 am until about 11:00. Come have a great Norwegian **bake out.**



The other dates are for the Scandinavian Festival the end of June. We will bake April 25th, May 2nd, 9th, 16th, 23rd, and June 6th & 13th. We need 1500 rounds for sale in June. Mark your calendars and join us. *Lis*







## Sunshine—April 2016



Happy Birthday and happy anniversary to everyone who is celebrating these special events in April.



**Lyle E. Berge** has died. Our friend of Fjellheim, former Fjellheim President, former District 6 President, and of late, a member of the Sons of Norway International Board of Directors, passed away in Denver on March 3, 2016 from an apparent heart attack. Lyle was a friend to everyone he met, a mentor to those who needed his help and advice, and a person who was always ready and able to be in the middle of any and all special events at the lodge. He was proud of his Norwegian heritage and was quick to tell anyone who crossed his path. Our thoughts and prayers are with his family. *Rest in Peace, Lyle Berge. You will be missed more than you could have imagined.*

**Cathe Berg-Maines** is recovering very well from knee replacement surgery and has returned to her normal life and routine. It was so good to see her at the last meeting and see how well she is going.

Our spring has come at last with the soft laughter of April suns and shadow of April showers. ~Byron Caldwell Smith, letter to Kate Stephens

Fraternally,  
Karen Ravnaas - 390-0621

## Haug Family Honored

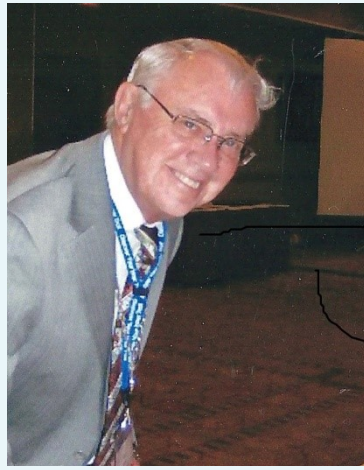


The Haug family, Pat, Doug and Ryan, were honored recently with the **Hunger's Hope Award** by Care and Share Food Bank for Southern Colorado. The Haugs have held an open house annually since 1997 and guests are invited to bring nonperishable foods for the less fortunate.

100, enjoy the camaraderie and the entertainment which in the past has included a Dixieland band, a country and western group, and the like.

Just since 2006, the Haug events have contributed more than 4,000 pounds of food which is the equivalent of 80,000 meals. ***Congratulations to the Haugs and their friends!***





Lyle E. Berge  
April 17 1934-March 3, 2016

Lyle was born to Martin and Etta Hokenstad Berge in Garretson, South Dakota, and attended schools there. After graduation, he entered the Army, serving as a neuro-psychiatric technician. He attended the University of South Dakota, the University of Louisville and received a paralegal degree from Pikes Peak Community College. He worked in retail, mainly in managerial positions. He was active in church affairs, primarily serving on church councils.

He was predeceased by his parents and a sister Linda Hasch. He is survived by sons Jordan and Torin, sister Lucile Gabriel, aunt Agnes Berge and five grandchildren.

Thirty years ago a man with a ready smile and pleasant disposition visited our Lodge. We soon discovered that he was a leader and a worker who actively participated in our Lodge events including Lutefisk dinners, Frokosti, and Christmas parties, to mention a few. As time passed, he assumed leadership positions in the Lodge, District, and on the International Board. We applaud his achievements.

But the real essence of Lyle was his ability to touch the lives of those he met. We remember him hosting many of our activities, welcoming the guests, finding tables for them, and making them feel comfortable and included. He was like a proud parent welcoming his family to a festive gathering. How he seemed to enjoy going from group to group, sharing a story or perhaps a joke! The guests responded in like manner.

His passing makes us sad. But as time goes on, we will remember Lyle with a smile on our lips and joy in our hearts.

## I like ordinary life insurance.

Whole life, as it is also called, is simple and straight forward. If you die, your beneficiary gets the face amount on the policy. If you don't, the policy's cash value keeps growing. The premium cost stays constant. Simple. Right?



In general terms, life insurance is not hard to understand. To know the details of a policy as it applies to you, we provide you with a personal "illustration".

This not a sketch of your pretty face. It is an easy to read set of figures showing you what the policy costs and the death benefit and cash value for each year as long as you live. Based on the illustration, you can customize a policy to fit your needs.

Whole life insurance is inexpensive for young people who are healthy. For those of us who have aged gracefully or otherwise, the premiums can be pricey but most feel it is still well worth it. No one ever complains that they have enough insurance to cover end of life expenses and that their family will not have an additional financial burden at a difficult time.

Everyone has different needs and resources. With a short visit, I can help you develop a whole life policy that works for you or we can just have a cup of coffee and talk. Call me or as is more common these days, text me and we will set a time to visit.

*Mike Johaneson*

720 971-0130 [mjohaneson@gmail.com](mailto:mjohaneson@gmail.com)



## FJELLHEIM - 2016 OFFICERS

### Board of Directors

President	Steve Hermanson	520-0303
	<a href="mailto:ubetcha@reagan.com">ubetcha@reagan.com</a>	
Counselor	Michael Johaneson	720-971-0130.
Secretary	Sara Berge	495-2134
Asst. Secretary	Virginia Nelson	650-7029
Treasurer/Finance Chair	Jerry Johnson	495-0253
Assistant Treasurer	Larry Moe	
Membership Secretary	Nancy Allen	310-2466
	Linda Wennerberg	622-1243

### 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
Marshalls	Dorothy Hanson	599-8546
	LaRue Hanson	599-8546
	Ole Bakken	632-3892
Editor	Michael Johaneson	720-971-0130
Photographer	Tania Oldervik	310-3586
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	Cathe Berg-Maines	282-0908
Financial Benefits	Michael Johaneson	720 971-0130

### Fjellheim Management Corporation (FMC)

Directors	Karen Ravnaas	390-0621
	Paul Wiig	596-6159
	Bjorg Mapstone	254-0955
	Jerry Maines	282-0908
	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](mailto:bevm259@comcast.net)

### District 6 President

Mary Beth Ingvaldstad 707-987-2404  
[mbingvaldst@aol.com](mailto:mbingvaldst@aol.com)

### Sons of Norway Board

**ALL PHONE NUMBERS HAVE 719 PREFIX  
 UNLESS OTHERWISE IS NOTED**



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Patty Gooding  
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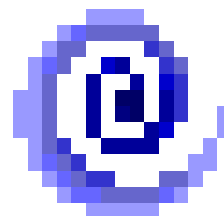
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