



FJELLHEIM 6 – 107
 Sons of Norway
 1045 Ford Street
 Colorado Springs, CO 80915
 719-574-3717
www.sonsofnorwaycs.com
facebook.com/sonsofnorwaycs

May 2018

Volume 45, # 5

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
mjohaneson@gmail.com

Deadline for the June Issue is May 20



SYTTENDE MAI CELEBRATION



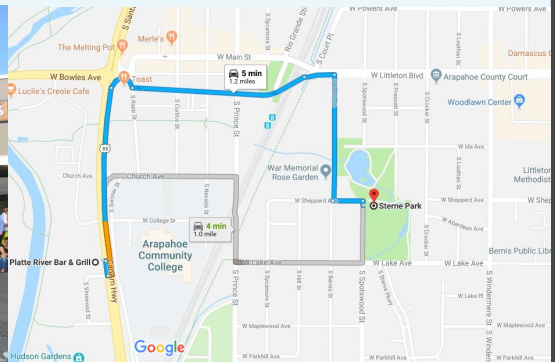
Menu
Hot Dogs
Lefse
Potato Salad
Smoked Salmon
Pickled Herring
Goat Cheese
Crispbread
Heart Waffles
Lingonberries
Ice Cream Cones
Coffee-
Lemonade

Norway's Constitution Day
 Sponsored by Fjeldalen Lodge #6-162
 Fjellheim has been invited to join In the festivities.

Sunday, May 20, 2018
12:00 noon to 5:00 pm
Parade Starts At 12:30
Hot Dog Line Opens At 1:00
Donations of \$10 for adults
Children 12 and under \$5
(pay as you come in)

Bring your family and friends to help us celebrate **Syttende Mai**, a family event with many wearing **Bunads**, a parade through the park, a smorgasbord of traditional festive foods, games for all and a time to celebrate our Norwegian heritage. Please mark your calendar and join the Fjeldalen Lodge for a good family time. Call Marilyn Speas at 303 973-2158 for further information.

Join us at **Sterne Park** (north shelter), Littleton. Go South on S Spotwood St. off Littleton Blvd. Look for the **Norwegian Flag**.



2018 mai

søndag	mandag	tirsdag	onsdag	torsdag	fredag	lørdag
		1 9:00 am Lefse Bake 12:30 pm Card Social 6:30 pm Norwegian Language Class	2 9:00 am Board Meeting Viking Hall	3 1:00 pm Viking Sisters Viking Hall	4	5
6	7 9:00 am Lefse Bake Viking Hall	8 6:30 pm Norwegian Language Class Viking Hall	9 5:00 Book Club 5:30 pm FMC 7:00 pm Heritage Mtg Viking Hall	10	11	12
13	14 9:00 am Lefse Bake Viking Hall	15 6:30 pm Norwegian Language Class Viking Hall	16	17 12:00 noon Kids on Bikes Viking Hall	18	19
20 12:00 noon Syttende Mai Celebration Sterne Park Littleton	21 9:00 am Lefse Bake Viking Hall	22 6:30 pm Norwegian Language Class Viking Hall	23	24	25	26
27	28	29	30	31		

Lefse Baking

Lefse baking has a change of date. We will bake Monday, April 23 as usual, however baking on Monday, April 30 has been moved to Tuesday, May 1st as the lodge is busy on the 30th with Bunad class. Also, we have asked to come and check out the Bunad class.



May baking days are the 7th, 14th, and the 21st. In June, we will bake the 11th. We start at 9:00 AM and go until 11:00.

Please mark the dates and join us for coffee, treats and best of all, lefse warm off the grill.

Lois

District Six President's Message

Welcome to the 2018 District Directory! Do you want to visit other Lodges in the Super Sixth, ask a question of a like officer of another Lodge, look for guidance from a Financial Benefits Counselor, consult with other lodges of like membership size, check out when other Lodges meet and much more? This is the book for you to have and to hold!

It is Convention Year with our District Convention in June at the Graton Resort & Casino in Rohnert Park, California ("Aged to Perfection") and the International Convention in August at the Hyatt Regency in Bloomington, Minnesota ("Sailing for Growth"). That makes this a year for learning, sharing and flourishing. Check out www.2018.sofn6.org for details of the D6 Convention.

Is your child or grandchild looking for a scholarship? Contact the Scholarship Committee and/or find the applications at www.sofn6.org.

New guidelines are now in place so that those who have a certificate of completion from high school and are enrolled in post-secondary training, vocational/trade school or college are eligible. Also, check out the Sons of Norway Foundation web site at www.sofn.com to learn about the 10 Scholarships available for our youth and adults.

I look forward to seeing you at the Cultural Day, Leadership Seminar and District Lodge Meeting in Rohnert Park during June 10 -14, 2018!

Fraternally,

Mary Beth Ingvaldstad

Proud President of the Super Sixth

PRESIDENT'S CORNER MAY 2018

It's Spring in Colorado. That means 70 degrees one day and 35 degrees the next! Anyway we had another successful Frokost thanks to Sissel Disbrow and her mighty crew. Many thousand thanks to all involved. Now we are looking forward to the Bunad event April 27-30. Please come and visit us while we are figuring out the intricacies of these bunads.

This year for Syttende Mai we are joining the Fjelldalen crew in Highlands Ranch May 20th. See the attached flyer for details.

For the actual 17th of May I have arranged for a bike drive at the lodge from noon to 3 pm for Kids on Bikes which is a local organization (<https://www.facebook.com/KidsOnBikesCS/> or <https://kidsonbikes.net/>).. As you are spring cleaning and find that you have extra bikes or other outdoor (ski, climbing etc) equipment barely used or very used, you can donate, please bring them over. More information to come!

Speaking of Norwegian holidays, I discovered that Norway has a lot of holidays in May besides Syttende Mai! They are summarized below: (In case you are planning a trip in May I highlighted the days where you will need to be prepared for store closures).

1 May	Labour Day (some closures)	Labour Day in Norway is celebrated on 1 May each year and is designed to celebrate the achievements and contributions of workers.	Arbeidsdag i Norge feires 1. mai hvert år og er utformet for å feire arbeidets prestasjoner og bidrag.
8 May	Veterans Day	Veterans' Day is an official flag day in Norway, and it's annually observed on May 8.	Veteransdagen er en offisiell flaggdag i Norge, og den blir årlig observert 8. mai
10 May	Ascension Day (closures)	Ascension Day is the 40th day of Easter. It occurs 39 days after Easter Sunday.	Kristi himmelfartsdag er den 40. dagen i påsken. Det skjer 39 dager etter påskedag.
17 May	Constitution Day (parades, closures)	Constitution Day is one of the largest holiday celebrations in Norway. This holiday commemorates the signing of the Norwegian Constitution on 17 May 1841, when the country declared its independence from Sweden.	Grunnlovsdagen er en av de største feiringene i Norge. Denne ferien feirer undertegnelsen av den norske grunnloven 17. mai 1841, da landet erklærte sin uavhengighet fra Sverige.
20 /21 May	Whit Sunday/ Whit Monday (closures)	Pentecost is a Christian festival celebrating the descent of the Holy Spirit on the disciples of Jesus after his Ascension, held on the seventh Sunday after Easter. Also called Whit Sunday.	Pinsedag er den kristne festivalen feirer Helligåndens nedstigning på Jesu disipler etter hans himmelfart, holdt på den syvende søndag etter påske. Også kalt pingstdagen.

MEMBERSHIP

Congrats to our Membership Award winners. Pictured: Sissel Disbrow, Randy Johnson, Steve Hermanson, Nancy Allen, Karen Ravnaas, Bjorg Mapstone, and Kathie Godsil.

Not Pictured: Mike Johaneson, Virginia Nelson, Marilyn Keck, and Jared Maddox



May Birthdays

Gratulerer med dagen

Duane Bakken	1
Marilyn M Keck	2
Cheryl Ann Cable	3
Lisa M Coltrin	5
Carroll O Sorensen	5
Nancy Marie Allen	6
Ethan E Coltrin	9
Lois E Halvorson	9
Eloise S Erickson	10
Hunter Hughes	12
Dora Marie Wolfe	14
Elijah Dvorak	15
Jonathan O Nau	15
Jack R Anderson	16
Juliannah Gavin	17
Terry L Brown	19
Steven Roy Hermanson	20
Linda Ann Wennerberg	23
Susan M Foust	24
James R Nau	27
Dorothy L Hanson	30
Candance E Lesoing	30
Madalynn Maddox	30



More Dates:

June 10-14 Dist 6 Convention, California
 June 17 12:00 Annual Picnic, Bear Creek Park
 June 23-24 Scandinavian Festival, Estes Park

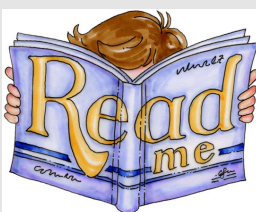


Card Social

Card Social will be Tuesday, **May 1st** with a potluck lunch at **12:30 pm** at Viking Hall followed by visiting and cards. (Lefse bakers—feel free to bring a dish for the potluck and join us after making lefse that morning) Everyone is welcome.

Viking Sisters

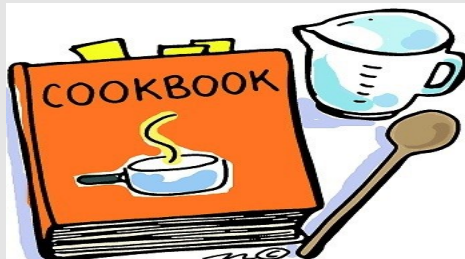
Viking Sisters will meet **Thursday, May 3rd at 1 pm** at Viking Hall. All women of the Lodge are welcome.



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

Rosemaling Classes 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.



Cookbook Update

There are still cookbooks for sale, \$12.00 each. (Lingonberries too)

Norwegian Language Class

Snakke du norsk? Ja, vi snakker norsk hver tirsdag klokka 18:30.
(6:30 pm, Tuesdays)

We are on chapter 14 and nearly finished for the year.

We are looking forward to next year and we have a plan. We will start the new year on Tuesday, August 28th with the first class starting at 6:00 pm. The second class will begin at 7:00 pm.

The first class will use the textbook *Sett i gang 1* and will be led by Cindi Keller and Jean Luce. The second class will use *Sett i gang 2* and will be led by Anastacia Hackett and Erik Tjelmeland. To join us, go to settigang.com and order the textbook for the class you wish to join.



In May, our very own freelance musician, Cindi Keller, will be presenting a short musical program on her flute, performing such numbers as Grieg's Norwegian Dance, Solveigs sang, and Morning (from Peer Gynt) as well as Ole Bull's Sæterjentens søndag.

Frokost 2018

Another wonderful **Frokost** on April 8th, thanks to Sissel and her army of volunteers. Over two hundred guests sampled some forty foods.

We had guests from Denver in their bunads, from Canon City to celebrate a 105th birthday and our regulars who have come for 18 years.

Mange takk to Sissel and all who made this event possible.





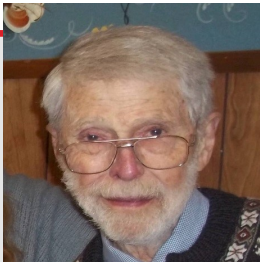
Sunshine Report - May 2018

Happy Birthday to everyone celebrating birthdays in May. Lots of things are going on this month: **May Day**, **Mother's Day**, graduations, and **Memorial Day** – to name a few. Whatever you choose to take part in, do so with all your heart and be safe.

So many people have been fighting cold and sinus infections, coughs and bronchial ailments. If you know someone, please wish them well.

Anders 'Bruce' V. Hall, charter member, passed away on April 9th at the age of 82; his daughter tells us he was so proud of his Norwegian heritage and as a family, they enjoyed many, many Lutefisk dinners. He was also one of many who always bought lutefisk after the dinner. **Harlan J Williams** died on March 22nd at the age 85; Harlan joined our Lodge in 2012 and we saw him at many of the special events. Please keep their families and friends in your prayers.

A tribute for Memorial Day: Those who would disrespect our flag have never been handed a folded one.



Anders Vegard Hall

1935--2018

Anders, known as Bruce to most of us in the Lodge, was born in Fargo, ND. He is survived by his wife Martha; daughters Karina and Kjersti; sons Craig, Kevin, Stuart, and Gordon; step-children Stacy and Brad; 15 grandchildren and 3 great grandchildren.

He devoted his professional life to teaching and retired from Coronado High School in 2004. He will be remembered for his love of the outdoors, good coffee, his passion for his Norwegian heritage and most of all, his love for his family.

He was a Charter Member of Fjellheim Lodge and played an active role in its early days, vigorously promoting it as a member of the Ways and Means Committee and supporting its social functions.

He was an excellent dinner companion and he baked superb julekake! Our sympathy to the family.

Harlan Williams

June 26, 1932 ~ March 22, 2018 (age 85)



[Obituary](#)

[Service Details](#)

Harlan "Huntz" J. Williams, June 26, 1932 - March 22, 2018. Harlan passed away in Colorado Springs, Colorado. He was born and raised in Northwood Iowa on the family farm of his parents, Osmen and Gladys (Ayers) Williams. Harlan studied electronic engineering while in the Army and continued his career at AT&T as a communication & electronic engineer.



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*Kendall Kjerstad
Financial Benefits
Counselor
605 939-1714*

FJELLHEIM - 2018 OFFICERS

Board of Directors

President	Kerry Hefta	266-9429
Vice-President	Brenda D. Anderson	637-8126
Counselor	Steve Hermanson	520-0303
Secretary	Annastacia Hackett	306-8870
Treasurer/Finance	Jerry Johnson	495-0253
Membership Sec	Kathie Godsil	229-9289

Program Directors

Social Coordinator	Kathie Godsil	229-9289
Sunshine	Karen Ravnaas	390-0621
Foundation	Sissel Disbrow	540-2737
Cultural Skills	Björg Mapstone	440-3992
Book Club	Dot Everett	330-1206

Support Officers

Greeters	Lois Halvorson	632-6003
	Owen Bergland	576-1396
Marshall	Leonard Beasley	471-1801
Editor	Mike Johaneson	720-971-0130
Web Page & Facebook	Randy Johnson	260-7028
Musician	Sonja Gund	473-9588
Publicity	Eunice Bluhm	495-2029
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
Financial Benefits	Kendall Kjerstad	605 939-1714

Fjellheim Management Corporation (FMC)

Directors	Karen Ravnaas	390-0621
	Paul Wiig	596-6159
	Jerry Maines	282-0908

Trustees	Owen Bergland	576-1396
	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

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

Sons of Norway
Monthly Newsletter
Mike Johaneson, Editor
Viking Hall—Fjellheim 6-107
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Colorado Springs, CO 80915



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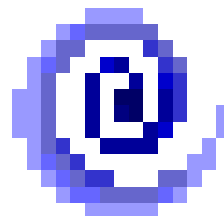
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