



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

**Feb 2019**

**Volume 46, # 2**

**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.

**Inside this issue:**

<i>Tea Thanks</i>	2
<i>Pres Notes</i>	3
<i>Sunshine</i>	5
<i>New Members</i>	6
<i>Officers</i>	7

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

Deadline for the February Issue is January 20

*Happy Valentine's Day*

**Fjellheim Lodge  
 Valentine's Day  
 Fish Fry**



**Saturday, February 16, 2019 @ 2:00 pm**

The fish has been ordered for the Annual Valentine's Day Walleye Fish Fry on **February 16, 2019 @ 2:00 p.m.** This event started as an idea of two romantic fishermen and has grown to a big event. Chef's Phil, Steve and Paul have perfected the fish dinner and with the help of many others, we will also serve baked potatoes, coleslaw, fresh rolls, dessert, and one other entrée if you are not into fish!

For \$20.00, you can't find a better deal in town on Valentine's Day.



**For Reservations,  
 Please call Karen Ravnaas at (719) 390-0621  
 by Wednesday, February 13, 2019  
 Seating is limited**

# 2018 februar

søndag	mandag	tirsdag	onsdag	torsdag	fredag	lørdag
					1	2
3	4	5 12:30 Games and Cards Viking Hall 6:00 pm Language Class 1 7:00 pm Language Class 2	6 9:00 am Board Meeting Viking Hall	7	8	9
10	11	12 6:00 pm Language Class 1 7:00 pm Language Class 2 Viking Hall	13 6:00 pm FMC 7:00 Heritage Mtg Viking Hall	14	15	16 2:00 Fish Fry Viking Hall
17	18	19 6:00 pm Language Class 1 7:00 pm Language Class 2 Viking Hall	20	21	22	23 Barnelopet Snow Mtn Ranch
24	25	26 6:00 pm Language Class 1 7:00 pm Language Class 2 Viking Hall	27	28		

## Fjellheim Christmas Tea Thanks



Special thanks to all of our Lodge members and friends who were involved in the preparation of our 10th Annual Scandinavian Christmas Tea. You are all to be commended for your hard work and dedication in this successful event. Thanks to your efforts and generosity, we have a profit of \$3,627!!! Without our many volunteers this event would not happen. So thanks again for signing up to help.

Mark your calendars as December 7, 2019 is the date for our next tea.  
Sissel

## February President 's Corner

Well it's very nice today in the 60's but the temperature is dropping precipitously tomorrow so I guess it is still winter! That's good because I am hoping to get some more time on skis this winter.

A big thank you to Bev Moe our Zone 8 Director who came down to the Springs to do our officer installations at our January Heritage meeting. And thanks to all the members who stepped up to fill those offices. We still have some vacancies for Cultural Director and Social Director if you are interested please volunteer. Dana Ferguson volunteered to be nominated for VP. Which means that at the February Heritage meeting we will need to do the nomination and election process again so if you think you'd like to give one of the vacant offices it a try let us know. I can give you the description of the duties for those positions if you are curious.

I hope that everyone is recovering from the holidays nicely. A group of us attended the Member Workshop on Jan 19<sup>th</sup> at the Trollheim Lodge in Lakewood Co. The District 6 president Luella Grangaard attended which is wonderful as the attendees were able to meet her and discuss our lodges. Kathie Godsill did a great presentation about how we are able to meet our membership quota. Fifty new members in 2018 let's see what we can do for 2019!



Fjellheim Attendees at the Member Workshop with Zone and District officers – Top Dana Ferguson, Jessica Bostow, Bev Moe (Zone 8 Director), Randy Johnson. Bottom Kathie Godsil, Luella Grangaard (District 6 President), Kerry Hefta

It's also great to meet the members of other local lodges and we even learned a few things! Including Fraternal Gives which is an online method on the SOFN.com website for updating our volunteer hours which is a task most try to avoid. Maybe it would make the dreaded job of volunteer coordinator a little easier.

Looks like we'll have a real treat for the February Heritage meeting as new member Roy Weaver will talk about ski jumping. He was on the national team in his youth and coaches now so he will be very informative. Let's give a great big welcome to Roy as he speaks about one of the most popular sports in Norway.

Ok we are getting ready for the Valentines Fish Fry, Feb 16 at 2 pm. Steve Hermanson and Phil Cable will be leading the charge, and Karen is taking reservations. Call soon as it fills up.

And we can't forget that the Barneløpet is on Feb 23<sup>rd</sup>. It is great fun and if you have kids aged zero to sixteen I would encourage you to sign them up.

Takk for det, Kerry



## February Birthdays

### Gratulerer med dagen

Kris J Barney	1
Debbie Bachmeier	2
David Allan Haugen	7
Vivi L Bjornen	8
Richard Mark Fisher	8
Lillian May Hermanson	9
Beverly R Broin	11
Jennifer Bostow	13
Jessica Bostow	13
Clarence Versluys	15
David O Haukom	20
Kerry Ann Hefta	22
Gail Ann Gudmestad	23
Maddison Maddox	23
A Laurance Moe	23
Celeste N Osburnsen	23
Paul R Wiig	25
Jedidiah Dvorak	27
Elaine Hellem	27
Richard L Jacobson	28

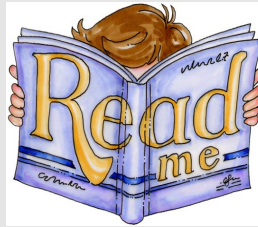


### Card Social

Card Social will be Tuesday, **February 5** with a potluck lunch at **12:30 pm** at Viking Hall followed by visiting and cards. Everyone is welcome

### Viking Sisters

The next meeting of Viking Sisters will be Thursday, March 7 at the Viking Hall. Contact Ginny Johnson if you would like to join us. 719 495-0253. Remember, all women of the Lodge are Viking Sisters.



**Book Club** usually meets every second Wednesday of the month at **5:00 pm** at Viking Hall.

### 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 440-3992



### Norwegian Language Class

Language Class meets Tuesdays at Viking Hall. The first class starts at 6:00 pm. The second class begins at 7:00 pm. They start up again on January 8

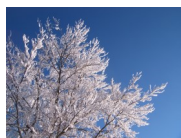
The first class uses the textbook *Sett i gang 1* and is led by Cindi Keller and Jean Luce. The second class uses *Sett i gang 2* and is led by Anastacia Hackett and Erik Tjelmeland. To join us, go to [settigang.com](http://settigang.com) and order the textbook for the class you wish to join.

## Sons of Norway Calls for 2019 Scholarship Applications

The Sons of Norway Foundation awards 25 scholarships to promising students each year. The programs promote cultural exchange and support higher education to help students follow their dreams.

Although application deadlines vary from Jan. 15 to March 1, 2018, it is not too early to think about applying for support for the 2019-2020 school year. [Learn more](http://www.sofn.com/foundation/scholarships/) and [apply for scholarships](http://www.sofn.com/foundation/scholarships/) offered in 2019 through the Foundation funds. <https://www.sofn.com/foundation/scholarships/>





## sunshine Report - February 2019



*Happy Birthday* to everyone celebrating birthdays in February! Happy Valentine's Day and see you at the Fish Fry on the 16<sup>th</sup>. Don't forget to call me for reservations – seating is limited.

**Ole and Joan Bakken** are going through an anxious time right now. Joan has been the hospital with an infection and is being moved to rehab at Brookside @ Skyline. In the meantime, Ole is preparing to move from their apartment off Centennial into an apartment at Brookside @ Skyline. Once that happens, Joan will then move to the apartment from rehab and be in assisted living. Ole's status will be as independent living. He has said when all is settled, he and Joan will welcome visitors. Please keep them in your thoughts and prayers as they transition to their new home.

In honor of Valentine's Day: **Love is always bestowed as a gift – freely, willingly and without expectation. We don't love to be loved; we love to love. *Leo Buscaglia***

Fraternally, Karen Ravnaas – 390-0621

### Things to Remember:



- As per YMCA regulations, no walking or snowshoeing on groomed trails
- Participants need to provide their own skis or rent at the Nordic Center
- Cross-Country ski rentals are available through Snow Mountain Ranch Nordic Center, 888-573-9622, or check your local rental establishment
- Ski trail access provided free
- Bring sunglasses and sunblock for the children
- Carpooling is encouraged
- Walk-ins welcome – come early!
- Make reservations early if you plan to stay overnight in Grand County

Hosted by Sons of Norway District Six

[www.sofn.com](http://www.sofn.com) & [www.sofn-district6.com](http://www.sofn-district6.com)

Fjellidalen Lodge – Denver	6-162
Fjellheim Lodge – Colorado Springs	6-107
Stein Fjell Lodge – Loveland	6-114
Trollheim Lodge – Lakewood	6-110
Vesterheim Lodge – Boulder	6-118
Storffjell Lodge – Grand Lake	6-169

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### 2019 Schedule

Legett Hall, Snow Mtn Ranch	
Same day walk-ins	9:00 a.m.
Check in begins:	9:30 a.m.
Ski Lessons:	10:00 – 11:00 a.m.
Barneløpet Event	11:15 a.m.
Post-Event Reception	12:30 - 2:00 p.m.
Close at	3:00 p.m.

Sons of Norway's Barneløpet is a FREE event open to boys and girls of all skill levels. It's an event where the whole family can get involved. Parents, grandparents and other spectators can line up at the finish banner to cheer the skiers on with cowbells and flags.

All skiers receive a beautiful gold medal!



### Post-Event Reception

Skiers and their families are invited to a free after-ski Barneløpet reception. The host lodges will serve a light lunch and beverage.



And they are off!

### Information and Questions

#### For Lodging

Snow Mountain Ranch  
YMCA 888-613-9622

Granby Chamber of Commerce  
970-887-2311

Grand Lake Chamber of Commerce  
970-627-3372

Colorado Zone Director for Sons of Norway

Bev Moe  
720-746-9755  
[bevm259@comcast.net](mailto:bevm259@comcast.net)

Barneløpet Coordinator  
Jon-Eirik Holm-Johansen  
970-413-0433

[jvchiro@gmail.com](mailto:jvchiro@gmail.com)

Barneløpet Registration  
Lois Hodne  
P.O. Box 394  
Tabernash, CO 80478  
303-795-6695  
[hiloie@aol.com](mailto:hiloie@aol.com)





New Members, New Officers and A Dog. It does not get any better. Congratulations to all involved.





## The Board of Directors



FMC



*Kendall  
Kjerstad  
Financial  
Benefits  
Counselor  
605 939-1714*



## FJELLHEIM - 2019 OFFICERS

### Board of Directors

President	Kerry Hefta	266-9429
Counselor	Steve Hermanson	520-0303
Secretary	Annastacia Hackett	306-8870
Asst Sec	Mike Johaneson	720 971-0130
Treasurer/Finance	Terry Mapstone	351-5644

### Program Directors

Sunshine	Karen Ravnaas	390-0621
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
	Sara Berge	495-2134
Financial Benefits	Kendall Kjerstad	605 939-1714

### Fjellheim Management Corporation (FMC)

Directors	Karen Ravnaas	390-0621
	Paul Wiig	596-6159
	Jerry Maines	282-0908
	Owen Bergland	576-1396
Trustees	Rodger Erickson	597-2196
	Jerry Johnson	495-0253
	Terry Mapstone	351-5644

### Colorado Zone 8 Director

Beverly Moe 720-746-9755  
[bevm259@comcast.net](mailto:bevm259@comcast.net)

### District 6 President

Luella Grangaard 760-363-7704  
[morongo2@verizon.net](mailto:morongo2@verizon.net)

### Sons of Norway Board

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

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



Sons of Norway  
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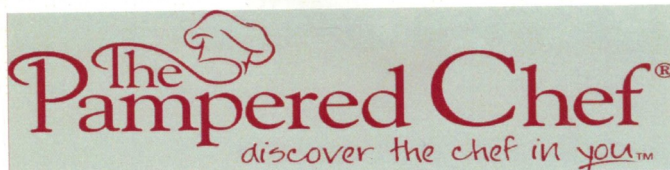


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WEB | <http://tinyurl.com/nws-pchef>

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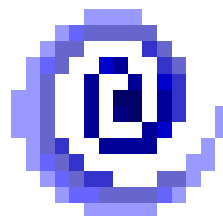
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