



**FJELLHEIM 6 – 107, Sons of Norway**  
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**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 80915

**SEND ARTICLES TO YOUR NEW EDITOR:**

Dot Everett  
 1353 Diana Lane  
 Colorado Springs 80909  
[dotforsofn@gmail.com](mailto:dotforsofn@gmail.com)  
 Phone: 719-328-1481

**Deadline for the March 2014 issue is:**  
**Saturday,**  
**February 15**

**President's Column**

January is traveling month for SoN presidents. 1/11 was the Zone 8 (Colorado) leader training in Lakewood. The 15<sup>th</sup> was Storfjell's (Grand County) meeting and dinner at Snow Mtn Ranch. Steinfjell's (Loveland) Thirty-eighth Anniversary was on the 18<sup>th</sup> and Trollheim's (Lakewood) 40<sup>th</sup> is February 8. Visitors to these events are appreciated and welcomed. Besides, the food is really good. We try to be represented at these affairs as much as possible. You may remember, someone from every lodge in the state attended our 40<sup>th</sup> Anniversary Dinner last year.

More importantly, we can learn from them. More often than not, these lodges have done away with reports at their meetings. Business is done at the Board meetings. The general (or heritage) meeting has a few announcements from the president, lunch and a program. Obviously, some meetings will have elections or voting on large expenditures but generally, it is food and fun. Maybe we should try it.

We have a car-load of young people going up to Barneloft on February 22 at Snow Mtn Ranch. I skied there last week. The snow was perfect. They are still taking reservations.

The Scandinavian Fest in Estes Park is back - June 28-29. We have an opportunity to make some serious money selling lefsa and have some fun at the same time.

Last month, Dot ran a story about the SoN virtual pilgrimage program. The trip through Norway is virtual but you have to actually walk. I hope you will join me and learn about some Norwegian culture and history while getting credit for sports medals.

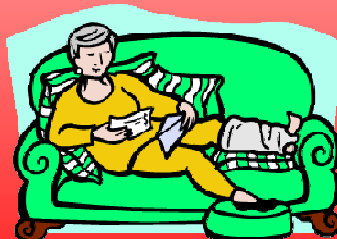
*Mike Johaneson*

**EDITOR'S CORNER**

Christmas was busy but painful. Mid December I had a flood in my basement because of roots in my plumbing pipes. Good ole Roto Rooter cleared up that problem, but somehow in trying to save all that I had on the floor, I hurt my back...or my hip... wasn't sure. The pain kept shifting around. At times it was everywhere in my hip and my right leg was numb. Doctor did tests and x-rays, then nuclear bone scan and then last week an MRI. He said he thought he saw a spot that was bone cancer!!!! What a shock. Yesterday he told me I have tendonitis in my hamstring and NOT cancer. RELIEF, THANK GOD!!!!

The Flammen went easier this month, as predicted by Mike, Knut, and many others. Tak for all your suggestions and helpful encouragement.

*Dot Everett*



*Christmas Mail*

# FEBRUARY 2014

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4 Fjelldalen Lodge Denver Cards Social 12:30	5 Board Meeting - 9 AM, Viking Hall.	6 Steinfjell Lodge Loveland Viking Sisters 1 PM	7	8 Trollheim (Lakewood) Lodge 40th anniversary
9 Vestafjell Lodge Grand Junction Area	10	11	12 Book Club - 5 PM. FMC - 6 PM. Heritage Meeting - 7 PM, Viking Hall	13	14 Hug somebody today!!!!	15
16	17 Trollheim Lodge Lakewood	18	19	20	21	22 Barneløpt Snow Mtn. Ranch
23 February Dine Out Olive Garden, Citadel Crossing 1:30	24	25	26	27	28 Vesterheim Lodge Boulder	

## KEEP THE DATES - 2014 FOR ALL COLORADO LODGES

### February

8 Trollheim Anniversary

22 Barneløpet - Snow Mountain Ranch

### March

1 Barneløpet - Western Slope

### April

TBD Vesterheim 35<sup>th</sup> Anniversary

### June

22-25 District 6 Lodge Biennial Convention, , Palm Springs, CA

28-29 Scandinavian Fest, Estes Park

*Times and Dates Subject to Change*



Trolls are an important part of Norwegian folklore. They vary in size and appearance, but are invariably ugly and messy creatures, and always mischievous (if not downright nasty). They usually live in caves or deep in the forest, and only emerge from their hiding places after sunset - legend has it that they turn to stone upon contact with the sun. Several places in Western and Northern Norway have been named after them, such as Trollheimen, Trollstigen, Trollhatten and Trollveggen.

## ZONE 8 LODGE MEETINGS

**FJELLDALLEN** – 1st Tuesdays, 7 p.m.  
Prince of Peace Lutheran Church, 2400 S  
Colorado Blvd, Denver

**FJELLHEIM** – 2nd Wednesdays, 7 p.m.  
Viking Hall, 1045 Ford Street, Colorado  
Springs

**STEINFJELL** - 1st Thursdays, 7 p.m.  
Spiritual Life Center, Good Samaritan  
Society, 2101 S. Garfield Ave, Loveland  
**STORFJELL** (Grand County) – No Set  
Day or Time, Various Locations

**TROLLHEIM** – 3rd Mondays, 7 p.m.  
6610 W 14th Ave, Lakewood

**VESTAFJELL** – 2nd Sundays, 2 p.m.  
Shepherd of the Valley Lutheran Church,  
Grand Junction and various cities on the  
Western Slope

**VESTERHEIM** – 4th Fridays, 7 p.m.  
Atonement Lutheran Church, Baseline  
and Inca Parkway, Boulder



## FEBRUARY BIRTHDAYS

- 1 Kris J Barney
- 5 Tillie A Elvrum
- 7 Gordon E Benrud
- 7 David Allan Haugen
- 8 Vivi L Bjornen
- Lillian May
- 9 Hermanson
- 11 Beverly R Broin
- 11 Karen A Swartley
- 15 Clarence Versluys
- 19 Espen Frode Jansen
- 20 David O Haukom
- 22 Kerry Ann Hefta
- 23 A Laurance Moe
- 23 Celeste N Osburnsen
- 25 Paul R Wiig
- 27 Elaine Hellem
- 28 Richard L Jacobson

## HERITAGE BIRTHDAYS

- 9 Nora Suntken
- 27 Jedidiah Dvorak



### Card & Games

We will have our first gathering of the new year on **Tuesday, Feb 4** starting at **12:30** with a potluck lunch followed by cards and games. It is a fun afternoon, come and join us. There is always lots of good food and fellowship. Happy New Year - Ginny Johnson 495-0253

### BOOK CLUB

Book Club will meet at January 8th at 5 p.m. before the regular lodge meeting. We look forward to having you join us. If you have any questions please contact Tillie Elvrum at 570-351-4745.

### ROSEMALING CLASSES

Will resume soon.



### VIKING SISTERS

Our first meeting of the new year will be Thursday, February 6. We will meet at Mimi's on North Academy just north of Woodmen Road at 1 pm for lunch and a quick meeting. All women of the lodge are members of Viking Sisters so please join us. Happy New Year. Ginny Johnson 495-0253

### VOLUNTEER HOURS

Members, don't forget to keep a record of your volunteer hours AND travel time.



### Is this you?



- With money invested in **CD's or a Money Market** where you have safety but very little return?
- With money invested in present or **prior employer 401K** accounts or **other investments** that are not guaranteed and someday it is up and someday down?

**Sons of Norway has some great investments** for it's members that has guaranteed safety of principle, guaranteed rate of return and access to your money. When your investments are with Sons of Norway, every day you will have more money in your account and safety with peace of mind. If you would like further information on Sons of Norway investments to see if they would be a better investment for you, please get in touch with me.

LaRue Hanson, FBC 2523 Shalimar Dr. Colorado Springs, CO 80915-1030  
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**HERBERT TANGEN**      September 1920-January 2014

Herb was born in St. Paul, Minnesota but moved at an early age to Oregon. In his early adult years he worked at Boeing Aircraft in Seattle and spent his years in the Navy at San Diego. In the late 1960's he moved to Colorado Springs and has owned a mobile home park.

He is survived by two daughters, Diana and Judy, and a son Terry.  
He was a member of the Elks club as well as a charter member of Fjellheim Lodge.

He enjoyed hunting, fishing, skiing and recreational cards. He was also partial to lutefisk and attended our dinners from our earliest offerings. He always had a bright smile and a good word whenever one met him.

We will miss him.

**RUTH DINGWELL**      June 1930-January 2014

Ruth was born in Boston, Massachusetts to Gerge and Bertha Oestreicher Blest. She graduated from Girls High School and was a member of the Rainbow Girls.

She was the wife of our long time hall manager and member Vern Dingwell and was well known and respected among our members. She was a spirited person, an avid sports fan, and an active volunteer in her church.

She is survived by her daughters Cheryl Keckritz (Eugene) and Robin Jewell (Larry) and several grandchildren including granddaughter Claire who was present at many Lodge events.

Ruth holds a fond place in our memories.

**NORDIC SPIRIT 2014**

Nordic Spirit Symposium 2014 *Scandinavians in the Old West* will be held on Friday and Saturday, February 7 & 8 at California Lutheran University in Thousand Oaks. Scandinavian immigrants and their descendants played large roles in the development of the West. This symposium looks into their contributions in areas ranging from civic engagement to the transport of lumber needed for cities such as Los Angeles. The public is invited to join in the spirit of a symposium, which blends music, dining and the free exchange of ideas to enhance the pleasure of learning. A reception will take place beginning at 5:30 pm Friday at the Scandinavian Center, 26 Faculty Road, just across from the campus. Reservation deadline for the Saturday lunch and dinner is January 24. Reservations are recommended but not required for the symposium presentations and performances. The Nordic Spirit Symposium is presented by the Scandinavian American Cultural and Historical Foundation and California Lutheran University.



Mia posing with the dolls.



## SUNSHINE

Happy Birthday and Happy Anniversary to everyone who is having a February birthday and a Valentine anniversary! We wish you all the best.

**Millie Sullivan** is out of the hospital where she spent a week trying to get some relief from the sciatic nerve which has been affecting her legs. She has also received a shot to relieve the pain and is getting around with the help of a walker in hopes that the muscles get stronger as she recovers. Her spirits are high and she feels better each day.

**Tania Oldervik** had major surgery on January 2 and was released from the hospital January 13. She is feeling much better and is recovering very well.

**Jerry Johnson** had cataract surgery January 8 and it went very well. On January 26, Jerry will have triple by-pass surgery. By the time you read this, he should be home resting and recovering.

**Lois Halvorson** is doing fine after cataract surgery. She is preparing for surgery on the left eye on January 29<sup>th</sup>. She also reports that Ken will have the same surgery in February.

**Jennifer Forbes** is suffering from Chronic Fatigue Syndrome and is undergoing tests to determine if there are any underlying causes.

**Steve Hermanson** reports that he is feeling much better and his back is healing after having received extensive therapy.

December and January have seen the passing of several current members, former members, and member's loved ones. **Kay Laux** passed away on December 24<sup>th</sup> known for her hardanger stitchery and so many other talents. She is survived by her husband, Dennis, also a member of Fjellheim Lodge.

**Herbert Tangen**, longtime member, passed away January 1; services were January 18. Herb would always attend the Lutefisk and Meatball Suppers. He would stop and talk and when he wasn't at the 2013 dinner, Millie and I commented and wondered if he was okay. We missed him then and will miss him in future.

**Chris Beahler**, Fjellheim member and daughter of Ann and Lee Beahler, had a major stroke on Jan 17<sup>th</sup> passed away January 24<sup>th</sup>. Services will be held in May on her birthday. We have also found out that her brother, John Beahler, passed away about 2 months ago after suffering from cancer.

LaRue Hanson's Mom, **Delma O Hanson**, passed away January 15<sup>th</sup>. Dakota, LaRue and Dorothy will stay for about 3 additional weeks to help the family.

**Tania Oldervik's Dad** died on Dec 23 in Rush, CO; services will be held at a later date.

**Ruth Dingwell**, former member and former manager Vern's wife, died Jan 5; services were held January 17.

Marilyn Keck's brother, John Erickson, died in Iowa on the weekend of Jan 5; Marilyn has been back in Iowa for services.

Our thoughts and prayers go out to all of our members and their families. Please let them know that you are thinking of them.

Thought for the month: "When we honestly ask ourselves which person in our lives means the most to us, we often find that it is those who, instead of giving advice, solutions, or cures, have chosen rather to share our pain and touch our wounds with a warm and tender hand." Henri Nouwen

Karen Ravnaas      Sunshine Director 390-0621





### ZONE 8 LEADERSHIP MEETING

Thanks all for attending. This photo came out well. It was taken by Elaine Homan, Editor, Trollheim.

Linda Ault  
Zone 8 Director

### SUNDAY DINE-OUT FOR 2014

February Dine Out 23 Olive Garden, Citadel Crossing 1:30

April Dine Out 27 Mason Jar, West Side 1:00

June Dine Out 29 Juniper Valley Restaurant Meet @ Albertson's @ 1:00 to car pool

September 28 Dine Out Texas Roadhouse, 8th St 1:00

We have decided to have the Sunday Dine-Out every other month. We will have the Saturday breakfasts on the 'in-between' months. There will be no dine-out in November.



"o no, what will we do with no dine-out in November"

### SPECIAL TOUR TO NORWAY

Sons of Norway has worked with Borton Overseas and Hurtigruten to put together a trip to Norway this spring, and members will get 5% off the ticket price. Travel to Norway May 13-26, 2014 and help celebrate the Bicentennial of Norway's Constitution on this very special tour to Norway! Tour Highlights include: The Syttende Mai parade in Oslo, watching from a special reserved area in front of the Royal palace, visiting the newly restored Eidsvollsbbygningen, the birthplace of the Norwegian Constitution. Depart Oslo and travel along the famous "Norway in a Nutshell" to Bergen.

Enjoy a seven-day cruise northbound cruise on Hurtigruten, from Bergen to Kirkenes, stopping in 34 picturesque ports. Experience exclusive greetings to the group in communities along the coastline, hosted by Mayors and other local dignitaries. After you disembark your cruise, tour the town of Kirkenes and learn about its WWII history, explore the nearby Arctic wilderness, meet sled dogs and reindeer.

Included in the tour package will be all of the above plus your transatlantic air from the US (Minneapolis, Seattle, Boston or Newark) and Borton Overseas tour leader. For complete details or to book: Contact Borton Overseas at 1 800-843-0602 or [info@bortonoverseas.com](mailto:info@bortonoverseas.com), Elaine Nelson Peik, Borton Overseas: Scandinavia Department Director, 5412 Lyndale Ave. S. Minneapolis, MN 55419, 1-800-843-0602 ext 135, 612-822-4640, ext 135. Fax: 612-822-4755. Email - [elaine@bortonoverseas.com](mailto:elaine@bortonoverseas.com) Web site: [www.bortonoverseas.com](http://www.bortonoverseas.com)

## **Odden's Rural Life Tours 2014**

***Please consider traveling with us this summer!***

Our comfortable Rural Life Tours offer you the opportunity to travel to Scandinavia with Phil and Else as your guides and hosts. The focus of these special tours are Rural life, and the folk arts, music, food, scenery and the people who make Rural Scandinavia so special. I was born and grew up in Ålesund, Norway; Phillip is a Norwegian American from Wisconsin.

Our tours have been very successful and we do our very best to make sure our fellow travelers are having a wonderful experience as we in-

### ***Tour #1***

***Midsummer Celebration Tour  
Norway and Sweden  
June 17 through June 29***

### ***Tour #2***

***Norwegian Fjords & Icelandic Saga  
Norway and Iceland  
August 2 through August 14***

Please contact us:

Phillip Odden and Else Bigton, 20337 Co. Rd H,  
Barronett, WI 54813

Phone: [715 468 2780](tel:7154682780)

Email: [nww@norskwoodworks.com](mailto:nww@norskwoodworks.com)

Web: [www.norskwoodworks.com](http://www.norskwoodworks.com)

**We appreciate these comments from our past travelers:**

*Thanks to your unique knowledge and the insights that you shared, our tour took on a richness that we never anticipated. Rick & Bon, Loveland, [Colorado](#)*

*Your vision for this rural life tour not only gave us the cultural but also the historical view. We thoroughly enjoyed the wonderful "surprises"! What a terrific group! Den and Ardelle, Farmington, [Minnesota](#)*

*The opportunity to stop, visit and learn from your Norwegian friends (not to forget the wonderful coffee and cakes) is irreplaceable. The choice of venues depicting Norwegian life were fabulous. John and Jeanne, Duluth, [Minnesota](#)  
Just a note to say Thank You for a wonderful trip. You were so organized, had so many interesting stops, wonderful hotels and great meals! Ralph, Minneapolis, [Minnesota](#)*

## **FJELLHEIM - 2014 OFFICERS**

### **Board of Directors**

President	Michael Johaneson 303-663-3251 720-971-0130. <a href="mailto:mjohaneson@gmail.com">mjohaneson@gmail.com</a>
Vice-President	Steve Hermanson 520-0303 <a href="mailto:ubetcha@reagan.com">ubetcha@reagan.com</a>
Counselor	Paul Wiig 596-6159
Secretary	Sara Berge 495-2134
Asst. Secretary	Laurie Hauschild 660-1105
Treasurer/Finance Chair	Laurance Moe 260-9490
Membership Secretary	Shirley Stillely - 475-1524

### **Program Directors**

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Cultural Coordinator	Dean Tollefson 473-1110
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Sunshine	Caren Alvestad
Sports	Björg Mapstone 264-0955
Foundation	Pat Staubo 359-2570
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Language Teacher	Tillie Elvrum 683-5826
Book Club	

### **Support Officers**

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Publicity	Eunice Bluhm 495-2029
Historian	Virginia Nelson 640-9340
Photographer	LaRue Hanson 599-8546
Librarian	Sonja Gund 473-9588
Viking Sisters	Ginny Johnson 495-0253

### **Committees/Special Activities**

Auditors	Dean Tollefson 473-1110 June Peterson 599-3235 Millie Sullivan 597-0381
Tubfrim	Tania Oldervik 310-3586
Volunteer Hours	Cleo Allgood 598-1982
Field Representative	LaRue Hanson 599-8546

### **Fjellheim Management Corporation (FMC)**

Directors	Karen Ravnaas 390-0621 Paul Wiig 596-6159 George Gund 473-9588 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**

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### **District 6 President**

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



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