



FJELLHEIM 6 – 107
 Sons of Norway
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August 2017

Volume 44, # 7

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 :

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

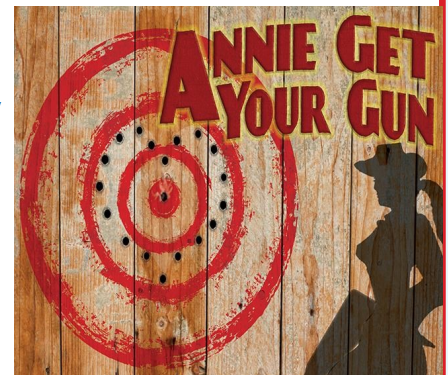
Deadline for the September Issue is August 20

Cripple Creek Melodrama Trip
 Butte theater production of "Annie Get Your Gun"
 Thursday, August 17, 1:00 pm
 Tickets are \$15.00 Seniors; \$17.00 Regular

Meet at 9:00 am at Safeway, 3275 W Colorado Ave, to carpool to Cripple Creek.
 Meet after 11:00 am at Lombard's Double Eagle for lunch, 442 E Bennett Ave. To save time, Kate suggested the soup and potato bar for \$9.99+ tax and gratuity, but the menu is still available.

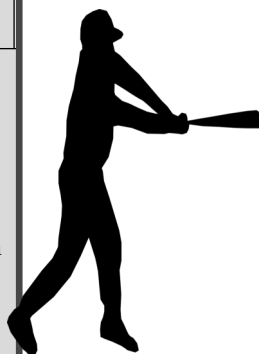
The shuttle will be available to take us to the Butte Theater. It will depart @ 12:30 and return us after the play. There is a \$2.00 gratuity per person.

We need to have the number of people attending the play NLT August 10, so those of you who want to go but haven't signed up yet, please call Karen @ **390-0621** or sign up at the August 9th Heritage meeting.

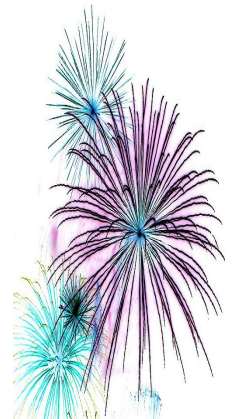


Take Me Out to the Ball Game
Annual Fjellheim Baseball Night
Sky Sox Stadium

Saturday, August 19 - Fireworks Night



Game Time - 6:00 pm
\$19.00 includes game, drink, hot dog and chips
Meet Kathy at Front Entrance at 5:30 pm



2017 august

| søndag | mandag | tirsdag | onsdag | torsdag | fredag | lørdag |
|---|--------|---|---|--|--------|---|
| | | 1 12:30 pm Cards and Games Viking Hall | 2 9:00 am Board Meeting Viking Hall | 3 | 4 | 5 |
| 6 | 7 | 8 | 9 5:00 pm Book Club 5:30 pm FMC 6:00 pm Pot Luck 7:00 pm Heritage Mtg Viking Hall | 10 | 11 | 12 |
| 13 3:00 pm Gin's Birthday Party 8755 Burgess Road | 14 | 15 7:00 pm Language Class Meeting Viking Hall | 16 | 17 9:00 am Carpool to Cripple Creek Safeway Lot 1:00 pm "Annie Get Your Gun" Butte Theater | 18 | 19 5:30 pm Sky Sox Game Security Field |
| 20 | 21 | 22 | 23 | 24 | 25 | 26 |
| 27 | 28 | 29 | 30 | 31 | | |



Support Our Partners

Kings Soopers and Safeway have sent us checks for almost two thousand dollars this year.

Keep using those gift cards. Your purchases of gas and groceries at these stores have become a major fundraiser for our lodge.

If you need a card, see Steve.



Don't forget, it's Pot Luck Dinner at 6:00 pm before the meeting on August 9. Salads and sandwiches.

Do not miss our own **Ole Bakken** and some old Nordic Folk Tunes at the August 9 meeting. He usually makes all of us sing along but it is always a good time.



President's Message – August 2017

I hope that everyone is enjoying their summer! There must have been many celebrations with friends and families. The weather has been mostly wonderful and I hope you have enjoyed some leisure activities in our great outdoors. Just sitting back in a lounge chair on the patio is relaxing and energizing enough for me.



Our June event at Bear Creek Park was great. The pot luck meal was excellent! We used to play outdoor games but this year we added cards and board games as well. "Next year we'll add Cribbage, Paul!"

Several lodge members participated in the Scandinavian Midsummer Festival in Estes Park. It was a great weekend! We demonstrated lefse making on Saturday and Sunday and sold all the lefse that we made on all those many Mondays this spring. Thanks to everyone who participated in this project! Extra kudos to Lois who was there every Monday with ten batches of dough to bake. Mike was so great with the crowds. I think he knows most of the people in the mid-west and if he didn't, he does now. Carol and Terry honed their skills on the grill and Gerald and Pat were great at sales.

Join us for the Melodrama in Cripple Creek on 17 August and the Sky Sox Baseball game on 19 August.

We approach the Fall and Winter months with lots of events on our schedule. We hope to be able to present a Norwegian language class and continue to present interesting cultural programs each month.

See you all soon, *Bjorg*

Cultural Presentation Ole Bakken will be doing the cultural presentation at our August Heritage meeting on August 9th. He wants us all to sing more, and in Norwegian! He is planning to teach us some folk songs. Remember that we will start at 6:00 that evening with a salad and dessert pot-luck. BJ

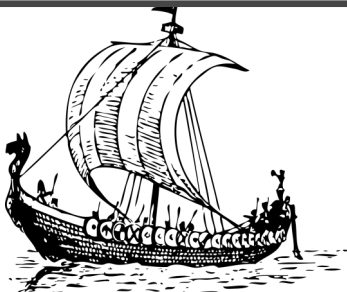


Another late June weekend and another Scandinavian Midsummer Festival in Estes Park. But 2017 was different – more people than I have seen in the past, constant entertainment and perfect weather.

From the raising of the maypole to start the festival until the last battle of the Viking reenactors and performance by the Swedish Dancers, this festival had visitors fully entertained. Bunads were paraded, live music played, and the beer garden did its job. Kids painted Dala horses, had their faces painted and learned how to make lefse.

Fjellheim had its lefse booth again and sold out its 1425 rounds of lefse by 3:30 on Sunday. We also sold 12 cases of water. After expenses, we should net about \$2300.

More importantly, we introduced lefse to many people, mostly young people. Our precise demonstration schedule was replaced by constant, all day making and eating lefse by 300 young people. At the end of the weekend, BJ, Terry, Carol, Mike, Pat and Gerald were exhausted but satisfied we had represented Fjellheim well. MJ



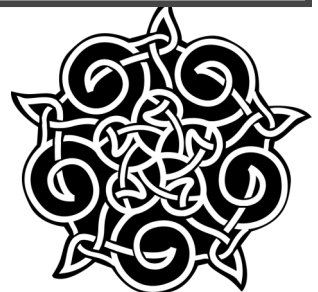
"VIKINGS: BEYOND THE LEGEND"

March 10 – August 13, 2017

9AM-5PM Daily

Denver Museum of Nature and Science

2001 Colorado Blvd. Denver, CO 80205



August Birthdays

Gratulerer med dagen!

| | |
|--------------------|----|
| Philip Lynn Cable | 3 |
| Tillman C Opsal | 3 |
| Eunice C Bluhm | 4 |
| Alyssa R Smith | 5 |
| Todd Taskerud | 5 |
| Trevor Oldervik | 8 |
| Nora Durham | 9 |
| Cathrine Y Berg | 10 |
| Anders V Hall | 12 |
| Virginia M Johnson | 16 |
| Nancy L Chew | 17 |
| Elsie M Gonsholt | 18 |
| Beverley B Disch | 19 |
| Everett Snead | 20 |
| B June Williams | 20 |
| Sara J Berge | 21 |
| Madison J Smith | 21 |
| Avery G Lawyer | 26 |



Open House, Sunday, August 13th from 3 - 5 pm, 8755 Burgess Road, in honor of Ginny Johnson's birthday. Everyone is invited. NO GIFTS, PLEASE.



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Sunshine Report - August 20

Happy Birthday to everyone celebrating birthdays in August.

Vivian Johnson has had eyelash surgery and is doing very well. Please keep her in your thoughts and prayers.

If you haven't seen the new website, please go out and look at it. Randy has redone the site and it is awesome! Thanks for such a great job, Randy!!

<http://www.sonsofnorwaycs.com/home.html>

August thought for the month: In August, the large masses of berries, which, when in flower, had attracted many wild bees, gradually assumed their bright velvety crimson hue, and by their weight again bent down and broke their tender limbs. Henry David Thoreau

Fraternally, Karen Ravnaas - 390-0621



Card Social - - Tuesday, August 1st, 12:30, Viking Hall. Potluck lunch followed by cards. Everyone welcome

Viking Sisters - - Cookbook update --
The cookbook has been proof read and is back to the publishers. Now we wait for the final product.



Rosemaling at Viking Hall

Please call Cindy Bauer at 633-8260 or Bj Mapstone at 264-0955.



Book Club meets every second Wednesday of the month at 5:00 pm at Viking Hall. Our facilitator is Dot Everett. This month we are reading a book of our choice to discuss and share.

A Lesson in Norwegian

The Norwegian is a person of few words.

English

Excuse me, I didn't quite catch what you were saying. Will you please repeat?

Sorry for bumping into you like that. So terribly clumsy of me.

It's you! How lovely to see you!

And how are things with you and your family?

Excuse me, may I disturb you for a second?

Norwegian

Hæ?

Oi!

Nei, men!

Ellers?

Du?

News Flash...**VIKING FAIR. ..OCTOBER 21**

A BIG DAY of fun, food, handwork, baked goods, heritage treasures, lefse, unique gifts, vendors, visiting, community invited, raffles.



Please call me with ideas \questions, 351-3554.

Thanks from Eunice.

Got Your Norwegian Sweater?



Silent Auction coming your way

At the Heritage meetings in August and September, we will have a silent auction for the sweaters pictured here.

The sweaters were donated to the Sons of Norway by a friend of the lodge and he has agreed that all of the proceeds should be used at the end of the year as part of our community donations.

High bidders will be announced at the Anniversary Dinner in September



Norsk språkklasser for å starte i høst

Vi har flere medlemmer i lodge som er interessert i å lære norsk. Vi planlegger å starte et nybegynnerprogram i høst. Vi har ikke en nøyaktig plan for øyeblikket. Jeg antar vi er fleksible, men vi har noen ideer:

1. Vi vil bruke læreboken Sett i Gang sammen med arbeidsboken og lydfiler. Denne serien er fra St. Olafs språkprogram. Hvis du vil være en del av vårt program, kan du bestille materialene fra www.norwords.com.
2. Vi arrangerer et organisasjonsmøte 15. august kl 19:00 på Vikinghallen. Vi vil etablere vår tidsplan på den tiden.
3. Vi ønsker å involvere våre norske høytalere som mentorer, veiledere og lærere. De inviteres hjertelig til møtet 15. august.
4. Læring norsk er ikke lett, men vi vil jobbe hardt og ha det gøy. Vi skal oppmuntre hverandre og hjelpe hverandre til å lære dette språket.

Takk skal du ha. MJ

Norwegian Language Class to Start this Fall

We have several members in the lodge who are interested in learning the Norwegian language. We are planning to start a beginner language program this Fall. We do not have a precise plan at the moment. I guess we are flexible but we have some ideas:

1. We will use the textbook, Sett I Gang, along with their workbook and audio files. This series is from St. Olaf's language program. If you want to be part of our program, you can order the materials from www.norwords.com.
2. We will have an organizing meeting on August 15 at 7:00 pm at the Viking Hall. We will establish our class schedule at that time.
3. We would like to involve our Norwegian speakers as mentors, tutors and teachers. They are cordially invited to the meeting on August 15.
4. Learning Norwegian is not easy, but we will work hard and have fun. We are going to encourage each other and help each other learn this language.

Thank you. MJ



As you can tell from the smiling faces, the Summer Picnic on June 18 was a hit. Games, good conversation and great food. And a Model A.



Life Insurance

Many of our members are buying life insurance these days to have the chronic illness rider. It will give you 2% of the face value each month if you are in need of long-term care. In other words, you could get \$6000 per month if you have a \$300,000 policy.

But there are many other reasons to invest in life insurance:

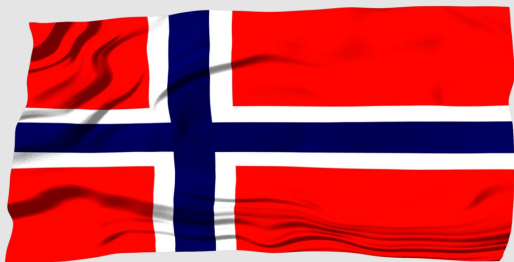
- Final Expenses—Not something you want to leave to your family
- Eliminate Debt—Auto, credit card or college loans
- Pay Off Mortgage
- Emergency Fund
- Education Fund
- Home Care Fund
- Income Replacement
- Pay Estate Taxes
- Provide Business Continuation
- Retirement Income



Life Insurance can be the solution to many problems. If I can show you how, please call, text or email me.

mjohaneson@gmail.com
720-971-0130

Mike Johaneson



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FJELLHEIM - 2017 OFFICERS

Board of Directors

| | | |
|-------------------------|------------------|----------|
| President | Björg Mapstone | 264-0955 |
| Vice-President | Kerry Hefta | 266-9429 |
| Counselor | Steve Hermanson | 520-0303 |
| Secretary | Sara Berge | 495-2134 |
| Asst. Secretary | Eunice Bluhm | 495-2029 |
| Treasurer/Finance Chair | Jerry Johnson | 495-0253 |
| Membership Secretary | Nancy Allen | 310-2466 |
| | Linda Wennerberg | 622-1243 |

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| | | |
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| Social Coordinator | Kathie Godsil | 266-9592 |
| Hostesses | Kathie Godsil | 266-9592 |
| | Beverly Beasley | 471-1801 |
| Sunshine | Karen Ravnaas | 390-0621 |
| Sports | Kerry Hefta | 266-9429 |
| Foundation | Sissel Disbrow | 540-2737 |
| Cultural Skills | Björg Mapstone | 264-0955 |
| Book Club | Dot Everett | 330-1206 |

Support Officers

| | | |
|---------------------|-------------------|--------------|
| Greeters | Lois Halvorson | 632-6003 |
| | Owen Bergland | 576-1396 |
| Marshall | Leonard Beasley | 471-1801 |
| Editor | Michael Johaneson | 720-971-0130 |
| Photographer | Karen Ravnaas | 390-0621 |
| 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 |
| | Jerry Maines | 282-0908 |
| | Owen Bergland | 576-1396 |
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| | 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
mbingvoldst@aol.com

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

Sons of Norway
Monthly Newsletter
Mike Johaneson, Editor
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Patty Gooding
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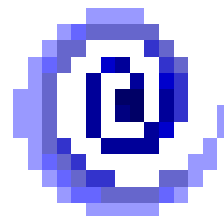
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