



**FJELLHEIM 6 – 107**  
 Sons of Norway  
 1045 Ford Street  
 Colorado Springs, CO 80915  
 719-574-3717  
[www.sonsofnorwaycs.com](http://www.sonsofnorwaycs.com)  
[facebook.com/sonsofnorwaycs](https://facebook.com/sonsofnorwaycs)

**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:**  
 Michael Johaneson  
 1307 Wildwood Ln  
 Castle Rock, 80104  
[mjohaneson@gmail.com](mailto:mjohaneson@gmail.com)

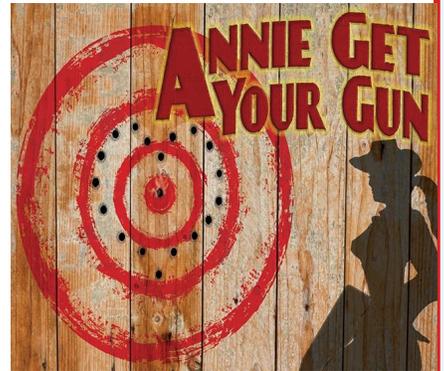
Deadline for the September Issue is August 20

**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.

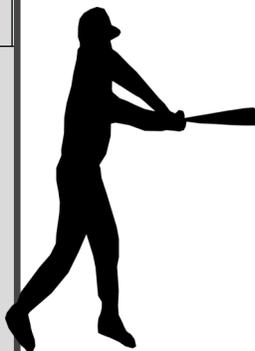
The shuttle will be available to take us to the Butte Theater. It will depart @ 12:30 and return us after the play. There is a \$2.00 gratuity per person.

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 9<sup>th</sup> 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		



**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.



## 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.



## 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 9<sup>th</sup>. 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

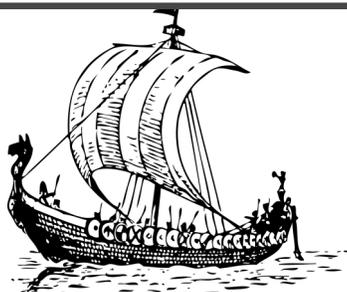


Another late June weekend and another Scandinavian Midsummer Festival in Estes Park. But 2017 was different – more people than I have seen in the past, constant entertainment and perfect weather.

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



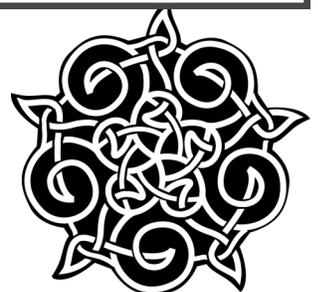
### "VIKINGS: BEYOND THE LEGEND"

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
Beverly 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	Norwegian
Excuse me, I didn't quite catch what you were saying. Will you please repeat?	Hæ?
Sorry for bumping into you like that. So terribly clumsy of me.	Oi!
It's you! How lovely to see you!	Nei, men!
And how are things with you and your family?	Ellers?
Excuse me, may I disturb you for a second?	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. Olavs språkprogram. Hvis du vil være en del av vårt program, kan du bestille materialene fra [www.norwords.com](http://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](http://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:

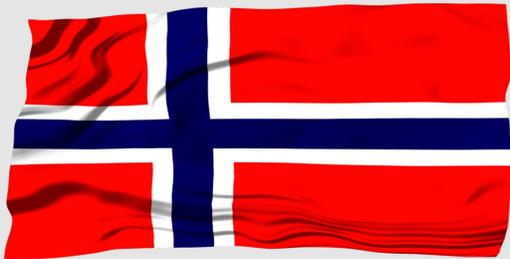
- Final Expenses—Not something you want to leave to your family
- Eliminate Debt—Auto, credit card or college loans
- Pay Off Mortgage
- Emergency Fund
- Education Fund
- Home Care Fund
- Income Replacement
- Pay Estate Taxes
- Provide Business Continuation
- Retirement Income



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

[mjohaneson@gmail.com](mailto: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

### Program Directors

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
Trustees	Rodger Erickson	597-2196
	Jerry Johnson	495-0253
	Terry Mapstone	264-0955

### Colorado Zone 8 Director

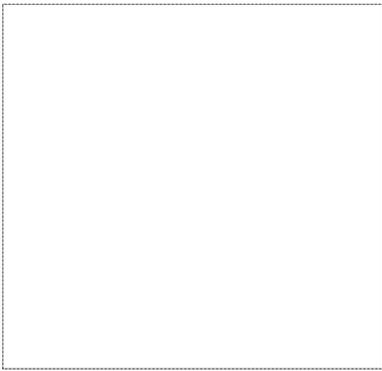
Beverly Moe 720-746-9755  
[bevm259@comcast.net](mailto:bevm259@comcast.net)

### District 6 President

Mary Beth Ingvaldstad 707-987-2404  
[mblingvoldst@aol.com](mailto:mblingvoldst@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  
1045 Ford Street  
Colorado Springs, CO 80915



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Castle Rock, CO 80104-9477



**SONS OF  
NORWAY**

**Michael Johaneson**  
*Financial Benefits Counselor*

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

[www.sonsofnorway.com](http://www.sonsofnorway.com)



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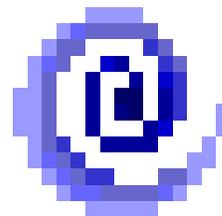
11605 Meridian Market View  
Unit 124 #352  
Falcon, CO 80831

[info@advancedcleanducts.com](mailto:info@advancedcleanducts.com)  
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*Caren Alvestad R.M.T., C.N.M.T*



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