



**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)

**Mar 2019**

**Volume 46, # 3**

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

Deadline for the April Issue is March 20



**Sons of Norway**  
**Fjellheim Lodge**  
**1045 Ford Street**  
**Colorado Springs, CO 80915**

**New Members Open House**  
**March 30, 2019**

**1-3:30pm**

**Everyone Invited**

**Complimentary Sandwich, Chips and Dessert**

**Presentation by Kendall Kjerstad**

**Financial Benefits Counselor**

**Opportunity to Win a Door Prize**



**If you need more information**

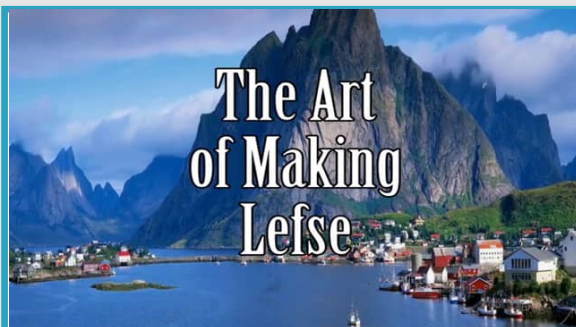
**Please contact:**

**Kathie Godsil**  
**719-229-9289**

# 2018 mars

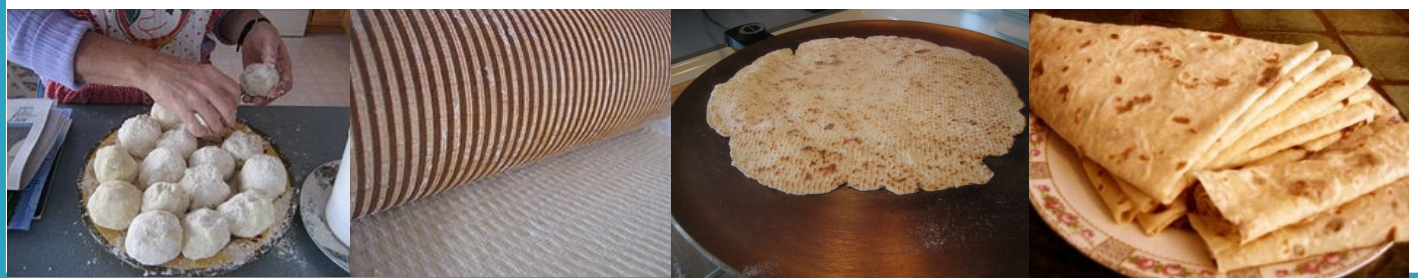
søndag	mandag	tirsdag	onsdag	torsdag	fredag	lørdag
					1	2
3	4	5 12:30 Games and Cards Viking Hall 6:00 pm Language Class 1 7:00 pm Language Class 2	6 6:30 pm Board Meeting Viking Hall	7 1:00 pm Viking Sisters Viking Hall	8	9
10	11	12 6:00 pm Language Class 1 7:00 pm Language Class 2 Viking Hall	13 6:00 pm FMC 7:00 Heritage Mtg Viking Hall	14	15	16
17	18	19 6:00 pm Language Class 1 7:00 pm Language Class 2 Viking Hall	20	21	22	23
24	25	26 6:00 pm Language Class 1 7:00 pm Language Class 2 Viking Hall	27	28	29	30 1:00 pm Membership Program Viking Hall
31						

Mark Your Calenders - 2019 Frokost will be Sunday April 14 - volunteer sign up sheets will be available at the upcoming March Heritage meeting. Sissel



## The Spring Lefse Campaign Begins

We will have two Lefse baking days starting **April 1st and April 8th** and no April Fools about it. We need Lefse for Frokost. Grills and supplies are at the Lodge. We just need members to show up. The coffee pot on along with treats and warm Lefse off the grill. Come help out and enjoy helping the Lodge. We bake from 9:00 until 11:00. Lois





# Frokost Meny

Authentic Norwegian Breakfast



Sunday, April 14, 2019

11:00 - 1:30 PM

Sons of Norway Lodge

1045 Ford Street, Colorado Springs

Baked honey ham  
Roast beef  
Liver sausage  
Salami  
Roast pork  
Head cheese  
Gjetost  
Jarlsberg  
Swiss cheese  
Bondøst  
Tomato aspic

Pickled herring  
Sardines  
Smoked salmon  
Scrambled eggs  
Deviled eggs  
Tomatoes  
Lingonberries  
Waffles  
Fresh fruit  
Pickled beets  
Orange juice

Shrimp salad  
Salmon mousse  
Potato salad  
Cucumber salad  
Cardamom bread  
Cole slaw  
Julekake  
Lefse  
Apple cake  
Flat bread  
Dill pickles  
Coffee

Lovingly prepared by your fellow members  
who wish you a hearty

*Velkommen til Bords!*

Members: \$20.00

Non-members: \$22.00

Children 12 and under: \$10.00

Children not requiring a seat: Free

**RSVP by April 10, 2019 to Sons of Norway. Send checks to**

**Kathie Godsil  
4415 Flat Top Place  
Colorado Springs, CO 80923  
Phone: 719-229-9289**





## March Birthdays

### Gratulerer med dagen

Dean E Tollefson	1
Eileen P Larson	2
Rory L Foresman	3
Robert Gavin	3
Drew Wiest	3
Mary Lou Bailey	6
Jared L Maddox	7
Arne Mark Severson	7
Alan Wayne Flolo	11
Frank Richard Alstrin	12
Kristi J Erdal	17
Darlene B Aaland	18
Kari Malene Beck	18
Delores M Gagnon	18
Owen E Bergland	23
Gunvald J Kjolstad	24
Karen K Ravnaas	24
Tove E Palmer	25
Leonard Beasley	27
Miles J Hommel	27
Richard Harold Johnston	28
Abby Allgood	31

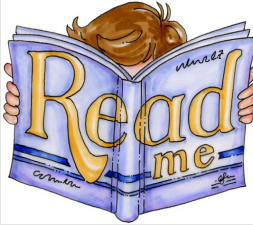


### Card Social

Card Social will be Tuesday, **March 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 1:00 pm** 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.

### From Your Membership Secretary

Dear Fellow Members,

We will focus on signing up new members on Saturday March 30, 2019 from 1-3:30pm at the Fjellheim Lodge. We will have sandwiches, chips, and Scandinavian desserts. Also, there will be several presentations including Sons of Norway Financial Benefits Program.

Finally, we will have experience members to share their enthusiasm for Sons of Norway and have material for all potential members and family members.

Everyone is invited and hope to see you at our New Members Open House.

Kathie Godsil



# Thank You

Ed note: I was not at the Fish Fry on February 16 but I received the following pictures. Appropriately, they give credit to your fellow members who work very hard at these fish fries. And they are not spring chickens either. I hope you will all join me to thank these folks who work to raise money to keep Fjellheim fiscally stable. They also have a good time doing it so you don't have to be too mushy but a quiet word would be nice.

Anyway, from the pictures it looks like we should thank Phil, Steve and Paul, the man cooks. Lois, Elaine and Bjorg for buns and coleslaw. The prep people, Cheryl and Bev. Servers Becky and Sharon. Leonard got in a picture, probably after setting up all the tables and chairs. Kathy was shooting pictures so we do not see her and all those meatballs. You know Terry is doing something with coffee and everything else. And Karen is counting the money somewhere.

It takes a village to pull off an event like this and we do several each year. We work well together and enjoy each other's company. It is what makes Fjellheim a great lodge. MJ







## sunshine Report - March 2019



**Happy Birthday** to everyone celebrating birthdays in March! **Happy St Patrick's Day!**

**Ole and Joan Bakken** are home at Brookside @ Skyline. **Gerald Rowe** has been in the hospital a couple times for surgery to help with circulation in his legs. He is back home and Pat reports he is getting stronger each day. **Ginny Johnson** had a stent placed in her heart and is recovering very well from that procedure; however, at the same time she developed a bad cold and is trying to get over it. Please keep them all in your thoughts and prayers.

**An ode to spring:** "Buttercups and daisies, oh, the pretty flowers; coming ere the spring time, to tell of sunny hours. When the trees are leafless; when the fields are bare; buttercups and daisies, spring up here and there." - Mary Howitt

Fraternally, Karen Ravnaas – 390-0621



From: [kwerqy@gmail.com](mailto:kwerqy@gmail.com)

As most of you know, the District BOD decided to create an "all Member" email distribution list in order to lessen the burden on lodges to have to communicate District business with their members, and to do so directly. One of our most effective communication tools is the District Newsletter. We would like to ask for your help in assuring that each and every member with an email address is receiving this publication. If you could please publish the following posting in your next Lodge newsletter, we would greatly appreciate it. Tusen takk!

**TO: DISTRICT SIX MEMBERS WITH EMAIL  
FROM: YOUR DISTRICT SIX PRO, Kaye Wergedal**  
**IF YOU ARE NOT RECEIVING YOUR VERY OWN COPY OF THE SUPER SIXTH DISTRICT NEWSLETTER, DELIVERED TO YOUR EMAIL INBOX, PLEASE CONTACT OUR DISTRICT SIX WEBMASTER, BRUCE FIHE AT [webmaster@sofn6.org](mailto:webmaster@sofn6.org) AND ASK TO BE ADDED TO THE "ALL MEMBER" EMAIL DISTRIBUTION MAILING LIST.**

Thank you!  
Kaye Wergedal, PRO  
Sons of Norway - District Six



*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  
Monthly Newsletter  
Mike Johaneson, Editor  
Viking Hall—Fjellheim 6-107  
1045 Ford Street  
Colorado Springs, CO 80915



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Grand Junction, CO 81503

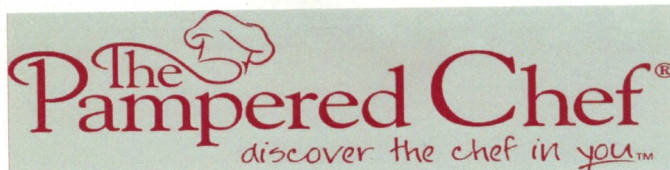


SONS OF  
NORWAY

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*Financial Benefits Counselor*

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



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

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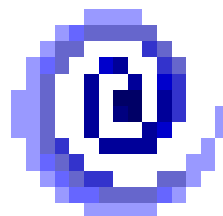
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