



**FJELLHEIM 6 – 107**  
 Sons of Norway  
 1045 Ford Street  
 Colorado Springs, CO 80915  
 719-574-3717  
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February 2015

Volume 42, #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.

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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 March issue is Feb 20, 2015

## 2015 Fjellheim Officers Installed



On Wednesday, January 14, the new officers of our lodge were formally installed by Zone 8 Director Bev Moe. The installation process was efficient and pleasant.

Steve Hermanson was sworn in as President. Executive officers also included Sara Berge as Secretary and Mike Johaneson, Counselor. Shirley Stilley will be Membership Secretary, Marjorie Erickson is the new Cultural Director and Kathie Godsil is the Social Director.

As the photo indicates, the installation was a happy occasion. The happiest person being the out-going president seated on the far left.

The next meeting is on Wednesday, February 11 at 7:00 pm. We will be welcoming new members. The meeting is preceded by a pot-luck dinner. In Colorado, that could mean anything but we want food. We will eat at 6:00 pm.

# 2015 FEBRUAR

Sondag	Mandag	Tirsdag	Onsdag	Torsdag	Fredag	Lordag
1 Ski for Light Assist DIA	2	3 12:30 pm Card Social Viking Hall	4 9:00 am Board Meeting Viking Hall	5	6	7
8 12:00—4:00 Rosemaling Viking Hall	9	10	11 5 PM Book Club 6 PM FMC 6 PM Pot-luck 7 PM Heritage Mtg Viking Hall	12	13	14
15	16	17	18	19 11:30 Ladies Luncheon MacKenzie Place	20	21
22 12:00—4:00 Rosemaling Viking Hall 1:30 Dine Out—Black Eyed Pea Citadel	23	24	25	26	27	28 9:00 Barnelopet Snow Mtn Ranch Winter Park

## KEEP THE DATES -

**January 24, 9:00 am**

**Zone 8 training,  
Trollheim Lodge**

**January 25 & February 1**

**Ski for Light Assist  
DIA**

**January 31, 8:00 am**

**Girls Scouts Program  
Mtn View Church of  
Christ**

**February 4, 9:00 am**

**Board Meeting  
Viking Hall**

**February 11 7:00 pm**

**Heritage Meeting  
Viking Hall**

**February 28, 9:00 am**

**Barnelopet  
Snow Mtn Ranch  
Winter Park**

## COLORADO 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

**STEIN FJELL** - 1st Thursdays, 7:00 p.m. Spiritual Life  
Center, Good Samaritan Society, 2101 S. Garfield Ave,  
Loveland

**STORFJELL** (Grand County) – No Set Day or Time, Vari-  
ous 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

For a different but rewarding experience, Sunday, January 25 is the day the **Ski for Light** participants come to Colorado. They fly into DIA in the morning and need our help navigating the airport, getting refreshed and then getting on the bus for Snow Mtn Ranch. If you can help, call Lyle Berge at 720-470-4961

## President's Thoughts

### Remember When.....

Many of us remember the brutal winters as we were growing up in the Midwest. Our cars had to have new points, plugs and other new parts to work efficiently. I remember helping my dad take the battery out of the car and bring it in the house overnight, so that it would not freeze. And then we would take it out in the morning and hook it up. I kept a Gerber baby jar, filled with gas, in the glove compartment. And if I had to; I would pour it into the carburetor to start the engine. But, we all survived those winters with many lessons learned about having to do whatever was needed.



Our Lodge, at this time, is running on just six cylinders, rather than being an efficient V-8. It is missing a couple of new parts for this new year. We need a Treasurer and a Vice- President. With a membership of about two hundred; we are fortunate to have an abundance of talent and a great number of people that will do what ever is needed when called upon. If you so choose to accept this call; I thank you.

*-Steve Hermanson*

### Got Freezer? Need Lefse.

The Lodge is looking for a used Upright Freezer.  
We need extra freezer space for all of the Lefse that we will be making  
In April, May, June, September, and so on and so on.....

### SAVE THE DATE! IT'S FROKOST TIME!!

Fjellheim Lodge will again be hosting our annual Norwegian breakfast and serving it to our members and friends. This event is another way of sharing our Norwegian culture through our food. There are many of our members and friends who volunteer many hours to this event. This involves cooking eggs, to displaying the meats and cheeses, cutting lefse, making the salmon mousse, the waffles, and other baked goods, just some of the menu items that are lovingly prepared by our volunteers. It will be held this year on Sunday, April 19, 2015, 11 a.m. to 1:30 pm., at the Lodge. For those of you who are willing to help, there will be a "sign-up" sheet at our upcoming business meeting, or you may call me at 719-540-2737 to offer your services.  
Thanks - Sisse!

### Welcome New Members

We have the following new members in 2014. Gerald Rowe, Patricia Rowe, Gunvold Kjolstad, Lisa Coltrin, James Nau, Jonathan Nau, Arne M. Severson, Todd Taskerud, Owen Byram, Tristan Byram, Valerie Lundy and Alyssa R. Smith. Please join us in welcoming these new members at our February meeting. *Shirley Stilley*





## HAPPY BIRTHDAY TO YOU

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



**Card Social** February 3, 12:30 pm. Good food, fellowship and fun. Please join us for a potluck lunch and cards. Ginny Johnson 495-0253

### Viking Sisters

will meet Thursday, March 5,  
1:00 pm, at Viking Hall.  
See all you Sisters at that time.



### Rosemaling Classes at Viking Hall

Rosemaling classes are scheduled for Sunday, February 8th from 12:00 until 4:00 and Sunday, February 22nd from 12:00 until 4:00. All skill levels are welcome. The cost for each 4 hour session is \$20.00. Please call Cindy Bauer at 633-8260 or Bj



### Let's Eat Then

**Ladies Luncheon** will be at 11:30 am Thursday, Feb 19 at MacKenzie Place. Call Karen Ravnaas, 390-0621.

**Dine Out** will be at 1:30 pm on Sunday, February 22 at Black Eyed Pea, Citadel. Call Karen Ravnaas to reserve.

### VOLUNTEER HOURS

Be sure to include round trip travel time!  
Thank you, Cleo Algood.

### Summer + Kids = Camp

If you or your children or grandchildren are thinking about camp for this summer, we suggest you check out this web page: <http://sofn6.org/arv/camp-trollfjell/>.

Camp Trollfjell and Trollfjell Folkehøgskule are Sons of Norway, District 6 (western states) programs that provide fun and a great way to learn Norwegian culture.

### Barnelopet 2015

On Feb 28, Snow Mtn Ranch near Winter Park will again be the site for Barnelopet - "Children's Race". This is a free event open to all boys and girls of all skill levels. All skiers receive a beautiful gold medal.

Ski lessons start at 10:00 am. The race is at 11:15 am.

It's an event where the whole family can get involved. Parents, grandparents and other spectators can line up at the finish line to cheer skiers on with cowbells and flags.

Last year, Fjellheim sent 8 young people to participate and 6 adults to help. Let's do it again.

A registration form follows:



# Registration

You may use 1 form for the whole family!

1. \_\_\_\_\_ Age \_\_\_\_\_ Distance \_\_\_\_\_  
 2. \_\_\_\_\_ Age \_\_\_\_\_ Distance \_\_\_\_\_  
 3. \_\_\_\_\_ Age \_\_\_\_\_ Distance \_\_\_\_\_  
 Email \_\_\_\_\_  
 Phone (\_\_\_\_) \_\_\_\_\_  
 Parent's Name \_\_\_\_\_

Address \_\_\_\_\_  
 City \_\_\_\_\_  
 State \_\_\_\_\_ Zip Code \_\_\_\_\_  
 \_\_\_\_\_ Needs to rent equipment from Nordic Center  
 \_\_\_\_\_ Classic skis  
 \_\_\_\_\_ Skate skis

\_\_\_\_ 1.0 Km \_\_\_\_ 2.5 Km \_\_\_\_ 5.0 Km

Ski-Orienteeing: Yes No (Please circle one)

\_\_\_\_ 2 km \_\_\_\_ 90 minute course

May we send you more information about

Sons of Norway? Yes \_\_\_\_ No \_\_\_\_

What lodge do you belong to:

## Acknowledgment of & Assumption of Risk and Release

I, \_\_\_\_\_ (parent), know that skiing is an action sport carrying significant risk of serious personal injury, death or property damage.

I agree that as parent, I am responsible for my child's safety while participating in the recreational skiing event. I understand that the sponsors of this event are not responsible for supervision of my child, or my child's safety. I specifically **RELEASE** and **DISCHARGE**, in advance, the sponsor from any and all liability, whether known or unknown, even though that liability may arise out of negligence or carelessness on the part of the sponsors. I agree to accept all responsibility for the risks, conditions and hazards which may occur whether they now be known or unknown.

**I HERBY AGREE TO WAIVE, RELEASE AND DISCHARGE** any and all claims for damages for death, personal injury or property damage which my child may have or which may hereafter accrue as a result of my child's participation in this event against their person or entity whether such injury or damage was foreseeable.

I further agree to forever **HOLD HARMLESS AND INDEMNIFY** all persons and entities, generally or specifically, from any and all liability for death and/or personal injury or property damage resulting in any way from my child participating in this event. This Acknowledgment of and Assumption of Risk and Release shall be binding upon by heirs and assigns.

*Signature of Parent*

I hereby consent to and authorize the use and reproduction, in print or electronic form by Sons of Norway or anyone authorized by

Sons of Norway, of any and all photographs which have been taken on this day for any publicity purposes, without compensation. All images—electronic, negatives and positives, together with the prints, are owned by the Sons of Norway.

I hereby acknowledge that I am 18 years of age or older and have read and understood the terms of this release.

Check box if it is ok ☐

Date \_\_\_\_\_

Signature of Parent or Guardian \_\_\_\_\_

**"Tusen takk til alle for deltagelse!"**

Please send forms to:

**DEADLINE TO PRE - REGISTER!!! February 20th**

Sandy Pedersen

PO Box 2265, Grandby, CO 80446-2265

(970)887-3759

# Barneløpet

## Children's Cross Country Ski Race

YMCA

Snow Mountain Ranch,  
Winter Park

Saturday

February 28, 2015



*Hosted by:*

Fall River Lodge - Denver 6-162  
Fall River Lodge - Colorado Springs 6-107  
Starbuck Lodge - Loveland 6-114  
Troubadour Lodge - Lakewood 6-110  
Yankee Doodle Lodge - Boulder 6-118  
Starbuck Lodge - Grand Lake 6-169

**Coordinator:**

Jon-Eirik (970) 412-0433

tvchiro@yahoo.com



## Facts about Lutefisk

- The state of Wisconsin exempts lutefisk from classification as a toxic substance in its laws regulating workplace safety.
- Much of the lutefisk sold by Olsen Fish Company comes from Ålesund, Norway.
- Sterling silver should never be used in the preparation or eating of lutefisk as it will stain the silver.
- Left overnight, residual residue from lutefisk preparation is nearly impossible to remove.
- The self-proclaimed "lutefisk capital of the world" is in Madison, MN, home to fiberglass codfish, Lou T. Fisk.
- While more common in Scandinavian-American communities, lutefisk is experiencing a resurgence among restaurants and catering companies in Norway, up 72 percent from 2005 to 2007.
- The first written preparation of lutefisk in literature is in the writings of Olaus Magnus in 1555. In his writings, Olaus notes that it should be served with salted butter.



## Sunshine February 2015

Happy Birthday and Happy Anniversary to all who celebrate these events in February! We wish you the best.

**Dennis E. Laux** passed away on January 9, 2015. Denny has been a long time member of the lodge and until recently, was in attendance at all the events and meetings. In the past, Denny and Kay were Marshalls at the lodge and were very active during Lutefisk dinners. Please keep the Laux family in your thoughts and prayers.

**Shirley Stilley** is doing well; she was at the January meeting and it was so good to see her there.

I confess! I have eavesdropped on conversations and have heard that other members have had medical issues and have recovered or are recovering. You know who you are!!! We wish all of you a speedy recovery and a healthy year.

I guess now is the time to remind all members that if you know anyone who is ill, having surgery, or just needs a pick-me-up, let me know so I can send a card. I can be reached at 719-390-0621

A Valentine's Day thought for the month: *"Love doesn't make the world go round. Love is what makes the ride worthwhile." -- Franklin P. Jones*



Fraternally,  
Karen Ravnaas

Book Club meets every second Wednesday of the month at 5:00 pm at Viking Hall. Our facilitator is Dot Everett.

# BOOK CLUB

Our book for February is Astrid and Veronika by Linda Olsson.

You are welcome to join us on Wednesday, February 11 at 5:00pm.

## • Girl Scouts + Sons of Norway

- We have a request from some local Girl Scouts:
- *"We would like your group to come and help us celebrate Norway. Our Thinking Day celebration is going to be Saturday, January 31<sup>st</sup>, 9:00am-12:00pm, at Mountain View Church of Christ. We would like you to come do a presentation, craft, dance, and/or food for about an hour to an hour-and-a-half."*
- Fjellheim will be there in Bunads, period clothing and chainmaille. We will serve lefse, help the Norwegian speakers, present crafts and Viking lore. The Viking reenactors will battle each other and invite others to engage in a shield wall. Sounds like a good time.



### Norwegian Meatballs and Gravy

adapted from tasteofhome.com, yields 16 servings

- 2 eggs, lightly beaten • 1 cup of milk
- 1 cup dry bread crumbs • 2 tsp salt
- ½ cup finely chopped onion • 2 tsp sugar
- ½ tsp ground ginger • ½ tsp nutmeg
- ½ tsp allspice • ¼ tsp pepper
- 2 lbs. ground beef (95% lean) • 1 lb ground pork

Gravy:

- 2 tbsp finely chopped onion • 3 tbsp butter
- 5 tbsp all purpose flour • 4 cups beef broth
- ½ cup heavy whipping cream • dash white pepper
- dash cayenne pepper

Combine seasonings, sugar, onion, breadcrumbs, eggs and milk in a large bowl. Wait until milk is absorbed into breadcrumbs then add meat. Stir until blended and form into 1-in balls. Place on a greased rack over a baking pan. Bake until browned at 400, roughly 18 minutes. Drain and set aside.

To make gravy, saute onion in butter until softened. Stir in flour and brown lightly. Add broth slowly, cooking and stirring until smooth and thickened. Mix in cayenne and white pepper and cream. Gently add meatballs to gravy and heat through but do not boil.

## FJELLHEIM - 2015 OFFICERS

### Board of Directors

President	Steve Hermanson	520-0303
	ubetcha@reagan.com	
Counselor	Michael Johaneson	720-971-0130.
Secretary	Sara Berge	495-2134
Asst. Secretary	Laurie Hauschild	660-1105
Treasurer/Finance Chair	Larry Moe (temporary)	
Membership Secretary	Shirley Stilley	475-1524

### Program Directors

Social Coordinator	Kathie Godsil	266-9592
Cultural Coordinator	Marjorie Erickson	597-2196
Hostesses	Doris Lake	596-8600
	Darlene Aaland	550-1288
	Carol Eacker	633-5193
Sunshine	Karen Ravnaas	390-0621
Sports	Kerry Hefta	266-9429
Foundation	Caren Alvestad	648-2320
Cultural Skills	Björg Mapstone	264-0955
Book Club	Dot Everett	328-1481

### Support Officers

Greeters	Lois Halvorson	632-6003
	Owen Bergland	576-1396
Marshall	Dave Haugen	599-0810
Editor/Photographer	Michael Johaneson	720-971-0130
	mjohaneson@gmail.com	
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	Cleo Allgood	598-1982
Financial Benefits		

### Fjellheim Management Corporation (FMC)

Directors	Karen Ravnaas	390-0621
	Paul Wiig	596-6159
	Doug Haug	632-4284
	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

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

### District 6 President

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

### Sons of Norway Board

Lyle Berge 720-470-4961  
[bergenorsk@comcast.net](mailto:bergenorsk@comcast.net)

**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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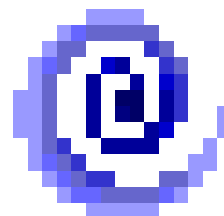


Patty Gooding  
(719) 550-1206

2905 North Murray, Colorado Springs, Co 80917  
Tuesday-Friday 8:00-6:00 Saturday 7:00-2:00

### **SPIRAL BODY MASSAGE THERAPY**

*Caren Alvestad R.M.T., C.N.M.T*



*FOR PAIN RELIEF & RELAXATION*  
Please call for an appointment  
(719) 648-2320