



FJELLHEIM 6 – 107, Sons of Norway
 1045 Ford Street
 Colorado Springs, CO 80915
 719-574-3717
www.sonsofnorwaycs.com
facebook.com/sonsofnorwaycs
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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 EDITOR:

Knut Lyby
 5520 Sample Way
 Colo. Spgs. CO 80919
knutlyby@comcast.net
 Phone: 719-536-0647

Deadline for the May 2013 issue is: Saturday, April 20



Frokost Meny

AUTHENTIC NORWEGIAN FROKOST

SUNDAY, APRIL 14, 2013
11:00 - 1:30 PM
SONS OF NORWAY LODGE
1045 FORD ST.
COLORADO SPRINGS

BAKED HONEY HAM
 ROAST BEEF
 LIVER SAUSAGE
 SALAMI
 ROAST PORK
 HEAD CHEESE
 GJETOST
 JARLSBERG
 SWISS CHEESE
 TOMATOES
 SALMON MOUSSE

PICKLED HERRING
 SARDINES
 SMOKED SALMON
 SCRAMBLED EGGS
 DEVILED EGGS
 TOMATOES
 LINGONBERRIES
 WAFFLES
 FRESH FRUIT
 PICKLED BEETS
 DILL PICKLES

POTATO SALAD
 CUCUMBER SALAD
 COLE SLAW
 LEFSE
 JULEKAKE
 CARDAMON BREAD
 APPLE CAKE
 FLAT BREAD
 RYE - CRISP
 ASSORTED JAMS
 COFFEE
 ORANGE JUICE

LOVINGLY PREPARED BY YOUR FELLOW MEMBERS

WHO WISH YOU A HEARTY:

Velkommen til Bord!

Members: \$17.00
Non-members: \$19.00

Children 5 - 10: \$8.00
Children not requiring a seat: Free

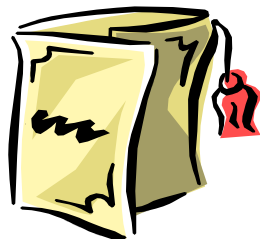
RSVP BY APRIL 10, 2013. MAKE CHECKS PAYABLE TO SONS OF NORWAY.

SEND CHECKS TO: KAREN RAVNAAS, 5295 WATER DIPPER RD.
 COLORADO SPRINGS, CO 80911, 719-390-0621

APRIL 2013

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 <i>April Fools Day</i> <i>Easter Monday</i>	2 Game and Card Social - 12:30 PM, Viking Hall, Ginny Johnson, 495-0253	3 Board Meeting - 9 AM, Viking Hall	4	5	6
7 Rosemaling - 12-4 PM, Viking Hall	8 Lefse baking - 9am, Viking Hall	9	10 Book Club - 5 PM. FMC - 6 PM. Heritage Meeting - 7 PM, Viking Hall	11	12	13
14	15 <i>Tax Day</i>	16	17 Norwegian Language Class - 7 PM	18 Ladies Luncheon - 11:30 AM - TBD	19	20 Deadline for Flammen Articles
21 Rosemaling - 12-4 PM, Viking Hall	22 <i>Earth Day</i>	23	24 Norwegian Language Class - 7 PM	25	26	27
28 Dine Out - Mason Jar, W. Colorado Ave.	29	30				

DINE OUT DATES AND LOCATIONS FOR 2013



April 28 - Mason Jar - West Side
 May 26 - None - Memorial Day weekend
 June 30 - Juniper Valley Restaurant - Hwy 115
 July - None - off month
 August 25 - Elephant Bar, N. Academy
 Sept 29 - Rocco's Italian Restaurant
 Oct 27 - Texas Roadhouse - 8th Street
 November 24 - None - Thanksgiving weekend
 December 29 - None - Christmas holidays

The time is 1:00 pm.

VELKOMMEN TIL BORDS!

PRESIDENT'S COLUMN

I will start by thanking **Paul and Ruth** for setting up the music and showing us the old time waltz after the last meeting. Next month, we will probably see the polka. E,I,E,I,O.

This month's out of town trip is to **Trollheim** Lodge (Lakewood) for their St. Paddy's Dinner and Entertainment. According to the History Channel's soap opera called the Vikings, we are all related to the Irish so a little celebration and green beer seems in order.

Next month is to the Boulder (**Vesterheim**) Dinner Theater production of "Church Basement Ladies". It is supposed to be great comedy. I hope it isn't so close to home like Prairie Home Companion. I had a neighbor in northern Minnesota named Senator. His mother wanted him to have an important name. I did not think much of it as a kid but Garrison Keillor tells the story and, oh boy, now it is so funny.

This month's Tusen Takk goes to our **Board** and the **Members** at the March meetings, who gave much thought and had a civil discussion on the idea of a permanent float resembling a Viking ship. Our lodge acted much like the **Thing** of our ancestors over ten centuries ago - democratic, thoughtful, respectful -engaging people from all backgrounds. This is how it should be. Thanks for making my job easy.

Mike Johaneson





APRIL BIRTHDAYS

- 1 Tyrone L Steen
- 2 Barbara Ann Nelson
- 5 Doris I Lake
- 9 Joan Ruth Magee
- 11 Cynthia A Snell
- 12 Vickie Lee Bross
- 15 Lorraine J Timm
- 16 David John Olsen
- 17 Lyle E Berge
- 22 Jennifer J Forbes
- 25 Paul E Greenfield
- 27 Marjorie E Erickson
- 27 Randy M Johnson
- 30 Carlton J Johnson

HERITAGE AND YOUTH

- 2 Kolben Erdal Barney
- 6 Audrey Goodnight
- 10 Henrik A Lyby
- 18 Brock Allen
- 24 Timothy Coltrin

GRATULERER MED DAGEN!

LEFSE BAKING

Lefse Baking for Frokost Monday April 8th at 9:00 AM. We will make the full 10 batches with the helping hands that work so well giving us a taste of fresh Lefse for this year.

See every one then.

Lois

FOUNDATION NEWS

Thank you members for supporting our Foundation raffles each month.

At the April meeting we will have a beautiful pewter spoon and a rosemaled doily. These were given to the Lodge by Barbra Wyatt and are part of Ina Guyer's estate.

Raffle tickets are 50 cent each or three for \$1.00.

Ruth Wiig,
Foundation Director

GAME AND CARD SOCIAL

April game and card social will be Tuesday the 2nd at 12:30 PM at the Lodge. Join us for a potluck followed by cards and games. Everyone is welcome for an afternoon of good food, fellowship and fun.

Any questions call Ginny Johnson at 495-0253.



DINE OUT

We will meet at the Mason Jar on West Colorado Ave. on April 28 at 1 PM. A list of all the Dine Outs for 2013 can be found on page 2 of this newsletter.



LADIES LUNCHEON

We will meet on Thursday, April 18, at 11:30 am. Our meeting place is kept a secret until the next heritage meeting.

BOOK CLUB

The next Fjellheim Lodge Book Club meeting will be April 10th at 5 p.m. This month book club members will be reading books written by Norwegian or Norwegian-American authors of their choice. We will discuss our selections at the next meeting. Our discussions are informal but always insightful -- we'd love to have you join us!

If you have any questions regarding Book Club please contact Tillie Elvrum at 719-203-4444.

ROSEMALING CLASSES

Rosemaling classes are scheduled for Sunday, April 7th from 12:00 to 4:00, and Sunday, April 21st from 12:00 to 4:00. The cost of each session is \$20.00.

We meet at Viking Hall. If you are interested in joining us, please call Sissel at 540-2737, Bj at 264-0955, or our teacher Cindy Bauer at 633-8260.

Thanks,
Sissel and Bj



IT'S FROKOST TIME

Mark your calendar for Sunday, April 14, 2013, 11 a.m. to 1:30 p.m. We will be serving all of the Norwegian items you have come to expect and even a few more. There are many opportunities for you to contribute to the festivities. From cutting lefse, making deviled eggs, arranging the cheese, to table setting - there is something for everyone. Whatever area you would like to know more about, it is there, so please sign up. We will gather Saturday 13 April, from 8:30 a.m. to noon, with coffee and treats at 10 a.m. We will also be meeting on Sunday, the 14th, at 8:30 a.m. to 10:30 a.m., so come when you can.

Karen Ravnaas, 719-390-0621, will be taking reservations so make your Frokost reservations early as space will be limited. There is no price increase from last year! Such a deal - this is the yearly event for our Lodge and you will want to be a part of it."

Sissel Disbrow, 540-2737

VIKING SISTERS

We will meet May 2 at 1 PM at the Lodge. We will be making Christmas decorations for the Boutique in November. All women are welcome.

17. MAI CELEBRATION



Decorate your wagons and trikes and bikes. Bring the whole family to celebrate Norway's Constitution Day. We'll have games and a parade. Stjerne plans to be at Viking Hall to take part in the parade. Plan to meet her there. More info later.

Eunice

IDAVELLR NAALBINDING CLASS

We will be having our Naalbinding class again on May 4th at 12noon.

This class will also be held at Rock Ledge Ranch. This is a follow up class on the one previously held but beginners are welcome too. We may be learning a new stitch or just getting help with techniques.

Participants will need some single ply yarn (Green Weavers does carry it and I am certain other shops too) and a rather large eye needle that will accommodate the yarn. Several can share a skein to learn on so bring your friends.

This class is free but a tip jar will be passed for the instructor.



Thanks again
Idavellr Vikings
A Norse Community
Karen Nielsen
Group leader
phone 719-387-7334

SUMMER FAMILY UTFLUKT

Want to do something special for the father or husband in your life on Father's Day? Mark your calendars now for Sunday, June 16th.

This will be our annual outing taking place at Bear Creek Park (on the west side of Colorado Springs). Planning is now happening for the menu and many outdoor activities.

Watch for more details coming in future issues of the Flammen.

BASEBALL OUTING IN JUNE

We are planning another Sky Sox game on June 28th at 5 pm. There will be Baseball, Burgers, Hot Dogs and Fireworks!

More information to come in the May newsletter.

Kerry Hefta,
Sports Director



FOR ALL YOU DANCERS

To Dance or Get Information here's a great idea---Check out www.internationaldanceclub.org. Please note that the club sponsors dances with a live band most Saturday evenings. Also, Gary and Judy teach ballroom dancing without charge on the 1st and 3rd Thursdays of the month. Currently, they are working on the Charleston Swing. Dancing is great exercise and is fun. Let's keep thinking of ways we can incorporate different types of dancing into our programs.

Eunice

KEEP THE DATES - 2013

April 14:
Fjellheim Frokost, 11 am

May 19:
Fjellheim 17. mai fest

May 25:
Fjellheim breakfast social, 9 am

June 16:
Fjellheim Family Picnic

June 23:
Fjellheim breakfast social, 9 am

June 28:
Fjellheim Sky Sox Outing w/fireworks

August 24:
Fjellheim breakfast social, 9 am

September 21:
District 6 Board Meeting, Holiday Inn,
1855 Aeroplaza, 8 AM - 4 PM
**Fjellheim 40th Anniversary Dinner
and Dance, 5 pm**

September 28:
Fjellheim breakfast social, 9 am

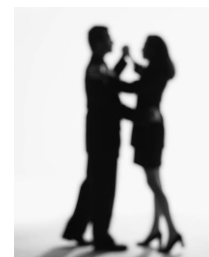
October 26:
Fjellheim Viking Fair and breakfast

November 16:
Fjellheim Lutefisk Dinner

December 7:
Fjellheim Christmas Tea

December 15:
Fjellheim Julebord

Times and Dates Subject to Change



IN MEMORIAM

Carole Du Mond

October 26, 1937-
February 21, 2013



We have received the sad news that our former member Carole had passed away in Rochester, Minnesota. She and her husband Denver were very active in our Lodge in our earlier years serving as Secretary and Treasurer respectively.

They were a delightful couple who made many contributions to the Lodge. We remember this lady from Blooming Prairie with fondness and appreciation.

A BOOK REVIEW BY MIKE JOHANESON

Author's Note: One of the activities to achieve a Cultural Skills Medal for Literature is to write a book review for the lodge newsletter. It does not need to be well-done but it must be published so this should fit the bill.

Growth of the Soil by *Knut Hamsun*, 1917. Fiction.

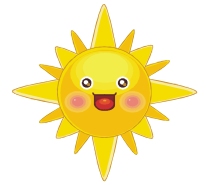
If you read only a thousand books in your lifetime, this should be one of them. Basically, this is a story about Isak and his work on his settlement in the wilds of Norway. Over time, he grows prosperous and there are more people in the valley. Times change with new technology but Isak does not deviate from his work. He is a strong man with long-term views and patience. He is a worker, not a thinker.

This is not a cliff-hanger, big plot book. It has important scenes but it is mostly character development over time. Some of the characters are very complex - his wife, his sons, and a mysterious visitor who gives timely advice. Some are shallow - his neighbor, an "aunt", the sheriff's wife. All provide key elements and conflicts for *Hamsun's* artful story.

I recommend this book. Growth of the Soil was a 1921 Noble Prize winner. It deserved it. It is written in a sparse prose I appreciate. It omits the minute descriptions of people and places we see in so many popular novels. It is a simple story with complex characters. The message is that we don't need money, education, glory or expansion. All we need is the soil.

THE SUNNY CORNER

Happy Birthday and Happy Anniversary to everyone who has a birthday or anniversary in April 2013. We wish you all a wonderful day and best wishes for the upcoming year.



John Larson has had surgery on his right thumb and also for carpal tunnel. We wish him a speedy recovery.

I talked to **Owen and Bonnie Bergland** and they are both doing great. Owen is walking up to 4 blocks several days a week and Bonnie has caught up with her sleep and is delighted with Owen's progress. It was nice to hear that they are feeling so good and optimistic about the future.

Here is this month's point to ponder: *Life is short! Forgive quickly! Love truly! Laugh uncontrollably!...and never regret anything that made you smile!*

*Karen Ravnaas,
Sunshine Director,
390-0621*

IT'S TAX TIME AGAIN

Every April we go through the same motions to pay our way in this country, taxes. Like it or not this is the American way. What a great opportunity to reassess your financial situation and your Sons of Norway Financial Benefits Counselor is here to help. Our FREE financial review service can help you set up, roll over or transfer IRA's. If you have a retirement plan with a previous employer we can help you get the 401(k) or other plan set up as yours away from the old business and into your control. If you are taking your required minimum distribution because you are over age 70 ½ we can help you maximize that money and leave a tax free legacy.

Your fraternal benefit society is here to help you make the most of what you have.

LaRue Hanson, FBC
2523 Shalimar Dr.
Colorado Springs, Colo. 80915-1030
Office # 719-599-8546
Cell # 719-237-7314
Lhanson1@q.com



THE DREKAR CORNER

During our February Lodge meeting, an idea was proposed to build a Viking ship on a trailer, and use it in local parades and events for community outreach and notoriety of The Sons of Norway and our Lodge. Some discussion followed, and further details would be discussed at a later time. It was brought to the Board's attention that a trailer that had been used in previous parades by The Palmer High School Alumni Association was for sale. At our March Lodge meeting, a discussion and everyone's opinion was listened to, and followed by a motion to purchase the trailer and proceed with the building of a Viking ship permanently on the trailer. A unanimous positive response was given by those in attendance.

The trailer has been purchased, and after some logistics are completed, we will start the plans and the building of our ship. This article will be the first of many that will allow everyone in our lodge to know the progress, the needs, and the future monthly schedule of where our ship will be sailing. Join us and be part of this new adventure for our lodge, and new enjoyment for all of our members.

Steven R. Hermanson

A LITTLE IN ENGLISH... OSLO IS READY TO SHINE

Rio de Janeiro, Accra, Ningxia and Oslo. All towns listed in the New York Times as destinations that should not be missed in the coming year. Among the list of 46 carefully selected destinations, Oslo is the only city in Scandinavia mentioned

Despite the fact that it has been easy to overlook small Oslo in the company of other Scandinavian capitals, the Tjuvholmen and Astrup Fearnley Museums helped to change this impression, writes the American newspaper.

They emphasize that the interior and the architecture of Oslo's waterfront gives the neighborhood an artistic touch.

Furthermore, the newspaper said, the Maaemo restaurant has captured the world's eyes after receiving two Michelin stars after being open for only one year.

Again, this proves why Oslo is ready to shine.

"This is associated with urban development in Oslo in recent years, especially with a phenomenal attention from the U.S. regarding the opening of the Astrup Fearnley last September. The sale of *Scream* peaked international media attention around Oslo in many ways", says a delighted Tor E. Sannerud, CEO of Visit Oslo, told Aftenposten.

He believes that Norway could be better off emphasizing the capital as a tourism product rather than just focusing on the fjords and mountains.

Old industrial areas are converted to cultural and recreational areas. Just look at the Norwegian Opera with 1.6 million visitors in 2012. The Holmenkollen area with both the cross country and biathlon stadium are also strong cultural investments. And there will definitely be new investments in the near future. "We may not have seen so many cultural investments in Oslo ever that we have experienced over the last decade", says Sannerud to Aftenposten.

LITT PÅ NORSK... OSLO ER KLAR TIL Å SKINNE

Rio de Janeiro, Accra, Ningxia og Oslo. Alle byene er i følge New York Times reisemål man ikke bør gå glipp av i året som kommer. Og blant lista på 46 nøyte utvalgte destinasjoner er Oslo den eneste byen i Skandinavia som nevnes.

Til tross for at det tidligere har vært enkelt å overse lille Oslo i selskap med andre skandinaviske hovedsteder, har Tjuvholmen og Astrup Fearnley-museet bidratt til å endre på dette inntrykket, skriver den amerikanske avisa tirsdag.

De understreker at interiøret og arkitekturen på Oslos sjøside gir nabolaget et kunstnerisk preg.

Dessuten, skriver avisa, har restauranten Maaemo fått verdens øyne på seg etter at de mottok to Michelin-stjerner etter kun å ha vært åpent i ett år.

Igen beviser dette hvorfor Oslo er klar til å skinne.

"Dette henger sammen med byutviklingen i Oslo de seneste årene og spesielt med en fenomenal oppmerksomhet fra USA rundt åpningen av Astrup Fearnley i september i fjor. Salget av *Skril* toppet på mange måter den internasjonale medieoppmerksomheten rundt Oslo", sier en svært fornøyd Tor E. Sannerud, administrerende direktør i Visit Oslo, til Aftenposten.

Han tror Norge kunne vært bedre på å framheve hovedstaden som reiselivsprodukt framfor bare å fokusere på fjorder og fjell.

Gamle industriområder gjøres om til kultur- og rekreasjonsområder. Bare se på den norske operaen med 1.6 millioner besøkende i 2012. Holmenkollen-området med skiarena og skytterstadion er også sterke kulturinvesteringer. Og det vil helt sikkert komme nye investeringer i nærmeste fremtid. "Vi har kanskje ikke sett så mange kulturinvesteringer i Oslo noensinne som vi har opplevd det siste tiåret", sier Sannerud til Aftenposten.

Source: <http://www.osloby.no/nyheter/Derfor-er-Oslo-klar-til-a-skinne-7092687.html>
<http://www.nytimes.com/interactive/2013/01/10/travel/2013-places-to-go.html?smid=fb-nytimes>

THE ROLE OF VIKING WOMEN

A new thesis by Marianne Moen may offer Home new insights into the complexities of women's roles in Viking society.

In her paper, *The Gendered Landscape*, Moen cautions that scientific interpretation of archeological burial findings may be selling Viking women short. "To assume that Viking men were ranked above women is to impose modern values on the past, which would be misleading," says Moen. For example, in the famous Oseberg ship excavation of 1904 archeologists were stunned to discover two female skeletons rather than a king or chieftain. "The first theories suggested that this must be the grave of queen Åsa mentioned in Snorri's *Ynglinga* saga, and that the other skeleton was her slave servant," says Moen. Carbon dating of the ship to around 834 AD later disproved this theory. Since the Oseberg ship excavation bears such similarities to the Gokstad (1880), Moen asserts it is reasonable to believe that the women buried with the Oseberg ship held important status—status that Moen warns may not necessarily be tied to "who she was married to or had mothered."

Moen also asserts that too much historical credence may be given to historical texts. "Our perception of religion's influence in the society is based on texts written hundreds of years afterwards, by men from a different and more misogynistic religion." She goes on to say, "As archaeologists we have to base our analyses on archaeological material. Historical materials do have some value, but only as secondary sources," says Moen.

While more graves belonging to men have been discovered than those of women, Moen suggests that identification of the archeological findings may not be clearly male or female. In situations where human remains aren't available, archeologists rely on the type of objects present to identify a burial site. "There have also been cases of male graves with beads and woven cloths, and women were sometimes buried with smaller weapons, for instance arrowheads. Generally it is fairly obvious what constitutes male or female objects, but the lines were sometimes blurred," says Moen.

Moen suggests, "If it is the case that women belonged to the private sphere of the home and men were in the public sphere of society, this should be reflected in the burial landscape." However, burial sites in the Kaupang area that Moen has studied contain side-by-side graves of both men and women with equal prominence. "The domestic role of Viking women may have been less limited to the private sphere than it is today. The large estates were contemporary seats of power, and the woman of the house had the keys. How private or public this role was should be interpreted outside our own cultural context," said Moen.

CULTURAL SKILLS PROGRAM

"Sons of Norway's Cultural Skills Program provides a framework for learning about traditional and contemporary Norwegian culture. Each unit consists of three levels of skill-specific activities to guide you as you learn." (SON)

There are fourteen Cultural Skills units: Traditional Norwegian Cooking, Literature, Collecting Norwegian and North American Stamps, Norwegian Rosemaling, Genealogy, Knitting, Norwegian Language and Culture, Hardanger Embroidery, Figure Carving, Weaving, Ornamental Woodcarving, Chip Carving, Folk Dancing and Music and Musicians of Norway. In addition there are five Youth Cultural Skills units: Folk Dancing, Figure Carving, Knitting, Norwegian and North American Stamps and Hardanger Embroidery.

As your Cultural Skills Coordinator I am available to help with any questions you may have regarding the fourteen programs that are available to our Sons of Norway members. There is information on the Sons of Norway website with a member login or I can provide you with literature and applications.

Several members of our Book Group have submitted applications for their pins in the Literature unit. If you share an interest in reading and discussing Norwegian literature, the Book group meets at 5:00 before our monthly Lodge meetings.

The possibility of a Genealogy class was discussed at our March Lodge meeting and was met with great enthusiasm.

There are many of you with skill in several of the Cultural Skills Units. How about it you cooks, rosemalers, knitters, stamp collectors and etc? My goal is to help you to apply for your unit pins. Let's get together and enjoy the process of sharing and learning.

Bj Mapstone
719-264-0955

LODGE REVENUE SHARING PROGRAM: SUPPORT YOUR LODGE THROUGH LIFE INSURANCE

Building a strong lodge often takes a lot of time and effort on the part of the members and elected leadership. Whether it's planning a new, interesting lodge program to attract new members or making all the arrangements for a fundraiser to help financially support the lodge, members put in a lot of hard work. But what would you say if you were told that there is a way to financially support your lodge through something you're either already doing or ought to be thinking about?

We're talking about purchasing life insurance from Sons of Norway.

Thanks to the Lodge Revenue Sharing Program, offered by Sons of Norway headquarters, lodges can financially benefit when their members purchase our Life Insurance products. In fact, each year Sons of Norway distributes thousands of dollars to the lodges through this program and helps financially support their cultural and heritage endeavors.

So, if you've been thinking about buying life insurance, why not buy it from Sons of Norway? In addition to offering sound, proven financial products, a portion of your premium will go to help strengthen your lodge and provide financial support for all the things that are important to you.

If you'd like to learn more about Sons of Norway life insurance or the Lodge Revenue Sharing Program, contact us at 800-945-8851 or reach out to the Financial Benefits Counselor who is assigned to your lodge.

FJELLHEIM - 2013 OFFICERS

Board of Directors

President	Michael Johaneson 303-663-3251 720-971-0130. mjohaneson@gmail.com
Vice-President	Steve Hermanson 520-0303 ubetcha@reagan.com
Counselor	Paul Wiig 596-6159
Secretary	Sara Berge 495-2134
Asst. Secretary	Virginia Nelson 650-7029
Treasurer/Finance Chair	Laurance Moe 260-9490
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Cultural Coordinator	Dean Tollefson 473-1110
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Sunshine	Karen Ravnaas 390-0621
Sports	Kerry Hefta 266-9429
Foundation	Ruth Wiig 596-6159
Cultural Skills	Björg Mapstone 264-0955
Language Teacher	Pat Staubo 359-2570 patvoice@comcast.net
Book Club	Tillie Elvrum 683-5826

Support Officers

Greeters	Lois Halvorson 632-6003 Owen Bergland 576-1396
Marshalls	Larue and Dorothy Hanson 599-0647
Editor	Knut Lyby 536-0647 knutlyby@comcast.net
Musician	Sonja Gund 473-9588
Publicity	Eunice Bluhm 495-2029 Riley Coltrin 351-3554
Historian	Virginia Nelson 640-9340
Photographer	LaRue Hanson 599-8546
Librarian	Sonja Gund 473-9588
Viking Sisters	Ginny Johnson 495-0253

Committees/Special Activities

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Finance Chairman	Laurance Moe 260-9490
Tubfrim	Tania Oldervik 310-3586
Volunteer Hours	Cleo Allgood 598-1982
Field Representative	LaRue Hanson 599-8546
Facebook	Randy Johnson 260-7028

Fjellheim Management Corporation (FMC)

Directors	Terry Mapstone 264-0955 Paul Wiig 596-6159 George Gund 473-9588 Swede Knutson 473-3297 Chuck Sullivan 597-0381 Doug Haug 632-4284 Owen Bergland 576-1396
Trustees	Rodger Erickson 597-2196 Jerry Johnson 495-0253

Colorado Zone 8 Director

Linda Ault 303-953-2716
lindaault@comcast.net

District 6 President

Lyle Berge 720-470-4961
(bergenorsk@comcast.net)

ALL PHONE NUMBERS HAVE 719 PREFIX UNLESS OTHERWISE IS NOTED

Sons of Norway
Monthly Newsletter
Knut Lyby, Editor
Viking Hall—Fjellheim 6-107
1045 Ford Street
Colorado Springs, CO 80915



Please cut stamp for Tubfrim

This newsletter is generously sponsored by the following:

2523 Shalimar Dr.
Colorado Springs, CO 80915-1030



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NORWAY**

LaRue Hanson
Financial Benefits Counselor

Business: (719) 599-8546
Cell: (719) 237-7314
Email: lhanson1@q.com

www.sonsofnorway.com



Patty Gooding
(719) 550-1206

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TUESDAY-FRIDAY 8:00-6:00 SATURDAY 7:00-2:00



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Aeades@peakviewroofing.com
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Fax (719) 575-9580
Cell (719) 522-3413