



FJELLHEIM 6 – 107
 Sons of Norway
 1045 Ford Street
 Colorado Springs, CO 80915
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March 2017

Volume 44, # 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.

Inside this issue:

| | |
|-----------------------|---|
| <i>Calendar</i> | 2 |
| <i>Pres. Notes</i> | 3 |
| <i>Birthdays</i> | 4 |
| <i>Sunshine</i> | 6 |
| <i>Lodge Officers</i> | 7 |

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

Deadline for the April Issue is March 20

Frokost Meny

Authentic Norwegian Breakfast

Sunday, April 2, 2017

11:00 – 1:30 PM

Sons of Norway Lodge
 1045 Ford Street, Colorado Springs

| | | |
|-----------------|-----------------|----------------|
| Baked honey ham | Pickled herring | Shrimp salad |
| Roast beef | Sardines | Salmon mousse |
| Liver sausage | Smoked salmon | Potato salad |
| Salami | Scrambled eggs | Cucumber salad |
| Roast pork | Deviled eggs | Cardamom bread |
| Head cheese | Tomatoes | Cole slaw |
| Gjetost | Lingonberries | Julekake |
| Jarlsberg | Waffles | Lefse |
| Swiss cheese | Fresh fruit | Apple cake |
| Bondøst | Pickled beets | Flat bread |
| Tomato aspic | Orange juice | 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 March 29, 2017. Make checks payable to Sons of Norway.
 Send checks to Kathie Godsil, 4415 Flat Top Place,
 Colorado Springs, CO 80923, Phone: 719-266-9592

Our Fjellheim Lodge 2017 Norwegian Breakfast (Frokost) will be on Sunday, April 2, 2017. We look forward to our members and friends attending. This annual event involves many willing hands in putting this together. At our lodge March Heritage meetings there will be sign-up sheets identifying various areas where help is needed. From cooking eggs, assembling trays, to clean-up - there is no job too small - so we look forward to all of you contributing your time and talent to this annual event.

Saturday, April 1st, 8:30 a.m. to noon, we gather at the Lodge to begin this process - of course with a coffee break and treats at 10 a.m. On Sunday 2 April, 8:30, final preparations are made. If you have any questions or ideas please contact me at 540-2737 - Thank You. *Sissel*

2017 Mars

| sondag | mandag | tirsdag | onsdag | torsdag | fredag | lordag |
|--------|-------------------------------|---------------------------------------------|---------------------------------------------------------------------------------|-----------------------------------------------|--------|------------------------------------|
| | | | 1 9:00 am Board Meeting Viking Hall | 2 1:00 pm Viking Sisters Viking Hall | 3 | 4 |
| 5 | 6 | 7 12:30 pm Card Social Viking Hall | 8 5:00 pm Book Club 5:30 pm FMC 7:00 pm Heritage Mtg Viking Hall | 9 | 10 | 11 |
| 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| 19 | 20 | 21 | 22 | 23 | 24 | 25 |
| 26 | 27 9:00 am Lefse Baking | 28 | 29 | 30 | 31 | 1 April 8:30 am Frokost Prep |

Lefse Baking for Frokost

Frokost comes early this year, April 2nd. We will bake Lefse Monday March 27th @ 9:00 A.M. All hands are welcome along with a taste of Lefse hot off the grill. Coffee will be on along with some sweet treats. Lois



Grocery- Gas Cards Earnings

In 2016,(since May) Fjellheim Lodge recieved rebates of **\$2015.00** from Safeway and Kings Soopers for our use of their Gift Cards.



First, we must **thank** Safeway and Kings Soopers for their generosity. We probably would have bought groceries and gas anyway but we are grateful for the wonderful help from these businesses.

Secondly, we must **thank** all the members who are using the gift cards. If we continue to use the cards

often, we should reach \$5000 this year

Takk



PRESIDENT'S MESSAGE:

You probably all know the saying about March coming in like a lamb and going out like a lion or just the opposite. Wonder what this March will be like?



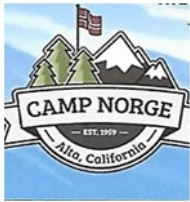
Last month the Viking Sisters donated \$1000 to the Lodge's operating fund and on behalf of all our members I want to sincerely thank them for their generosity.

I also want to thank Terry for the cultural presentation regarding the County Shields that line our Hall and look forward to the next portion of this discussion, PS I didn't have to cox him into doing it- he actually volunteered. Thanks hun!

Finally I would be remiss in not thanking everyone who worked on the Valentine's Fish Fry. The event was a rousing success thanks to you.

The cultural program for March will really be interesting as it will be about us, the members. (See story on page 4)

"Fueled by an atmospheric river that funneled a vast amount of moisture into Northern California, the severe winter storms that hit last month caused countywide damage. The incident isolated 15 homes (**and Camp Norge**). An alternative access was established, however it traverses a steep, windy gravel road over private property



As of now, we are cancelling all activities, including Camps Trollfjell/Trollfjell Folkehøgskule, scheduled through the end of July. With this natural disaster occurring, there will be no revenue for Camp during these months. The Camp will remain closed to any visitors, whether Sons of Norway members or not, until this road repair is completed.

The Camp is financially prepared to be closed at this time. However, there are always ongoing expenses that must be met. Any Lodges or Sons of Norway members who wish to contribute to Camp Norge expenses are encouraged to do so.

Mary Beth Ingvaldstad, President
District Six, Sons of Norway
Marybethd6pres@aol.com
707-580-8052

New Scholarships Available-Contact Foundation Corrie Knudson-cknudson@sofn.com

The Bernt Anker Scholarship

- our first 4-year scholarship
- American citizens to study in the US
- for up to \$3,000 per year for up to 4 years
- may be used for community college with the intent of receiving a bachelor's degree
- preference for students without parents or with single parents but anyone may apply

The Orel and Marie Winjum Memorial Scholarship

- American citizens to study in the US
- one year scholarship for up to \$2,000
- open to students of Norwegian and/or German heritage
- may be used for community college with the intent of receiving a bachelor's degree



Also, folks, the Astrid Cates/Mytle Beinhauer scholarship is still open until March 1 and the Nancy Lorraine Jensen scholarship is open until April 1.

March Birthdays

| | |
|----------------------|----|
| Dean E Tollefson | 1 |
| Eileen P Larson | 2 |
| Rory L Foresman | 3 |
| Robert Gavin | 3 |
| Johanna M Moe | 3 |
| Drew Wiest | 3 |
| Mary Lou Bailey | 6 |
| Jared L Maddox | 7 |
| Arne Mark Severson | 7 |
| Debi Melanie Fornero | 10 |
| Alan Wayne Flolo | 11 |
| Karstin Lea Knutson | 11 |
| Avery Oldervik | 14 |
| 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 |
| Kelsey M Tungseth | 25 |
| Leonard Beasley | 27 |
| Miles J Hommel | 27 |
| Richard H Johnston | 28 |
| Abby Allgood | 31 |

Gratulerer med dagen!



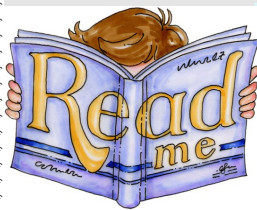
Card Social

Card Social will be Tuesday, March 7 with a potluck lunch at 12:30 pm at Viking Hall followed by visiting and cards. Questions call Ginny at 495-0253. Everyone is welcome

Viking Sisters

Viking Sisters will meet Thursday, March 2, 1 pm at the Viking Lodge. Call Ginny Johnson 495-0253

- Since we are not collecting card fronts to send to St Jude's I will take them to our church which continues to do so. Remember that Hallmark, Disney and American Greetings are not accepted. Size preferred is 5 x 7 or smaller, fronts only with no writing on the backside. Thanks, Ginny Johnson



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

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 264-0955.



Cultural Presentation-March

As already stated in the Prez's message, the cultural program for March depends on you. We are asking all our members to **bring in samples of your hobbies or collections**. There will be tables around the room for you to display your items. Feel free to come a little early to set up your display. Perhaps you may find a kindred spirit that has the same interests that you have!

COLLECTION OF IGNEOUS ROCKS

Igneous rock forms through the cooling and solidification of magma or lava. Igneous rock may form with or without crystallization, either below the surface as intrusive (plutonic) rocks or on the surface as extrusive (volcanic) rocks.

| | | | | |
|--------------------------|----------------------------|----------------------|------------------------|----------------------|
| 1 ANDESITE | 2 BASALT | 3 DIORITE | 4 DOLERITE | 5 GABBRO |
| 6 GRANITE BLACK | 7 GRANITE PHOSPHORY | 8 GRANITE RED | 9 GRANITE WHITE | 10 KIMBERLITE |
| 11 OBSIDIAN BLACK | 12 OBSIDIAN GREEN | 13 PEGMATITE | 14 PUMICE | 15 RHYOLITE |





Prospective Member Invitation/ Syttende Mai Celebration

You are cordially invited to attend a complimentary dinner held for individuals interested in finding out more about the Sons of Norway. You'll have the opportunity to meet current members while enjoying a variety of dishes provided by the Viking Sisters.

Join us for the festivities at:

*Fjellheim Lodge -Viking Hall
1045 Ford Street
Colorado Springs, CO
Saturday, 20 May 2017
At 2:00 PM.*

Reservations :

Please Call

*Karen Ravnaas at
719-390-0621*

*Welcome
to our
Group!*

FREE
LUNCH
ANY ONE?

FREE LUNCH!

Fjellheim Lodge along with the Sons of Norway Director of Agencies in the Home Office are sponsoring a special dinner and new member recruiting program on Saturday, May 20th at 2pm at Viking Hall. If you bring a prospective member, you and your guest will get a dinner FREE.

If you want to join us but cannot bring someone, the cost is \$10.00.

The program will include testimonials about our wonderful lodge, a video presentation on the Sons of Norway and a Scandinavian meal.

Fjellheim was the growth leader in 2016 in large part because of this kind of event. Come and enjoy this day with us.

Oh Yes! IT'S
FREE



Sunshine Report – March 2017

Happy Birthday to those celebrating your birthday in the month of March. And - *Happy St Patrick's Day* to everyone who feels a wee bit Irish on March 17th.

Gerald and Pat Rowe have been very ill. Gerald was in the hospital with the flu and pneumonia while Pat was at home with pneumonia. They report both are now at home and slowly recovering, feeling better, and getting their strength back. They want you all to know they miss you and can't wait to get back to the lodge in March.

Kerry Hefta fell and broke her right wrist; she is sporting a soft cast and it is still very painful, but that didn't stop her from attending the fish fry!

LaRue Hanson is recovering from a hematoma on his right hand, which was injured while he was moving boxes in preparation for their final push to move to South Dakota. He is doing much better and the hand is healing well. Because of the injury, we were able to have LaRue and Dorothy in Colorado for a month longer than their original plans. Yippee! for us.

Dot Everett broke her left ankle after falling on an uneven sidewalk. While she is recovering from the fall, she got pneumonia and is recovering from this also. Please keep our members in your thoughts and prayers and hope for a speedy recovery for all.

We wish LaRue and Dorothy a safe journey to their new home in Yankton. God's Speed and take care. We'll see you when you come to visit and I am sure you will see many of us as we travel back and forth between COS and 'home' in the Midwest.

*"St. Patrick's Day is here, you see. We'll pick some shamrocks, one, two, three.
We'll count the leaves and look them over, And maybe find a four-leafed clover.
I'll sew green buttons on my vest, Green for St. Patrick is the best.
I'll wear a green hat, very high, And dance a jig--at least I'll try!" - Author Unknown*

Fraternally, Karen Ravnaas – 390-0621

Thank You for the great send-off party at the Olive Garden and for the cards, phone calls and well wishes as we relocate to South Dakota.

*Our new address will be:
211 East 26th Street .
Yankton, S.D. 57401.
Please stop by for a visit if you are in the area.
Our phone numbers are 605-633-5999 and 605-633-7314.*

*LaRue and Dorothy
Hanson*



"VIKINGS: BEYOND THE LEGEND"

March 10 – August 13, 2017

9AM-5PM Daily

Denver Museum of Nature and Science
2001 Colorado Blvd. Denver, CO 80205



Fresh insights revealed through new archaeological discoveries and more than 500 treasures, many never before seen outside of Scandinavia, show why the Vikings will always capture our imagination. See full-scale model Viking ships.

- Virtually excavate a Viking ship layer by layer, uncovering rich discoveries like weapons, tools, and animals just as archaeologists did.
- Examine dozens of artifacts showing the work of highly skilled craftspeople who used many different materials, including textiles, wood, metal, bone, and leather.
- Experience Viking daily life by engaging in activities that explore traditional clothing, competing in authentic Viking games, and testing your strength using an accurate model of a Viking sword.
- Learn about Norse mythology and see displays of beautifully crafted swords and armor, and religious iconography, including the earliest known Scandinavian crucifix.



If In Doubt, Just Ask If You Are Eligible

An interesting statement came from the underwriters last week: Marijuana users should not automatically be placed in a tobacco rate class. In fact, recreational and medical marijuana users can have a standard rate like the rest of us. This conclusion comes after years of study but for occasional users in Colorado it is good news.



I am not suggesting life insurance coverage is automatic for marijuana users. There is a chemical use questionnaire. We check your motor vehicle record and we confirm there are no ratable medical conditions. But if marijuana use is the only issue, an affordable premium is likely.

Also, members with type II diabetes should not think they are automatically deemed uninsurable. It can happen but we look at the age at diagnosis, the duration of the disease, the type of treatment and the blood sugar control. If you have type II diabetes and want life insurance, please contact me and we will work with the underwriter to see what your options might be.

Mike Johaneson
720 971-0130
mjohaneson@gmail.com



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 |
| Cultural Coordinator | Marjorie Erickson | 597-2196 |
| 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 |
| | Bjorg Mapstone | 254-0955 |
| | 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
bvbm259@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
Viking Hall—Fjellheim 6-107
1045 Ford Street
Colorado Springs, CO 80915



Please cut stamp for Tubfrim

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NORWAY

Michael Johaneson
Financial Benefits Counselor

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Email: mjohaneson@gmail.com

www.sonsofnorway.com



Patty Gooding
(719) 550-1206

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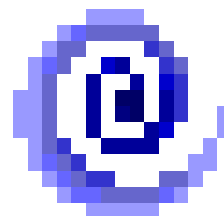
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