



**FJELLHEIM 6 – 107, Sons of Norway**  
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**November 2013**

**Volume 40, Issue 11**

**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:**

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 5520 Sample Way  
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 Phone: 719-536-0647

**Deadline for the December 2013 issue is:**  
**Wednesday,**  
**November 20**

# LUTEFISK AND MEATBALL DINNER

**Saturday November 16, 2013**  
**Viking Hall, 1045 Ford St.**  
**Colorado Springs, CO 80915**

**First Seating 2:00 PM or Second Seating 6:00 PM**  
**\$18.00 (Members 12 & up) \$20.00 (Non-Members)**  
**\$8.00 (Ages 5-12)**

**Lutefisk with Butter/Cream Sauce**  
**Meatballs, Steamed Potatoes, Vegetables, Cranberry Sauce, Lefse, Dessert and Coffee**

**For sale in our Lobby:**  
**Lutefisk, Herring,**  
**Lingonberries,**  
**Baked goods and Gift Items**

**For Reservations call**  
**Virginia Nelson 719/ 650-7029**



## SCANDINAVIAN CHRISTMAS TEA

This special Lodge holiday event is on Saturday December 7<sup>th</sup> at 2:00PM. It is a great beginning to the Christmas season and we are looking forward to our members and guests attending.

Homemade Scandinavian holiday treats will be served along with holiday tea. There will be a program and door prizes. The cost is \$15.00.

Please call Karen Ravnaas, 719-390-0621, for reservations. RSVP by Wednesday, December 4<sup>th</sup>. Seating is limited.



# NOVEMBER 2013

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1  <i>Allehelgensdag</i>	2
3	4 Lefse Baking, 9-11 AM, Viking Hall, Lois Halvorson	5 Game and Card Social - 12:30 PM, Viking Hall, Ginny Johnson, 495-0253	6 Board Meeting - 9 AM, Viking Hall.	7	8	9
10  <i>Father's Day - Norway</i>	11 Lefse Baking, 9-11 AM, Viking Hall, Lois Halvorson 632-6003 <i>Veterans Day</i>	12	13 Book Club - 5 PM. FMC - 6 PM. Heritage Meeting - 7 PM, Viking Hall	14	15	16  Fjellheim Lutefisk Dinner, Viking Hall 2 pm and 6 pm
17	18	19	20	21  Ladies Luncheon, TBD, 11:30 AM	22	23
24	25	26	27	28  HAPPY THANKSGIVING	29  SHOP TILL YOU DROP	30

## MOOSE HUNTER IN NORWAY SHOOTS MAN ON TOILET

A moose hunter in Norway accidentally shot a pensioner sitting on the toilet in a nearby holiday home.

The man had been aiming for the animal, but saw his wayward bullet pierce the wooden wall behind it and strike the unsuspecting victim. Officials said the man in his 70s was rushed to hospital by helicopter from the site in the island Vesteroy, around 74 mi. south of capital Oslo. His injury was not thought to be life-threatening. The moose also escaped unharmed.

Anders Stroemsaether, the policeman leading the investigation, said the hunter had been detained for questioning and the victim was likely to recover.

"He was in the toilet when he was shot in the abdomen," he told NRK.

"His injury should not be life-threatening.

"His wife is clear that she does not hold a grudge against the hunter who shot (her husband). She is of course upset by what has happened, but she is being taken care of by the police and her family.

"It is obvious that there is a risk involved in hunting. A hunter is always responsible for ensuring the background is clear when a shot is fired and everyone understands that what has happened here should not happen."

## PRESIDENT'S COLUMN

President's Column

The press is on. Viking fair and breakfast- October 26, Lutefisk and meatballs dinner- November 16, Christmas Tea - December 7, Julebord - December 22. All of these events take massive amounts of time and work from our dedicated volunteers. If you want to get more from your membership and be involved in this lodge, a word from you to Eunice, Lois, BJ, or Sissel would be greatly appreciated. "Can I help with something?" is worth a million to these event coordinators. In addition, before the new year we have Lefsa Mondays, the Christmas party, election and installation of 2014 officers. There are probably many sports analogies that fit here but suffice to say, it is that time of the year to step it up.

The good news is that FMC and Berrie Ives, our manager, are renting the lodge at a good clip. The bad news is our window of opportunity to decorate for Christmas is limited. Because Thanksgiving is late and Christmas parties start early in December, we have Sunday morning, December 1 from 8:00am to 12:00 to get it done. If we have enough people, we can do this. So this is a plea. We need help to do this right.

The chair fund is doing very well. Larry will give an exact figure at the meeting but thanks to some nice donations and Paul Wiig selling the old chairs on Craig's List, we are close to recouping the cost. Thank you Paul.

Wasn't the last issue of Flammen special? Amazing pictures and stories from the 40<sup>th</sup> Anniversary Dinner. This was one of Knut's last issues and it was one of his best. Tusen Takk, LaRue, Steve, Karen and Knut.

*Hilsen, Michael*





## NOVEMBER BIRTHDAYS

3	Elizabeth Ann Skrukrud
5	Sarah G Ostrem
8	Bjorn Lindholm
10	Arlene J Reid
13	Knut Lyby
14	Kimberly A Roseland
18	Alex B Parra
20	Edith M Rodvold
21	Elsie Dorcas Kuns
24	Ruth Elaine Tkachenko
24	Calvin Dale Utke
28	Marvin E Adams
28	Orlin N Knutson

## HERITAGE AND YOUTH

12	Karston Erdal Barney
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## GRATULERER MED DAGEN!

## BAKE SALE

We will be having a bake sale in the lobby during our Lutefisk and Meatball Dinner. We are hoping that our members will contribute some of their favorite Scandinavian goodies. If you would like to participate, please bring your items to the November 13<sup>th</sup> meeting.

Thanks!!

## LUTEFISK AND MEATBALL DINNER

Our annual Lutefisk and Meatball Dinner will be held on November 16<sup>th</sup>. Many of our members have been hard at work for weeks getting ready for this special event. Many more volunteers will be needed to prepare and serve the feast. Please be generous with your time and sign up for a task when you see the volunteer roster.

We will have two family style servings, 2:00 and 6:00. Please join us for this special meal and enjoy the fellowship around your table. This event is open to the public and seating is limited. Make your reservations with Virginia Nelson.

Thanks!  
Lois and Bj

## GAME AND CARD SOCIAL

Tuesday, November 5th, 12:30 pm. Potluck lunch followed by cards and games. Everyone welcome, good food and fellowship. Contact Ginny Johnson for questions: 495-0253.



## LADIES LUNCHEON

Ladies Luncheon will be Thursday, November 14 at 11:30 am. A location will be set prior to the November 13 Heritage meeting.

## BOOK CLUB

Book Club will meet on November 13th at 5 p.m. before the regular lodge meeting. We look forward to having you join us. If you have any questions please contact Tillie Elvrum at 570-351-4745.

## ROSEMALING CLASSES

There will be no classes in November and December, but we plan to resume in 2014.



## LEFSE BAKING

We have had two very well attend Lefse baking Monday's thanks to the many helping hands who helped. We will bake every Monday thru November 11th. Not everyone can come each time we will take you when ever you are able to come. We have a good time with hot Lefse right off the grill. Come have some fun along with the work.

Lois

## VIKING SISTERS

Next meeting is Thursday, December 5th. We will be going out for lunch at a place to be determined. More about that next month. Call Ginny @ 495-0253 if you have questions.

## JULEBORD DATES

Please note that the date for Fjellheim's Julebord has been changed from December 15 to **December 22nd**! Mark your calendars - this is an event you DON'T want to miss.

## VOLUNTEER HOURS

Members, don't forget to keep a record of your volunteer hours AND travel time.

Cleo Allgood, Volunteer hours Coordinator

## NEW CHAIRS

The lodge has been fortunate enough to buy a new set of chairs for the lodge. As might be expected, this added up to over five thousand dollars. We are now asking our members, if they so desire, to donate twenty dollars per chair to the lodge in memory of a loved one, or in honor of someone. Should you wish to do this, please send the money to our Treasurer Larry Moe at 6726 Bitterroot Drive, Colorado Springs, CO. Checks should be made payable to Sons of Norway.

Thank you

## DINE OUT

Because of the holiday season we will not have a dine out until next year.

## ANOTHER SCANDINAVIAN NOIR SUCCESS

The Norwegian crime writer Vidar Sundstøl receives praise by The New York Times.

Vidar Sundstøl's crime novel *The Land of Dreams*, which is part of the Minnesota Trilogy, was recently translated and published in America to rave reviews. The novel, which was awarded the prestigious Riverton Prize for Best Norwegian crime novel of the year, was quickly picked up by the New York Times and several other American publications. The New York Times praises Sundstøl for successfully portraying the "wonders in America's own backyard".

Set on the rugged north shore of Lake Superior, *The Land of Dreams* tells the story of Lance Hansen, a U.S. Forest Service officer and the grandson of Norwegian immigrants. Hansen has a nearly all-consuming passion for local genealogy and history, but his quiet routines are shattered one morning when he comes upon the body of a murdered Norwegian tourist on the shore of Lake Superior.

Sundstøl wrote the trilogy after living on the north shore of Lake Superior for two years with his wife. The remaining novels in the trilogy - *Only the Dead* and *The Ravens* - are both forthcoming from the University of Minnesota Press.

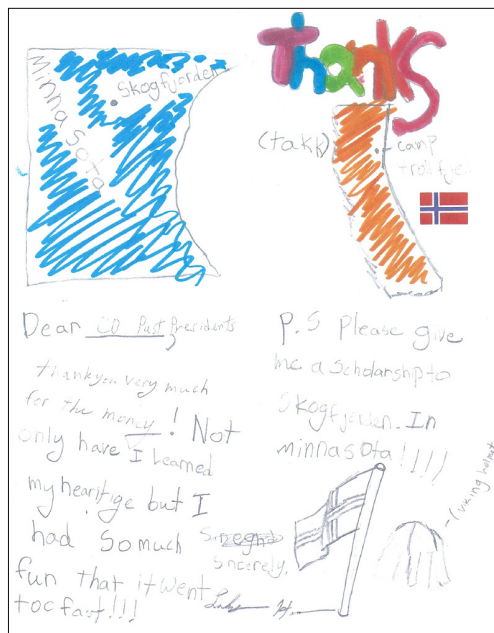
Sundstøl is currently living in Norway, but will be in the US for his Minnesota Book Tour October 15-20th.

## CAMPERSHIP THANK YOU NOTE

Below is the handwritten thank you from Lucas Horan for the Camp Trollfjell 1/2 campership which he received from the Colorado Past Presidents.

The 2014 session will run from July 13 - 26 with Erik Peters, Vesterheim, as Executive Camp Director.

Takk, Lyle



## MOVING

Kathleen Harstad who has been a member of Fjellheim for several years (but not this past year) is moving to Denver Oct. 25th to be where her son lives.

Her new address will be: 7200 East Quincy Place, Denver, CO 80237-2255. Cell phone 561-329-6947

She will be returning to Colorado Springs off and on until her house here is sold.

Greetings to all Fjellheim lodge members.

## IN MEMORIAM

**Fernon "Gus" Gustafson**

**March 29, 1923-September 18, 2013**

Gus was born in Gonvick, Minnesota to Gustaf Fredolf and Myrtle Christianson Gustafson. After graduating from high school in Gonvick and attending Hibbing Junior College, he enlisted in the U.S. Navy, becoming a Hellcat pilot on the aircraft carrier USS COWPENS. Because of his heroic actions against a hostile destroyer escort that threatened a downed aircrew rescue, he was awarded the Distinguished Flying Cross.

He returned to civilian life serving as a flight instructor, air traffic controller, partner in a geological mapping company, Civil Defense Official, Army Safety Officer and Chief Warning Officer at NORAD in the ensuing years. A sportsman, he was a skier, bowler, and a member of a curling team. He was a Mason and was a Past Master of Tejon Masonic Lodge 104, as well as a member of the Quiet Birdmen, Sons of Norway, Over the Hill Gang, and the Men's National Curling group.

He was predeceased by his parents and brothers Wallace and Ilef. He is survived by his wife of 61 years, the former Joyce Gualtiere, stepson Dr. Charles Slem and wife Alexa, son Dr. Paul Gustafson and wife Sharon, daughter Karen Rogers and husband Benjamin, son Neal Gustafson, ten grandchildren and seven great grandchildren.

Gus was highly esteemed in our Lodge. He and Joyce attended social events and volunteered at Lodge workdays, Lutefisk Dinners, Bingo, and provided thematic decorations for our refreshment table among other activities. He was a charming conversationalist and an excellent story teller who entertained and informed us. We competed for a place at his table at Lodge events.

He was very modest. We never knew of his heroic service until his passing—he downplayed his service and commended that of others.

We remember him with misty eyes, pleasant thoughts, and grateful hearts.





## FROM YOUR FINANCIAL BENEFITS COUNSELOR

Being your Financial Benefits Counselor representing Sons of Norway I am here to help you do business that are doing anyway.

When you have CDs coming due, think of Sons of Norway, compare our rates.

When a new grandchild is born, look at our Viking 23.

When you are ready to do your estate planning, see how Sons of Norway can help.

When a review of your finances is in order, let us help.

Sons of Norway financial benefits are a right of your membership, check them out and use them.

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



## CURRY MANGE DIP

Cathe Berg brought this dip to the September Lodge Meeting and several people asked for the recipe.

4 oz. Cream Cheese, softened  
8 oz. Sour Cream  
1 1/2 Tblsp. Curry  
1/2 Tsp. Cayenne  
1/2 Cup Mango Chutney

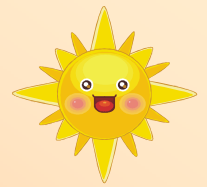
In medium bowl, combine cream cheese and sour cream. Add curry, cayenne and chutney.

Stir well to combine and chill.

Can be used for vegetables or potato chips.

Recipe provided by Cathe Berg

## THE SUNNY CORNER



Happy Birthday and Happy Anniversary to all of you who are celebrating these special occasions during November 2013. As we get ready for the Lutefisk Dinner and all the holiday activities, I hope you are all enjoying the autumn and its beautiful colors, not to mention those changing temperatures signaling to us that winter is on its way.

Our member, **Jewel Sigaty** passed away on October 14, 2013. We send our condolences to her family; please keep them in your thoughts and prayers. **Dot Everett** has had surgery; please keep her in your thoughts for a speedy recovery.

"November always seemed to me the Norway of the year."

- Emily Dickinson

## HAPPY THANKSGIVING TO ALL!

Karen Ravnaas,  
Sunshine Director  
390-0621

## THE NORDIC DIET

For years nutrition experts have been singling out the Mediterranean diet as one of the best ways to prevent some chronic diseases. Consisting heavily of vegetables, fruit, nuts, fish and olive oil, the Mediterranean diet has been shown to reduce the risk of heart disease and strokes. However, findings from a new study in the *Journal of Internal Medicine* have identified the Nordic diet as a proven, healthy alternative to its Mediterranean counterpart.



Established with a randomized 18 to 24 week study beginning in 2009, nutrition researchers in Iceland, Sweden, Denmark, Finland and Norway sought out a locally sourced diet to rival the Mediterranean diet, which heavily features a few food items that are difficult to find in Norway. The 166 participants followed two distinct diets and consumed the same number of calories. The group that received the "healthy" plan ate mostly berries, canola oil, whole grains, root vegetables and three fish meals per week, while limiting their sugar intake. Additional weekly foods included vegetarian meals, poultry or game, and no red meat. In contrast, the control group participants ate fewer berries and vegetables, used butter instead of canola oil and had no restrictions on their red meat, white bread or sugar intake. All study participants had metabolic syndrome – a precursor to diabetes.

At the conclusion of the study researchers found that while there was no change in blood pressure or insulin sensitivity of those eating the healthier diet, their LDL-C (bad cholesterol) and HDL-C (good cholesterol) ratios improved. In addition, the participants also showed reduced levels of inflammation causing chemicals in the blood, which are linked to heart disease and type II diabetes. Lieselotte Cloetens, a biomedical researcher who co-authored the study, also points to promising projected long term effects of as much as a 20 to 40 percent reduction in the risk of type II diabetes on the healthy Nordic diet.

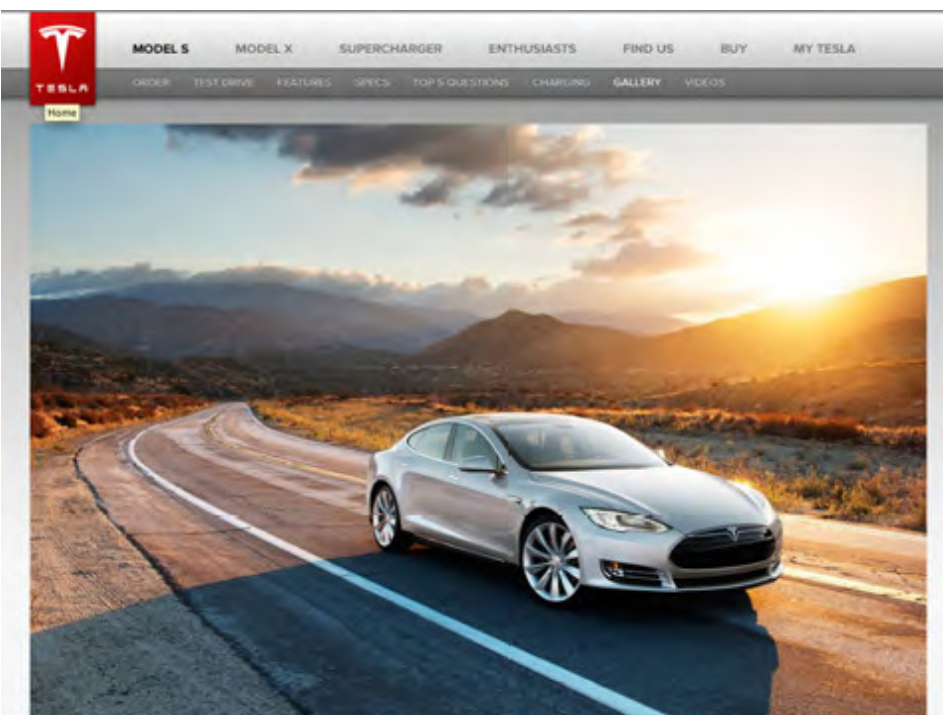
## TESLA SUPERCHARGER, THE NEW ELECTRIC VEHICLE CRAZE IN NORWAY

Electric vehicles have found a home in the oil rich country of Norway, which is the third largest exporter of oil in the world. The environmentally friendly country produces and consumes all but 1% of energy through hydroelectricity therefore it is no surprise that Norway is striking the electric vehicle movement when it's hot. Tesla, an American electric-car company headed by Elon Musk recently revealed their newest model, Tesla Model S to Europe's electric car capital of Norway in August.

By the end of this year Norway is hoping to have 1,000 Tesla Model S cars delivered to their growing number of Tesla showrooms in airports and shopping malls around the country. Tesla's Scandinavian spokesman, Esben Pedersen claimed that California sold over 1,000 Tesla cars in June alone making the numbers in Norway seem small, but relative to Norway's population the boom is significant. The US sold just 0.1% electric cars in 2012, while Norway accounted for 3%. Nowhere else in the world comes close to that percentage.

The Tesla Supercharger is a high efficiency performance vehicle with a low (zero) emission advantage. This sleek vehicle goes 0 to 60 mph in 4.2 seconds and does not look like your average electric car (compared to the popular Nissan Leaf ) which expands the average buyer profile. The sizable price tag is promised to save you in the long run. Tesla is diving head first into Norway's wealthy pockets by taking advantage of their attractive incentive program. With electric vehicle tax exemptions, the Tesla Model S is priced at around \$63,000 in the US and around \$73,000 in Norway, without those savings, however the car would be priced around \$100,000.

Norway's enticements are pretty hard to resist. Besides the initial payment of the car, the savings really do add up and Norwegians are figuring that out. Approximately 90% of Norwegians live within 200 miles of a supercharger station, so after those 265-mile road trip, a free fill-up station is not hard to find. Plugging it in every night in the garage is highly recommending, otherwise the car needs only 20 minutes to provide a half charge. After the tax-free vehicle savings of nearly 50%, electric vehicle owners are set up with free parking, free charging at conveniently located stations and access to drive in the bus lane. Not to mention they are exempt from Norway's numerous road tolls and tunnel-use fees. Bjart Holtsmark with Statistics Norway claims that an electric car owner living in Oslo would save approximately \$8,000 a year on gas, car maintenance, taxes and tolls compared to a normal gas consuming vehicle owner.



## KEEP THE DATES - 2013/2014 FOR ALL COLORADO LODGES

### November

1-2 Trollheim Christmas Fair 9-4 pm  
3 Storfjell (Tabernash) lefse bake  
9 Vestafjell Veterans Parade with Norwegian Fjord Horses – 2 pm  
10 Vestafjell biz meeting honoring vets  
16 Vestafjell Thanksgiving dinner  
16 Fjellheim Lutefisk Dinner - 2 & 6 pm

### December

7 Fjellheim Christmas Tea  
7 Fjelldalen Lutefisk Dinner 3:00 and 5:30 pm., Prince of Peace  
8 Vestafjell Cookie Sale and donations for Latimer House  
15 Fjelldalen White Fence Farm dinner  
22 Fjellheim Julebord  
Date TBD – Cultural Event with Scandinavian Dance Festival and Open House organized by Christina Feste-Hanson

### January

2 Storfjell 5<sup>th</sup> Anniversary Lefse bake  
TBD Trollheim Lutefisk/Meatball dinner

### February

8 Trollheim Anniversary  
22 Barneløpet - Snow Mountain Ranch

### March

1 Barneløpet - Western Slope

### April

TBD Vesterheim 35<sup>th</sup> Anniversary

### June

22-25 District 6 Lodge Biennial Convention, , Palm Springs, CA  
28-29 Scandinavian Fest, Estes Park

*Times and Dates Subject to Change*

## ZONE 8 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

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

**STORFJELL** (Grand County) – No Set Day or Time, Various 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

## SHARE YOUR HERITAGE THIS CHRISTMAS: THE 2013 COMMEMORATIVE ORNAMENT



Christmas is a joyous time of year when people come together in good cheer and celebrate family traditions. For many in the Sons of Norway family, that means celebrating their Norwegian heritage. This fall, we have a great way for your family to do just that—with the limited edition 2013 Sons of Norway commemorative Christmas ornament.

This year's ornament beautifully displays the Os style of rose-maling. This style uses very bright, pure colors of dark and light red, rich yellows and blues and many shades of green. Numerous flower forms—rosettes, tulips, bonnets, buds, and dual-colored, candy-corn shaped petals—give an artist many choices. Groupings of flowers and leaves organically grow on stems with big, round leaves having visible vein lines in large, medium and small sizes to create interest and balance.

Each ornament shows off the beauty of Norwegian heritage with a hand-created design by Shirley Evenstad, a Vesterheim Gold Medal winner. It is sure to be a welcome addition to your tree this Christmas.

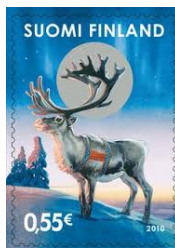
Remember, this year's ornament is a limited edition and it will sell out fast, so don't wait to place your orders. To get your own ornament, or to purchase them as gifts for your friends and family, all you have to do is call 800-945-8851. Members can order ornaments for \$14.99 + S&H.

### SCANDINAVIAN STAMP COLLECTORS CLUB

Scandinavian Collectors Club Colorado Chapter 27 is a local organization (actually a chapter of the national Scandinavian Collectors Club) with some 22 members interested in Scandinavian philately. They meet monthly at 10 am (except for a July and August summer hiatus) first Saturdays at the Rocky Mountain Philatelic Library, 2038 S. Pontiac Way, Denver, CO 80224. If you would like more information on their meetings, please email Roger Cichorz at [rcichorz@comcast.net](mailto:rcichorz@comcast.net). The November meeting will be a members auction, and the December meeting will be their annual potluck at a members home in Broomfield.

The club was founded in 1935 in NYC as the Finnish-American Stamp Club, and in 1959 changed its name to the Scandinavian Collectors Club and chapters were formed. It is dedicated to the collection and study of postage stamps and postal history of the Scandinavian region and their territories. They publish a quarterly journal "Posthorn" and host a section of Scandinavian stamp literature as part of the Rocky Mountain Philatelic Library. The collection is managed by volunteers from the Denver chapter.

You may join online for \$30 a year, by going to their website at <http://www.scc-online.org>, where you can also read more about the organization.



### FJELLHEIM - 2013 OFFICERS

#### Board of Directors

President	Michael Johaneson 303-663-3251 720-971-0130. <a href="mailto:mjohaneson@gmail.com">mjohaneson@gmail.com</a>
Vice-President	Steve Hermanson 520-0303 <a href="mailto:ubetcha@reagan.com">ubetcha@reagan.com</a>
Counselor	Paul Wiig 596-6159
Secretary	Sara Berge 495-2134
Asst. Secretary	Virginia Nelson 650-7029
Treasurer/Finance Chair	Laurance Moe 260-9490
Membership Secretary	Shirley Stillely - 475-1524

#### Program Directors

Social Coordinator	Elaine Hellem 471-8552
Cultural Coordinator	Dean Tollefson 473-1110
Hostesses	Dorothy Hanson 599-8546 Ginny Johnson 495-0253
Sunshine	Karen Ravnaas 390-0621
Sports	Kerry Hefta 266-9429
Foundation	Ruth Wiig 596-6159
Cultural Skills	Björg Mapstone 264-0955
Language Teacher	Pat Staabo 359-2570 <a href="mailto:patvoice@comcast.net">patvoice@comcast.net</a>
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 <a href="mailto:knutlyby@comcast.net">knutlyby@comcast.net</a>
Musician	Sonja Gund 473-9588
Publicity	Eunice Bluhm 495-2029 Riley Coltrin 351-3554 Virginia Nelson 640-9340
Historian	LaRue Hanson 599-8546
Photographer	Sonja Gund 473-9588
Librarian	Ginny Johnson 495-0253
Viking Sisters	

#### Committees/Special Activities

Auditors	Dean Tollefson 473-1110 June Peterson 599-3235 Millie Sullivan 597-0381
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](mailto:lindaault@comcast.net)

#### District 6 President

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**  
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**Colorado Springs, CO 80915**

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Graphics & Signs

719-473-4284      [doug.haug@gmail.com](mailto:doug.haug@gmail.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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