



FJELLHEIM 6 – 107, Sons of Norway
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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 February 2013 issue is:
Sunday, January 20

HAPPY NEW YEAR FROM FJELLHEIM LODGE

Pictures from Fjellheim's Julebord



January 2013

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2 Board Meeting - 9 AM, Viking Hall	3	4	5
6 De-decorate Viking Hall, 9 am Rosemaling - 12-4 PM, Viking Hall	7	8 Game and Card Social - 12:30 PM, Viking Hall, Ginny Johnson, 495-0253	9 Book Club - 5 PM. FMC - 6 PM. Lodge Meeting - 7 PM, Viking Hall with Installation of New Officers	10	11	12
13	14	15	16 Norwegian Language Class - 7 PM	17 Ladies Luncheon - 11:30 AM, Lucky Dragon, 402 W. Fillmore	18	19
20 Rosemaling - 12-4 PM, Viking Hall Deadline for Flammen Articles	21	22	23 Norwegian Language Class - 7 PM	24	25	26 Breakfast Social - 9 AM, Viking Hall. Millie, 597-0381
27 Dine Out - 1:30 PM, TBD	28	29	30 Norwegian Language Class - 7 PM	31		

GEOGRAPHY LESSON ABOUT MINNESOTA

Minnesota became the 32nd state on May 11, 1858 and was originally settled by a lost tribe of Norwegians seeking refuge from the searing heat of Wisconsin's winters.

Minnesota gets its name from the Sioux Indian word "mah-nee-soo-tah," meaning, "Lye-soaked fish people."

The Mall of America in Bloomington, Minnesota covers 9.5 million square feet and has enough space to hold 185,000 adolescents yapping on cell phones.

Madison, Minnesota is known as "the lutefisk capital of the world." Don't go there.

"The Mary Tyler Moore Show" was set in Minneapolis, Minnesota, and was Mary's first real acting job since leaving the "Dick van Dyke Show. The show about a single woman's struggle to find happiness in the big city was originally titled "Life Without Dick," but that was changed for some reason . . . duh.

Downtown Minneapolis has an enclosed skyway system covering 52 blocks, allowing people to live, work, eat, and sleep without ever going outside. The only downside to this is that a Norwegian occasionally leaves the door open.

Cartoonist Charles M. Shultz was born in Minneapolis, Minnesota and grew up in St. Paul. He was the only artist to accurately depict the perfectly circular heads of Minnesota natives.

The Hormel Company of Austin, Minnesota produces 6 million cans of Spam a year, even though no one actually eats it. Spam is a prized food in Japan & Hawaii--Spam sushi!!

Minnesota license plates are blue & white and contain the phrase "Blizzards on the 4th of July - you get used to it."

Frank C. Mars, founder of the Mars Candy Co. was born in Newport, Minnesota. His 3 Musketeers candy bar originally contained three bars in one wrapper, each filled with a different flavor of nougat -chocolate, Spam and lutefisk.

Tonka trucks continue to be manufactured in Minnetonka, Minnesota, despite the thousands of GI Joe dolls killed in them annually in rollover accidents. Those things are risky, I tell ya . . .

Author Laura Ingalls Wilder was raised at Walnut Grove, Minnesota, and was famous for writing the "Little House" series of books, as well as inventing the "Spam diet" which consists of looking at a plate of Spam until you lose your appetite. Much like the "lutefisk diet"

The snowmobile was invented in Roseau, Minnesota to allow families a means of attending 4th of July picnics.



JANUARY BIRTHDAYS

4 Dorothy G Everett
 4 Eleanor Dailey McLeod
 6 Jamie R Allen
 6 James E Oldervik
 8 Wilma Nau
 8 Nanette Walker Smith
 9 Robert Eugene Olson
 10 Elmer L Routh
 12 Cita L Helseth
 14 Inger Pappas
 15 Gary H Barnes
 15 Lois M Enderud
 18 Alex B Parra
 20 Jewel V Sigaty
 21 Maria M Zakrzewski
 25 Joan Bakken
 26 Carol J Eacker
 27 Bonnie J Bergland
 27 Christopher Hardy
 28 Jeff W Hansen
 28 Meagan Oldervik
 30 Beverly R Lessard

HERITAGE AND YOUTH

12 Claire Suntken
 18 Holli Marie Johnson
 30 Maren Sofia Lyby
 31 Ryley Apodaca-Eacker

GRATULERER MED DAGEN!

PANCAKE BREAKFAST IN JANUARY

The January Breakfast will be Saturday, January 26 from 9:00 am to 10:30 am.

We will be serving egg casserole pancakes, sausage, bacon, fruit, juice and coffee. All for \$8.00 (\$5.00 for children).

Please call Millie Sullivan at 719 597-0381 if you plan to join us.



GAME AND CARD SOCIAL

January social will be Tuesday the 8th 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

More information about our next Dine Out will be given at the next business meeting.



LADIES LUNCHEON

Thursday, January 17, 11:30 am. We will meet at Lucky Dragon Chinese Restaurant at 402 W. Fillmore. Contact Tania Oldervik at 310-3586.

BOOK CLUB

The Lodge Book Club meets on the 2nd Wednesday of the month at 5 p.m. We will resume Book Club on January 9th.

We have read works by several Norwegian and Scandinavian authors in the past couple of months including: Jo Nesbø, Eric Dregni, Dagfin Grønset, and Karin Fossum. For the January meeting we will be reading books of our own choosing, so please join us to discuss what you've been reading -- our meetings are very informal. We look forward to reading some titles as a group in the New Year and hope to start working toward the reading portion of the Sons of Norway Cultural Skills program as well.

If you have any questions please contact Tillie Elvrud at (719)203-4444

ROSEMALING CLASSES

Rosemaling classes are scheduled for Sunday, January 06 from 12:00 to 4:00 and Sunday, January 20 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



DISTRICT 6 LEADERSHIP MEETING

The District 6 Leadership Meeting will be held Saturday, February 2nd at Trollheim Lodge in Lakewood. This will be from 9:30 to 4:00, snacks and lunch provided.

There will be an introduction, getting to know one another session and brainstorming within small groups on various lodge activities. After we break for lunch we will break out into small groups again. Afternoon will involve ideas on how we currently attract younger members and what we can do in the future. After a break we will close with a presentation on "how to recruit" which was gathered from the International Sons of Norway Workshop in Fargo, N. D. in August.

Looking forward to this fraternal event.

Godt Nytt År,
 Linda Ault
 Zone 8 Director

THANK YOU TO ALL LEFSE BAKERS

A big Thank You many times over to all the Lefse baking members that made our baking a big boost to the lodge, providing the Lefse for Lutefisk Dinner and the Julebord. We made over 2500 rounds sold 1800 used 700 for our dinners. We enjoyed our sampling with each baking, had to be sure it passed our taste test, if we had doubts just had a second round to make sure it passed the test, it didn't take much of an excuse to have that second round.

*Thanks to everyone again.
Lois*

VOLUNTEER HOURS

I would like to have the volunteer hours for 2012 by the January meeting on the 9th, but I will need them no later than **Friday 25 January**. PLEASE REMEMBER TO ADD YOUR ROUND TRIP TRAVEL TIME to the events you volunteer at. PLEASE REMEMBER TO SIGN IN AT EACH LODGE MEETING.

*Thank you.
Cleo Allgood*

PLAN YOUR RETIREMENT WITH HELP FROM SONS OF NORWAY

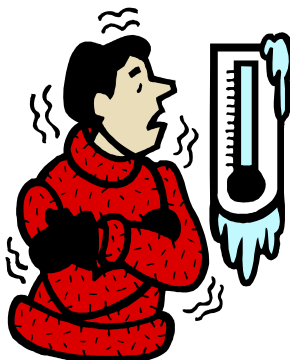
Retirement plans are often among your largest assets. Unfortunately they are subject to some of the most complicated taxation; income taxes, premature distribution penalties, and estate taxes. Uncle Sam will one day get his piece of your retirement savings. This can lead to IRA implosion. You can overcome this with some careful planning and help from your Sons of Norway Financial Benefits Counselor. The choice is yours, ultimately liquidate the IRA you have spent a lifetime building or let us help you with a plan to protect your wealth and give you control. Sons of Norway wants to help you be in charge of your financial dreams.

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



COLD IS A RELATIVE THING YA KNOW....

At 65 degrees, Arizonans turn on the heat. Minnesotans plant gardens.
At 60, Californians shiver uncontrollably. Minnesotans sunbathe.
At 50, Italian & English cars won't start. Minnesotans drive with the windows down.
At 40, Georgians don coats, thermal underwear, gloves, wool hats. Minnesotans throw on a flannel shirt.
At 35, New York landlords finally turn up the heat. Minnesotans have the last cookout before it gets cold.
At 20, People in Miami all die. Minnesotans close their windows.
At 0, Californians cross into Mexico. Minnesota get out their winter coats.
At -10, Hollywood disintegrates. Minnesota Girl Scouts sell cookies door to door.
At -20, Washington DC runs out of hot air. Minnesotans let their dogs sleep indoors.
At -30, Santa Claus takes rum. Minnesotans use ether to start the snowmobile.
At -40, ALL electron motion stops. People in Minnesota ask... "Cold enough for ya?"
At 50 below, hell freezes over. Minnesota public schools open 2 hours late.



KEEP THE DATES - 2013

January 26:
Fjellheim pancake breakfast, 9 am
Stein Fjell Anniversary Lunch

February 23:
Fjellheim pancake breakfast, 9 am
Barneløpet - Snow Mountain Ranch

March 23:
Fjellheim pancake breakfast, 9 am

April 14:
Fjellheim Frokost, 11 am

April 27:
Fjellheim pancake breakfast, 9 am

May 19:
Fjellheim 17. mai fest

May 25:
Fjellheim pancake breakfast, 9 am

June - Date TBD:
Sky Sox Outing

June 23:
Fjellheim pancake breakfast, 9 am

August 24:
Fjellheim pancake breakfast, 9 am

September 21:
Fjellheim 40th Anniversary Dinner and Dance, 4 pm

September 28:
Fjellheim pancake breakfast, 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



CULTURAL SKILLS PROGRAM

Let's make 2013 the year of the Sons of Norway Cultural Skills Program at Fjellheim Lodge. As the newly appointed Cultural Skills Program Coordinator it will be my job and pleasure to introduce you to this fun and informative program. 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: Folk Dancing, Figure Carving, Knitting, Norwegian and North American Stamps and Hardanger Embroidery.

Many of our members are already participating and some have been awarded with pins and bars for their efforts. Many others clearly qualify in certain skills and are only an application away from being rewarded with their pins.

There is a Hardanger Embroidery group that meets at the Colorado Springs Senior Center on most Tuesday mornings from 8:30 until 10:30. Although not strictly a Lodge group, most of those who participate are Lodge members and are well into the "Skills" program.

Fjellheim has an ongoing Rosemaling class. They meet once or twice most months at Viking Hall. We have an excellent instructor and this is a chance to work on Rosemaling "Skills".

We are proud to have a Norwegian language class, a wonderful opportunity for our members.

At 5:00 before monthly Lodge meetings a newly formed Book group meets to discuss Norwegian literature, new and old, fiction and non-fiction. There are plans to get out the applications for Reading "Skills".

Some of our members have Folk Dancing pins, and perhaps others of which I am not aware. All the guidelines and applications are on line on the Sons of Norway website. I will have copies of each one for those of you who might be interested in delving into your cultural heritage with a group or alone at your own pace. If you are interested please call me at 719-264-0955. If you would like to share your knowledge on one of these "Skills" or know of someone we could reach out to for instruction, please let me know.

Ej Mapstone
719-264-0955

THE SUNNY CORNER

Happy Birthday and Happy Anniversary to all of you who are celebrating these special occasions in January 2013. Another year has passed us by, but here we are – 2013. I am sure it will be a year of great expectations so let's hope they are all good. As we enter the New Year, I wish you peace, prosperity, and much happiness.



I have heard of several people who are struggling with this nasty virus that is going around, including Rodger and Marge Erickson. Please get well soon and we hope you are feeling much better by the beginning of the New Year.

So as you celebrate New Year's Eve, I have a little thought for you:

Life may not be the party we hoped for... but while we are here we might as well dance!

Merry Christmas and Happy New Year!

Karen Ravnaas,

Sunshine Director, 390-0621

IN MEMORIAM

Ina Guyer

Feb. 22, 1927-Dec. 22, 2012

Ina was a long time resident of Colorado Springs and served as a public relations representative for Mountain Bell for many years. She was involved in many community activities including the Opera Guild, the Symphony Guild, the Humane Society, Sons of Norway, and Calvary Bible Church.



She is survived by her sister Anita Bellet, and nieces Shelly Greenhaugh, Ann Madsen, and Lynn Birk.

She was a charter member of the Sons of Norway which she enthusiastically supported in public relations and social activities. She liked to entertain visiting groups from the Scandinavian countries in her home. She was the contact who facilitated the relationship between Benet Hill Academy and the Lodge that allowed us to use that splendid facility for our Lutefisk dinners and resulted in a strong bond of friendship between the groups.

A discriminating person, she taught her beloved doggies that the only really good dog food is Norwegian meatballs and gravy.

We remember her with appreciation and affection.

SCHOLARSHIP DEADLINES ARE FAST APPROACHING

Greetings to all lodges and Best Wishes for a happy and peaceful 2013!

Just a reminder to all who have youth eligible for one of our District 6 Scholarships. Please don't forget the deadlines of March 1 for Camp Skogfjorden and April 1 for the College Scholarships.

A full list of all the scholarships available through SofN is printed in this newsletter.

Call or mail to:

Crystal Sundet – SON Dist. 6 Scholarship Chairperson

Sons of Norway D6 Scholarships

2884-G West Long Circle

Littleton, CO 80120

720-283-8592 or email: crystobel2@gmail.com



District 6 —Camp Trollfjell
Language & Heritage Campership Application Form
July 7-21, 2013

Eligibility Requirements:

- Must be between 8-13 years old
- Must be a Sons of Norway Heritage Member
- Must be willing to attend a local Sons of Norway Lodge Meeting to tell about his/her experience at Camp Trollfjell



Name _____ Date of Birth _____ Age _____ Sex ☐ M ☐ F

Address _____

Sons of Norway Member # _____ Lodge closest to you: _____

Are you related to a Sons of Norway Member? Y ☐ N ☐

Name of Member and Lodge # _____

Have you ever attended a Sons of Norway Meeting? Y ☐ N ☐ Which Lodge? _____

Do you attend regularly? Y ☐ N ☐ What do you like about the meetings? _____

Have you volunteered at this lodge? Y ☐ N ☐ What have you done? _____

Have you been to Camp Trollfjell before and, if so, what year? _____

Why do you want to go to Camp Trollfjell and what do you hope to learn? (You may add an additional page if you have more information.)

Please return this application by April 19, 2013 to:

Campership Chair: Kristine Dent, 2059 Nottingham Drive, Casper, WY 82609

If you have any questions, please call me at 307-462-1171 or email at kristinedent@gmail.com



SONS OF NORWAY —DISTRICT 6
Cherishing our Past—Embracing our Future

TAX INCREASES FOR NORWAY

There are a number of tax increases for 2013 on popular items including cars, alcohol and oil including some items that may surprise you. “Low interest rates, high income growth and high oil prices have fueled the economy”, Minister of Finance Sigbjørn Johnsen stated.

Norway’s extremely high taxes may seem foreign to some other nations, but it is done with a social purpose, to reduce heavy consumption of products detrimental to people’s health and the environment. For example, taxes will be raised on registration fees for new cars that output an excessive amount of carbon dioxide and nitrogen oxide into the environment. Carbonated drinks, like soda and flavored water will increase 7.4%. Foods containing sugar, including chocolate will rise almost 2%. Cigarettes and snuff will increase about 2% and beer drinkers will see a 1.9% increase on their drink of choice.

Norway also stays focused on protecting their internal economic development by keeping Norwegian-made products on their supermarket shelves. For this reason taxes on imported products have been raised. For example, in order to save the local Norwegian farmers from going out of business tax increases on dairy imports that compete with Norway’s Jarlsberg and Norvegia cheeses will be put in place starting in 2013. These tax increases support and protect Norway for the long run.

FEWER BACK AN OLYMPICS IN OSLO

A new survey indicates that just 42 percent of Oslo’s residents are now positive towards the prospect of the city organizing the Winter Olympics in 2022. Public support for an Olympics has fallen markedly during the last 20 months.

The survey, conducted by polling firm Respons for newspaper *Aftenposten*, shows that 33 percent of Oslo residents questioned are negative towards the city’s plans for an Olympics, simply called “OL” among Norwegians. The 42 percent who said they’re positive is down from 58 percent in a similar survey conducted in March 2011.

That was when Oslo was caught up in euphoria over its successful hosting of the Nordic Skiing World Championships at Holmenkollen, and just after Gerhard Heiberg, a Norwegian member of the International Olympic Committee (IOC), had planted the idea of another Winter Olympics in Norway. Heiberg claims Norway has the financial resources and winter sports expertise to carry out a successful “OL” like the one mounted in Lillehammer in 1994, where he played a leading role.

The costs of organizing an Olympics have become enormous, and it’s in the IOC’s interests that wealthy and willing organizers come forward to carry out such an ambitious project. Few countries are as wealthy as Norway, given its oil and gas resources that have pumped up the economy in recent years, so it’s not surprising IOC members like Heiberg would encourage cities like Oslo to bid. Heiberg has even suggested that Norway almost has an obligation to organize an Olympics, at a time when other countries, not least many in Europe, are financially strapped.

From: *Views and News from Norway/Nina Berglund*



SONS OF NORWAY FOUNDATION SCHOLARSHIPS AND GRANTS- 2013

King Olav V Norwegian-American Scholarships- due March 1

American students, 18 years old and up, whom wish to study Norwegian language or culture at accredited schools in the US or Norway, and for Norwegian students, 18 years old and Up, who wish to study American language and culture in the US. Typical award is between \$1,000 and \$2,000

Astrid Cates/Myrtle Beinhauer Scholarships – due March 1

For any post high school area of study at accredited schools. Six, \$1000 and two, \$3,000 scholarships are awarded annually.

Nancy Lorraine Jensen Memorial Scholarships – due April 1

For women, 18-35, who are majoring in Physics or Chemistry or Electrical, Mechanical or Chemical Engineering at accredited universities. Scholarships valued at one-half semesters' tuition for up to three years.

Oslo Summer School Scholarships – due March 1

For American students accepted and attending Oslo International Summer School, in Oslo, Norway, for a six week intensive language and international study program. Two, \$1,500 scholarships awarded annually.

Helen Tronvold Folk High School Scholarships – due March 1

For students 18-24 attending any one of Norway's 70 folk high schools for an entire school year, Aug-June, to intensively investigate very specific fields of study. Three, \$2,000 scholarships are available annually.

Lund Fund Scholarships – due May 1

For American students studying abroad, with no exclusions on topic of study or foreign study country. One \$1,500 scholarship awarded annually.

Local Lodge Partnership Grants – due January 15

For individual lodges to fund festival participation, cultural skills workshops, books for lodge libraries, lodge anniversary celebrations, Syttende Mai, parade floats, etc., designed to highlight Norwegian heritage & culture for grants up to \$1,000 in matching funds.

General Heritage & Culture Grants – due April 1

For community-wide events aimed at wider audiences showcasing Norwegian culture including choral and orchestral presentations, theatre and museum shows with grants up to \$3,000. A typical award is \$500-\$1,000.

Helping Hands to Children Grants – due February 1

To fund programs specifically for youth including Sons of Norway Adopt A School, Barnas Norsk Klubb, children's language and heritage day camps or Syttende Mai and Christmas celebrations for youth for grants up to \$500 in matching funds.

Helping Hands to Member Grants – following natural disasters

To provide disaster relief from the Sons of Norway Foundation Humanitarian Fund to current Sons of Norway members who lose their homes due to natural disasters including hurricanes, tornadoes, wild fires or floods. Up to \$1,000 per grant.

To view all the qualifying information and on-line applications go to www.sonsofnorway.com/foundation.

You may contact us at foundation@sofn.com or call 1-800-945-8851

Sons of Norway Foundation
1455 West Lake Street
Minneapolis, MN 55408-2666

FJELLHEIM - 2013 OFFICERS

Board of Directors

President	Michael Johaneson 303-663-3251 720-971-0130. mjohaneson@gmail.com
Vice-President	Steve Hermanson 520-0303 steve.hermanson@thrivent.com
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 Stilley - 475-1524

Program Directors

Social Coordinator	Elaine Hellem 471-8552
Cultural Coordinator	Dean Tollefson 473-1110
Host & Hostess	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 Staubo 359-2570 patvoice@comcast.net
Book Club	Tillie Elvrum 683-5826

Support Officers

Greeters	Lois Halvorson 632-6003 Owen Bergland 576-1396
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Historian	Virginia Nelson 640-9340
Photographer	LaRue Hanson 599-8546
Librarian	Sonja Gund 473-9588
Viking Sisters	Ginny Johnson 495-0253

Committees/Special Activities

Auditors	Dean Tollefson 473-1110 June Peterson 599-3235 Millie Sullivan 597-0381
Finance Chairman	Michael Johaneson 303-663-3251
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	Swede Knutson 473-3297 Chuck Sullivan 597-0381 Doug Haug 632-4284 Paul Wiig 596-6159 Owen Bergland 576-1396 George Gund 473-9588
Trustees	Rodger Erickson 597-2196 Jerry Johnson 495-0253 Terry Mapstone 264-0955

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
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Colorado Springs, CO 80915



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



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