



FJELLHEIM 6 – 107
 Sons of Norway
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January 2016

Volume 43, #1

The mission of Sons of Norway is to promote and to preserve the heritage and culture of Norway, to celebrate our relationship with other Nordic countries, and to provide quality insurance and financial products to its members.

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MEETING TIME:

Monthly business meetings held the second Wednesday of every month (except July)

7:00 PM
 Viking Hall,
 1045 Ford Street,
 Colorado Springs, CO

SEND ARTICLES TO :

Michael Johaneson
 1307 Wildwood Ln
 Castle Rock, 80104
mjohaneson@gmail.com

Deadline for the February issue is January 20



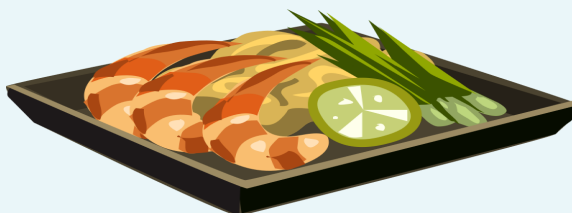
**Installation of Officers
 &
 Welcome of New Members**

Saturday, January 16th

2:00 p.m.



**Followed by Authentic
 Norwegian Luncheon**



**Master of Ceremonies
 Colorado Zone 8 Director Beverly Moe**

2016 Januar

Sondag	Mandag	Tirsdag	Onsdag	Torsdag	Fredag	Lordag
					1	2
3 9:00 Viking Hall Xmas Un-Decorating	4	5 8:30 am Hardanger CS Senior Center on Hancock 12:30 pm Cards & Potluck	6 9:00 am Board Meeting Viking Hall	7 1:00 pm Viking Sisters Viking Hall	8	9
10	11	12 8:30 am Hardanger CS Senior Center on Hancock	13 5 pm Book Club 6 pm FMC 7 pm Heritage Mtg Viking Hall	14 (Sons of Norway founded 1895)	15	16 2:00 pm Officer Installation & New Member Wel- come
17	18	19 8:30 am Hardanger CS Senior Center on Hancock	20	21 Ladies Luncheon TBA	22	23
24	25	26	27	28	29	30 Zone 8 Training Lakewood
31						

Sons of Norway

District Six Convention 2016

Save the Dates!

June 19th - 22nd

Embassy Suites Hotel
Loveland, CO



"Mining Our Heritage"

Hosted by the 7 lodges of **Zone 8 (Colorado)**
More info to come!

Colorado Lutfisk Tour

Steinfjell at Loveland
October 17, 2015

Fjellheim at Colorado Springs
November 14, 2015

Fjelldalen at Highlands Ranch
December 19, 2015

Trollheim at Lakewood
January 16, 2016

**You laugh but 13 lutfisk lovers
are doing all four dinners.**

Resolutions....2016

It is time to resolve to renew all your old resolutions. And add a few that are new. But then, resolve to keep them as long as you can. Maybe our Lodge should also think about making some resolutions? Can you think of any? Want to talk about them?

I will resolve to be more accessible, so that it will be easier for anyone to discuss with me a resolution or idea for our Lodge. To accomplish this, I will need to step outside of my comfort zone, and step into the 21st Century. I am in the process of trading in my old and reliable Motorola RazR flip cell phone for a Smart Phone. What a confusing name.

Does it mean that the phone knows who you are going to call, before you dial the number? Would you like to know about a greater and better invention? It is the Thermos Bottle. It keeps hot things hot and it keeps cold things cold,but how does it know?

My "Smart" cell phone number will be (719) 663-3222. I have also installed a voice-recognition car phone in my pick-up truck. That car phone number is (719) 314-7124. If you cannot reach me at my home phone number, or at one of these new numbers,sorry. I'm probably either taking a nap or watching some re-runs of Bonanza. But, I



always still have my e-mail for you to send me a note. And I've been told that I can actually get my e-mails on a Smart Phone. Unbelievable.

And that's about as accessible as I can be. But there is another solution if there are times when I am just not available. The solution is the most important resolution and need for our Lodge this year: to have a Vice-President. I realize that this involves a commitment from someone.

But more importantly, it requires someone to step outside of their comfort zone, and have some fun. Yes, the two years as your Vice-president, and last year as your President has been fun and enjoyable. Because meeting and working with new friends, is just that.

-Steve Hermanson.

Sons of Norway Foundation Grant Funds available for lodges and members.

What is your lodge planning where extra funding could enhance the experience? All grant applications are done online at www.sonsofnorway.com/foundation.

Local Lodge Partnership Grants - Due January 15, 2016 - for lodge events and Norwegian themed programming at the lodge level. Matching funds grants up to \$1,000.

General Heritage & Culture Grants - Due February 1, 2016 - for community-wide Norwegian themed events, musical & theatrical performances, Cross-cultural exchange groups, Nordic cultural fairs, etc. Funds up to \$1,500 for events happening within the 2016 calendar year.

Helping Hands to Children Grants - Due February 15, 2016 - For lodges helping in local schools with student mentoring, school supplies or Norwegian themed presentations, lodge events for children. matching funds up to \$500.

Sons of Norway Foundation Post High School Scholarships - Deadlines begin March 1, 2016. Did you know that the Sons of Norway Foundation offers college scholarships starting at \$1,000 for current members, children or grandchildren of current members? This is a great member benefit. Have the college students in your family check out www.sonsofnorway.com/foundation. We currently offer seven categories of scholarships for different areas of study. All scholarship applications are done online.



The Sons of Norway Foundation awards approximately \$100,000 in grants and scholarship annually.

January Birthdays

Dorothy G Everett	4
Nanette Walker Smith	8
Robert Eugene Olson	9
Cita L Helseth	12
Claire Suntken	12
Inger Pappas	14
Gary H Barnes	15
Lois M Enderud	15
Alex B Parra	18
Maria M Zakrzewski	21
Cynthia Laurie Pechacek	22
Clairette Bakken	25
Carol J Eacker	26
Christopher Hardy	27
Jeff W Hansen	28
Meagan Oldervik	28
Maren Sofia Lyby	30
Ryley Apodaca-Eacker	31



Card Social

Card Social will be Tuesday, January 5 with a potluck lunch at 12:30 pm. followed by visiting and cards. Please join us. Questions call Ginny at 495-0253

Viking Sisters

Viking Sisters will meet at 1:00 pm on Thursday, January 7 at Viking Hall. All women members are welcome.



Rosemaling at Viking Hall

Rosemaling classes are TBA.

The cost for each 4 hour session is \$20.00. Please call Cindy Bauer at 633-8260 or Bj Mapstone at 264-0955.



LEADERSHIP SEMINARS 2016

Coming to YOUR area for all Lodge Leaders! Presented by your District Officers.....



Check out the District Six website soon (www.sofn6.org) for further information.

BOOK CLUB

Book Club meets every second Wednesday of the month at 5:00 pm at Viking Hall. Our facilitator is Dot Everett. Please join us on Wednesday, January 13 at 5:00pm.

REMINDER:

Start your projects now for the Folk Art Competition during the 2016 District 6 Convention in June. Ready, set, go.....



Barnelopet 2016 - Children's Cross Country Ski Race and Orienteering

February 20, 2016, Saturday Snow Mountain Ranch-YMCA-Granby

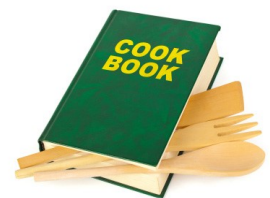
Registration begins 9:00 am, Ski Lessons 10:30 am

Race 11:30 am, Orienteering 12:30 pm

Registration Information, contact Lois Hodne at 303.795.6695 or hiloie@aol.com or Jon Erik Holm-Johansen at 970.412.0433 or tvchiro@yahoo.com

We Need Your Recipes.

Our Viking Sisters are undertaking a project in which we need the help of everyone in the lodge. We plan to do a **cookbook** and need recipes. Please submit recipes and indicate what category they go in such as: appetizers, main dishes, salads, soups, desserts, etc.



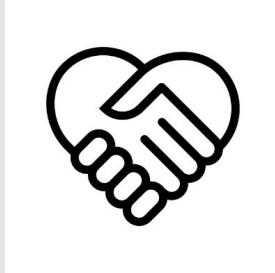
Thank You Ginny Johnson, president of Viking Sisters. Any questions call 495-0253.

“Every Member Get a Member”

Starting January 1, 2016 through December 31, 2016, District Six has a special membership recruitment program. For every new adult member that is referred by a Sons of Norway member, and that referring member's name is indicated on the membership form, that member will receive a **\$5.00** gift card from the District.

No limitation on the number of members you may recruit.

For further information, contact District Six Vice President Luella Grangaard at 760-363-7704 or morongo2@verizon.net.



Sunshine – January 2016



Well, 2015 is done with regard to the activities of Fjellheim Lodge. Today we finished up with Julebord. The hall was decked with Christmas festivity and the dinner was superb. Thank you to all the wonderful ladies and men who worked so hard to give the rest of us a dining experience that was above reproach. Awesome Job!!!!!!

Happy Birthday and Happy Anniversary to everyone celebrating these events in January! And Happy New Year to everyone! Hopefully, 2016 will be a year of good health, prosperity, and love for all of you.

Millie Sullivan is in rehabilitation at Sunny Vista Living Center at 2400 E Cache La Poudre St. As of this writing, she is reported to be doing pretty good. Keep her in your prayers.

Joyce Gustafson has moved to Arizona and we have a new address for her: 101 S Yucca St, #1185, Chandler, AZ 85224-8149.

Our thought for the winter is as follows: "The shortest day has passed, and whatever nastiness of weather we may look forward to in January and February, at least we notice that the days are getting longer. Minute by minute they lengthen out. It takes some weeks before we become aware of the change. It is imperceptible even as the growth of a child, as you watch it day by day, until the moment comes when with a start of delighted surprise we realize that we can stay out of doors in a twilight lasting for another quarter of a precious hour." - Vita Sackville-West

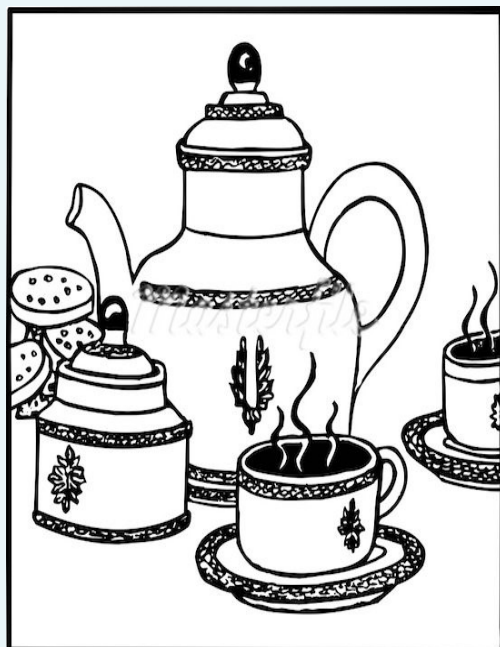
Happy New Year Everyone!!!

Fraternally, Karen Ravnaas – 390-0621



Fit Like A Tea

Fjellheim, once again, provided 160 happy tea drinkers the best Christmas Tea in town. They were treated to dainty sandwiches, cookies and candies and gallons of tea. As you can see above, the tables were beautifully arranged with a Christmas theme by each table hostess. Sissel and her crew did a wonderful job and made Christmas a little more special for many of us. Tusen Takk.



Time is Money



At a recent lodge meeting, I did not have much time to give my report so I said "Buy life insurance while you can." That brought a few chuckles and had me backtracking. I did not mean buy insurance before you die, I meant buy life insurance while you can afford it.

A 69 year-old male with standard rating would pay \$465 per month for a \$100,000 whole life policy. A 49 year-old male with a select rating would pay \$158 per month for a \$100,000 whole life policy. A 29 year-old female with a super select rating would pay \$53 per month for a \$100,000 whole life policy. The premium does not change so the 29 year will still be paying \$53 per month when she is 69.

The point is, life insurance premiums are largely driven by age and health. If you have a young (under 50 to us) child or grandchild, you would be doing them a favor if you helped them to understand this concept. If you want help, call or email me.

Mike Johaneson

720 971-0130 or mjohaneson@gmail.com

A DAY WITHOUT
A
NORWEGIAN



IS LIKE A DAY
WITHOUT
SUNSHINE

FJELLHEIM - 2016 OFFICERS

Board of Directors

President	Steve Hermanson	520-0303
	ubetcha@reagan.com	
Counselor	Michael Johaneson	720-971-0130.
Secretary	Sara Berge	495-2134
Asst. Secretary	Virginia Nelson	650-7029
Treasurer/Finance Chair	Jerry Johnson	495-0253
Assistant Treasurer	Larry Moe	
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	Doris Lake	596-8600
	Darlene Aaland	550-1288
	Carol Eacker	633-5193
Sunshine	Karen Ravnaas	390-0621
Sports	Kerry Hefta	266-9429
Foundation	Caren Alvestad	648-2320
Cultural Skills	Bjorg Mapstone	264-0955
Book Club	Dot Everett	328-1481

Support Officers

Greeters	Lois Halvorson	632-6003
	Owen Bergland	576-1396
Marshalls	Dorothy Hanson	599-8546
	LaRue Hanson	599-8546
	Ole Bakken	632-3892
Editor	Michael Johaneson	720-971-0130
Photographer	Tania Oldervik	310-3586
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
bevm259@comcast.net

District 6 President

Mary Beth Ingvaldstad 707-987-2404
mbingvaldstad@aol.com

Sons of Norway Board

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

ALL PHONE NUMBERS HAVE 719 PREFIX
UNLESS OTHERWISE IS NOTED

Sons of Norway
Monthly Newsletter
Mike Johaneson, Editor
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Financial Benefits Counselor

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Email: mjohaneson@gmail.com

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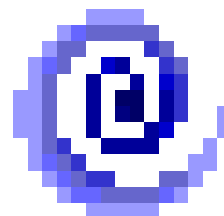
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