



FJELLHEIM 6 – 107
 Sons of Norway
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facebook.com/sonsofnorwaycs

May 2019

Volume 46. # 5

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,

SEND ARTICLES TO :

Michael Johaneson
mjohaneson@gmail.com
 And Kerry Hefta

Deadline for the June Issue is May 20

*Sons of Norway
 Fjellaldalen Lodge #6-162
 Denver, Colorado*



Menu
 Hot Dogs
 Lefse
 Potato Salad
 Smoked Salmon
 Pickled Herring
 Goat Cheese
 Leksa's Knäckebröd (crispbread)
 Vaffler (Heart Waffles)
 Lingonberries
 Ice Cream Cones
 Coffee - Lemonade



Kids Activities



COFFEE



**SYTTENDE MAI
 CELEBRATION**

Norway's Constitution Day
 Sponsored by Fjellaldalen Lodge # 6-162



Sunday, May 19, 2019

12:00 noon to 5:00 pm

Parade Starts At 12:30

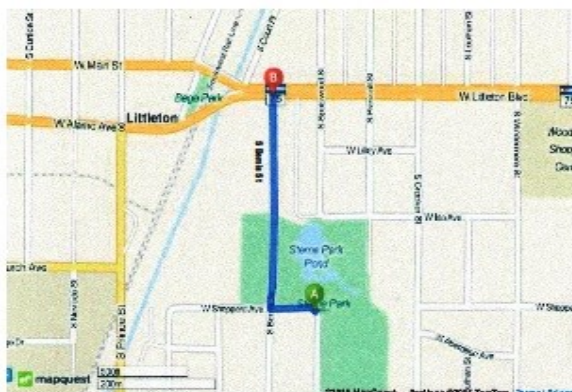
Hot Dog Line Opens At 1:00

Donations of \$10 for adults (pay as you come in)
 Children 12 and under \$5

Bring your family and friends to help us celebrate **Syttende Mai**, a family event with many wearing Norwegian **Bunads**, a parade throughout the park, a smorgasbord of traditional festive foods, games for all and a time to celebrate our Norwegian heritage. The children are a vital part of the celebration; we appreciate and encourage their participation. Please mark your calendar and join the Fjellaldalen Lodge for a good family time. Call Marilyn Speas 303-973-2158 for further information.

Join us at **Sterne Park** (South Shelter), Littleton. Go South on Bemis St off Littleton Blvd to Sheppard Ave, turn East to parking lot. Look for the **Norwegian Flag** and Fjellaldalen's canopy.

Sterne Park, 2000 W Sheppard Ave, Littleton CO



Come and join our closest sister lodge Fjellaldalen from Highlands Ranch, Colorado to celebrate Syttende Mai (Norwegian Constitution Day).

They will have a bunad parade so if you have one please wear it. All those who are 'Bunad Free' can participate as well by waving the Norwegian flag around in the parade.

I volunteered our lodge to bring along some lawn games to be enjoyed after the lunch as part of the event. I am bringing a 'KLUBB' game which is an old Norsk lawn game, but any additions would be welcome.

Let's tentatively set up a car pool at 11 am, May 19th at the Woodmen Park and Share. That address is : 6800 Corporate Dr, Colorado Springs, CO 80919

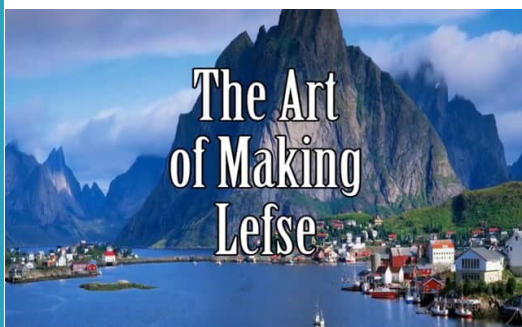
Route to festivities above <https://goo.gl/maps/cvedQm5rhhK2>

Fraternaly yours, Kerry Hefta

2019 mai

søndag	mandag	tirsdag	onsdag	torsdag	fredag	lørdag
			1 6:30 pm Board Meeting Viking Hall	2	3	4
5	6 9:00 am Lefse Viking Hall	7 12:30 Games and Cards 6:00 pm Language Class 1 7:00 pm Language Class 2 Viking Hall	8 6:00 pm FMC 7:00 Heritage Mtg Viking Hall	9	10	11
12	13 9:00 am Lefse Viking Hall	14 6:00 pm Language Class 1 7:00 pm Language Class 2 Viking Hall	15	16	17	18
19 Syttende Mai Celebration Littleton	20 9:00 am Lefse Viking Hall	21 6:00 pm Language Class 1 7:00 pm Language Class 2 Viking Hall	22	23	24	25
26	27	28 6:00 pm Language Class 1 7:00 pm Language Class 2 Viking Hall	29	30	31	

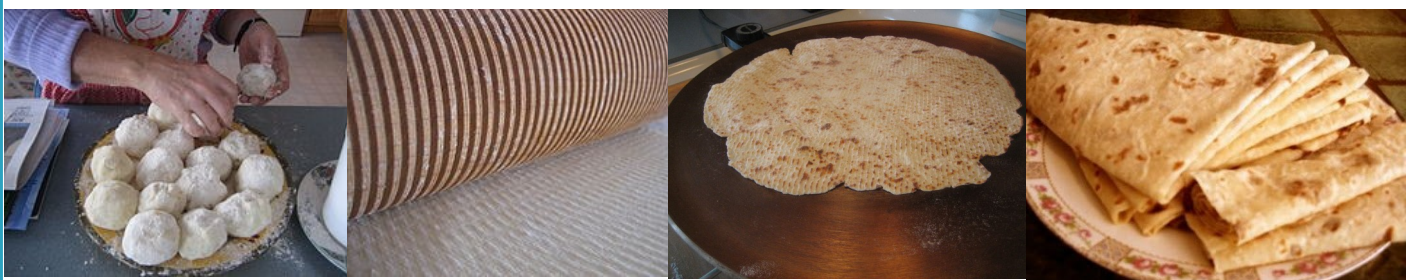
Some of us are interested in **Scandinavian Figure Carving**. This is carving caricatures or other figures from basswood using simple tools—a knife and a couple of palm gouges. We are exploring interest of other members and hopefully will set up some meeting days and some training. If you are interested in learning or helping with wood carving, please talk to Mike Johaneson (720 971-0130) or Terry Mapstone (351-5644)



The Spring Lefse Campaign

Lefse making will be keeping us busy the next few weeks. We will bake April 29th, May 6th, 13th, 20th, May 27th is Memorial weekend so we will not bake that Monday. We will do the 3rd, 10th, and maybe the 17th of June.

Grills, rolling pins and boards all are furnished at the lodge. We just need the helping hands for 10 batches each Monday. Do mark the dates and join us for coffee, warm Lefse and Treats. Lois



May President's Corner

Can you believe we had another 'Bomb' Snow Cyclone for the April Heritage meeting? I cancelled out of an abundance of caution and the 'Bomb' turned out to more a 'Firecracker' but caution ruled the day. On this note the board is debating a policy if District 11 schools are closing in the afternoon that our lodge will as well. We will keep you posted.

The third time must be the charm, Bill Nesse, who was to speak at the March and April heritage meeting has agreed to reschedule his presentation for May. I look forward to FINALLY seeing that presentation "Life and Love in 19th Century Sweden".

We had a successful Frokost again on April 14th with well over two hundred guests. Many thanks to Sissel Disbrew and her crew of wonderful volunteers. It was amazing to see what a well-oiled machine we are at putting up a beautiful spread for a large crowd and cleaning it up afterwards as well!

We also had another successful event 'New Members Open House' on March 30th. Thanks to Kathie Godsil who pretty much managed this event single handedly and the volunteer demonstrators who showed potential members how to make lefse, Krumkake, rosemaling and other assorted crafts. Also, thanks to Kendall Kjerstad who drove from Grand Junction to speak about Sons of Norways' Financial products available only to members.

Now for the future, Syttende Mai is coming up and this year we will again join the Fjelldalen Lodge in for their annual event in Sterne Park, Littleton Co on May 19. This is the time to show off your bunads in the bunad parade. It's loads of fun and I hope to see you all there. If you wish to car pool meet at 10:30 am at the 'Park and Ride' off Woodmen drive.

Mange takk til alle våre hardt arbeidende medlemmer. Kerry



Sunshine Report – May 2019

Happy Birthday to everyone celebrating birthdays in May! We wish those who are recovering from illnesses the best on your road to wellness. You are in our thoughts and prayers. We are keeping it short this month so that there is more space for pictures of recent events. Happy May Day!

Fraternally, Karen Ravnaas - 390-0621

Father's Day Picnic

Bear Creek Regional Park

Sunday, June 16th, 12:00 Noon - 5:00 pm

Our annual summer picnic has been booked at the pavilion at Bear Creek Park for Sunday, June 16 at 12:00 noon.

It is potluck with the lodge providing drinks. Fellowship, horseshoes, and music make this a fun day for all.

May Birthdays

Gratulerer med dagen

Duane Bakken	1
Marilyn M Keck	2
Cheryl Ann Cable	3
Lisa M Coltrin	5
Nancy Marie Allen	6
Ethan E Coltrin	9
Lois E Halvorson	9
Eloise S Erickson	10
Hunter Hughes	12
Dora Marie Wolfe	14
Elijah Dvorak	15
Jonathan O Nau	15
Jack R Anderson	16
Juliannah Gavin	17
Ellen Bernice York	17
Steven Roy Hermanson	20
Linda Ann Wennerberg	23
Susan M Foust	24
James R Nau	27
Dorothy L Hanson	30
Candance E Lesoing	30
Madalynn Maddox	30



Card Social

Card Social will be Tuesday, **May 7** with a potluck lunch at **12:30 pm** at Viking Hall followed by visiting and cards. Everyone is welcome

Viking Sisters

Viking Sisters - There is no meeting scheduled as of now, but watch the Flammen for news about the next meeting. The Viking Sisters are happy to have provided the following items to the Lodge in the year 2018: Three roaster ovens, One set of knives, Vacuum cleaner. Food Saver machine, Red and White tablecloths, Three Lefse Grills with accessories for a total \$1801.06. These funds represent proceeds from sale of cookbooks and the November Boutique. We thank all our members and friends for your help in this endeavor..

Cookbooks - The supply of cookbooks is limited so if you have not purchased any do so soon. Once our supply is exhausted there will be no more. (16 left)

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 440-3992



Norwegian Language Class

Language Class meets Tuesdays at Viking Hall. The first class starts at 6:00 pm. The second class begins at 7:00 pm.

The first class uses the textbook *Sett i gang 1* and is led by Cindi Keller and Jean Luce. The second class uses *Sett i gang 2* and is led by Anastacia Hackett and Erik Tjelmeland. To join us, go to settigang.com and order the textbook for the class you wish to join.



The fastest Vice Presidential installation in Fjellheim History! Well maybe not, but it took less than 5 minutes to nominate, vote for approval of the nomination, and install **Dana Ferguson** for 2019 Vice President. Thank you Steve and Good Luck Dana. Good to have you on board. Karen



Frokost 2019 came to us with loads of food and good cheer provided by Sissel and the wonderful of crew to setup, prepare, serve and clean-up. Tusen Takk to all who helped. We had breads, meats, eggs, fish, and cheeses– 45 items in all.



We brought our families, admired the art and just had a good time. 230 guests helped improve our bank balance by over \$3200.

Again, **Thank You Sissel** for organizing this one-of-a-kind event.



Sweater Results! Thank you for the wonderful support of the sweater silent auction. The event was very popular with people trying on sweaters to ensure a good fit and outbid each other. In the end, we raised around \$300 which will help with our local charitable donations.



Winners were announced at the Family Christmas Party and match from L to R: top: Ginny Johnson, Sara Berge, Carol Hackett, and MJ Berg. Bottom: Sold @ Boutikken, Jean Luce, Ruth Wiig, Jessica Bostow, and Becky Tamblyn. In the second picture, you will see Sara and Ginny showing off their matching sweaters. Thank you to Dick and Pat Johnston for donating those two sweaters and to the persons who donated all the other beautiful sweaters. Tusen Takk - Karen

February cultural program by Roy Weaver

A very interesting and informative program about his life as a ski jumper was presented at the February meeting by Roy Weaver.



Roy grew up in upper Michigan and had his own ski jump on their property. It led to a life time of competition, travel, coaching, and meeting the most interesting people in the sport. Thank you Roy, for sharing your amazing story.



Oh, what to wear to Frokost? Bunads and Norwegian sweaters , of course.



King Sooper's Card Update

**Note: For King Sooper's Cards ONLY;
Not Safeway**

In order to simplify King Sooper's community giving program they are launching "The Community Rewards" program. No longer will you need to reload gift cards. Starting April 1st for those who want to support our Lodge, you need only use the King Sooper's Loyalty Card.

If you wish to continue to use the Reloadable Gift Card for the convenience of not having to carry cash; you may. But, any money reloaded after March 31st, our Lodge will not receive the credit. The new program will be in service on April 1st.

Once our Lodge Application is approved; we will receive a NPO Number to be used so that any Lodge member with, or without a current King Sooper's Loyalty Card may go online to

www.kingsoopers.com/communityrewards and register their existing Loyalty Card or apply for a new Loyalty Card. In addition, once a household member enrolls his or her card; all linked Loyalty Cards within that household will begin earning credits for our Lodge.

Under this new program; King Sooper's will pay out \$10 million annually. Each quarter \$2.5 million will be divided amongst all registered nonprofit organizations with a maximum payment of \$125,000 per quarter. The amount received is based upon the percentage of spending within our Lodge as it relates to the total spending of all participating organizations. The more that our members and supporters (who have registered their Loyalty Cards with our Lodge) are shopping at King Sooper's, the greater each quarter our share will be! Steve



*Kendall
Kjerstad
Financial
Benefits*

605 939-1714

FJELLHEIM - 2019 OFFICERS

Board of Directors

President	Kerry Hefta	266-9429
Vice President	Dana Ferguson	332-4665
Counselor	Steve Hermanson	520-0303
Secretary	Annastacia Hackett	306-8870
Asst Sec	Mike Johaneson	720 971-0130
Treasurer/Finance	Terry Mapstone	351-5644

Program Directors

Sunshine	Karen Ravnaas	390-0621
Cultural Skills	Björg Mapstone	440-3992
Book Club	Dot Everett	330-1206

Support Officers

Greeters	Lois Halvorson	632-6003
	Owen Bergland	576-1396
Marshall	Leonard Beasley	471-1801
Editor	Mike Johaneson	720-971-0130
Web Page & Facebook	Randy Johnson	260-7028
Musician	Sonja Gund	473-9588
Publicity	Eunice Bluhm	495-2029
Librarian	Sonja Gund	473-9588
Viking Sisters	Ginny Johnson	495-0253

Committees/Special Activities

Auditors	Dean Tollefson	473-1110
	Ole Bakken	632-3892
	Sara Berge	495-2134
Financial Benefits	Kendall Kjerstad	605 939-1714

Fjellheim Management Corporation (FMC)

Directors	Karen Ravnaas	390-0621
	Paul Wiig	596-6159
	Jerry Maines	282-0908
	Owen Bergland	576-1396
Trustees	Rodger Erickson	597-2196
	Jerry Johnson	495-0253
	Terry Mapstone	351-5644

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District 6 President

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Sons of Norway Board

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Monthly Newsletter
Mike Johaneson, Editor
Viking Hall—Fjellheim 6-107
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Colorado Springs, CO 80915



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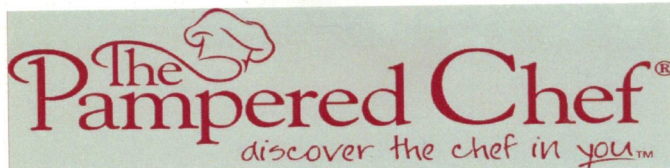


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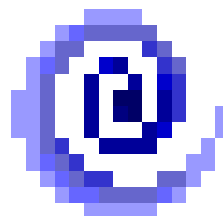
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