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 FJELLHEIM 6 – 107, Sons of Norway
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JANUARY/FEBRUARY 2011

Volume 38, Issue 1/2

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) at **7:00 PM** at Viking Hall, 1045 Ford Street, Colorado Springs, CO 80915

SEND ARTICLES TO YOUR EDITOR:

Knut Lyby
 5520 Sample Way
 Colo. Spgs. CO 80919
 or to: kmlyby@msn.com
 Phone: 536-0647
Deadline for the March/April issue is February 14.

Member Appreciation Dinner

Sunday February 20, 2011



Social Hour starts at 1:00

Dinner served at 2:00

Members: Free

Non-Members: \$10.00

Serving Lapskaus (traditional Norwegian Beef Stew) with hot rolls, salad and dessert. Come join us as we celebrate and show appreciation for our Fjellheim 6-107 Lodge Members!

For reservations please call June Peterson at 599-3235

PRESIDENT'S MESSAGE

Godt nytt år!

As your President for 2011, I feel very humbled and challenged. Bjørg Mapstone has represented Fjellheim Lodge, S/N as well as any of the past Presidents we have had. It will be a challenge to sustain the level of excellence She has set.

Over the last few months, I have taken the time to observe my fellow members unselfishly pitching in at various functions at the lodge. From funeral receptions to the lutefisk dinner to potlucks. Your dedication and hard work is amazing!

Ruth and I look forward to your continued support and high level of enthusiasm. Together we will have a rewarding experience as we show the community what being of Norwegian ancestry and affiliation is all about!

Respectfully,
 Paul Wiig



January 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 Godt Nytt År! Happy New Year!
2 Un-Deck the Hall - 10:00 AM, Viking Hall	3	4 Game and Card Night - 12:30 PM, Viking Hall	5 Board Meeting - 10:00 AM, Viking Hall Norwegian Language Class - 7:00 PM	6 Viking Sisters - 1 PM	7	8 Zone 8 Leadership Workshop - 9:00 AM, Trollheim Lodge
9	10	11	12 Lodge Meeting - 7:00 PM, Viking Hall	13	14	15 Trollheim Lutefisk Dinner
16 <i>Son of Norway Founders Day</i>	17	18	19 Norwegian Language Class - 7:00 PM	20 Ladies Luncheon - 11:30 AM, TBD. June Peterson - 599-3235	21	22 Steinfjell Anniversary Lunch
23	24	25	26 Norwegian Language Class - 7:00 PM	27	28	29 Pancake Breakfast - 9:00 AM, Viking Hall
30 Ski for Light starts Dine Out - TBD	31					

February 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Game and Card Night - 12:30 PM, Viking Hall	2 Board Meeting - 10:00 AM, Viking Hall Norwegian Language Class - 7:00 PM	3 Viking Sisters - 1 PM	4	5
6	7	8	9 Lodge Meeting - 7:00 PM, Viking Hall	10	11	12
13	14 Happy Valentine's Day! Deadline for Flammen articles	15	16 Norwegian Language Class - 7:00 PM	17 Ladies Luncheon - 11:30 AM, TBD. June Peterson - 599-3235	18	19
20 Member Appreciation Dinner - 1:00PM, Viking Hall	21 President's Day	22	23 Norwegian Language Class - 7:00 PM FIS Nordic World Ski Championship starts, Oslo, Norway	24	25	26 Barneløpet - YMCA Snow Mountain Ranch, Winter Park
27 Dine Out - TBD	28					

MEMBER BIRTHDAYS

JANUARY

- 3 Craig Eustice
- 4 Eleanor McLeod
Susan Lewis
- 6 James Oldervik
Jamie Oldervik
- 8 Lee Eldridge
Wilma Nau
Nanette Smith
- 10 Elmer Routh
- 15 Gary Barnes
Lois Enderud
- 20 Jewel Sigaty
- 21 Maria Zakrzewski
- 22 Allen Kuehn
- 25 Joan Bakken
- 26 Carol Eacker
- 27 Bonnie Bergland
Christopher Hardy
- 28 Jeff Hansen
- 30 Beverly Lessard

FEBRUARY

- 1 Kris Barney
- 6 Stephanie McCall
- 8 Vivi Bjornen
Anne Leonard
- 11 Beverly Broin
- 19 Daniel Gavin
- 20 David Haukom
- 21 Ladyhawk Freeman-Clark
- 22 Clarence Osleson
Kerry Ann Hefta
- 23 Laurance Moe
Celeste Osburnsen
- 24 Earl Helseth
- 25 Paul Wiig
- 27 Elaine Hellem
- 28 Richard Jacobson
- 29 Bill Hill

HERITAGE MEMBERS JANUARY

- 12 Claire Suntken
- 18 Holli Johnson
- 28 Meghan Oldervik
- 30 Maren Lyby
- 31 Ryley Apodaca-Eacker

FEBRUARY

- 9 Nora Suntken
- 27 Jedidiah Dvorak

**GRATULERER MED
DAGEN ALLE
SAMMEN!!**

GAME AND CARD SOCIAL

**PLEASE NOTE NEW TIME - THIS WILL BE OUR NEW
MEETING TIME THROUGH MARCH.**

Tuesday, January 4, **12:30 PM**, Viking Hall
Tuesday, February 1, **12:30 PM**, Viking Hall

A pot luck meal followed by cards and games. Hope to see you there.
If you have any questions, please call Grace Johnson at 632-4885.



LADIES LUNCHEON

The first Lunch of 2011 will be held on January 20th at 11:30 AM at a secret place. Please contact June Peterson at 599-3235 so she can tell you the secret location.

As always, men are welcome at their own table.

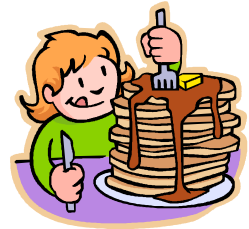


PANCAKE BREAKFAST

We are going to have breakfast on the last Saturday of the month again starting in January.

Breakfast Social - January 29 - 9:00am to 11:00am at Fjellheim Lodge. Serving Pancakes, sausage, bacon, fruit, and coffee and juice. \$8.00 for adults, \$6.00 for children. Reservations to Millie Sullivan at 597-0381

The Lodge is not available on February 26th. In March, the breakfast will be on the 26th.



COFFEE AND DESSERT - MARK YOUR CALENDAR!

As a special thanks to all of our Lodge members and their guests, we are going to have a complimentary coffee and dessert party on Saturday, March 19, 2011, at 2 p.m., Sons of Norway Hall. All of you are invited to join in to share interesting conversation, hot coffee and homemade desserts. There is no cost involved, only your smiling faces are required.

There will also be a short program featuring "Joyful Judy", The Rhyming Story teller. Judy inspires, delights and reminds us to live, laugh and to be joyful...always.

What a fine way to celebrate Colorado winter being half over!

Sissel Disbrow

KEEP THE DATES

Saturday, January 8 – Leadership Workshop, Trollheim Lodge
February 1 - 6 – Ski for Light, Snow Mountain Ranch - Winter Park
Sunday February 20th – Member Appreciation Dinner
Saturday, February 26 – Baneløpet, Snow Mountain Ranch - Winter Park
Sunday April 10th – Frokost
Sunday May 15th – 17 Mai Celebration



UN-DECK THE HALL

We will be taking down the Christmas decorations at Viking Hall on Sunday, January 2nd. If you have the time, please join us at 10:00AM to pack up the trees, garlands and wreaths that have made our Hall so festive throughout the holiday season. Lunch will be provided. Hope to see you there.

Bj

SCANDINAVIAN CHRISTMAS TEA THANKS

Our second annual Christmas tea was a huge success. We served 183 guests and still had a waiting list. Our profit was \$2196! All of us realize that it takes team work and lots of planning to accomplish Lodge socials. Evidence of the many hours of preparation was shown in the successful presentation of our tea. Without the help of all of you, these events would not happen.

Our table hostesses included Bjorg Mapstone, Kathy Oldervik, Marianne Reisinger, Marj Erickson, Virginia and Barbara Nelson, Kristi Erdahl, Lois Halvorson, Elaine Hellem, Ruth Wiig, Karen Ravnaas, Marie Berggren and Betty McIntyre, Elsie Gonsholt, Sissel Disbrow, Ginny Johnson and Millie Sullivan, Marilyn Keck, Sara Berge, Sara Ostrem, and Myra Hanson. These ladies decorated their tables and served their guests tea and goodies. Many thanks to all of you.

Special thanks to June Peterson, our reservation chairperson, and to Tom Quinn and George Gund our teamakers - question? How many tea bags do you need to serve 183 guests 4 cups of tea? Thanks also to Inger who baked our krum kage, Agnes our waffles, Kathy our rosettes, Lois our lemon curd, Bjorg our sirupssnipper, Ginny and Millie our sandbakkels, and to Inger and Sissel who donated our door prizes. With so many helping hands working together, we can accomplish anything.

Our program thanks go to Lu Moe who shared her vocal talents, accompanied by Verna Skabo, and thanks to our First Lutheran ladies who presented their skit. Our sincere appreciation to all of our members and friends who so warmly supported us by their attendance.

Sissel Disbrow
Tea Chairperson

FOUNDERS OF SONS OF NORWAY

January 16th marks the 116th anniversary of the founding of Sons of Norway, which began as a simple, practical way for members to support each other through times of hardship. At the time it's likely that none of the founders would have guessed their fledgling group would go on to become the largest and longest-standing organization dedicated to promoting and preserving Norwegian culture.

In commemoration of the day, Sons of Norway is encouraging all lodges to participate in the first official Founder's Day celebration. First, all members are encouraged to wear their membership pins, vests, or any other Sons of Norway clothing. In addition, for lodges interested in celebrating further, consider taking an ad out in your local paper acknowledging Founder's Day, or maybe hosting a festive lodge event commemorating the 18 founders.

To learn more about Sons of Norway's history and about the founding of our 116-year-old organization, visit www.sonsofnorway.com/about_us and select the "history" link.

BOARD MEETING TIME CHANGE

Please note that starting on January 5th, our monthly Board meeting will start at 10:00AM at Viking Hall.

VOLUNTEER HOURS

OOPS! I had the wrong information in last months Flammen. I NEED ALL VOLUNTEER HOURS BY 15 JANUARY.

That means we all have to get busy a little earlier.

Thanks
Cleo Allgood

FMC

First I would like to thank the members who are going off the FMC Board. They are Inger Pappas, Paul Wiig, Michael Johaneson and myself.

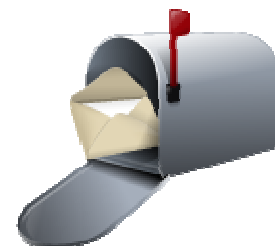
We welcome the new members to the Board. They are Owen Bergland, Rodger Erickson and Doug Haug. ONE position still needs to be filled. Thanks to all who are on the Board.

The next FMC Board meeting will be January 12, 2011 at 6:00PM at the Lodge.

Swede

ADDRESS CHANGES

Please update your mailing addresses by sending an email to teresa.halvorson@hotmail.com to ensure prompt delivery of the Flammen.



THE SUNNY CORNER



Happy Birthday and Happy Anniversary to all of you celebrating these special occasions in January and February, 2011. As we enter the New Year, I wish you peace, prosperity, and much happiness.

As you know by now, we lost our dear friend and member, **Mel Strand**. Please keep Rosa and her family in your thoughts and prayers.

Recently, **Ole Bakken** had surgery on his hand and is doing excellent. Also, **Cathe Berg-Maines** has had surgery and is on the mend and doing well. Her spirits are high and we should see her soon at our regular events. If you get a chance, please let them know you are thinking of them.

Darlene Aaland made an appearance before the Christmas Tea – for just a few minutes. She is doing well and was a sight for sore eyes. We miss you Darlene and hope that you will be able to join us again soon.

Thank you all for your support during my first year as Sunshine Director. It has been a year filled with all kinds of emotions. We have had celebrations for birthdays, anniversaries, and remembrances of life. All have touched us in a special way.

Happy New Year to everyone.

May your troubles be less, may your blessings be more, and may nothing but happiness come through your door.

Karen Ravnaas, Sunshine Director
390-0621

ZONE 8 LEADERSHIP WORKSHOP & SKI FOR LIGHT

One last reminder that we look forward to seeing you at our **Leadership Workshop on Saturday, Jan 8, 2011 at Trollheim Lodge, 6610 W. 14th Ave., Lakewood. At 9:00 AM** we will be ready with hot coffee and donuts before we lead into a brief over-view of what we have to look forward to in 2011 and several special guests before we have lunch and then on to our break-out sessions. I hope to see many of you there - whether or not you are holding an office or position of responsibility for 2011. It will, however, help me a lot if you will let me know how many to plan lunch for! It would be great if 1 from each lodge would help me out on this and contact members to get a count, and then let me know. Caterer didn't work out (too expensive), so I will have to get an order in to one of the Deli's. I need to know by Jan 3rd how many to plan for. Many thanks for your help, and I look forward to seeing many of you on the 8th!

One more event I wish to remind you of, and my need to know how many will be there to assist, is the 29th and 30th Ski for Light participant arrivals at DIA. We will learn more about this at the Workshop, but we need to know that we will have enough helpers when these visually impaired participants arrive at DIA - and again when they depart on Feb 6.

Crystal Sundet
District 6 Zone 8 Director
crystobel@hotmail.com
720-283-8592



VISIT US ONLINE

Looking for ways to connect to Sons of Norway online? Look no further!

Twitter

twitter.com/sonsofnorway

Sons of Norway Blog

Visit sonsofnorway-blog.blogspot.com for regular posts from headquarters staff as well as weekly posts from Viking editor, Amy Boxrud.

Sons of Norway Message Boards

Join in the discussion at sofn.com/jforum and login to the member's only section.

Facebook

[facebook.com](https://www.facebook.com/sonsofnorway)

District News

Wondering what's happening in each district? Take a peek!

District 1: sofn-1.com

District 2: sonsofnorway2.com

District 3: 3dspfn.org

District 4: sofn-district4.com

District 5: sonsofnorway5.com

District 6: sofn6.com

District 7: sofn7.com

District 8: sonsofnorway8.com

NORWEGIAN EXPERIENCE 2011

Once again Sons of Norway is partnering with Borton Overseas to offer one lucky recruiter and their guest an amazing travel experience in Norway! All year, every Sons of Norway member who recruits a new, dues-paying member will be entered into the 2011 Norwegian Experience Recruitment Contest.

The trip, which will be awarded in January of 2012, will include airfare, meals, exclusive travel opportunities and upscale accommodations! Just imagine taking a 10 day land-tour of Norway enjoying some of the most beautiful scenery that Scandinavia has to offer! The best part is that the winner gets to choose their own adventure! Whether you prefer an active trip full of sight-seeing and touring, or a more laid-back vacation, it's up to you!

To enter this year's Norwegian Experience Recruitment Contest all you have to do is recruit one new, dues-paying member and make sure your name is listed in the "Referred By" field. It's as easy as that! Entries are taken from members recruited between January 1st and December 31st, 2011. Also, remember that you can enter as many times as you recruit throughout the year, which increases your chances of winning!

ONE-PIECE COMFORT

You've heard of the "Snuggie" or "Slanket" but have you heard of the latest comfy fashion trend sweeping Norway and the UK? It is a cotton jumpsuit created by a Norwegian company called *OnePiece*.

The jumpsuit, available in bright colors and bold patterns, covers the wearer from head to ankle and features pockets, a single zipper and a large hood. According to the company website, the brand is defined by "unique lifestyle leisurewear all about the chill out."

OnePiece officially launched in the UK in November of last year, but the idea for the comfy sweatsuit began over 3 years earlier. The brainchild of three young Norwegians, Henrik Nøstrud, Knut Gresvig and Thomas Adams, the suit was created as an alternative to traditional sweatshirts and pants with snug and uncomfortable waistbands.

At the start, *OnePiece* was originally marketed to students in Norway, but in 2009 a social media debate on the merits and somewhat silly nature of the cotton fleece jumpsuit created a wave of publicity that led to the suit's current popularity in Scandinavia. The *OnePiece* is so comfortable, in fact, that there are a number of celebrities who have been spotted wearing them, like Paris Hilton, David Beckham, Kate Moss, Jude Law and Sadie Frost.

To learn more about OnePiece, visit www.onepiece.co.uk or www.onepiece.no.



IN MEMORIAM

H. Melvin Strand
November 3, 1923-
November 19, 2010



Mel was born in Minneapolis, Minnesota to John and Johanna Strand and moved to Norway as a child. When Norway was invaded in 1940, he had the option of being extradited to the U.S. as that country had not yet entered the war, but he choose to stay in Norway with family and friends. He was active in the Resistance movement during the occupation. He returned to the United States in 1945, married Rosa in 1950 and served in the United States Army during the Korean War. He is survived by Rosa, a daughter, Anne (John) Sanders of Denver, 3 grandchildren, and 2 great-grandchildren. He was preceded in death by his son, Kenny.

Mel was a multi-talented man. He was skilled in mechanics, carpentry, woodworking, photography, computer technology, cooking and baking. He seemed to be able to move from one activity to another with ease. Most of us are familiar with the wood-burning truck that he co-developed with another local man similar to the type Mel had used in Norway during WWII. We will long remember the Torsk Dinner he cooked for the Lodge some years ago and the outstanding Prime Rib Dinner he presented to Lodge members on a special occasion.

He was our conscience in the Lodge, assuring that we sang "Norge i rødt, hvitt og blått" on or near May 8. He displayed newspaper articles and pictures of the Liberation and the return of King Håkon to Oslo from his exile. He shared cultural and natural events with many in the Lodge by forwarding pictures from Norway as well as articles from *Aftenposten* using his computer skills.

We enjoyed the twinkle in his eye, his warm smile, and his mischievous sense of humor. We remember him for his kindness to others and for the warmth he brought us.

Our sympathy to Rosa, Ann and family.

FROM YOUR FINANCIAL BENEFITS COUNSELOR

Congratulations and Happy New Year! You made it to another year. The bad news is; last year was the “best” year to die because there was NO estate tax. The other bad news is taxation is as confusing as ever and the rules keep changing.

Don't let all of this uncertainty keep you from having a plan. There are two things that all of us face taxes and death. When the latter happens, your family will need additional capital and life insurance is the only asset that will guarantee a certain sum. The estate tax has been changed many times in this country and will be around in one shape or form in the future. It makes good sense to plan for what we know today and adjust that plan in the future. Doesn't it make more sense to leave your family with too much money rather than too little? Never has a family member complained that they were left too much life insurance.

The time to take action on your estate plan is now. Your Sons of Norway Financial Benefits Counselor can help you navigate a plan that works for you and your loved ones. Procrastination can cost you your insurability; it may be here today but gone tomorrow.

*LaRue Hanson, Financial Benefits Counselor
2523 Shalimar Dr.
Colorado Springs, CO 80915-1030
Office 719-599-8546
Cell 719-237-7314*

ARCHEOLOGISTS DISCOVER NORWAY'S OWN MINI-POMPEII

Researchers from Norway's Museum of Cultural History at the University of Oslo made an exciting new discovery this past October—a sealed Stone Age house dated to around 3500 BC. The site, located near the Hamresanden campsite in Kristiansand, was likely buried in just a few hours by a sandstorm 5,500 years ago.

Artifacts recovered from the Stone Age home are among the most well preserved pottery pieces ever found in Norway. Assistant Professor and spokesperson for the excavation, Håkon Glørstad, says “Usually, clay pots from this period, which we call traktbegerkulturen, are broken into tiny pieces; here we find them almost intact.” In all, the team will be able to carefully repair and collect as many as eight various pots. Other artifacts uncovered include as many as 20 arrowheads, various items used for tool production and complete wooden pieces.

Today, the site lies 11 meters above sea level and 70 to 80 meters from shore but it is likely that the home was at the water's edge over 5,500 years ago. Glørstad believes the site could yield further discoveries as well as yield additional information about variations in the southern coastline of Norway since it was “ideally situated for coastal settlement.” Glørstad also speculates that even older dwellings sites may exist under water in this area due to reduced sea level thousands of years ago

2011 OFFICERS

Board of Directors

President	Paul Wiig 596-6159 prwiig@msn.com
Vice-President	Michael Johaneson 303-663-3251
Counselor	Bjorg Mapstone 264-0955
Secretary	Marilyn Keck 465-2444
Asst. Secretary	Virginia Nelson 591-7083
Treasurer	Larry Moe 260-9490
Asst. Treasurer	(position open)
Membership Secretary	Kathy Oldervik 596-6927

Program Directors

Social Coordinators	Lois Halvorson 632-6003 Elaine Hellem 471-8552 (position open)
Cultural Coordinator	Dorothy Hanson 599-8546
Host & Hostess	Ginny Johnson 495-0253 Karen Ravnaas 390-0621 (position open)
Sunshine	Kerry Hefta 266-9429
Youth	(position open)
Sports	(position open)
Foundation	Pat Staubo 635-7085
Language Teacher	

Support Officers

Greeters	Ken Halvorson 632-6003 Owen Bergland 576-1396 Ole and Joan Bakken 632-3892
Marshalls	Knut Lyby 536-0647
Editor	Sonja Gund 473-9588
Musician	Eunice Bluhm 495-2029
Publicity	Virginia Nelson 591-7083
Historian	LaRue Hanson 599-8546
Photographer	Sonja Gund 473-9588
Librarian	

Viking Sisters

President	Grace Johnson 632-4855
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Fjellheim Management Corporation (FMC)

Directors	Karen Ravnaas 390-0621 Agnes Barilovich 574-5653 Chuck Sullivan 597-0381 Rodger Erickson 597-2196 Doug Haug 632-4284 Owen Bergland 576-1396
Trustees	Jerry Johnson 495-0253 Terry Mapstone 264-0955

Committees/Special Activities

Auditors	Dean Tollefson 473-1110 June Peterson 599-3235 Millie Sullivan 597-0381
Finance Chairman	Michael Johaneson 303-663-3251
Adopt-a-School	Roseann & Rory Foresman 640-7280
Tubfrim	(position open)
Volunteer Hours	Cleo Allgood 598-1982
Field Representative	LaRue Hanson 599-8546

Colorado Zone 8 Director

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SONS OF NORWAY ANNOUNCES 2011 PRESIDENTIAL TOUR OF NORWAY

How would you like to spend 10 days and 9 nights traveling throughout Norway this September, visiting some of the most interesting and scenic places in Norway, like 800 year-old stave churches and UNESCO World Heritage sites, while enjoying upscale accommodations and totally worry-free travel? Even better, imagine sharing the experience with other Sons of Norway members and being the special guest of the tour host, International President Dan Rude!

If you join the 2011 Presidential Tour of Norway, that's exactly what you can expect, and more! Members who sign up for this exclusive adventure scheduled for September 12-21, 2011, will also enjoy a behind the scenes tour of the renowned Hadeland Glassworks, driving tours of the Sognefjord and a stunningly picturesque ride on the famous Flåm railway.

When asked about the trip came, Dan had this to say:

"As I have visited lodges and talked to members throughout our organization, I have repeatedly heard about a desire for more travel opportunities. In response, I have been working with Sons of Norway Headquarters staff and Borton Overseas to plan a truly unique and special travel adventure. This Presidential Tour of Norway will take us to some of the most spectacular locations in the country."

Do you want to join International President Dan Rude and members from throughout Sons of Norway on this special trip? Reservations are currently being taken and space is limited, so don't wait to make your plans to join International President Dan Rude on this trip of a lifetime! To learn more about the 2011 Presidential Tour of Norway and make your reservations, contact Linda McCormick at Borton Overseas by calling (800) 843-0602 ext. 12.