



FJELLHEIM 6 – 107, Sons of Norway
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 Published Monthly

June/July 2014

Volume 41, Issue 6/7

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 EDITOR:

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 Colorado Springs 80909
dotforsofn@gmail.com
 Phone: 719-328-1481

Deadline for the Aug 2014 issue 7/15

SUMMER PICNIC
Sunday, June 15th (Father's Day)
Bear Creek Park
(SE Corner of S. 21st St. & W. Rio Grande St.)
11:00 a.m.
POT LUCK
Bring your favorite Meat, Casserole, Dish or Dessert
Our Lodge will provide Dishes, Utensils, and Drinks
Join us for a day of fun, fellowship and relaxation

NORSK HOSTFEST

From Tuesday evening; Sept. 30th through Saturday evening; Oct. 4th

Minot, North Dakota

Our Lodge will be offering packages to include Transportation, Accommodations & General Admission.

This is the 37th Annual of North America's largest Scandinavian Festival.

Some of this year's entertainment will be; Merle Haggard, Doc Severinsen, Bill Engvall, BJ Thomas, Herman's Hermits, Jennifer Nettles, Diamond Rio, The Nordic Tenors, and The Swedes in the Weeds.

Additional information: Hostfest.com and future issues of The Viking

A Deposit of \$100.00 per room is needed NOW.
Further details to be discussed at Lodge Meetings.

JUNE AND JULY 2014

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3 Card Social at 12:30	4	5	6	7
8	9	10	11 5PM Book Club 6 PM FMC and Pot Luck 7 PM Heritage Mtg Viking Hall	12	13	14
15 PICNIC at Bear Creek Park @ 11am	16	17	18	19	20	21
22	23	24	25	26	27	28
29 Dine Out with Lodge Friends	30	July 1	July 2	July 3	July 4	July 5
July	July	July	July	July	July	July 31 Viking Sisters

KEEP THE DATES - 2014 FOR COLORADO LODGES

May 31 Garage Sale in Longmont (see article)

June

15 Summer Picnic, Bear Creek Park
22-25 District 6 Lodge Biennial Convention, , Palm Springs, CA
28-29 Scandinavian Fest, Estes Park

September 30—October 4

Hostfest, Minot, ND (See article)
Largest Scandinavian Festival in USA

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

STEIN FJELL - 1st Thursdays, 6:30p.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



HAPPY BIRTHDAY TO YOU

JUNE

- 3 Lisa N Johanson
- 4 Phyllis L. Sorensen
- 5 Matthew H. Disbrow
- 8 Irene T Gladem
- 8 Michael H Johaneson
- 12 Peter Osburnsen
- 12 Charles E Sullivan
- 16 June E Peterson
- 16 Rosa Strand
- 23 Diane N Lindholm
- 24 Jerry Elvrum
- 26 Harlan James Williams
- 29 Mildred Sullivan

JUNE HERITAGE

- 4 Ryan J. Hollenbeck (16)
- 22 Lilli Hansen (15)
- 22 Silje Ostrem (10)
- 23 Reece Apodaca-Eacker(13)
- 24 Mary Hansen (11)
- 29 Charles Hansen (13)

JULY

- 3 Phylis J Smith
- 5 George C Gund
- 6 Terry L Mapstone
- 7 Laurie Hauschild
- 7 Grace P Johnson
- 7 Donna Marilyn Wesley
- 9 Pamela Bakken-O'Neill
- 10 Maynard O Larson
- 13 Vivian I Johnson
- 19 Linda R Redwing
- 20 Roland D Rodvold
- 21 Kathie Dawn Godsil
- 22 Connor Gavin

JULY HERITAGE

- 19 Austin Coltrin (8)
- 30 Miranda Coltrin (5)

CARD SOCIAL

Tuesday, June 3, starting with a potluck at 12:30 pm, followed by cards and games. Everyone is invited, come for good food, fellowship and fun. Questions - call Ginny at 495-0253



VIKING SISTERS

Take note sisters, we will have our next gathering on JULY 31st at Kneaders Bakery and Cafe, North Carefree and Powers (in front of the new Holiday Inn Express). We will meet at 11:30 am for lunch to socialize. Call Ginny at 495-0253 if more information is needed.

BOOK CLUB

Book Club will meet at regular lodge meeting. We us. If you have any ques-0955.



June 11th at 5 p.m. before the look forward to having you join tions please contact Bj at 264-

ROSEMALING CLASSES

Please call Sissel at 540-2737, Bj at 264-0955, or our teacher Cindy Bauer at 633-8260 for information.



VOLUNTEER HOURS

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



JUNE DINE-OUT



The June Dine-Out will be held at Juniper Valley Restaurant, June 29, 2014 at 1:30. We will meet at Albertson's @ 1:00 to car pool. For those driving themselves, Juniper Valley is 15 miles south of Colorado Springs on Highway 115 (east side of the road). Sign up will be at the next meeting or you can call Karen @ 390-0621. See you there.

An old **Norsk**ie lay sprawled across three entire seats in a movie theater. When the usher came by and noticed this, he whispered to the old man, "Sorry sir, but you're only allowed one seat." The old man didn't budge. The usher became more impatient. "Sir, if you don't get up from there I'm going to have to call the manager." Once again, the old man just muttered and did nothing. The usher marched briskly back up the aisle, and in a moment he returned with the manager. Together the two of them tried repeatedly to move the old **Norsk**ie, but with no success. Finally they summoned the police. The officer surveyed the situation briefly and then asked, "All right buddy, what's your name?" "Sven," the old man moaned. "Where ya from, Sven?" asked the police officer. With a low groan Sven replied..."Da balcony."

Submitted by Erik Peters, Versterheim,



FROZEN

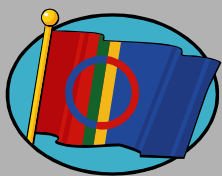
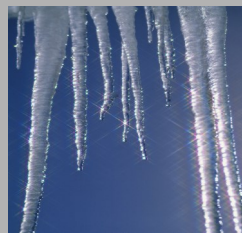
Disney's latest box-office hit, "Frozen," has been collecting accolades and breaking records, landing in the top spot on a list of the highest grossing animated films and winning an Oscar for Best Animation Feature and another for Best Original Song for "Let It Go."

Inspired by H. C. Andersen's story, "The Snow Queen," and taking its art cues for the fictional kingdom of Arendelle from Bergen, Norway, "Frozen" offers moviegoers many Nordic influences they will recog-

nize. Art director Mike Giaimo explains, "Norway offered a cultural backdrop we'd never explored before and we thought 'Wouldn't it be great to blend its dramatic environment, architecture and folk costume aesthetic?' It feels like a world from a classic Disney film, but it's completely new."



As a result of the film's Nordic styling and record-breaking popularity, Innovation Norway, Norway's official tourism organization, and a joint partner in Disney's marketing efforts for the film, is reporting a 350 percent increase in viewership of their website in the U.S. Per Arne Tuftin, Innovation Norway's director of tourism, and Sidsel Overgaard, a Scandinavian journalist, identified other significant increases for Norwegian tourism as a result of the film in an interview with NPR in March. According to Overgaard, the travel site, Kayak is reporting a 14 percent increase in Americans searching for flights to Norway. Tuftin also shares that internal research indicating that more families with children are looking to tion, data collected by Skyscanner comparing flight search- showed a 153 percent increase over the same time period seen whether the boost in travel searches to Norway will however Overgaard points to a similar scenario enjoyed by after the success of Disney's "Brave" in 2012. "That coun- partnership with Disney upon the release of 'Brave' in there say 'Brave'-related visits are expected to bring in \$200 million over the next five years."



A Few of Frozen's Scandinavian Influences:

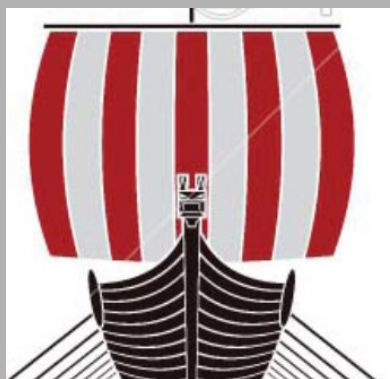
- Sámi culture inspired several different aspects of the film including Sven the reindeer, decorations on the sled that mimic duoji décor and the clothing style of the ice cutters.
- Sámi musician Frode Fjellheim's "Eatnemen Vuelie" is the film's opening song. It contains elements of the traditional Sámi singing style, joik.
- Art directors were inspired by elements of Akershus Fortress, Nidaros

Cathedral, Bryggen, Stave churches and Viking ships.

- The setting for the film's fictional kingdom of Arendelle mimics the Nærøfjord.
- Arendelle's royal castle interior borrows from hand painted patterns found decorating castle walls in Oslo. The exterior design of the castle references the triangular rooflines and shingles found in stave churches.



Source: Sons of Norway Newsletter Service--
Compliments of Vesterheim's News



SUNSHINE

Happy Birthday to all our members celebrating June birthdays and June anniversaries.

It is finally starting to warm up and is probably safe to finish your spring planting. Hopefully there be no more freezes but we welcome all rain to help transform the winter brown to luscious greens, bright yellows, pinks, reds, blues, purples, etc. I can't wait.

Millie Sullivan has been fighting a bad respiratory infection but is on the mend from that. We wish her the best and hope everything keeps getting better. Your **Sunshine Gal** has also been under the clouds with sinus and respiratory stuff. I don't know what's going around but enough already. I am better and hopefully within a week, will be back to feeling feisty again!!

Dorothy Hanson's mother passed away in South Dakota. She and LaRue are in SD as of this writing working to finalize the estates of both Dorothy and LaRue's mothers. We are with them peace as they sort through these precious memories.

Sissel Disbrow's brother died in Fargo and she was back for his funeral. **Tania Oldervik's** sister passed away in May and Tania also lost a cousin at the same time. **Gloria Mitchell's** mom, Edith Stovern, passed away. Please keep all our members and their families in your thoughts and prayers.

Pearl Lemkuil, 94, a 40+ year member of the Roald Amundsen Lodge, passed away on April 23rd.

Giggle for the month:

My **grandpa** started walking five miles a day when he was 60. Now he's 97 years old and we have no idea where he is.



Fraternally,

Karen Ravnaas, Sunshine Director, 390-0621

GARAGE SALE Saturday, May 31

For almost 20 years, Traditions International, in Estes Park, was the local destination for Scandinavians looking for a taste of Scandinavia here in Colorado. Many Scandinavian groups up and down the front range made special trips to this lovely little shop at the foot of Rocky Mtn National Park to visit the proprietor, Colleen Swanson von Bernuth, and to take home a piece of Scandinavian nostalgia.

The store closed in 2008, but Colleen still has many 'left-overs' from the store closing, and she is holding one last grand "Garage Sale" and Scandinavian celebration at her house on May 31. In addition to an opportunity to browse the remnants, there will be Swedish (Scandinavian!) pancakes for all, and coffee, of course. This will be a fun opportunity for your Scandinavian members to reconnect with other Scandinavians, to visit with Colleen, and take advantage of some great bargains.

We look forward to seeing you!

Greta von Bernuth Abromski and the von Bernuth family. (Vesterheim Lodge)

Christmas decorations, candle holders, glass, wrought iron, ...& stuff!

Saturday, May 31, 8:00am – 3:00pm -- 13125 E County Line Rd, Longmont

Follow the balloons – ¾ mile North of Hwy 66 on County Line Rd, Longmont.

Call 970-302-5605 for more info.





SVALBARD: the world's northernmost inhabited place. Looking for adventure? Come explore with me . . .

Subject to high winds, lovely blizzards, with temperatures of **-13° F.** the remote Svalbard islands sit nearly a thousand miles north of Norway's mainland at latitude of 71° north. Few places can match Svalbard's stark arctic beauty, its wondrous, enormous mountains with silence a constant presence. Svalbard islands are perpetually covered in snow and ice making them a perfect winter playground even in the height of summer. Most are Norwegian residents, but with the islands only *Administered* by Norway (since 1925)—they are "open to the world"—a diverse place of many nationalities and languages: Russian, Swiss, Portuguese, Thai, Flemish, French, is only a small sample. There are few inhabited places farther north than Svalbard; none are towns. If you are adventurous, a ship trapped in the ice may serve as your hotel. Perhaps the same ship seen in Norway's popular TV show: Arctic Polar Regions Culinary Repast with Viestad—and this Norwegian Chief does welcome guests on his show. (filmed on DVD). Most of Svalbard's 2,500 residents live in the capital, Longyearbyen, at 78° north, a little valley town with an impressive cultural and business center that includes hotels, restaurants the northernmost ATM and coffeehouses— everything the "most northerly" of its kind on earth. All lively! This is a territory for research, polar bears, mountain climbing, wilderness treks, dog sledding, snowmobile trips, glacier hikes, ice caving, fossil hunting, and journeys by boat. The Arctic Museum is a fantastic resource of the Arctic region, the huge library is multilingual.

From Desert Fjord Lodge Scottsdale, Arizona

Norwegian Consulate:

George Olander - 602-543-6256

CU has a Nordic studies program!

MAGNESIUM AND HIP FRACTURES

Norway has one of the highest levels of hip fractures in the world. Each year about 9,000 people in Norway have a fracture. Many risk factors are involved, such as diet, vitamin D levels, smoking, weight to height ratio and physical activity. However, there is a relatively large variation in the incidence of hip fractures between different regions in Norway. Researchers at the Norwegian Institute of Public Health created a list of all hip fractures in Norway, and drew a map showing the different water utility companies which supply the various regions, and compared the two. They followed approximately 700,000 men and women over seven years and registered the number of hip fractures from these different regions.

There are large differences in the quality of drinking water in Norway. The variations in magnesium and calcium levels in drinking water from the differing regions was studied, since these minerals have a role in the development of bone strength. The outcome of the study was surprising. The results show that drinking water with a relatively high concentration of magnesium protects against hip fractures for both men and women, but no independent protective effect of calcium was found. A higher incidence of hip fracture was also associated with urbanization, regardless of the calcium and magnesium. Further study is recommended. The study was made in collaboration with the Universities of Bergen, Tromsø, Trondheim and Oslo, and funded by the Norwegian Research Council.

Source: Norwegian Institute of Public Health 2/18/2014. Compliments of Vesterheim News

Four things *LIFE INSURANCE* can do for your Family

- 1) **Buy Time.** Allow loved ones to focus on their grief by helping to pay for the funeral and other expenses.
- 2) **Provide a fresh start.** Let loved ones start with a clear slate by helping to pay off credit card bills, outstanding loans, and even a mortgage.
- 3) **Generate income.** Help replace lost income for years to come so that surviving members can continue to pay for life's necessities.
- 4) **Create opportunities.** And provide funding to pay for schooling or start a new business.

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Colorado Springs, Colo. 80915-1030
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CONVENTION

Visit the District Six website and see what's going on at the convention this summer. The address is: <http://sofn6convention2014.org>

The Immigrant Story of Norwegian Sergeant Olaus Hansen

Thanks to Asbjørn "Ozzie" Sollien's book "From the Hornet's Nest to Custer's Last Stand," yet another Norwegian immigrant has emerged as a Civil War champion. Olaus Hansen from Northeg (Nord Eik) in Nannestad fought in one of the deadliest Civil War campaigns, the



Greipssland Askim, Norway

Battle of Shiloh, where more than 24,000 men perished. Fourteen years later he survived the battle at Little Bighorn. Sadly, however, wartime injuries caused painful arthritis, and he succumbed to opium and alcohol, the drugs he used to numb his physical and emotional pain.

Norwegian American Weekly Torbjørn

FJELLHEIM - 2014 OFFICERS

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OTHERWISE IS NOTED**

Sons of Norway
Monthly Newsletter
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Colorado Springs, CO 80915

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