



FJELLHEIM 6 – 107
 Sons of Norway
 1045 Ford Street
 Colorado Springs, CO 80915
 719-574-3717
www.sonsofnorwaycs.com
facebook.com/sonsofnorwaycs

Sept 2018

Volume 45, # 8

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.

Inside this issue:

<i>Calendar</i>	2
<i>Pres. Notes</i>	3
<i>Sunshine</i>	3
<i>Birthdays</i>	4
<i>Lodge Officers</i>	7

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
mjohaneson@gmail.com

Deadline for the October Issue is September 20

Fjellheim Lodge 45th Anniversary

Saturday, September 15, 2018

Viking Hall

1045 Ford Street, Colorado Springs

Social time: 5:00 p.m. - 5:45 p.m.

Dinner, 6:00 p.m.

Program, 7:00 p.m.

The Magic of Professor Higgins

Presentation of Lodge Pins and Certificates

Appetizers

Norwegian waffles with Lingonberries
 Smoked salmon with dill on wheat cracker
 Cheese and grape kabob
 Knackebrod with gjetost
 Chocolate treat

Menu

Honey glazed spiral ham
 Scalloped potatoes
 Whole green beans with butter sauce
 Fruit salad
 Cranberries
 Pickles, beets, lefse
 Kranse Kake
 Anniversary cake and coffee

Reservations by September 12th

Mail checks to Kathie Godsil, 719-229-9289
4415 Flat Top Place, Colorado Springs, CO 80923

Cost: Adults \$20.00. Children 12 and under: \$10.00

Bunads Are Encouraged

2018 september

søndag	mandag	tirsdag	onsdag	torsdag	fredag	lørdag
						1
2	3	4 12:30 Games and Cards Viking Hall 6:00 pm Language Class 1 7:00 pm Language Class 2	5 9:00 am Board Meeting Viking Hall	6 1:00 pm Viking Sisters Viking Hall	7	8
9	10 9:00 am Lefse Bake Viking Hall	11 6:00 pm Language Class 1 7:00 pm Language Class 2 Viking Hall	12 5:00 Book Club 6:00 pm FMC 7:00 Heritage Mtg Viking Hall	13	14	15 5:00 pm Anniversary Dinner Viking Hall
16	17 9:00 am Lefse Bake Viking Hall	18 6:00 pm Language Class 1 7:00 pm Language Class 2 Viking Hall	19	20	21	22
23	24 9:00 am Lefse Bake Viking Hall	25 6:00 pm Language Class 1 7:00 pm Language Class 2 Viking	226	27	28	29
30						



September brings our fall Lefse baking Mondays at 9:00 am.

We will start Monday September 10, 17, 24, October 1, 8, 15, 22, 29, and November 5.

Viking Sisters purchased 3 more grills, rolling boards and rolling pins so there is no need to bring in our own grills and supplies. All will be ready for you at the lodge. Do bring in your scales for weighing the Lefse balls.

Come give us a hand enjoy warm Lefse off the grill coffer and another sweet treat. Mark your calendars for the baking

dates, *Lois*

Restaurant Review:

Smorbrod restaurant is located at 2727 N. Cascade in the old Lincoln school.

They serve Scandinavian style open faced sandwiches in a variety of toppings from pickled herring to chicken curry salad to shrimp to several types of salmon. The sandwiches are presented very artistically. As an example the "Lilehammer" has roast beef and Jarlsberg cheese garnished with a cornichon pickle and ribbons of horseradish spread and beet remoulade. In addition to the sandwiches they also serve meatballs in a creamy dill sauce and sausages. The dessert menu offers a cheese plate, gelatos, s'mores, and a Swedish gooey chocolate cake.

The restaurant boasts a full bar stocked with akvavit and many vodkas as well as craft beers from the Goats head pub next door.

There is plenty of indoor seating as well as a patio to take advantage of a summer breeze.

Go try it out! *Annastacia Hackett*

SMØRBRØD

SCANDINAVIAN
SANDWICHES, VICTUALS & LIBATIONS

2727 N. CASCADE AVE, COLORADO SPRINGS, CO
INFO@SMORBRØD.COM +1 719-634-2727

SMØRBRØD.COM BUY 10 FOOD ITEMS GET 1 FREE



September President's Corner

Kerry Hefta



Here it is the 20th of August already and most of the schools have started the new year!

The Fish Fry on the 18th of August, with a total of 120 people or so and with lots of new faces in the group as well. Mange Takk to all that worked so hard on this event. Mike Johaneson, Phil Cable, Paul Wiig, Steve Hermanson, Kathie Godsil, Lois Halvorson, Elaine and Karen Ravnaas were the major players, but we had our usual two score of busy members each doing their bit to make sure we had a successful event.

Don't forget to sign-up for the 45th Anniversary Dinner, Kathie Godsil is waiting for your call! Sissel Disbrow is promising an unforgettable evening with beautiful place settings, wonderful food, entertainment and an occasion to hand out our annual membership awards and certificates. We are also expecting some special guests such as the Rocky Mountain Norwegian Consulate!

The September Lodge meeting on the 12th is in honor of our 45th anniversary and Steve Hermanson is the moderator for the program. We are looking for members to share amusing or insightful anecdotes of the lodge's history to the rest of the membership. Please contact Steve about this program and anything you would like to talk about or include.

We are really looking forward to the October meeting because Dana Ferguson is going to talk about his recent adventures as a crew member on the Draken, the Viking ship which sailed between New England and Eastern Canada this year. This should be VERY interesting.

All the fall events are in the queue so make sure to check out the calendar for the rest of the year!
Tusen Takk



sunshine Report - September 2018



Happy Birthday to everyone celebrating birthdays in September!

Dot Everett is healing from a very bad car accident where she was T-boned. She is bruised and sore but has no broken bones. **Sonja Gund** fell in her kitchen and is very bruised, has a big lump on her forehead, and is sore. Both report it's just a matter of time before their injuries are healed. Please keep them in your thoughts and prayers.

To our many members who have received damages to their homes, vehicles, and other property from the recent hail storms, our thoughts are with you as you go about taking care of the business of repairing and replacing things.

"By all these lovely tokens September days are here, with summer's best of weather and autumn's best of cheer." - Helen Hunt Jackson, September, 1830-1885

And a giggle: Some people try to turn back their "odometers." Not me. I want people to know 'why' I look this way. I've traveled a long way and some of the roads weren't paved.

Fraternally, Karen Ravnaas – 390-0621

September Birthdays

Gratulerer med dagen

John Olaf Larson III	1
Carol E Schreuder	2
Cleo B Allgood	3
Sharon Ann Martinez	3
Quinn M Berge	4
Cynthia Louise Ritz	4
James Hardy	5
Sr Rodger E Erickson	7
Jean Hagen Luce	8
Karla J Roth	8
Rose A Cereceres	10
Kevin M Canestorp	11
Ingrid Grove	13
Kenneth M Halvorson	13
Shane R Jahnke	13
Charlotte Coltrin	14
Cynthia Helen Keller	14
La Rue D Hanson	16
David Scott Brandt	17
Carol A Johaneson	23
Lucille S Moe	24
Ruth Wiig	25
Dorothy Dawn Destree	28
Glenn C Enderud	28
Sissel O Disbrow	29
Mary A Brooks	30

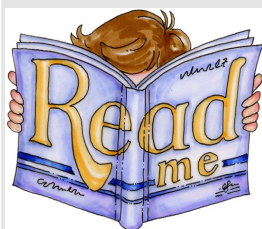


Card Social

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

Viking Sisters

The next meeting of Viking Sisters will be Thursday, September 6 at 1:00 pm at Viking Hall



Book Club meets every second Wednesday of the month at **5:00 pm** at Viking Hall. Our facilitator is Dot Everett.



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 264-0955.



Norwegian Language Class

We are looking forward to this year and we have a plan. We will start the new year on Tuesday, **August 28th** with the first class starting at 6:00 pm. The second class will begin at 7:00 pm.

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

President's Report, Part II

Kathie Godsill, Gerald and Pat Rowe, Brenda Anderson and I made our way to Rohnert Park, Ca for the District 6 convention June 10-14.

I arrived late Sunday afternoon and the only cultural event I was able to attend was the "SINGING NORWEGIAN SONGS" presented by Randi Cruze, Bjornstjerne Bjornson Lodge #6-14. We are planning on singing some of those songs in August but not led by me! I can't carry a tune and do not know how to read music. We did get the music sheets however!

Monday morning I did not attend the featured speaker and was able to sneak off with Kathie Godsill and Pat Rowe and check out the local area a little bit. Monday night was the opening banquet. I represented our lodge and placed a white chrysthaeum in a vase to remember our departed members. This was part of the remembrance ceremony for our 251D-6 members who have passed in the last biennium. This was the occasion where those who have bunads did a parade and explained the origins of their bunads. The Nordahl Grieg Leikarring Dancers from North Bay, California entertained us after with traditional Norsk dancing after the banquet. Some of us were able to learn a few simple steps at the end of their presentation.

Tuesday morning started the business meeting which lasted for 2 days.

Gerald Rowe's resolution to create a committee to help with communication for those who were not able to attend was accepted without discussion. However, a follow on resolution to cover the convention fee for a delegate from each of the missing lodges failed after MUCH discussion.

(Continued on page 7)

DELEGATE REPORT 2018 SONS OF NORWAY DISTRICT 6 CONVENTION

The 2018 District 6 Convention was held June 10 – 13, 2018, at the Graton Resort in Rohnert Park, CA and was hosted by the District 6 Board of Directors. There were 135 Delegates in attendance representing the 49 Sons of Norway Lodges in the 6 Southwestern States in District 6. The Convention began with the opening ceremonies, presentation of flags from Norway, Canada and America and traditional march and seating of the District 6 President and Officers.

The Convention is a celebration of Norwegian culture, customs and heritage as well as the business of District 6 and its Recreation Board that represents Camp Norge in Alta, CA.

Educational and cultural seminars were offered as well as Leadership Workshops, Genealogy, Publication, Folk songs, wood carving and other topics. Arts and Crafts Exhibits of Norwegian Folk Art submitted by Lodges were displayed and voted upon for awards.

The honorary speaker for the convention was the Norwegian Consul from San Francisco who told us of the important close relationship of Norway and America and how of Sons of Norway was an important part of this connection.

A show of Norwegian Bunads was presented by Delegates with a description of each and the part of Norway that they represented. There were also two silent auctions for items donated by lodge members.

Committee reports were presented about the financial and project activities of District 6 and the Recreation Board. During the formal business of the convention 17 resolutions covering various topics submitted by lodges and the District Board were presented and voted upon. The resolution submitted by Fjellheim Lodge about access of absentee lodges to convention proceedings was approved. This resolution was referred to the District Board for further action.

In the final part of the convention awards to Lodges were presented. Fjellheim Lodge received the award for Lodge of the Year and also a Gold award for Lodge Achievement and a Silver award for Communication. Fjellheim was also recognized for membership growth.

Elections were held for new District 6 officers who were installed at the Awards and Banquet Ceremonies. Nineteen International Delegates were elected to represent District 6 at the 2018 International Convention in August. Fjellheim member Gerald Rowe was elected as one of the International delegates.

It is always an honor and pleasure to represent Fjellheim Lodge and have an opportunity to influence the future of Sons of Norway.

Gerald & Pat

The following members will receive their Anniversary Certificates/Pins at the 45th Anniversary Dinner

5 year:

Kathie Dawn Godsil
Lena M Erickson (15 yo). Slidell, LA
Eloise S Erickson (14 yo). Slidell, LA
Caren A Alvestad

10 year:

Rodger E Erickson
Shane R Jahnke
Elsie Dorcas Kuns
Silje Ostrem. (14 yo)
Ellen Hardy. San Carlos, CA
Christopher Hardy. San Carlos, CA
Peter Osburnsen
Celeste N Osburnsen
Jedidiah Dvorak. (14 yo). Victor, CO
Elijah Dvorak (11 yo). Victor, CO
Nora Suntken (17 yo)
Claire Suntken (15 yo)
Margaret Suntken (12 yo)
Drew Wiest. (14 yo)
Matthew H Disbrow. Lakewood, CO

15 year:

Charles E Sullivan
Ryley Apodaca-Eacker. (15 yo)
Lisa N Johanson
Arlene J Reid
Kolben Erdal Barney. (15 yo)
Travis Allgood. (16yo) Richardson, TX
Glenn C Enderud. Pueblo, CO
Lois M Enderud. Pueblo, CO
Kerry Ann Hefta
Adele E Steinseifer
Bjorn Gudmestad. Sedalia, CO

20 year:

Ellen Rubi May
Cleo B Allgood

25 year:

Lillian May Hermanson

30 year:

John H Peterson
Owen Bergland

35 year:

Spencer L Holland

40 year:

Vivian I Johnson
Irene T Gladem. Salina, KS

5 year:

Paul R Wiig
Grace P Johnson. Minneapolis, MN
Ingrid Grove
Emma Josephine Greek
Jack R Anderson
Vickie Lee Bross. Roswell, NM
Vivi L Bjornen. Surprise, AZ
Clairette Bakken
Everett Snead
Ruth Wiig
Duane Bakken
Marjorie Lindskog. Pueblo, CO
Inger Pappas
Cynthia A Snell. Divide, CO

50 year:

Sissel O Disbrow



VIKING FAIR



10th ANNUAL

Community Cultural Event

Bazaar and Brunch

Saturday, October 20, 2018

Arts, baked goods, books, collectibles, crafts, fun,
handwork, lefse, music, raffles, stories, unique gifts,
vendors, Vikings

Free Admission

Bazaar 9_{am}-2_{pm} Brunch \$8, 9_{am}-12_{noon}

Viking Hall

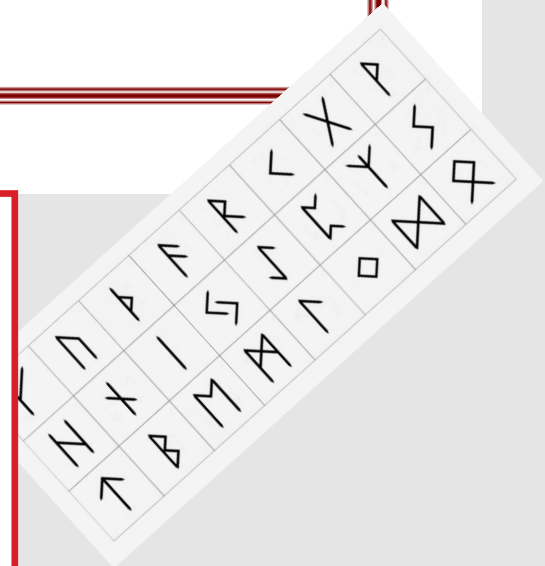
1045 Ford St., Colorado Springs 80915

Information: 351-3554



Getting the Runes read by Caren is worth the price of admission to Viking Fair. Except it is free. Sorry Caren.

Caren's knowledge of the Runes and her ability make these ancient symbols have relevance to you will be the best part of your day. A real treat.



7/2017 8:59 am

President's Report Part II Continued

Two speakers stood out in my mind and they were Linda Pederson, SOFN Fraternal Director and Corrie Mack-Knudsen SOFN Foundation director. Linda Pederson discussed the SOFN communication direction plan and how our organizations communications MUST change over time as the technology moves on.

Corrie Mack-Knudsen discussed the various grants and scholarships which the foundation awards and note that they are not limited to recent high school graduates. Both of these topics are very relevant to our lodge and I have made a commitment to follow through for us. For example there is a grant for example for lodge improvements and a scholarship for study in Norway for someone over 40.



I did discover others with North Dakota roots: Marci Larson the International Sec. is a University of North Dakota graduate and Mary Beth Ingvaldstad also went to my

high school, Grand Forks Central.

That said, I was surprised to find just how many California lodges there are and how active they are. No wonder Camp Norge is so popular.

And last but not least we got the Large Lodge of the Year award!!! Remember this award is for ALL of us! We did this as members with help from the guidance of BJ, Mike and Steve when they were at the helm. A side note: this was a Colorado sweep with Storfjell from Grand County receiving the small lodge of the year award. *Kerry Hefta*



Kendall Kjerstad
Financial Benefits
Counselor
605 939-1714

FJELLHEIM - 2018 OFFICERS

Board of Directors

President	Kerry Hefta	266-9429
Vice-President	Brenda D. Anderson	761-5092
Counselor	Steve Hermanson	520-0303
Secretary	Annastacia Hackett	306-8870
Treasurer/Finance	Jerry Johnson	495-0253
Membership Sec	Kathie Godsil	229-9289

Program Directors

Sunshine	Karen Ravnaas	390-0621
Foundation	Sissel Disbrow	540-2737
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
	Millie Sullivan	597-0381
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

Colorado Zone 8 Director

Beverly Moe 720-746-9755
bevm259@comcast.net

District 6 President

Luella Grangaard 760-363-7704
morongo2@verizon.net

Sons of Norway Board

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

**ALL PHONE NUMBERS HAVE 719 PREFIX
UNLESS OTHERWISE IS NOTED**

Sons of Norway
Monthly Newsletter
Mike Johaneson, Editor
Viking Hall—Fjellheim 6-107
1045 Ford Street
Colorado Springs, CO 80915



Please cut stamp for Tubfrim

207 Whisper Lane
Grand Junction, CO 81503

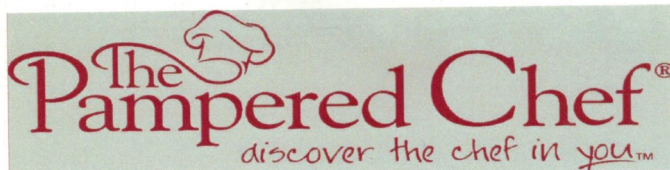


SONS OF
NORWAY

Kendall Kjerstad
Financial Benefits Counselor

Business: (970) 697-1114
Cell: (605) 939-1714
kjerstadkendall@yahoo.com

www.sonsofnorway.com



Nanette Walker Smith, Consultant #746504
Monument/Palmer Lake/Larkspur, Colorado

CELL/TEXT | 719-464-7466
EMAIL | n_w_smith_24@outlook.com
WEB | <http://tinyurl.com/nws-pchef>

SMØRBRØD

SCANDINAVIAN

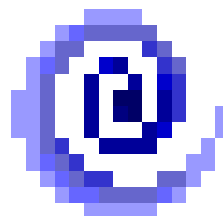
SANDWICHES, VICTUALS & LIBATIONS

2727 N.CASCADE AVE, COLORADO SPRINGS, CO
INFO@SMORBRØD.COM +1 719-634-2727

SMØRBRØD.COM BUY 10 FOOD ITEMS GET 1 FREE

SPIRAL BODY MASSAGE THERAPY

Caren Alvestad R.M.T., C.N.M.T



FOR PAIN RELIEF & RELAXATION
Please call for an appointment
(719) 648-2320