



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

October 2017

Volume 44, # 9

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:

Calendar 2

Pres. Notes 3

Sunshine 3

Birthdays 4

Lodge Officers 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
 1307 Wildwood Ln
 Castle Rock, 80104
mjohaneson@gmail.com

Deadline for the November Issue is October 20

VIKING FAIR

9th ANNUAL

Community Cultural Event

October 21, 2017

Bazaar and Brunch

arts, baked goods, books, collectibles, crafts, fun, handwork, lefse, music, raffles, stories, unique gifts, vendors, Vikings
no entry fee

Bazaar 9^{am}-2^{pm} Brunch \$8, 9am

Viking Hall

1045 Ford St., Colorado Springs 80915

Information: 351-3554 or 596-6159



You're invited to a
Scandinavian Tea
"A Christmas Tradition For Mothers, Daughters, Sisters and Friends"

Tjellheim Lodge
 1045 Ford St.
 Colorado Springs, CO
 Saturday, December 2, 2017
 at 2:00 p.m. for
 \$17.00 per person

Space is limited. RSVP by Wednesday, Nov. 29
 Mail to: Kathie Godsill, 4415 Flat Top Place,
 Colorado Springs, Colorado 80923
 Call: 719-229-9289
 Make checks payable to: **Sons Of Norway.**

2017 oktober

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

Lefse Time

September brings our Fall lefse baking. We will be baking the 5 Mondays of October. We start at 9:00 am.

Please come and join us as we work for the good of our Lodge. Coffee pot is always on we have treats and hot off the grill lefse for a morning of work and friendship.



Support Our Partners

Kings Soopers and Safeway have sent us checks for over two thousand dollars this year.

Keep using those gift cards. Your purchases of gas and groceries at these stores have become a major fundraiser for our lodge.

If you need a card, see Steve.



PRESIDENT'S MESSAGE

September was another great month at Fjellheim. We celebrated our 44th year with an awesome Fish Fry. Tusen takk to all who helped! Congratulations to those of you who were awarded with year pins and certificates. Thank you, Caren for an excellent program on Rune Lore at our Heritage meeting.

As I mentioned last month, October is when we present nominees for 2018 Officers, Directors, Activity and Committee Chairs and other positions. Please consider lending your talents and enthusiasm to your Lodge. If you feel that it is time to take a position, please talk to anyone on the current Executive Board.

October also means that it's time for Viking Fair. Our Lodge will host a Vendor Bazaar and Breakfast on 21 October. Then our annual Lutefisk and Meatball Dinner in November. In December we will have a Scandinavian Tea and Julebord. Please help when and where you can. We'll be busy, busy, busy for the rest of the year. Busy having fun!

I hope to see you all at Viking Fair. Bjørg



Sunshine Report - October 2017



Happy Birthday to everyone celebrating birthdays in October. And Happy Halloween to all!

Ruth Young had foot surgery and although she is wearing a boot, she is doing well and attending our functions. She tires easily and can't wait to get home and put her foot up! **Brenda Tollefson** fell and broke her left leg. She is in a brace, walks with a walker, and is able to get around very well. Please keep these gals in your thoughts and prayers.

Patricia Hauke Staubo, member, language instructor, and pianist for many years, passed away in Ft Collins on 8/21/2017. Our condolences are with her family at this time.

October thought of the month: "Even if something is left undone, everyone must take time to sit still and watch the leaves turn." - Elizabeth Lawrence

Fraternaly, Karen Ravnaas – 390-0621

Two sweaters left!

We had a very successful silent auction and sold four sweaters and the table cloth. We raised \$280 which will go toward the end of year local charity distribution. These two sweaters are left – the St Olaf Alumni Sweater and the Gunn Rein Norwegian sweater. Please contact Karen, 719-390-0621, if interested in either of them.



October Birthdays

Ellen Rubi May	3
Lowell T Skabo	4
Adelle E Steinseifer	5
Margrethe Smith	6
Gloria L Mitchell	7
Marjorie Lindskog	13
Madison L Ben	14
Jill K Johnson	16
Joshua R Lysne	16
Carter Drew Berge	21
Lena M Erickson	22
Brian L Svendsen	22
Thor Gavin	23
Emma Josephine Greek	23
Austin Allgood	24
Sonja Sue Gund	24
Will M Berge	27
Virginia L Nelson	27
Linda K Ross	28
Geir S Ostrem	30
Madeleine R Erickson	31
Sissel M Erickson	31

Gratulerer med dagen!



Swedish Dancers to Entertain

Our program for the October 11 meeting will feature the **Swedish Folk Dance Club of Denver**. They will perform several traditional folk dances and then they will ask us to join them. It promises to be a fun evening.



Card Social - - Tuesday, October 3, 12:30, Viking Hall. Pot-luck lunch followed by cards. Everyone welcome

Viking Sisters will meet November 2, 1pm at Viking Hall. All women of the lodge are welcome. Thanks, Ginny



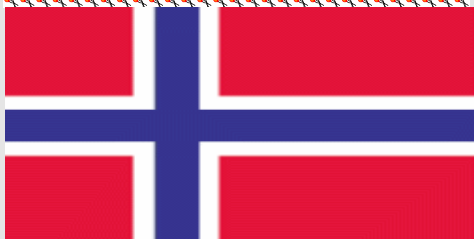
Rosemaling at Viking Hall

Please call Cindy Bauer at 633-8260 or Bj Mapstone at 264-0955.



Book Club meets every second Wednesday of the month at 5:00 pm at Viking Hall. Our facilitator is Dot Everett. This month we are reading [Rooftops of Tehran](#) by Mahbod Seraji

Language Class continues on Tuesday evening at 6:30pm at the Viking Lodge. There are ten students who come prepared each week and make the class fun and informative. The Sett I Gang textbook and audio program force us to study hard but it has been worth it. We are up to Chapter Four of the 15 chapters in the book.



Let's Talk Norwegian

Lutefisk and Meatball Dinner

Saturday November 11, 2017
Viking Hall

First Seating 2:00 pm Second Seating 6:00 pm

\$20.00 Members \$22.00 Nonmembers \$10.00
Ages 5-12

**Lutefisk with Butter/Cream Sauce, Meatballs,
Steamed Potatoes, Vegetables, Cranberry
Sauce, Lefse,
Dessert, and Coffee**

**For Reservations Please Call Virginia Nelson
(719) 650-7029**



Fjellheim Lodge

1045 Ford Street, Colorado Springs

Sunday, December 17, 2017

Social time: 2:30 p.m. - 3 p.m., Julebord: 3 p.m.

Julebord



Ham

Turkey

Cold meat tray

Assorted salads

Christmas breads, lefse

Herring, shrimp, cheese tray

Escalloped potatoes, surkål

Whole green beans, pickled beets

Baked Norwegian salmon, roast pork loin



Norse Desserts



Rice cream with raspberry sauce

Kringle, sirupssniper, spritz, sandbakkles

Krumkake, fyrstekake, rosettes, almond bars

Coffee

**Caroling Around The Christmas Tree
Special Holiday Entertainment**

Members: \$20, Non-Members: \$22; Children 5-12, \$8

Reservations: Call Kathie Godsil prior to December 14, 2017

719-229-9289. 4415 Flat Top Place, Colorado Springs, CO 80923.

Make checks payable to **SONS OF NORWAY**

**Make your reservations early. Only 160 prepaid reservations are available. This
Christmas feast consists of many of the food items served at a traditional
NORWEGIAN JULEBORD**

110 Dine on Walleye (Not Die, Dine)

We had a GREAT Fish Fry Dinner, Saturday, September 16!
For those members who were not able to attend and receive their longevity member certificates and pins, please stop by the Welcome Table at the 7pm Heritage Meeting on Wednesday, October 11, and receive them from Nancy and Linda, your Membership Secretaries:

Certificates for our Heritage (up to 15 year old) members:

Austin and Miranda Coltrin

Trevor Oldervik

Mary Hansen

Pins/Certificates for our 5 year members:

Charlotte Coltrin

Calvin Dale Utke

Robert Eugene Olson

Joan Ruth Magee

Harlan James Williams

Todd Taskerud

Dorothy G Everett

Pins/Certificates for our 10 year members:

Geri S Ostrem

Sarah G Ostrem

Jeff W Hansen

Pins/Certificates for our 20 year members:

Anders V Hall

George C Gund

Eunice C Bluhm

Phylis J Smith

Pictured to the right is the kitchen staff: Phil, Jerry, Steve, Frank and Mike. (Bev did not cook) These guys had the timing right, and the fish was perfect. And thanks to Lois, Cheryl, Eileen, Kathie and Bjorg for the cole slaw, buns, potatoes, meatballs and cake. Also thank you to the servers, the dish washers and the clean up crew, especially Caren, Randy, Ruth, Leonard, Bev, Jerry, Ginny and Terry. You all made this a special event. Mange takk. MJ



We Were Runed

You could hear a pin drop. **Caren Alvestad** was explaining the meaning of different runes and she had the attention of everyone in the room. The program for the September meeting was one of this year's best.

Thank you Caren for an excellent presentation.



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feoh - f "wealth"	ur - u "cattle"	þorn - þ "thorn"	os - o "mouth"	rad - r "ride"	cen - c "torch"	ziefu - 3 "gift"	pynn - p "joy"	hæyl - h "hail"
†	ǀ	ϥ	ᚢ	ᚣ	Y	ᚡ	ᚦ	ᚷ
nyd - n "need"	is - i "ice"	jeor - j "year"	eeoh - eo "yew"	peorð - p "game"	eolkec - x "elk-sedge"	sigel - s "sun"	tyr - t "Tyr"	beorc - b "birch"
ᚠ	ᚱ	ᚲ	ᚴ	ᚵ	ᚶ	ᚷ	ᚸ	ᚹ
eoh - e "horse"	man - m "man"	lagu - l "lake"	ing - ng "Ing"	ædel - æ "estate"	dey - d "day"	ac - a "oak"	æsc - æ "ash"	
ᚰ	ᚹ	ᚺ	ᚻ	ᚼ	ᚽ	ᚾ	ᚿ	ᚰ
yr - y "bow"	ear - ea "earth"	iær - ia "serpent"	kalc - k "chalice"	kale - kk "spear"	gar - g "fire"	qeorð - cp "stone"	stan - st "stone"	



SONS OF NORWAY

Our Sons of Norway **Chronic Illness Rider** has been well received by nearly all of our recent life insurance purchasers. It provides two percent per month of the face value if the insurance holder needs chronic care at home or in an institution. In other words, you could get \$6,000 per month with a \$300,000 policy.

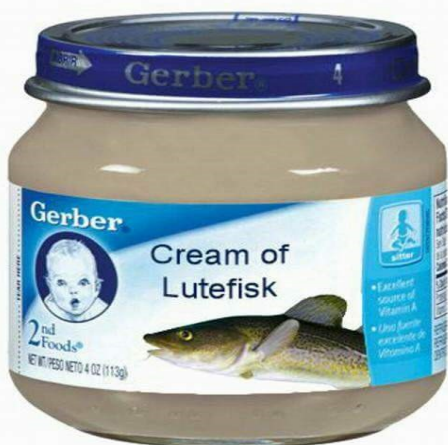


If you do not need it, your beneficiary would get the

\$300,000. It is better than long-term care insurance where the insurance company gets the money if you do not need it.

Call, text or email me if you are interested.
720 971-0130 mjohaneson@gmail.com

Mike Johaneson



NORSKARV.COM

MEANWHILE IN NORWAY

The information in The Flammen is for official Fjellheim Lodge 6-107, Sons of Norway, business only. Use of this information for solicitation or commercial purposes is a violation of the Fjellheim Lodge 6-107 privacy policy and is strictly prohibited.

FJELLHEIM - 2017 OFFICERS

Board of Directors

President	Björg Mapstone	264-0955
Vice-President	Kerry Hefta	266-9429
Counselor	Steve Hermanson	520-0303
Secretary	Sara Berge	495-2134
Asst. Secretary	Eunice Bluhm	495-2029
Treasurer/Finance Chair	Jerry Johnson	495-0253
Membership Secretary	Nancy Allen	310-2466
	Linda Wennerberg	622-1243

Program Directors

Social Coordinator	Kathie Godsil	266-9592
Hostesses	Kathie Godsil	266-9592
	Beverly Beasley	471-1801
Sunshine	Karen Ravnaas	390-0621
Sports	Kerry Hefta	266-9429
Foundation	Sissel Disbrow	540-2737
Cultural Skills	Björg Mapstone	264-0955
Book Club	Dot Everett	330-1206

Support Officers

Greeters	Lois Halvorson	632-6003
	Owen Bergland	576-1396
Marshall	Leonard Beasley	471-1801
Editor	Michael Johaneson	720-971-0130
Photographer	Karen Ravnaas	390-0621
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
	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

Mary Beth Ingvaldstad 707-987-2404
mbingvaldst@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
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Colorado Springs, CO 80915



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SONS OF
NORWAY

Michael Johaneson

Financial Benefits Counselor

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Email: mjohaneson@gmail.com

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Patty Gooding
(719) 550-1206

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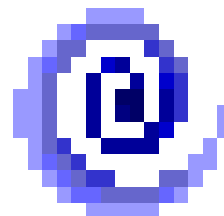
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Falcon, CO 80831

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