



**FJELLHEIM 6 – 107**  
 Sons of Norway  
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May 2015

Volume 42, #4

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

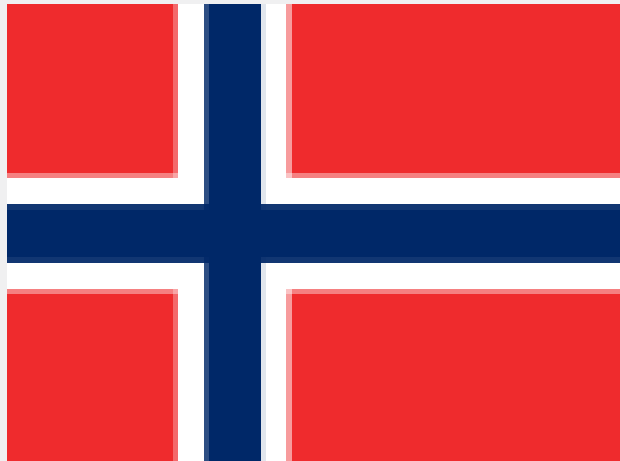
**SEND ARTICLES TO :**

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 1307 Wildwood Ln  
 Castle Rock, 80104  
[mjohaneson@gmail.com](mailto:mjohaneson@gmail.com)

Deadline for June issue is May 20

## A Parade, Hotdogs, and a Lutefisk Toss? It must be **Syttende Mai.**

We will be celebrating Norway's Constitution Day on Sunday, May 17. Our annual celebration at Fjellheim's Viking Hall will start at 12:00 pm with



special indoor and outdoor games and prizes for the children and brave adults.

New this year will be the lutefisk toss. It is rumored that first place will get a pound of lutefisk. Second place will get two pounds and so on.

After games, we will have a traditional picnic meal. The cost is \$5.00 per person.

The celebration finishes with a parade of Norwegian flags and traditional dress. Please join for an afternoon of fun and appreciation for Norway's national holiday.



# 2015 Mai

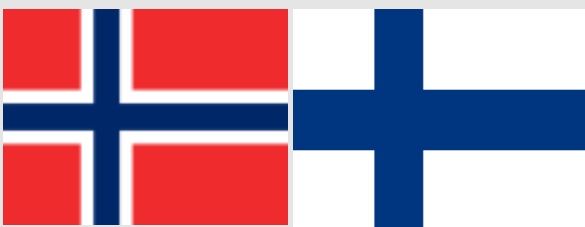
Sondag	Mandag	Tirsdag	Onsdag	Torsdag	Fredag	Lordag
26 1:30 Dine-out- Black Eyed Pea at Citadel	27 9:00 am Lefse Making Viking Hall	28	29	30	1	2
3 12:00—4:00 Rosemaling Viking Hall	4 9:00 am Lefse Making Viking Hall	5 12:30 pm Card Social Viking Hall	6 9:00 am Board Meeting Viking Hall	7 1:00 pm Viking Sisters Viking Hall	8	9
10	11 9:00 am Lefse Making Viking Hall	12	13 5 pm Book Club 6 pm FMC 7 pm Heritage Mtg Viking Hall (see program be- low)	14	15	16
17 11:00 pm Syttende Mai Viking Hall	18 9:00 am Lefse Making Viking Hall	19	20	21 11:30 Ladies Luncheon Cheddars	22	23
24	25	26	27	28	29	30
31 1:30 Dine Out Rock Bottom on Powers 12:00-4:00 Rosemaling Viking Hall			<b>2015 Ladies Luncheon Schedule</b> Ladies lunches are the third Thursday of the month and are at 11:30 Each month will have a hostess who will select the location and take reservations, unless indicated below:  May 21 Cheddars on Interquest; BJ Mapstone-Hostess; 264-0955 June 18 Senor Manuel's; Karen Ravnaas-Hostess; 390-0621 July None August 20 Location and Hostess TBD; any volunteers? Sept 17 Location and Hostess TBD; any volunteers? October 15 Location and Hostess TBD; taking a volunteer... November, December – None			

## May Meeting Program

### Sisters Search for Their Life Story

Linda Boyles and Sara Collyar will share pictures and their story of their journey through Norway and Finland to discover their Ancestral homeland.

These two charming women will delight you as you tour with them



## 2015 Last Sunday Dine Out Schedule

**May 31** Rock Bottom (Powers)  
**June 28** Stagecoach Inn  
**July** None  
**August 30** Edelweiss  
**Sept 27** Golden Bee @ the Broadmoor  
**October, November, December – None**  
**All dinners will be @ 1:30 p.m. See you there!**

# President's Thoughts

## *Don't forget Mom*

It was May 17<sup>th</sup>, 1814. Crown Prince Christian Frederik and 112 men gathered in Eidsvoll, Norway to sign and ratify Norway's Constitution. Only some 38 years earlier the United States signed their constitution, and these men of Norway wanted to model their constitution after this one, because the United States had a core idea to have the separation of legislative, judicial, and executive powers.



But how did all of this really come about? I guess it may only be left to one's imagination... Negotiations took place between Crown Prince Frederik and President James Madison, considered to be, and referred to as the "Father of The Constitution". The final result being that in exchange for allowing Norway to infringe on the copyright of the U.S. Constitution; Norway would agree to send to President Madison a hundred pounds of lutefisk.

The lutefisk arrived at the White House. But, before President Madison could enjoy the Norwegian delicacy for supper, his wife Dolly tossed it all out the back door into the Rose Garden. And to this day, after each Presidential speech in the Rose Garden since then, you can hear people saying the now common phrase; "something smells fishy".

Exactly 100 years later on May 9, 1914; President Woodrow Wilson signed a proclamation designating the Sunday before Norway's Syttende Mai each year as **Mother's Day**. Coincidence? And in keeping with this tradition of Dolly Madison (a mother of one son) tossing lutefisk out the back door, our Lodge would like to invite everyone, and especially all of the mothers, to attend our Syttende Mai Celebration on May 17<sup>th</sup>, and be a part of our "Lutefisk Toss", and many other activities and meal.

But let us not forget to first recognize and honor all mothers the week before, on May 10<sup>th</sup>. Because, as we all know, mothers have the last word as to what we eat for supper.

*-Steve Hermanson*

We got an invitation. It reads:

***Vestafjell Lodge 6-146***

***Cordially invites you to our***

***25th Anniversary Dinner Celebration***

***On Friday, June 12, 2015, 5-8 pm***

***3133 F. Road, Grand Junction, CO***

***(Shepherd of the Valley Lutheran Church)***

***Social Time: 5-5:30 pm***

***Buffet Dinner: 6 pm***

***Live Music—After dinner dancing***

***Members and Guests: \$15.00/person***

***RSVP by May 12, 2015 970-433-4113***

Time for a Fjellheim Road Trip?



## Sunshine - May 2015



Happy Birthday and Happy Anniversary to everyone celebrating in the month of May. They say that we shouldn't plant anything before Mother's Day. Well, get on your mark, get set, GO!!! It is May! We celebrate the warming of the earth and the beginning of the smells and colors of spring and summer. Let us not forget to celebrate Mother's Day and also to remember our service members who have died in service to our country on Memorial Day.

Can you believe what happened today? Sissel and her crew of 40+ members and friends pulled off another wonderful Frokost! I heard nothing but compliments and accolades for the food, atmosphere, and friendliness of all involved. As I said last month, it always amazes me when I see the awesome array of food spread across all those tables and the work that has gone into preparing it. And I guess I am not alone – did you see how many people were taking pictures of the food table? WOW!

**Elaine Hellem** is back working as hard as she was before her surgery. Elaine asked me to pass along a **HUGE THANK-YOU** to everyone who sent the beautiful cards, called to wish her well, and kept her in their prayers. She appreciates all the support and love you sent her way.

**Rosa Strand** fell and injured her knee. She wasn't recovering as well as she wanted and her doctor placed her in rehab at Healthcare South, 325 S Parkside Dr, Room 219. Her phone number is 381-1260. Ginny and Jerry stopped by to see her and they report that she is doing well and has PT several times throughout the day, but isn't sure how long she will be there. Please keep Rosa in your thoughts and prayers as she recovers.

This month, I couldn't decide between two sayings that really explain spring and May, so here are both of them:

*"It's spring fever.... You don't quite know what it is you do want, but it just fairly makes your heart ache, you want it so!" - Mark Twain*

*"Everything is blooming most recklessly; if it were voices instead of colors, there would be an unbelievable shrieking into the heart of the night." - Rainer Maria Rilke*

Fraternally, Karen Ravnaas, Sunshine Director, 390-0621

## LEFSE BAKING for MAY

We will bake April 27, May 4th 11th 18th and June 8th, 15th and 22nd, all Mondays at 9:00 AM Come, enjoy some time with a great group of Norwegian bakers. Lois



HAPPY BIRTHDAY

Ole Bakken	1
Marilyn M Keck	2
Lisa M Coltrin	5
Carroll O Sorensen	5
Nancy Marie Allen	6
Ethan E Coltrin	9
Lois E Halvorson	9
Eloise S Erickson	10
Hunter Hughes	12
Elijah Dvorak	15
Jonathan O Nau	15
Jack Anderson	16
Juliannah Gavin	17
James E Hansen	20
Steven Hermanson	20
Russell Eacker	22
Linda Ann Wennerberg	23
Susan M Foust	24
Nicole Berge	26
James R Nau	27
Dorothy L Hanson	30
Candance E Lesoing	30



## Card Social

Tuesday, May 5th starting with a potluck at 12:30 pm. Followed by socializing and cards. You are all welcome to join us for an afternoon of good food, fellowship and fun. Questions-Ginny at 495 - 0253.



## Viking Sisters

Viking Sisters meets Thursday, May 7, 1 pm at the lodge. All women are welcome. Any questions, please call Ginny Johnson 495-0253.

## Rosemaling Classes at Viking Hall

Rosemaling classes are scheduled for Sunday, May 3rd from 12:00 until 4:00. pm and on Sunday, May 31 from 12 to 4.



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.

## Summer + Kids = Camp

If you or your children or grandchildren are thinking about camp for this summer, we suggest you check out this web page: <http://sofn6.org/arv/camp-trollfjell/>.

Camp Trollfjell and Trollfjell Folkehøgskule are Sons of Norway, District 6 (western states) programs that provide fun and a great way to learn Norwegian culture.



You are invited to an **OPEN HOUSE** for Jerry Johnson's 80th birthday, Sunday, May 3, 2-5 pm, at **8755 Burgess Road in Black Forest**. Questions and directions call 495-0253, 660-2568, 260-0519 or 660-1046, Cards only, please.

# BEST OF 2014

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

Our book for May is **All The Light We Cannot See** by Anthony Doerr-Considered to be one of the best books of 2014. Please join us on Wednesday, May 13 at 5:00pm.





## *Fjellheim Feeds the Hungry*

Some 208 hungry souls found their way to Frokost, our annual Norwegian Breakfast, on Sunday April 19. They were treated to pickled herring,

salmon mousse, lefse, deviled eggs, gjetost, bondst, julekake and thirty other delicacies. Sissel Disbrow once again orchestrated a fine meal with the help of forty Fjellheim members. The food preparation and table set-up started Saturday and continued right up to meal time. This premier event is one of the cultural events that sets Fjellheim apart. Congrats to all who helped prepare and present Frokost 2015. It was excellent.





# Nordic Protector A Popular New Offering

Sons of Norway Nordic Protector life insurance can provide the money needed to pay for final expenses, which can be costly. A large percentage of Americans are not prepared to take on the financial responsibilities associated with a funeral. Typically, a funeral and associated fees cost about \$11,000.

The Nordic Protector is a simple life insurance product designed to provide the money needed to cover expenses like funeral costs, medical bills, legal, and probate fees, and other end of life expenses.



Another appealing use of this product is to leave a legacy. By owning life insurance, you can name a family member as a beneficiary to receive the tax-free benefits at death. Or, you can buy life insurance and name your favorite charity or foundation as beneficiary or designate that your money go to a special cause.

Finally, the Nordic Protector can be used to insure children and grandchildren. The policy

provides cash value growth that the grandchild can use as he or she gets older, plus it provides a basic insurance foundation for life and the good thing is, there are no more premiums.

With Nordic Protector, you make one guaranteed single premium payment and your policy is paid up. There is no medical exam, only simple Yes/No questions. Issue ages are from 0 to 85. Available coverage is from \$5,000 to \$50,000. Dividends can increase the death benefit to help fight inflation or they may be taken in cash.

For more information, please contact me at 720 971-0130 or [mjohaneson@gmail.com](mailto:mjohaneson@gmail.com).

Mike Johanesson

Ed Note. Two items:

If you have email and you do not get the Flammen by email, please send me your address so we can send it to you. You would be saving us printing and postage and you would get the Flammen in color.

Second, take a look at our web page listed below. Randy Johnson has been doing a great job keeping it updated and fresh. Thanks Randy.

## FJELLHEIM - 2015 OFFICERS

### Board of Directors

President	Steve Hermanson	520-0303
	ubetcha@reagan.com	
Counselor	Michael Johaneson	720-971-0130.
Secretary	Sara Berge	495-2134
Asst. Secretary	Laurie Hauschild	660-1105
Treasurer/Finance Chair	Larry Moe (temporary)	
Membership Secretary	Shirley Stilley	475-1524

### Program Directors

Social Coordinator	Kathie Godsil	266-9592
Cultural Coordinator	Marjorie Erickson	597-2196
Hostesses	Doris Lake	596-8600
	Darlene Aaland	550-1288
	Carol Eacker	633-5193
Sunshine	Karen Ravnaas	390-0621
Sports	Kerry Hefta	266-9429
Foundation	Caren Alvestad	648-2320
Cultural Skills	Björg Mapstone	264-0955
Book Club	Dot Everett	328-1481

### Support Officers

Greeters	Lois Halvorson	632-6003
	Owen Bergland	576-1396
Marshall	Dave Haugen	599-0810
Editor/Photographer	Michael Johaneson 720-971-0130	
	mjohaneson@gmail.com	
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	Cleo Allgood	598-1982
Financial Benefits	Michael Johaneson 720 971-0130	

### Fjellheim Management Corporation (FMC)

Directors	Karen Ravnaas	390-0621
	Paul Wiig	596-6159
	Doug Haug	632-4284
	Swede Knutson	473-3297
	Chuck Sullivan	597-0381
	Owen Bergland	576-1396
Trustees	Rodger Erickson	597-2196
	Jerry Johnson	495-0253
	Terry Mapstone	264-0955

### Colorado Zone 8 Director

Beverly Moe 720-746-9755  
[bevm259@comcast.net](mailto:bevm259@comcast.net)

### District 6 President

Mary Beth Ingvaldstad 707-987-2404  
[mbingvaldst@aol.com](mailto:mbingvaldst@aol.com)

Sons of Norway Board Lyle Berge 720-470-4961  
[bergenorsk@comcast.net](mailto:bergenorsk@comcast.net)

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

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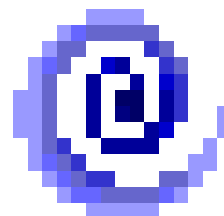
Patty Gooding  
(719) 550-1206

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