

Frokost Meny

Authentic Norwegian Breakfast

Sunday, April 13, 2014
11:00 - 1:30 PM

Sons of Norway Lodge
1045 Ford St., Colorado Springs

Baked honey ham
Roast beef
Liver sausage
Salami
Roast pork
Head cheese
Gjetost
Jarlsberg
Swiss cheese
Bond ost
Salmon mousse
Tomato aspic

Pickled herring
Sardines
Smoked salmon
Scrambled eggs
Deviled eggs
Tomatoes
Lingonberries
Waffles
Fresh fruit
Pickled beets
Dill pickles
Shrimp salad

Potato salad
Cucumber salad
Cole slaw
Lefse
Julekake
Cardamom bread
Apple cake
Flat bread
Rye crisp
Assorted jams
Coffee
Orange juice

Lovingly prepared by your fellow members
who wish you a hearty:

Velkommen til Bords!

Members: \$18.00

Non-members: \$20.00

Children 12 and under: \$8.00

Children not requiring a seat: Free

RSVP by April 9, 2014. Make checks payable to Sons of Norway.
Send checks to Karen Ravnaas, 5295 Water Dipper Road,
Colorado Springs, CO 80911, 719-390-0621

FROKOST AT FJELLHEIM LODGE

SUNDAY APRIL 13, 2014 AT 11 AM



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

APRIL 2014

Volume 41, Issue 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
 80915

SEND ARTICLES TO YOUR EDITOR:

Dot Everett
 1353 Diana Lane
 Colorado Springs
 80909
dotforsofn@gmail.com
 Phone: 719-328-1481

President's Column

The Tjere Vigen reading at the March meeting was one of our best cultural programs. Dan and Sonja did a wonderful job of bringing life to a great Ibsen poem. Tusen Takk

The Martinez Elementary Cultural Program featuring Viking culture on February 27 was amazing. The halls were lined with hundreds of works of art - paintings, maps, shields, photo/painting combinations, stories, etc. Thirteen of our members helped with food, costumes, decorations, a Viking program and music. Chalk one up for Fjellheim bringing Norwegian history and culture to some 300 kids and their parents.

March was a pretty quiet month for us. The usual cards and luncheons, a meeting and breakfast on Saturday, March 22, 9:00am. Call Millie if you want to eat well, inexpensively and have a good time. 719 597-0381.

April gets busy. In addition to the regular monthly meetings and activities, Frokost is on the Sunday, the 13th at 11:00am. That means lots of work on the 12th and 13th plus lefsa making on the 7th. These are great opportunities to have some fun and help the event organizers make this "Authentic Norwegian Breakfast" a success. (36 different things to eat - you should find something you like). Please call Sissel or Lois and ask what you can do.

We are looking for another co-chair for the Lutefisk Dinner. If you have any interest, it would greatly appreciated.

I do not have much to say this month. I guess that is okay. See you the 9th of April for the regular meeting if not earlier.

Mike Johaneson

Editor's Corner: I am very sorry about the mix-up with the printer last month. Those of you on email got the FLAMMEN, but those of you on snail mail, I think the snail died! I tried sending my copy to the printer and got an error message: "mailbox full". I called him and re-sent it. After that, I went merrily on my way. Little did I know that he never received it. I never heard from anyone that it never went out. All these hitches in learning how to do a newsletter ^_^ (that is an unhappy face). Nothing new and exciting this month. I just hope this FLAMMEN goes out without a hitch.

Dot Everett

APRIL 2014

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30 March	31 March	1 Cards Social Pot-luck 12:30	2	3 Viking Sisters 1:00	4	5
6	7 Lefse Baking for Frokost @ 9	8 Fjelldalen Lodge Denver	9 Board Meeting - 9 AM, Viking Hall. Book Club - 5 PM. FMC - 6 PM. Heritage Meeting -	10 Stein Fjell Lodge Loveland Viking Sisters 1 PM	11	12
13 FROKOST Vestafjell Lodge Grand Junction Area	14	15	16	17	18	19 Rosemaling
20	21 Trollheim Lodge Lakewood	22	23	24	25 Vesterheim Lodge Boulder	26 Vesterheim 35th Anniversary Lunch 11:30-2 WORK PARTY @ Fjellheim
27 Rosemaling Dine Out	28	29	30	31	May 1	May 2

KEEP THE DATES - 2014 FOR ALL COLORADO LODGES

April

13 Frokost—Fjellheim 11 am to 1:30pm
26 Vesterheim Lodge 35 Anniversary Luncheon, 11:30—2

May

17th is Norway's 200th anniversary of their constitution

June

22-25 District 6 Lodge Biennial Convention, , Palm Springs, CA
28-29 Scandinavian Fest, Estes Park

September 30—October 4

Hostfest, Minot, ND

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.

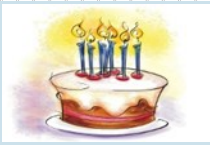
6610 W 14th Ave, Lakewood

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 IN APRIL

- 1 Tyrone L Steen
- 2 Barbara Ann Nelson
- 5 Doris I Lake
- 9 Joan Ruth Magee
- 16 David John Olsen
- 17 Lyle E Berge
- 22 Jennifer J Forbes
- 25 Paul E Greenfield
- 27 Marjorie E Erickson
- 27 Randy M Johnson
- 30 Carlton J Johnson

HERITAGE

- 2 Barney Erdal (10)
- 10 Henrik A Lyby (12)
- 24 Timothy Coltrin (14)

Card Social, Tuesday, April 1, 12:30 pm at the Lodge. All are welcome to a potluck lunch followed by cards and socializing. Questions, call

Ginny at 719-495-0253.

Viking Sisters will meet on Thursday, April 3, 1 pm at the Lodge. We will be reviewing our sale last fall and hopefully get some new ideas for next fall. All women of the lodge are members so please feel free to join us. Ginny, 495

ROSEMALING CLASSES

Rosemaling classes are scheduled for Saturday, April 19th and Sunday, April 27th. The cost of each session is \$20.00. We meet at Viking Hall. If you are interested in joining us, please call Sissel at 540-2737, Bj at 264-0955, or our teacher Cindy Bauer at 633-8260. Times and dates are subject to change, so please call one of the above to confirm.

Thanks, Sissel and Bj

BOOK CLUB

Book Club will meet at April 9th at 5 p.m. before the regular lodge meeting. We look forward to having you join us. If you have any questions please contact Tillie Elvrum at 570-351-4745.

VOLUNTEER HOURS—Members, don't forget to keep a record of your volunteer hours AND travel time. *Cleo Allgood, Volunteer hours Coordinator*

Sunday Dine-Out for 2014

April 27, Mason Jar, West Side 1:00
June 29, Juniper Valley Restaurant,
meet at Albertson's @ 1:00 to car
pool

September 28, Texas Roadhouse,
8th St 1:00

We have decided to have the Sunday Dine-Out every other month. We will have the Saturday breakfasts on the 'in-between' months. There will be no dine-out in November.

Thank You, Thank You to all members who were so good to remember me with cards prayers and thoughts during my hospital stay and home recovery. I'm on the mend will see you again at the Lodge. My Thanks, Elaine Hellem

Lefse baking for the Frokost is Monday April 7th, 9:00 AM we will do the full 10 batches. For those that can help but were not there to sign up at the meeting please call Lois 632-

At this time of year we are or have collected our financial info together so we can file our taxes. It's also a good time to see if your Critical Documents are in order such as:

Will or Trust

Healthcare power of Attorney

Living Will

Durable Power of Attorney

Beneficiaries

Where your important Financial Account information is Specify your final arrangements

There may have been some changes in your life that make these Documents out of date, such as:

Your spouse may have passed away

You are divorced or remarried

A minor child is now of age

A key relationship with an Agent has changed

You have simply changed your mind

This is just a reminder of some things to consider. I cannot help with anything Legal, but I may be able to help with your financial assets. Just give me a call if there is anything you would like to discuss.

LaRue Hanson, FBC

2523 Shalimar Dr.

Colorado Springs, Colo. 80915-1030

Office # [719-599-8546](tel:719-599-8546) Cell # [719-237-7314](tel:719-237-7314)

Lhanson1@q.com

FMC

At the FMC Board meeting in March our manager **Berrie Ives** formally notified the Board that she will be leaving her position effective 30 April. We wish her success in her new endeavors and want to thank her and Brian for all their efforts on behalf of the Lodge. We will be starting our search for a new manager immediately. Terry

FJELLHEIM - 2014 OFFICERS

Board of Directors

President	Michael Johaneson 303-663-3251 720-971-0130. mjohaneson@gmail.com
Vice-President	Steve Hermanson 520-0303 ubetcha@reagan.com
Counselor	Paul Wiig 596-6159
Secretary	Sara Berge 495-2134
Asst. Secretary	Laurie Hauschild 660-1105
Treasurer/Finance Chair	Laurance Moe 260-9490
Membership Secretary	Shirley Stilley - 475-1524

Program Directors

Social Coordinator	Kathie Godsil
Cultural Coordinator	Dean Tollefson 473-1110
Hostesses	Dorothy Hanson 599-8546 Lois Halverson 632-6003 Karen Ravnaas 390-0621
Sunshine	Kerry Hefta 266-9429
Sports	Caren Alvestad
Foundation	Björg Mapstone 264-0955
Cultural Skills	Karen Swartley 487-7420
Language Teacher	Inger Pappas 596-7618
Book Club	Tillie Elvrum 683-5826

Support Officers

Greeters	Lois Halvorson 632-6003 Owen Bergland 576-1396
Marshall	Dave Haugen
Editor	Dot Everett 328-1481 dotforsofh@gmail.com
Web Page & Facebook	Randy Johnson 260-7028
Musician	Sonja Gund 473-9588
Publicity	Eunice Bluhm 495-2029
Historian	Virginia Nelson 650-7029
Photographer	LaRue Hanson 599-8546
Librarian	Sonja Gund 473-9588
Viking Sisters	Ginny Johnson 495-0253

Committees/Special Activities

Auditors	Dean Tollefson 473-1110 June Peterson 599-3235 Millie Sullivan 597-0381
Tubfrim	Tania Oldervik 310-3586
Volunteer Hours	Cleo Allgood 598-1982
Field Representative	LaRue Hanson 599-8546

Fjellheim Management Corporation (FMC)

Directors	Karen Ravnaas 390-0621 Paul Wiig 596-6159 George Gund 473-9588 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

Linda Ault 303-953-2716
lindaault@comcast.net

District 6 President

Lyle Berge 720-470-4961
bergenorsk@comcast.net

ALL PHONE NUMBERS HAVE 719 PREFIX UNLESS OTHERWISE IS NOTED

Summer Picnic

Mark your calendars now for Sunday, June 15th (Father's Day)
Bear Creek Park (same location as last year)

NORSK HOSTFEST

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

(Sign up at our monthly Lodge meetings to indicate
our possibility of group packages)

Dear Officers,

You recently received an email about the use of Norway's Bicentennial Logo. Due to an error, the link to the logo was not included in the email blast, but we have rectified the issue and you can now download a [vertical](#) or [horizontal](#) version by clicking their respective links.

As we mentioned before, Sons of Norway has been given permission to share this logo with our lodges, to be used as they plan special events to mark the bicentennial. Below you will find a link all the usage rules and the logo itself. The most important of which are these: the logo cannot be used on items or to promote items that are sold.

Again, this is a great opportunity for your lodge to promote its events and activities that are celebrating this momen-

tous occasion. We hope you'll join us in the celebration and share your events on Facebook and the Sons of Norway events calendar.

If you have questions about using the logo, beyond those addressed by following the link please contact Sons of Norway Headquarters staff by emailing mbrandjord@sofn.com.

SPRING WORK PARTY

Our Spring Work Party will be held on 26 April at 09:00 a.m. A few of the tasks that we would like to accomplish are:

1. Clean the outside of leaves/trash
2. Trim trees
3. Repaint the front stoop
4. Replace filters on the roof
5. Clean and organize the inside storage areas
6. Clean and organize the shed
7. Clean coils

We will have work for willing members. Although the event is focused on work this has always been a good opportunity for fellowship and, of course, light refreshments.

Terry

SUNSHINE:

To all of members who are celebrating special events in April 2014 - Happy Birthday, Happy Anniversary, Happy Spring, and Blessed Easter! It's dark in the morning) and somewhat consistent, but we need the wet so those spring



so nice to have longer days (even though it's still entirely warmer days. Sure we can still get cold and flowers start showing their colors and beauty.

Joan Magee has a pinched sciatic nerve and her leg elevated and it is driving her nuts!!!

her morning walks. Bonnie Bergland took a hard fall and is bruised; she is on the mend and will be very upset that I told you about this!!! Jerry Johnson is feeling better with regard to the surgery, will go away soon mentioned they have better. You know you are feeling better.



has been told to stay seated with She is so active and really misses but the persistent cold just keeps nagging him, so hopefully that and he can start enjoying life again. Other members have also had short stays in the hospital and have been ill and are feeling who you are! So we are wishing all a speedy recovery and hope



Ole Bakken's sister has passed away and he and Joan were Virginia Nelson, Doris Lake, Rodger Erickson, and Arlene away in California. Our condolences go out to you and your thoughts and prayers.



back in Iowa for services. Reid's brother-in-law passed families. You are in our



A little giggle for spring, especially with the time change: Even under ideal conditions people have trouble locating their car keys in a pocket, finding their cell phone, and Pinning the Tail on the Donkey - but I'd bet everyone can find and push the *snooze *button from 3 feet away, in about 1.7 seconds, eyes closed, first time, every time.

See you at Frokost!!!

Karen Ravnaas

Sunshine Director, 719-390-0621



Norway to Replace Fårikål as National Dish

Currently, Norway's national dish is fårikål, a savory meal of lamb simmered with cabbage and peppercorns that makes for a scrumptious stew that many Norwegians are proud of. It is a perfect meal that fills the stomach and warms the body, but recently Norwegian officials say they are seeking submissions for a new national dish.

Celebrate the 200th Anniversary of the Norwegian Constitution As you probably already know, 2014 is a big year for Norway. This year marks the 200th anniversary of the Norwegian Constitution and its independence from Denmark. Across Norway, the occasion will be marked by parades, commemorations and celebrations. For Sons of Norway lodges, the anniversary is a unique and exciting opportunity to introduce our communities to Norwegian culture through one of Norway's most popular holidays, Syttende Mai.

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

Please cut stamp for Tubfrim



This newsletter is generously sponsored by the following:

2523 Shalimar Dr.
Colorado Springs, CO 80915-1030

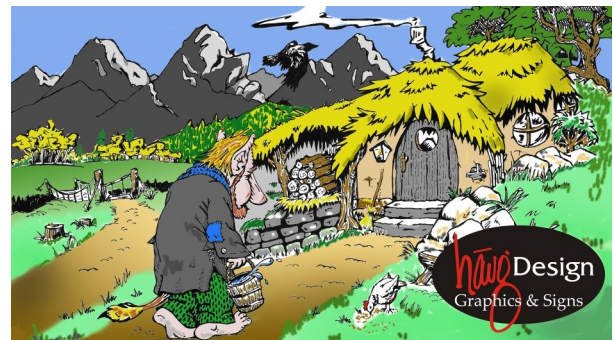


**SONS OF
NORWAY**

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Patty Gooding
(719) 550-1206

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TUESDAY-FRIDAY 8:00-6:00 SATURDAY 7:00-2:00

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