



FJELLHEIM 6 – 107
 Sons of Norway
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 Colorado Springs, CO 80915
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September 2017

Volume 44, # 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.

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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 :

Michael Johaneson
 1307 Wildwood Ln
 Castle Rock, 80104
mjohaneson@gmail.com

Deadline for the October Issue is September 20

Member Recognition

ATTENTION! All Sons of Norway members of Fjellheim Lodge who are eligible for their 5+ year member pins will be receiving their personal invitations via mail before the 44rd Fjellheim Lodge Anniversary Dinner/Fish Fry, which will be Saturday, September 16 at 4pm.

All members and guests are invited to this event---Fish Fry Dinner is \$20, \$10 under 12. Reservations may be called to Kathie Godsil at 719 266-9592



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**Fjellheim Lodge
 Anniversary Dinner
 Fish Fry**



Saturday, September 16, 2017 @ 4:00 pm

It's Fish Fry time again! We will be serving wonderful walleye, baked potato, homemade cole slaw, fresh baked buns, and dessert in the comfortable surroundings of the Sons of Norway Viking Hall.

And if you can't or don't want to eat fish, there will be meatballs with all the fixin's. Either way, a good deal at \$20.00 per person, \$10.00 for those under 12. So c'mon over and celebrate Fjellheim's 44th Anniversary Dinner with us Vikings. Okay then! See you on September 16th.



For Reservations
Please call Kathie Godsil at (719) 229-9289
by Wednesday, September 13th
Seating is limited

2017 september

søndag	mandag	tirsdag	onsdag	torsdag	fredag	lørdag
					1	2
3	4	5 12:30 pm Cards and Games Viking Hall 6:30 pm Language Class Viking Hall	6 9:00 am Board Meeting Viking Hall 1:00 pm Viking Sisters Viking Hall	7	8	9
10	11 9:00 Lefse Bake Viking Hall	12 6:30 pm Language Class Viking Hall	13 5:00 pm Book Club 5:30 pm FMC 7:00 pm Heritage Mtg Viking Hall	14	15	16 4:00 pm Anniversary Dinner & Walleye Fish Fry Viking Hall
17	18 9:00 Lefse Bake Viking Hall	19 6:30 pm Language Class Viking Hall	20	21	22	23
24	25 9:00 Lefse Bake Viking Hall	26 6:30 pm Language Class Viking Hall	27 Hostfest begins Minot, ND	28	29	30

Lefse Time

September brings our Fall lefse baking. We start September 11th, 18th, 25th, than we go into October 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.

Lois



Support Our Partners

Kings Soopers and Safeway have sent us checks for almost 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.



SAFEWAY™



PRESIDENT'S MESSAGE

Summer is just about over. We have lots of fun planned for the rest of the year.



This month we begin our Lodge election process. We start by forming a nominating committee to find possible candidates for Officers, Directors and Committee Chairs for 2018. If you have not held a position recently or not at all, please consider the possibility this year. We have a great organization and need your help to make it greater.

Our language class has restarted! Tusen takk to everyone who attended our initial meeting. See you in class!

September is Fjellheim's anniversary month. We will celebrate by presenting pins and awards to our members and enjoying a Fish Fry.

I look forward to seeing all of you soon.
BJ



Sunshine Report - September 2017



Happy Birthday to everyone celebrating birthdays in September.

Gail Gudmestad had a knee replaced on June 23rd. She says she is healing well and getting her strength back through exercise and therapy. **Eunice Bluhm** had hip surgery on August 14th. Please keep these gals in your thoughts and prayers.

September thought for the month that begins our journey into winter:

Come sit on the porch with me, the drinks are cold, the friendship's free.

Fraternally, *Karen Ravnas* – 390-0621

Thank You to all who attended the open house for my birthday. It was an awesome day with many friends to help me celebrate another milestone. Ginny Johnson



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
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
La Rue D Hanson	16
Carol A Johaneson	23
Niccolo Beasley- Torley	23
Lucille S Moe	24
Ruth Wiig	25
Dorothy Dawn Destree	28
Glenn C Enderud	28
Sissel O Disbrow	29
Mary A Brooks	30

The Cookbooks Are Here

The cookbooks are now available and are for sale at \$12.00 per book.



Card Social - - Tuesday, September 5, 12:30, Viking Hall. Potluck lunch followed by cards. Everyone welcome

Viking Sisters

will meet on Wednesday, September 6 at 1:00 pm at Viking Hall. All women of the Lodge are welcome. Contact Ginny Johnson for details.



Rosemaling

Please call Cindy Bauer at 633-8260 or Bj Mapstone at 440-3992

It's Just Another Cookbook!



A Collection of Recipes Prepared by
The Viking Sisters
Fjellheim Lodge 6-107
Sons of Norway
Colorado Springs, Colorado

2017



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 a book of our choice to discuss and share.

BOOK CLUB

Language

The Norwegian language class organized last week and decided to meet every Tuesday at 6:30 pm at the Viking Hall. We are using materials from settigang.com. There are 12 of us and there is room for more. Next meeting is August 22. Ha det.

And They All Sang in Norwegian

At the last heritage meeting, **Ole Bakken** led us in several songs. He gave us music sheets with the Norwegian, English and phonetic pronunciations of several Norwegian folk songs.

He told stories about the music and he schooled us the proper pronunciation and then he led us through the songs in Norwegian.

The result was amazing. We actually sounded like we knew what we were doing. Thank you Ole for taking a chance and making us all sound good.



Got Your Norwegian Sweater?



Silent Auction coming your way

At the Heritage meetings in August and September, we will have a silent auction for the sweaters pictured here.

The sweaters were donated to the Sons of Norway by a friend of the lodge and he has agreed that all of the proceeds should be used at the end of the year as part of our community donations.

High bidders will be announced at the Anniversary Dinner in September



Viking Fair Is Coming October 21

Dear Valued Vendors, Loyal Members and Friends,

Every year is different, but every year fun. We appreciate your interest in our Viking Fair at Fjellheim-Sons of Norway's Viking Hall, located at 1045 Ford Street (east of Powers, north of Galley) in Colorado Springs, 80915.

We are pleased to offer a wide variety of arts, crafts, hobbies, products and handwork again this year, our 9th year to sponsor an October show. We hope to have good weather, a nice crowd, and a profitable and enjoyable day for all. We already have several vendors planning to return—thanks. We advertise on websites, email, radio, in newspapers, by poster, handouts and word-of-mouth. Please continue to inform customers, friends, family, stores, community groups whom you know.



There'll be food, music, maybe jokes, and fun, too. We'll send a flyer soon, hoping you can post it or share with friends. If you have vendor questions, please phone me at 351-3554. Members and friends are invited to help at various places such as white elephant and raffle tables, baking, cooking, serving, cleaning, greeting, setting-up and taking-down. Also, we expect everyone will have a chance to enjoy the wonderful vendors' items, maybe buy an early Christmas gift or two, and maybe eat brunch or a snack.

Vendors, we are planning to have door prizes and a raffle of vendors' items. In order to participate, please donate a small item to the raffle table inside the front door. Please mark your item with your name so you can be recognized when we ask you to draw a winning ticket. Drawings will take place throughout the day. We appreciate your help and hope that you are able to join us for the day.

If needed, our phone contact numbers are 596-6159 (Ruth) or 351-3554 (Eunice). (Learn more about Sons of Norway online at sonsofnorwaycs.com) *Eunice Bluhm*



We had a good time at the Butte Theater in Cripple Creek on Aug 17. Annie got her gun and her man and everybody lived. It was a good show and a fun outing for Lodge members. Thank you **Karen Ravnaas** for arranging all the rides, the food, the shuttle and the show.



Life Insurance

Better Rates for You

Sons of Norway is always trying to find ways to provide better life insurance at better rates. This month we were able to make super select and select rate classes more accessible to many people. These rates are lower the standard rates and generally are for people in good health. This continues to be true but for more people.

For example: Treated blood pressure for select cannot exceed 140/90.

Treated cholesterol must be less than 250.

No tobacco use for 2 years is necessary for select, 3 years for super select.

Commercial pilots are allowed for select or super select.

Family history only applies for applicants age 59 or younger.

Weight requirements are more liberal. You can be 5'11", weigh 228 lbs. and qualify for select if all other requirements are met.



The point is, we can find better rates for more people. Call me or text me at 720 971 0130.

Mike Johaneson

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FJELLHEIM - 2017 OFFICERS

Board of Directors

President	Björg Mapstone	440-3992
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	264-0955

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
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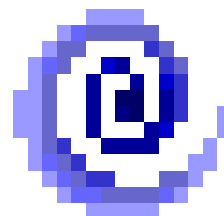
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