



FJELLHEIM 6 – 107, Sons of Norway
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 Published Monthly

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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 EDITOR:

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

Deadline for the Oct 2014 issue 9/15

PRESIDENT'S NOTES

Our 40th Anniversary Dinner last year was a gala affair with guests from around the state and district, a sit-down dinner, entertainment and live music. This year we are backing off a little but we will celebrate with food and entertainment on September 20 at 3:00pm. (See story below)

We are moving from the video history program at next month's meeting. The plan is live music. Come and see - September 10 - 7:00. Next month, we will elect a nominating committee for 2015 officers. If you would like to volunteer for this important task, please see me at the beginning of the meeting. If you are on the nominating committee, sometimes you can avoid being nominated for president or other offices.

Many of you saw BJ present Fjellheim Lodge with the District 6 awards given at the convention. We received the Gold Merit Award for 2012, Paul Wiig received the Gold Presidents Award for 2012 and we received First Place in the District 6 biennial newsletter contest - 2012 - 2013. Congratulations to Knut.

Seven of us are off to Norsk Hostfest in Minot on Oct 1. If you want any souvenirs from North Dakota, you can give us the money at the meeting. I think the meetings could go on each month without the president or vice president or the treasurer, etc., but two people are essential at each meeting: Dorothy Hanson who makes sure we get a tasty meal or snack on time and perfectly presented month after month and LaRue Hanson who sets up the podium and flags and song books when the marshals are not able to be at the meeting and who makes our sound and video system work. They are the first to come and the last to leave. Dorothy and LaRue, we appreciate it. Mange Takk.

Mike J



41st ANNIVERSARY

On September 20 at 3:00pm we will celebrate our 41st anniversary with food and entertainment.

We plan to honor the following members for their years of membership:

5 years: Nancy Marie Allen, Sarah J. Berge, Brenda F. Dahl, Betty A. McIntyre, Barbara Ann Nelson, Alex B. Parra, Douglas P. Haug, Ashild Telise Rodelv, and Marie M. Zakrzewski

10 years: Anne M. Berger, Rory L. Foresman, Rosanne M. Foresman, David O. Haukom, Richard L. Jacobson, Diane N. Lindholm, Carroll O. Sorensen, and Phyllis Lorraine Sorensen

15 Years: Elsie M. Gonsholt, Randy M. Johnson, Knut Lyby, and Melissa Jo Lyby

25 years: Gwendolyn W. Becker, Beverly B. Disch, Jill K. Johnson, Russell M. Eacker, and Dolores M. Gagnon

35 years: Carlton J. Johnson, Virginia M. Johnson, and Elizabeth Ann Skrukrud

40 years: Duane J. Hyland, Tyrone L. Steen, Lorraine J. Timm

SEPTEMBER 2014

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2 12:30 PM Card Social	3	4 1 PM Viking Sisters	5	6
7	8	9	10 5PM Book Club 6 PM FMC Harpist at 7 PM Heritage Mtg Viking Hall	11	12	13
14	15	16	17	18	18	20 3 PM 41st ANNIVERSARY CELEBRATION With food and Entertainment Viking Hall
21	22	23	24	25	26	27
28	29	30 NORSK Hostfest, Minot ND <u>LARGEST</u>	Oct. 1 NORSK Hostfest, Minot ND <u>SCANDINAVIAN</u>	Oct 2 NORSK Hostfest, Minot ND <u>FESTIVAL</u>	Oct 3 NORSK Hostfest, Minot ND <u>IN THE</u>	Oct. 4 NORSK Hostfest, Minot ND <u>USA</u>
Oct 5	Oct 6	Oct 7	Oct 8	Oct 9	Oct 10	Oct 25 VIKING FAIR

KEEP THE DATES - 2014 FOR COLORADO LODGES

September 30—October 4 Norsk
Hostfest, Minot, ND (See article)
Largest Scandinavian Festival in USA

**October 25 OUR OWN
VIKING FAIR**

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



SEPTEMBER

- | | |
|----|----------------------|
| 1 | John Olaf Larson III |
| 2 | Paul C Rygg |
| 3 | Cleo B Allgood |
| 4 | Cynthia Louise Ritz |
| 6 | Joyce F Gustafson |
| 7 | Sr Rodger E Erickson |
| 8 | Karla J Roth |
| 13 | Ingrid Grove |
| 13 | Kenneth M Halvorson |
| 13 | Shane R Jahnke |
| 14 | Charlotte Coltrin |
| 15 | Berniece O Ankeney |
| 16 | La Rue D Hanson |
| 20 | Dennis E Laux |
| 21 | Herbert O Tangen |
| 23 | Carol A Johaneson |
| 24 | Lucille S Moe |
| 25 | Ruth Wiig |
| | Dorothy Dawn |
| 28 | Destree |
| 28 | Glenn C Enderud |
| 29 | Sissel O Disbrow |
| 30 | Mary A Brooks |

SEPTEMBER HERITAGE

- | | |
|---|---------------|
| 4 | Quinn M Berge |
| 5 | James Hardy |

CARD SOCIAL

The card social will be Tuesday, September 2, at 12:30. All are welcome to share a meal, cards and socializing. It's fun, good food with good friends. Call Ginny 495-0253 for more information. Mark your calendars for the September gathering on September 2nd.



VIKING SISTERS

Viking Sisters - Viking Sisters will meet on Thursday, September 4th at 1 pm at Bev Broin's home, 2816 Elm Meadow View, phone # 593-2231. Hope to see many of you there. Questions, call Ginny at 495-0253.

BOOK CLUB

Book Club will meet at 5 p.m. before the regular lodge meeting. We look to having you join us. If you have any questions please contact Bj at 264-0955.



ROSEMALING CLASSES

Please call Sissel at 540-2737, Bj at 264-0955, or our teacher Cindy Bauer at 633-8260 for information.



VOLUNTEER HOURS

Members, don't forget to keep a record of your volunteer hours AND travel time.



CONVENTION THANKS

I would like to thank the members of Fjellheim Lodge for their support of the delegates to the District Six Convention in Palm Springs. A first time delegate, I was proud to be a part of an organization that so values and promotes the heritage and values our forefathers brought to this country. In meeting and talking with members from other Zones I am pleased to let you know that I honestly felt that our Lodge is superior to many in the ways .We utilize social media and in the number and size of the various events we host in our community. Fjellheim is Fabulous!

Sara Berge

FROM THE EDITOR:

I had a couple of inches empty after I had finished all the articles sent to me for the Flammen this month. I looked through news letters from other Lodges and then an idea hit me. So, I googled "Ole and Sven jokes." I got 340,000 hits in response! Beware, I will be filling empty inches with Ole and Sven jokes in this and future issues. Enjoy! Dot

FROM OLE, SVEN AND LENA

Lena called the airlines information desk and inquired, "How long does it take to fly from Minneapolis to Fargo?" "Just a minute," said the busy clerk. "Vell, said Lena, "if it has to go dat fast, I tink Ill just take da bus."

- + -

The judge had just awarded a divorce to Lena, who had charged non-support. He said to Ole, "I have decided to give your wife \$400 a month for support." "Vell, dat's fine, Judge," said Ole. "And vunce in a while I'll try to chip in a few bucks myself."

FJELLHEIM LODGE
SONS OF NORWAY
VIKING FAIR
OCTOBER 25, 2014

Dear Valued Vendors, Volunteers, Crafters, Artists, Storytellers and Friends,

Here we go again. Yeah!! Our 6th year!! We appreciate your interest in our **Viking Fair** at Fjellheim--Sons of Norway's Viking Hall, located at 1045 Ford Street (east of Powers, off Galley) in Colorado Springs. We are pleased to have a wide variety of arts, crafts, hobbies, products and handwork of many types again. We hope to have good weather, a nice crowd, and a profitable and enjoyable day for all.

We have **advertised** on websites, email, in newspapers, by poster, handouts and word-of-mouth. Please continue to inform customers, friends, family, stores, and community groups. There'll be food, music and fun, too. Profits from our event will assist charities.

I plan to send you a flyer, also, in case you find a place to post it. We appreciate all publicity, and certainly hope that you are able to join us for the day!!

We are planning to have a **raffle** of vendors' items. If you would like to participate please leave your donation at the raffle table. Please mark your item with your name and vendor information so you can be recognized when you draw a winning ticket. Drawings will take place throughout the day. We appreciate your help.

If you wish to buy **breakfast** (ready 8:30 for you), please **reserve** early with Millie at 597-0381. Although we may already have some of your information, we would like to confirm your preferences, plan and information as follows:

- Would you prefer to bring own table OR use a table provided by the hall?
- If we're providing, do you prefer a large round table OR rectangular?
- Would you like to set up your table on Friday, October 24, 12 noon to 2PM OR Saturday, October 25, 7:30 to 8:30 AM? (Please unload by side door and park in back. Guests will enter front door.)
- Please note your main items for sale

-
- Name

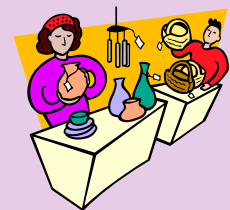
 - ---
 - Address

 - ---
 - Phone

 - email

Please make out check to Sons of Norway for \$20 to reserve your space.
Mail check and above information **by Sept. 10** to:

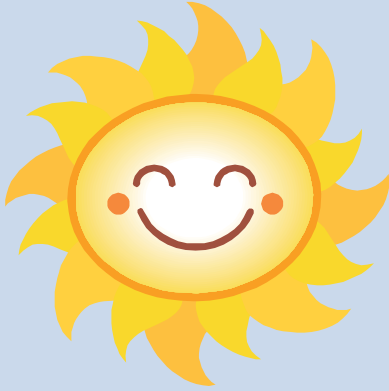
Ruth and Paul Wiig
1546 E. Owen Cir.
CO. SPRINGS, CO 80915



Thank you for supporting this event.

Eunice Bluhm, for Sons of Norway
For information, our phone contact numbers are 596-6159 (Ruth) or 351-3554 (Eunice).

SUNSHINE REPORT



Happy Birthday and Happy Anniversary to everyone who has September birthdays and anniversaries! We wish you all the best!

Well, we are back in the swing of things. Lefsa baking has started and oh my! is it good! I don't know what happened Monday, but there seemed to be more 'rejects' than before. Maybe it was the first day back, maybe it was just bad luck, but who cares – it all tasted great!!! It was fun to see people again after the summer break.

This month, we send our condolences to **Ole and Joan Bakken** whose brother-in-law passed away. Also, to **Joyce Gustafson** whose brother Roger passed away in Michigan. Please keep them in your thoughts and prayers.

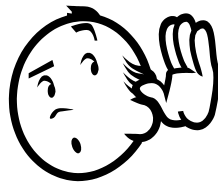
I have not heard of any illnesses so maybe we will turn this year around yet and see less of the sicknesses that happened to so many people at the beginning of the year. As they say at a certain pharmacy, **"Stay healthy, stay well."**

Thought going into the next month: Grant us brotherhood, not only for this day but for all our years – a brotherhood not of words but of acts and deeds..... Stephen Vincent Benet

Fraternally,
Karen Ravnaas
Sunshine Director, 390-0621



LISTEN UP!!!!!!!



WHAT? 6th ANNUAL **VIKING FAIR**. A Community Cultural Event
WHERE? VIKING HALL--1045 Ford Street, Colorado Springs 80915 (n. off Galley, east of Powers)
WHEN? OCTOBER 25, Sat., 9 AM to 2 PM
no entry fee
BREAKFAST served 9-11 AM for \$8.
Please MAKE RESERVATIONS with Millie at 719-597-0381.
FAIR INCLUDES: Arts, Collectibles, Crafts, Food, Fun, Handwork, Music, Raffles, Unique Gifts, Vendors
PROCEEDS FOR CHARITIES.
INFORMATION--please phone 351-3554 (Eunice) or 596-6159 (Ruth)

OPEN FACE SANDWICH WITH PICKLED HERRING (SURSILD)

Firm dark rye or pumpernickel bread
Butter, unsalted is best
Bibb lettuce
Pickled herring
Apple slice
Sour cream
Fresh dill or parsley



Butter coarse, dark rye or pumpernickel bread lightly. Top with Bibb lettuce leaf. Cover generously with herring and onion slices from the pickled herring. Add a dollop of sour cream, an apple slice and a sprig of dill or parsley. As an **alternative**, try this combination: bibb lettuce, slices of boiled potato, pickled herring, red onion slices, fresh dill. Sliced hard boiled eggs, chopped scalions and capers are also good alternatives/ additions, and use sliced lemons as a garnish.

Compliments of Vesterheim's News

Sommer Ferie (Summer Vacation)

Going away for vacation (in Norway) was not common amongst my friends when I was growing up, but we were lucky and would go every summer. Both my parents loved the mountains and forests, so we would often go to one of my grandfather's cabins for a week or more.

One of the cabins was by the lake in Lurdalen. It was not that far out of town, but we had to hike the last stretch. No electricity and the stove was a wood burner with rings that had to be removed to make the right size hole for the cooking pots. No running water, so we carried in buckets to the kitchen. The bunk bed was in the kitchen to take advantage of the heat from the stove, a common set up in older cabins.

The living room was full of old fashioned furniture, and to my brother's and my delight, a windup phonograph with a big heavy arm and a big cone speaker. And lots of 33s – Caruso and Jussi Bjorling – we loved it!!

The cabin sat on a spit of land, so when it grew dark, we could see the lights come on at the other cabins around the lake. I loved that sight. There was a rowboat to use, but not much fish. We would hike around the lake, bringing our “niste” (sandwiches and oranges usually), and my father always had stories to tell. He had stayed at the cabin on occasion during WWII, and once he took us to the training ground used by his resistance group.

Most summer vacations we spent in the mountain cabin at Vasstulan, my favorite. It would take all day to get there, first by train and then by bus. The road went up the u-shaped valley, then in switchbacks up the mountain until it leveled off. One year my uncle drove us in his Model A, and once we started climbing up the mountain, we had to stop several times to pour water in the overheated radiator. When we arrived at the cabin, my father showed us how his watch hands were moving out of time due to the shift in elevation.

The cabin was nestled against the foot of the mountain, but from the front we could look down the u-shaped valley, and to the east and the north we looked out on the wide mountain plateau. It felt as if we were on top of the world and could see forever! Being at such a high elevation, the only tree was the mountain birch and they only grew about a foot tall.

This cabin was small, one bedroom, kitchen and pantry, plus a pretty good size living room. It had electricity, but we used a well for water.

My brother and I would walk with our milk pail down to the “seter” or mountain farmhouse every evening at 7pm – milking time. The “seterjenta” (girl who watched the cows) would call the herd home, and go into the milk shed with one cow, milk it, then get the next one. After sieving the steaming milk, she would ladle it into our pail and my brother and I would walk back with the warm milk. And sometimes freshly churned butter.

The milk was very rich, so my mother would leave it overnight in the cold room. In the morning she would skim off the top one-inch or so of cream – rich and yellow

– and let it sit another day to become thick and slightly sour. We loved to eat that on our whole wheat bread with a little sugar. It was delicious!!

We did a lot of hiking from this cabin; to the top of the mountain behind the cabin and to the east to the fishing lakes. Usually, there would be other children at nearby cabins to play with too. There were herds of reindeer, but not seen very often until fall and slaughtering time.

Some days it would be raining, and we played card games, put together jigsaw puzzles, or sketched. I had my summer embroidery project, needle point usually. Sometimes the fog came in – so thick you could not see a foot out-side the window. We learned respect for nature. If that fog descended on you out on a hike, it would be difficult to navigate your way home. In that glacier landscape of rounded mountain tops, every-thing looks the same on a good day.

One year we took the bus to Dagali – a small community on the far side of our mountain. There was a memorial along the road that my father wanted us to see – a rough obelisk with runes running from top to bottom. At the entrance to the area we found a wooden arch with names and ages of the people who died in the Black Death-159 people as I recall–infants to elderly--so sad. It would have been most of the population at that time.

Late that afternoon we started the trip back to the cabin on foot. At first, going through a birch forest swamped with mosquitoes and on a trail that had not been used in a long time. Once clear of the trees, we moved across the mountains for several hours, stopping at an abandoned “seter” for a rest. It is easy walking in the high mountains once you are used to the elevation and you are not climbing up! Finally, as time moved into early evening and we were all tired and hungry, the fog started moving in! It blotted out everything, but we kept moving along the trail. As we crested a mountain and started the decent, there was something familiar. Yes, it was the mountain behind our cabin, and soon we were sitting down to dinner of *kjøttkaker* and trimmings that my mother had prepared the day before. Boy, did that taste good!

After 2-3 weeks in the mountain, we would return home tanned and fit. Glad to see our friends and to hear about their adventures. Late summer was perfect for biking off to our swimming spots at the river or at the lake and to have leisurely days hanging out.

Pretty soon, summer would be over and we would be back in school, comparing tans, and ready for another year of learning.

Submitted by Marit Barca, Freya Lodge

+++++

Editor's Note: Marit's reminiscing's were fascinating to me. Anyone from Fjellheim want to tell their childhood story? I would love to print it when we have room. DE

NORWAY'S DESIGNER JAILS ARE ALMOST A VACATION

Instead of isolating prisoners in harsh, sparse living arrangements which emphasize punishment, as we do in the US, prisons such as Halden and Bastøy have all the comforts of a college. Unbarred windows, a flat screen TV, mini-fridges and computer in every room, and attached white tiled bathrooms with fluffy white towels. There are common rooms for relaxing, and a shared kitchen. How about a gym, with a rock wall included? A pearly white dentist office. And a recording studio for the prison jazz band!

Outside are wooded grounds with jogging trails and modern benches for relaxing. After a day's work, the "prisoners" take classes to prepare themselves for re-entry into society - farming, philosophy and music are among the choices.

In Norway there is no death penalty, and the longest sentence is 25 years. So rehabilitation has been a major force behind incarceration. The punishment is considered losing ones freedom. At Halden you find 50% of the guards are women. The guards don't carry guns and routinely eat their meals and play sports with the inmates.

Within two years of release, as many as 60% of those released in the US and England end up back in jail. In Norway it is roughly 20%, and from Bastøy it is only 16%.

Compliments of Vesterheim's News

LIVING BENEFITS

In these turbulent financial times, what among your resources has been the one thing that has provided you with these things:

- Protection from the unforeseen
- Access to capital when credit is tight
- Creditor protection
- Tax advantage
- Self completion

If you answered cash value life insurance you are right!

Now should be the time to review the life insurance you currently have and possibly add some additional to your overall portfolio. Contact your Sons of Norway Financial Benefits Counselor today and get the professional consultation that is there for you, our members.

LaRue Hanson, FBC,

2523 Shalimar Dr, Colorado Springs, CO
80915-1030

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Lhanson1@q.com

FJELLHEIM - 2014 OFFICERS

Board of Directors

President	Michael Johaneson 303-663-3251 720-971-0130. mjohaneson@gmail.com
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Asst. Secretary	Laurie Hauschild 660-1105
Treasurer/Finance Chair	Laurance Moe 260-9490
Membership Secretary	Shirley Stillely - 475-1524

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Cultural Coordinator	Dean Tollefson 473-1110
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Sunshine	Karen Ravnaas 390-0621
Sports	Kerry Hefta 266-9429
Foundation	Caren Alvestad
Cultural Skills	Björg Mapstone 264-0955
Language Teacher	Karen Swartley 487-7420 Inger Pappas 596-7618
Book Club	Tillie Elvrum 683-5826

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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)

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Trustees	Rodger Erickson 597-2196 Jerry Johnson 495-0253 Terry Mapstone 264-0955

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lindault@comcast.net

District 6 President

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

ALL PHONE NUMBERS HAVE 719 PREFIX UNLESS
OTHERWISE IS NOTED

Sons of Norway
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Colorado Springs, CO 80915

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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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