



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

SEND ARTICLES TO YOUR EDITOR:

Knut Lyby
 5520 Sample Way
 Colo. Spgs. CO 80919
knutlyby@comcast.net
 Phone: 719-536-0647

Deadline for the September 2012 issue is: Monday, August 20

PRESIDENT'S MESSAGE FOR AUGUST

What a Summer! Hail storms, rain storms, fires and draught. Not to mention the above average temps. I hope this message find all of you safe and sound.

I'm looking forward to seeing many of you at our August meeting. I know some of you have traveled to Norway during the summer and have some stories and experiences to share with us. Our Heritage is the glue that binds us together. Part of being of Norwegian extraction is exploring the many foods we remember or have tasted through the years. The surprising thing about this is the fact that many of these foods are available to us here in the states. As members of Fjellheim we have learned (under the excellent tutoring of some of our members) to make lefse. A local butcher shop (Andy's Market) has potato sausage available. Ads in the Viking sell many cheeses and meats from Norway (Ingebretsens). There is a market in Denver that carries many Norwegian foods (corner of 26th and Kipling, Fiske Boller, Potato Sausage, Cheeses, Krisp Breads, candies, cookies etc. 303-232-8849). And Don't forget the store at Trollheim in Denver. So you see we have many sources to feed our Norwegian heritage hunger. Pun intended!

A big part of Sons of Norway is helping people in need. As a lodge, we contribute financial gifts to many organizations each year. We have an opportunity to continue this practice on an individual basis to the fire victims in our community.

Please call Knut Lyby and ask how you can help, 536-0647.

A big THANK YOU to Kerry Hefta for organizing the Sky Sox outing. It was very well attended and even though the weather wasn't the greatest, we still had a good time.

As we start into the late summer/early fall season, we can look forward to the Anniversary celebration in September and the resumption of our breakfasts.

Don't forget the salad pot luck before the August meeting.

Fraternally,
 Paul Wiig,
 President, Fjellheim Lodge
 6 – 107 Sons of Norway



4TH ANNUAL VIKING FAIR-- A CULTURAL EVENT

Saturday, October 27, 9 AM to 2 PM at Viking Hall, 1045 Ford Street, Colorado Springs



We invite you to mark your calendars and come to enjoy.
 Arts, breakfast (\$8), collectibles, crafts, food, music, raffles, stories, unique gifts, vendors.
 Proceeds for charities.

Prospective vendors and other contributors please phone Eunice Bluhm at 719-351-3554

August 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Norwegian Language Class - 7:00 PM	2	3	4
5	6 Board Meeting - 9:30 AM, Viking Hall	7 Game and Card Social - 12:30 PM, Viking Hall, Ginny Johnson, 495-0253	8 Book Club - 5 PM. Salad Supper - 6 PM. Lodge Meeting - 7:00 PM, Viking Hall.	9	10	11
12	13	14	15 Norwegian Language Class - 7:00 PM	16 Ladies Luncheon - 11:30 AM, TBD.	17	18
19 Rosemaling noon to 4 PM Sissel (540-2737) or BJ (264-0955)	20	21	22 Norwegian Language Class - 7:00 PM	23	24	25 Breakfast Social - 9-10:30 am, Viking Hall. Millie Sullivan (597-0381)
26 Rosemaling noon to 4 PM Sissel (540-2737) or BJ (264-0955) Dine Out - TBD	27	28	29 Norwegian Language Class - 7:00 PM	30	31	

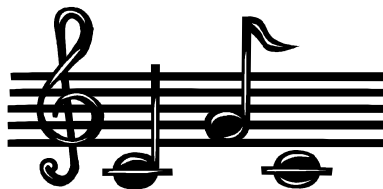
MUSIC TRENDSETTERS: OSLO, ATLANTA AND MONTREAL

Want to know which cities are music's trend-setting hotspots? Look no further than Oslo, Atlanta and Montreal. A recent report titled "The Geographic Flow of Music" analyzed music preferences and data collected from last.fm, the internet's largest music catalog website. For the past three years last.fm provided weekly music charts for about 200 cities, allowing researchers to plot the popularity of music tracks as they spread across the world and identify overall music habits and trends by city.

Dublin's University College researchers, Conrad Lee and Padraig Cunningham were surprised by the studies findings. "The results are interesting. First of all, depending on the genre, the leaders vary. Secondly, the big cities are not in the lead. I was expecting the cluster of New York City and San Francisco to be leaders, but that's just not what the data shows," said Lee. While it would seem that a correlation could be made between larger cities with high populations--such as London and Los Angeles--and thriving, trendy, music scenes, the data doesn't support a link. "We find only weak support for this hypothesis," say Lee and Cunningham.

Surprisingly, Atlanta tops the report's "All Music" category with Chicago, Montreal and Pittsburgh close behind. Atlanta is also the overall trendsetter for hip hop music. Montreal leads the trend for indie music, followed by Toronto, Los Angeles and Boston. Among European cities, Oslo is the overall music leader, followed by Stockholm and Paris. Oslo is also a popular hub for jazz and black metal music.

While the researchers say that the study does not make predictions about which artists will be popular in any given city in the future, it does shed some light on which cities are leading the world's music trends.



2012 INTERNATIONAL CONVENTION

Any member who wants to keep up on all the excitement happening at the International Convention need only go online and visit one of the links below.

Sons of Norway Blog:

www.sonsofnorwayblog.blogspot.com

Here, members can read posts about all the fun and exciting things happening in Fargo during the convention and view images of the event in real-time.

Twitter: twitter.com/sonsofnorway

The Twitter feed for this year's event will include short posts and candid photos from the convention floor. Be sure to look for #Sofn2012 to find all the convention-related posts.

Facebook: facebook.com/sonsofnorway

The official Sons of Norway Facebook page will be a great place for everyone to have a voice about what's happening at convention. If you don't have a Facebook account yet, be sure to sign up in time to be part of the ongoing conversation!



AUGUST BIRTHDAYS

4 Eunice C Bluhm
 4 Audrey L Greene
 4 Betty A McIntyre
 4 Torbjørn Moum
 8 Dennis P Lundmark
 8 Åshild Telise Rodelv
 9 Joe Michael Fornero
 11 Kathryn L Laux
 12 Anders V Hall
 16 Virginia M Johnson
 18 Elsie M Gonsholt
 19 Cathrine Y Berg
 19 Beverley B Disch
 20 Everett Snead
 20 B June Williams
 21 Sara J Berge
 22 Riley Coltrin
 23 Louella Gavin
 23 Duane J Hyland
 27 Margaret Graham Haug

HERITAGE AND YOUTH

5 Alyssa R Smith
 8 Trevor Oldervik
 13 Julieanne Marie Williams
 15 Grant Wiest
 21 Madison J Smith
 26 Avery G Lawyer

GRATULERER MED DAGEN!

KEEP THE DATES - 2012

September 16:

Fjellheim Anniversary Celebration

October 27:

Fjellheim Viking Breakfast and Bazaar

November 10:

Fjellheim Lutefisk and Meatball Dinner

December 1:

Fjellheim Christmas Tea

December 16:

Fjellheim Julebord

Dates Subject to Change



GAME AND CARD SOCIAL

August social will be the 7th at 12:30 PM at the Lodge. Join us for a potluck followed by cards and games. Everyone is welcome for an afternoon of good food, fellowship and fun.



Any questions call Ginny Johnson at 495-0253.

DINE OUT

Our August Dine Out will be held on Sunday the 26th. More information will be given at the August Heritage Meeting.



LADIES LUNCHEON

The next luncheon will be on Thursday the 16th. A place will be announced at the August Heritage Meeting.

BOOK CLUB STARTS A NEW YEAR

The Book Club will meet at 5:00pm on meeting night, Wednesday, August 8 at the Lodge. This month, members of the club will be reporting on their summer reading of their favorite Scandinavian authors. Among them will likely be the new Nordic fiction books outlined in the latest Viking magazine (June 2012, p 10 - 11). Diverse opinion will again prevail. If you do not wish to discuss a book, you are still welcome to come and listen and ask questions. Maybe, a new book will catch your fancy.

PANCAKE BREAKFAST IN AUGUST

The August Breakfast will be on Saturday, August 25 from 9:00 am to 10:30 am. We will be serving pancakes, sausage, bacon, fruit, juice and coffee. All for \$8.00 (\$5.00 for children). Please call Millie Sullivan at 719 597-0381 if you plan to join us.

*Thank you,
Mike J.*

AUGUST POTLUCK

Our August Lodge Meeting will begin at 6:00 p.m. with a potluck salad and dessert supper.

Please bring a favorite salad or dessert to share and enjoy a time of visiting before our meeting starts at 7:00 PM

Thanks, Dorothy

ROSEMALING CLASSES

Rosemaling classes are scheduled as follows for August 2012.

Sunday, August 19 from noon to 4:00 p.m.

Sunday, August 26 from noon to 4:00 p.m.

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.

*Thanks,
Sissel and Bj*



WORLD'S OLDEST ORGANISMS FOUND IN NORWAY

Scientists with the University of Oslo made a surprising discovery 20 years ago in a lake just south of Oslo, but it wasn't until just recently that scientists learned just how unique the discovery was. An elusive, single-cell microscopic algae-eater from Lake Ås has been declared one of the world's oldest living organism.

The organism, known as Collodictyon, evolved nearly a billion years ago and is described as being single celled, 30-50 micrometers long and containing 4 tail-like propellers. While Collodictyon is generally considered a type of eukaryote due to it's structure, the organism does not genetically match any of the known five types of eukaryotes (animal, plant, fungi, algae or protist) in existence.

"We have found an unknown branch of the tree of life that lives in this lake. It is unique," says Dr. Kamran Shalchian-Tabrizi, researcher from the University of Oslo. "It is quite fascinating that we can still find these kinds of organisms after so many years."

Researchers hope that the study of these microscopic organisms will provide insight into what life on Earth looked like hundreds of millions of years ago. Collodictyon have not been discovered anywhere else in the world, but Lake Ås.

Adapted from various sources

FROM YOUR FINANCIAL BENEFITS COUNSELOR

It's not just about the money. Have you had "the talk" with your kids yet? The legacy and inheritance talk. A recent study by a large life insurance firm found Elders and Boomers say they have started the conversation but not much has come of it. Boomers feel greedy, morbid and intrusive bringing up or discussing the topics of parent's health, estate planning and other details of getting things into place. They want their parents to take the lead in this touchy subject area.

The Elders (parents) are from a generation that doesn't feel at ease talking about these same topics because of the awkwardness it presents in the conversation with their kids. Enter your financial benefits counselor from Sons of Norway. We are trained at asking the questions that need to be addressed. We can help bridge the generations in a way that makes both sides comfortable. We can provide the expertise to help you and your family have an effective and satisfying plan that can be sustained over time. Call your Sons of Norway Financial Benefits Counselor [today](#) and let's get the talk started.

LARue Hanson, FBC
2523 Shalimar Dr.
Colorado Springs, Colo. 80915-1030
Office # 719-599-8546
Cell # 719-237-7314
Lhanson1@a.com



FOUNDATION NEWS

Our six month raffle income is \$151.00. Thank You to everyone supporting the raffles each business meeting. There will be another raffle at the August 8th meeting. The raffle item will be a beautiful old Norwegian plate. With "Takk for Maten" on the outer edge. So be sure to save your "penger" for this raffle.

At the 6th dist. Convention it was noted that our lodge was not listed as contributing to the Foundation. I have contacted headquarters to have this oversight corrected. We send in one check at the end of the year and they look at contributions by the month or quarterly. This will be corrected.

Fraternally, Ruth Wiig

JARLSBERG FILLED PEPPERS (JARLSBERGFYLT PAPRIKA)



Authentic Norwegian Cooking
by Astrid Karlsen Scott

4 large peppers, red or green
2 tsp. coarse salt
1 lb. (450g) ground meat, low fat
½ tsp. Tabasco
½ tsp. garlic salt
½ tsp. pepper, coarsely ground
1 lemon, juice of
⅔ cup (½ dl) French bread crumbs
1¼ cup (3 dl) Jarlsberg, diced
3½ tbsp. butter
garlic salt

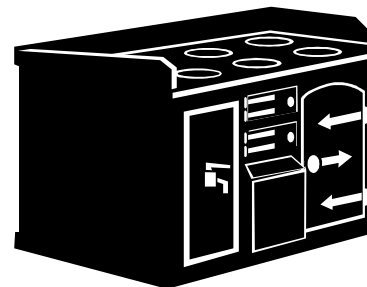
Divide peppers in two, remove stem and seeds. Sprinkle the coarse salt on baking pan. Mix meat, Tabasco, garlic salt, pepper, lemon juice, crumbs, and half of Jarlsberg cheese. Divide evenly between the peppers. Top the peppers with remainder of the cheese. Melt butter, add garlic salt and brush over the peppers. Place on top of coarse salt on baking sheet, and bake in 350°F (175°C) oven about 35 minutes. Serves 4-6.

FMC REPORT

On June 26 Owen and Jerry J. tar sealed some black top cracks. Swede replaced 2 light ballast and 5- 8 foot tubes. Also on that day a serviceman came too check out the range. It is working fine except for the large oven temperature is 25 degrees higher than the setting. For \$300.00 a new control valve can be installed.

On July 10 a serviceman came to check out the dishwasher. It is working fine.

Keep cool, Swede



DIRECTORY UPDATE 2012

New Members

Benrud, Gordon E. (Ben)
P.O. Box 172
Coaldale, CO 81222-0172
719-942-4168 Birth 2-7

Campbell, Evelyn Thrugstad
8310 Scarborough Dr.
Colorado Springs, CO 80920 -7168
719-237-6966 Birth 12-3
mstrmarcy@yahoo.com

Courter, Ann Kerstin
4980 Twin Gulch Ct (719) 638-8035
Colorado Springs, CO 80922-2318
719-638-8035
ann@courter.biz

Destree, Dorothy Dawn
170 Wolf Cub Trail
Cannon City, CO 81212-4184
719-275-5490 Birth 9-28
dickndot@gmail.com

Flolo, Alan Wayne
4680 Bohart Place
Colorado Springs, CO 80922-1654
719-550-3181
alan.flolo@peterson.af.mil Birth 3-11

Foresman, Rosanne & Rory
919 13th Ave. West
Williston, ND 58801
roryforesman@gmail.com
Birth Rory 3-3 Roseanne 12-7

Fornero, Debi & Joseph (Joe)
2195 Oak Hills Dr.
Colorado Springs, CO 80919-3476
719-266-0185
Deb - dmfornero@gmail.com Birth 3-10
Joe - jfornero@q.com Birth 8-9

Frank, Kristin Haug
1 Fifthth St.
Colorado Springs, CO 80906-3157
krishfrank@comcast.net
719-471-2604 Birth 10-18

Greene, Audrey L.
63 W. Boulder Street
Colorado Springs, CO 80903-3371
719-475-1952 Birth 8-4

Haug, Margaret Graham
1 Fifthth Street
Colorado Springs, CO 80906-3157
719-634-8827 Birth 8-27

Hauschild, Laurie & Mark
1723 Sanderson Ave.
Colorado Springs, CO 80915-1404
Laurie 719-660-1105
laurie1rdh@yahoo.com Birth 7-7
Mark 719-650-9238
mark1pe@yahoo.com Birth 12-14

Hermanson, Steven Roy
1208 Parkview Blvd
Colorado Springs, CO 80905-7626
719-520-0303
steve.hermanson@thrivent.com Birth 5-20

Jahnke Kari Malene
4110 Anitra Cir.
Colorado Springs, CO 80918-4410
719-593-1794
kari_jahnke@hotmail.com Birth 3-18

Johaneson, Carol A
1307 Wildwood Ln.
Castle Rock, CO 80104-9477
303-663-3251
caroljohaneson@hotmail.com Birth 9-23

Kreider, Connie S
417 E. Espanola St.
Colorado Springs, CO 80907-7647
719-473-0954 Birth 9-5
Edu_connie@yahoo.com

Larson, Eileen & John
2650 Alteza Ln
Colorado Springs, CO 80917-4016
719-570-0043
John - piper911sc@yahoo.com Birth 9-1
Eileen - larsoneileen1@yahoo.com Birth 3-2

Moum, Torbjørn, (Toby)
15667 Paiute Circle
Monument, CO 80132-6091
719-464-2681 Birth 8-4
tobymoum@gmail.com

Nielsen, Karen Jane
203 S. 23rd Street
Colorado Springs, CO 80904-3317
719-387-7334 Birth 3-30
kjnielsen50@hotmail.com

Oldervik, Tania Dawn
3220 N. Arcadia St.
Colorado Springs, CO 80907-5539
719-310-3586 Birth 12-21
toldervik@aol.com

Olsen, David John
8449 Copenhagen Rd.
Peyton, CO 80831-7975
719-495-8720 Birth 4-16
djnvgo_95@q.com

Ritz, Cynthia Louise
6731 Snowbird Dr.
Colorado Springs, CO 80918-1305
719-598-9306 Birth 9-4
mamahopie@msn.com

Svendsen, Brian L.
7045 Perry Park Blvd.
Larkspur, CO 80118-9003
Brian.svendsen@gmail.com Birth 10-22

Swartley, Karen AA
14610 Pine View Rd
Larkspur, CO 80118-6516

719-481-4176 Birth 2-11
kswartley@yahoo.com

Utke, Calvin Dale
5770 Flintridge Drive 2100
Colorado Springs, CO 80918-1881
719-660-4738 Birth 11-24
cdutkedds@pcsisys.net

Versluys, Clarence
761 Yale Place
Canon City, CO 81212-4612
719-275-0147 Birth 2-15
eversluys@juno.com

Wesley, Donna Marilyn
7135 McShane Rd.
Colorado Springs, CO 80908-4333
719-495-9659 Birth 7-7
richwesley@msn.com

Williams, Julieanne Marie
1355 Northface Ct.
Colorado Springs, CO 80919-1507
818-716-1953 Birth 8-13

Change Phone Numbers

Chris Beahler - (206)683-1404
Marilyn Keck - (719)329-4494
Virginia Nelson - (719) 640-9340
Pat Staubo - (719) 359-2570
Ole Bakken - (719) 649-3478 cell
Helen Mattson - (719) 434-7965

New/Change Email Addresses

Michael Johaneson - mjohaneson@gmail.com
Randy Johnson - norsk@hallan.com
Swede Knutson - sswede@comcast.net
Knut Lyby - knutlyby@comcast.net
Karen Ravnaas - kravnaas@aol.com
Pat Staubo - patvoice@comcast.net
Clarence VerSluys - cversluys@optimum.net

Address Changes

Grace Johnson
8500 Tessman Farm Road N. Apt 210
Brooklyn Park, MN 55445
(763)416-4110

Anne Suntken
1215 Allegheny Drive
Colorado Springs, CO 80919
(719) 594-4266

Ellen May
650 S. Alton Way
Apt 5B
Denver, CO 80247-1665

Ashild Telise Rodelv
2309 N. Nevada Avenue
Colorado Springs, CO 80907-6803
(719) 866-7049

Name Change

Marilyn Keck – was previously listed as
Marilyn Erickson

A LETTER TO ALL LODGE MEMBERS - JUNE 2012

I write you today to thank you for the support you have shown me the past 2 years as I filled the position of Sons of Norway Zone Director for Colorado. It has been an interesting 2 years, and I am honored to have had the opportunity to fill this position. It has been a busy 2 years, compounded by the fact that the District Board - for the first time - took on the sponsorship for the District Convention (2012). It was a new experience for all board members - a lot of extra work - some stress! some fun!! - and the result was a very successful convention!

As you all are aware, I chose not to take on the position of Zone Director for a 2nd term. I am very happy to tell you that **Linda Ault**, Trollheim Lodge, agreed to take the position and was voted in during the Colorado caucus the last day of the convention. I have no doubt that you will be as supportive to Linda as you have been to me. It's a new experience for her and I have no doubt she will do well.

All Colorado lodges stepped up and supported us when we asked for cookies. **Tusen Takk!** to you all! We had a **lot** of cookies!!! And everyone enjoyed them!

We wanted to promote Colorado with a Colorado Wine tasting event - **Tusen Takk!** to all who donated Colorado wine! This was a very successful event, and it was a pleasure to hear the California delegates' positive comments! One commented he has many times passed by the Western Slope wineries - bet he stops in next time!

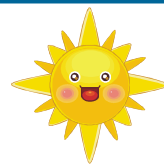
It was truly a successful convention - and we thank all of you - even if you did not attend, you helped to make it a success!

And we continue to move on. Linda and I will attend the International Convention in Fargo, ND in August. We will be sure to have a report to you following the convention.

Again - **Mange Takk!** to you all for your support! I have enjoyed the opportunity to learn to know so many of you.

Crystal Sundet
Retired - Zone 8 Director

THE SUNNY CORNER



Happy Birthday and Happy Anniversary! to all of you who have birthdays and anniversaries in August. We wish you a great day and wonderful celebration.

Remember that long, hot summer I mentioned in June's edition of the Flammen? Well, Mother Nature has not let us down. With records being broken across the country and a full fledged drought across the nation's breadbasket, we are feeling the full effects of the summer of 2012.

When looking at the calendar, I discovered that August gives us one day to celebrate: Norwegian Flag Day on the 29th. So wave the flag and sing the National Anthem.

Millie Sullivan is on the road to recovery. She has had a shot in her back to alleviate the sciatic pain, but has found out she has diverticulitis, which she is fighting with a strong antibiotic. She reports that she is feeling so much better and is getting her strength back. Larry Moe took a fall and is struggling with back issues. We wish them a speedy recovery.

We send our condolences to Cleo Allgood. Cleo's sister recently passed away so please keep Cleo and her family in your thoughts and prayers. Our former member and travel agent July Laumann passed away on June 5. Many will remember her for the bus tours to several Norwegian events across the Midwest.

Several of our members were evacuated during the Waldo Canyon fire. One former member, Cheryl Dingwell-Kikritz lost her home in the fire. We hope that everyone is recovering from this devastating event.

Thought for the month: God didn't promise days without pain, laughter without sorrow, sun without rain, but He did promise strength for the day, comfort for the tears, and light for the way. If God brings you to it, He will bring you through it.

Regards,
Karen Ravnaas,
Sunshine Director, 390-0621

BUILDING CONTAINING MUNCH MURALS TO BE SOLD

Edvard Munch's "The Scream" just sold at Sotheby's for a record breaking \$120 million, but, a lesser known Edvard Munch work may face a very different type of sell-off in the future.

In 1921 Munch was commissioned to paint 12 large murals in the women's cafeteria of Oslo's Kraft Foods factory. The murals depict scenes from resort towns on Norway's east coast. "These paintings are light and happy, unlike many other Munch paintings," says Kristian Hvilten, from Kraft Foods in Norway. "Munch did them as an older man - it shows he was at peace with himself." In 1934 the paintings were moved to a general dining hall, where they have been enjoyed by employees ever since. However, changing requirements at the factory may mean that the cafeteria containing the murals will need to be sold.

In an effort to preserve not only the murals but the rich cultural significance of the cafeteria, the Cultural Heritage Management Office will closely monitor the sale.

Currently the murals can only be seen by visitors on pre-booked guided tours, concerts or open events. Hvilten hopes that the sale might give the public greater access to view the works.

To view the murals, visit <http://www.nrk.no/kultur-og-underholdning/1.8110192>

DISCOVER YOUR INNER TROLL!
Sons of Norway District 6 Convention 2012

"Finding your Inner Troll" or "what is your passion"? We never did find the troll at this year's convention, but we had many discussions concerning our passion for the Sons of Norway (S/N) and our Scandinavian heritage. Our International Vice President, Marit Christiansen, one of our key note speakers, spoke about Heritage. She said that Heritage is important to us - giving of ourselves in order that Sons of Norway will continue throughout this century.

Her comments continued regarding S/N membership, a challenge for all Lodges. One statistic she shared is that during a recent membership survey, more than 20% of our member spouses are not members. The challenge for all of us is to encourage them to join and thereby increasing our membership numbers.

We need to find fantastic reasons for members to join - not only to join but stay. She shared with us that years ago S/N had charter flights to Norway. One had to be a member in order to take a trip to Norway at a reasonable cost. When charter flights ceased, the loss began. Our challenge now is to find another fantastic reason for members to join.

Sons of Norway must stay relevant to the changing dynamics of our members. How do we want to be perceived to prospective members? As an organization that eats a lot of Lutefisk - or an organization that is THE place to go for genealogy, travel programs, social networking, financial products. We want to be perceived as all these things.

Mrs. Christiansen spoke about ATTITUDE. Attitude is more important than facts. It is more important than the past, than education, than money, than circumstances, than failures, than successes, than what other people say or do. It will make or break a company, a church, a home or a LODGE.

We have a choice every day regarding the attitude we will embrace for that day. How is the attitude in our Lodge? Is it positive, negative or is it perhaps complacent. It is up to us as members to be positive. We don't have to have all the solutions but we do have to get out among our members and LISTEN.

Thank you for allowing me to be a delegate and to represent Fjellheim Lodge.

Sissel Disbrow

Thank you, Members, for the opportunity to represent you at the 2012 District Convention in Phoenix. What a trip! There were so many exciting events that it is hard to know what to report on!

I must say that the analytical person in me is fascinated with the Parliamentary Procedure and the formality of the actual procedures during the meetings. We were presented with resolutions which needed to be voted upon. At times, the discussion was extremely confusing and several time we just looked at each other with the expression that said - What? But as discussion continued, eventually the real issues were made clear and we were able to vote in a responsible manner. But to me, it was still the process that was most interesting.

Meeting the delegates was another favorite of mine. There are so many talented people in this organization. Learning people's interests, hobbies, and passions makes for interesting conversations and fun times. They shared some of these interests in the form of classes on genealogy, earning cultural skills pins (rosemaling, cooking, etc.), foundation and financial benefits, marketing and promotions, websites, membership growth, family and youth activities, to name a few. Between our four delegates, we were able to divide and conquer by taking different classes to gather information on a number of topics.

Last, but definitely not least, there were the cookies, bunads, cookies, Norwegian humor, cookies, great music, cookies, and for me, meeting my cousin who I hadn't seen since 1955 - yep, I was 6 years old. Oh! Did I mention the cookies?

So, again, thank you for allowing me to attend the convention. It was great! And, when I figure out who my inner troll is, I will let you know!

Karen



Convention Delegates from Fjellheim Lodge

I was very pleased to have the opportunity to represent Fjellheim Lodge 107 as a delegate at District 6 Convention in Mesa, Arizona. From the opening remarks and first roll call the Fjellheim delegates were all present and attentive. During the three day event, we listened to informative speeches and discussions regarding many topics of importance to us as individual members and Sons of Norway as an organization. The convention's keynote speaker, Marit Kristiansen, SON International Vice - President, addressed membership and the issue of governance of fraternal organizations. The Treasurer's report was met with much applause due to the robust balance sheet. District 6 scholarship winners for 2011 and 2012 were announced. A total of eight scholarships were awarded during this period. The Recreation Board held their meeting. The Century Club, which supports Camp Norge with financial support for Camp maintenance, made an appeal for new members. Cindy Olsen, International Foundation Director, presented a Foundation report. Janie Kelly, International Director, spoke on the importance of turning in Financial Forms D17 to the Home Office and 990 to the IRS. Len Carlson, Director of Agencies, introduced his Financial Benefit Counselors who were all available throughout the Convention to answer questions regarding SON financial products. All delegates attended two of four seminars on topics of interest to our local Lodge. I attended the Membership Growth and Retention seminar and the Internet Resources seminar.

Resolutions were presented, discussed and voted on. District Officer elections were held. The outcome was as follows: Lyle Berge- President, Mary Beth Ingvaldstad- Vice President, Wendy Winkelman- Secretary, Bob Sather-Treasurer, Irene Jordahl-Public Relations Officer. Best wishes to all in their District endeavors!

There was an excellent folk art competition in several categories, rosemaling, Hardanger embroidery, knitting, etc. The winners in each category were presented with ribbons. Throughout the Convention there were many opportunities for fellowship, food, dancing, a little poetry, resulting in lots of fun!!

Finally your Fjellheim Lodge received two gold awards for Fraternal Excellence and came in third in the Newsletter competition. Congratulations!

Ej Mapstone

DISTRICT 6 OFFICERS 2012-2014

President:

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International Director:

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FJELLHEIM - 2012 OFFICERS

Board of Directors

President	Paul Wiig 596-6159 prwiig@msn.com
Vice-President	Michael Johaneson 303-663-3251 mjohaneson@gmail.com
Counselor	Björg Mapstone 264-0955
Secretary	Marilyn Keck 465-2444
Asst. Secretary	Virginia Nelson 640-9340
Treasurer	Laurance Moe 260-9490
Membership Secretary	Shirley Stillely - 475-1524

Program Directors

Social Coordinator	Betty McIntyre 635-5294
Cultural Coordinator	Dean Tollefson 473-1110
Host & Hostess	Dorothy Hanson 599-8546 Ginny Johnson 495-0253 Karen Ravnaas 390-0621
Sunshine	(position open)
Youth	Kerry Hefta 266-9429
Sports	Ruth Wiig 596-6159
Foundation	

Language Teacher	Pat Staubo 359-2570 patvoice@comcast.net
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Support Officers

Greeters	Ken Halvorson 632-6003 Owen Bergland 576-1396
Marshalls	Ole and Joan Bakken 632-3892
Editor	Knut Lyby 536-0647 knutlyby@comcast.net
Musician	Sonja Gund 473-9588
Publicity	Eunice Bluhm 495-2029
Historian	Virginia Nelson 640-9340
Photographer	LaRue Hanson 599-8546
Librarian	Sonja Gund 473-9588

Viking Sisters

President	Betty McIntyre 635-5294
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Fjellheim Management Corporation (FMC)

Directors	Chuck Sullivan (2012) 597-0381 Doug Haug (2012) 632-4284 Swede Knutson (2012) 473-3297 Owen Bergland (2013) 576-1396 George Gund (2014) 473-9588 Agnes Barilovich 574-5653
Trustees	Rodger Erickson (2013) 597-2196 Jerry Johnson (2014) 495-0253 Terry Mapstone (2014) 264-0955

Committees/Special Activities

Auditors	Dean Tollefson 473-1110 June Peterson 599-3235 Millie Sullivan 597-0381
Finance Chairman	Michael Johaneson 303-663-3251
Adopt-a-School	(position open)
Tubfrim	Sara Berge 495-2134
Volunteer Hours	Cleo Allgood 598-1982
Field Representative	LaRue Hanson 599-8546

Colorado Zone 8 Director

Linda Ault 303-953-2716
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District 6 President

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

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