



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

March 2014

Volume 41, Issue 3

The mission of Sons of Norway is to promote and to preserve the heritage and culture of Norway, to celebrate our relationship with other Nor-

Inside this issue:

| | |
|-----------------------|----------|
| <i>Calendar</i> | 2 |
| <i>Birthdays</i> | 3 |
| <i>Sunshine</i> | 5 |
| <i>Lodge Officers</i> | 7 |
| <i>FROKOST FLIER</i> | attached |

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 NEW EDITOR:

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

Deadline for the April 2014 issue is 3/15

President's Column

We tried a more relaxed meeting in February with fewer reports and more programs. In March, we will have a great cultural program and lunch with very little, if any, business. Speaking of lunch, that was a great spread last month thanks to Dorothy Hanson and her crew. Tusen Takk.

Terje Vigen is visiting us at the March meeting. Dan Shauer, President of Fjelldalen Lodge in Denver, will be presenting this incredible Ibsen poem. If you search Google, you can print this wonderful story/poem in English.

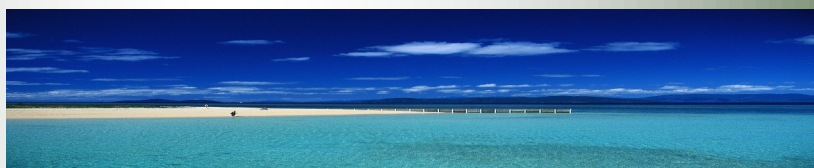
We are looking forward to our new language class and teacher, Karen Swatland. Please call her if you want to join us 719 487-7420. Additionally, Inger Pappas will be hosting conversational Norwegian starting in March. Her number is 719-596-7618.

Fjellheim Lodge is sending six delegates, our maximum, to the Sixth District Convention in June. More from Palm Springs this summer.

A special thank you to Millie Sullivan, June Peterson, and Dean Tollefson for auditing the lodge and FMC 2013 financial records. It does not take them long but it is an important job. Mange Takk.

By the time you read this, we will have participated in the Martinez Elementary Art and Cultural Show on February 27 which features Scandinavian culture. We are bringing lefsa, cookies, art, banners, flags, music and bunads. We will be joined by Karen Nielson and the Idavellr Vikings. We feel fortunate to connect with this school and share our heritage.

Mike Johaneson



EDITOR'S CORNER

Should I thrill you all with stories of my cruise? Or should I tell you the bumps in the road getting there first? I missed the boat! We boarded the plane in Colorado Springs and then sat in the plane at the gate for three hours because of FOG. We "never" have fog in Colorado Springs! When we finally got under way, I missed my connection in Dallas and consequently missed the boat in New Orleans. Groan! After many, many phone calls, I got the flights and cruise switched to the following week. All went smoothly. My 21 year old grand-daughter and I had a maavelous time on our Carnival cruise. We had excursions in Roatan (Honduras), Belize, and Cozumel (Mexico). She especially liked the water slide on the ship, swimming with dolphins in Roatan, and singing karaoke onboard. I liked the relaxing and the food. I'm a bit late with this issue of Flammen, but I'm trying to get over "island time".

Dot Everett

FEBRUARY 2014

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|-----------------------------------|---|--|---|-----------------------------------|--|
| 30 March | 31 March | | | | | 1 |
| 2 | 3 | 4 Fjelldalen Lodge Denver Cards Social 12:30 | 5 Board Meeting - 9 AM, Viking Hall. | 6 Stein Fjell Lodge Loveland Viking Sisters 1 PM | 7 | 8 Trollheim (Lakewood) Lodge 40th anniversary |
| 9 Vestafjell Lodge Grand Junction Area | 10 | 11 | 12 Book Club - 5 PM. FMC - 6 PM. Heritage Meeting - 7 PM, Viking Hall | 13 | 14 Hug somebody today!!!! | 15 |
| 16 | 17 Trollheim Lodge Lakewood | 18 | 19 | 20 | 21 | 22 |
| 23 | 24 | 25 | 26 | 27 | 28 Vesterheim Lodge Boulder | 29 |

KEEP THE DATES - 2014 FOR ALL COLORADO LODGES

April

TBD Vesterheim 35th Anniversary
13 Frokost—Fjellheim 11 am to 1:30pm

May

June

22-25 District 6 Lodge Biennial Con-
vention, , 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.

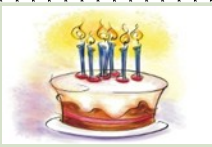
6610 W 14th Ave, Lakewood

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 MARCH

- 1 Dean E Tollefson
- 2 Eileen P Larson
- 3 Rory L Foresman
- 9 Teresa M Halvorson
- 10 Debi Melanie Fornero
- 11 Alan Wayne Flolo
- 14 Dean Gilbertsen
- 14 Avery Oldervik
- 17 Kristi J Erdal
- 18 Darlene B Aaland
- 18 Delores M Gagnon
- 18 Kari Malene Jahnke
- 23 Owen E Bergland
- 24 Karen K Ravnaas
- 25 Tove E Palmer
- 29 Charles R Redwing
- 30 Karen Jane Nielsen

Heritage Birthdays

- 3 Robert Gavin
- 3 Drew Wiest
- 7 Amanda Oldervik
- 31 Abby Allgood

A MIGHTY THANKS

The words 'Thank You' don't seem adequate for all the phone calls, cards, prayers and visits that were received during Jerry's surgery and hospital stay and now during his recuperation but a huge Thank You to all. Ginny Johnson

GAMES AND CARDS

We will meet on Tuesday, March 4th at 12:30 pm. The usual potluck followed by cards. Feel free to join us, everyone is welcome. Any questions, contact Ginny Johnson

VIKING SISTERS

Thursday, April 3 at 1:00 pm at the Lodge. All women of the lodge are members so please join us. We will be gathering ideas for the Boutique in November. New ideas are always welcome. Any questions, contact Ginny Johnson

BOOK CLUB

Book Club will meet at March 12th 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.

NORWEGIAN LANGUAGE CLASSES

Karen Swartley will teach beginning Norwegian in her home, 14610 Pine View Road, Larkspur, CO (719-487-7420). Structured setting using text books. Once a week, or twice a month. Call to schedule.

Inger Pappas will host a Norwegian Conversation class, 1510 Zaiger Drive, CS (719-596-7618). Some Norwegian speaking ability required. 1st and 3rd Tuesday, start March 18 at 6 PM. Call to schedule.

ROSEMALING CLASSES—Rosemaling classes are scheduled for Sunday, March 9th, from noon until 4:00 and Sunday, March 30th from noon until 4:00 at Viking Hall. The cost of each session is \$20.00. 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

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

IT'S TAX TIME AGAIN

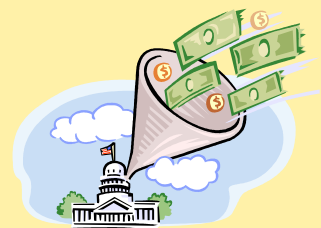


Every April we go through the same motions to pay our way in this country, taxes. Like it or not this is the American way. What a great opportunity to reassess your financial situation and your Sons of Norway Financial Benefits Counselor is here to help. Our FREE financial review service can help you set up, roll over or transfer IRA's. If you have a retirement plan with a previous employer we can help you get the

401(k) or other plan set up as yours away from the old business and into your control. If you are taking your required minimum distribution because you are over age 70 ½ we can help you maximize that money and leave a tax free legacy.

Your fraternal benefit society is here to help you make the most of what you have.

LaRue Hanson, FBC 2523 Shalimar Dr. Colorado Springs, CO 80915-1030
Office # [719-599-8546](tel:719-599-8546) Cell [719-237-7314](tel:719-237-7314) Lhanson1@q.com



CULTURAL SKILLS PROGRAM

I invite you to participate in the Sons of Norway Cultural Skills Program. As your Fjellheim Lodge Cultural Skills Program Coordinator it is my job and my pleasure to introduce you to this fun and informative program. There are fourteen Cultural Skills Units: Traditional Norwegian Cooking, Literature, Collecting Norwegian and North American Stamps, Norwegian Rosemaling, Genealogy, Knitting, Norwegian Language and Culture, Hardanger Embroidery, Figure Carving, Weaving, Ornamental Woodcarving, Chip Carving, Folk Dancing and Music and Musicians of Norway. In addition there are five Youth Cultural Skills: Folk Dancing, Figure Carving, Knitting, Norwegian and North American Stamps and Hardanger Embroidery.

Many of our members are already participating and some have been awarded with pins and bars for their efforts. Many others clearly qualify in certain skills and are only an application away from being rewarded with their pins.

There is a Hardanger Embroidery group that meets at the Colorado Springs Senior Center on most Tuesday mornings from 8:30 until 10:30. Although not strictly a Lodge group, most of those who participate are Lodge members and are well into the "Skills" program.

Fjellheim has an ongoing Rosemaling class that meets once or twice most months at Viking Hall. We have an excellent instructor and this is a chance to work on Rosemaling "Skills"

At 5:00 before monthly Lodge meetings our Book Group meets to discuss Norwegian and other literature, new and old, fiction and non-fiction. Several members of the group have been awarded their "Skills" pins and bars.

Some of our members have Folk Dancing pins, and perhaps others of which I am not aware. All the guidelines and applications are on line on the Sons of Norway website, sonsofnorway.com. I have copies of each one for those of you who might be interested in delving into your cultural heritage with a group or alone at your own pace. If you are interested please call me at 719-264-0955. If you would like to share your knowledge on one of these "Skills" or know of someone we could reach out to for instruction, please let me know. Bj Mapstone 719-264-0955

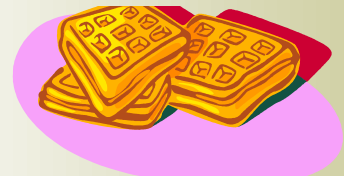
It's Frokost Time!!!!

Our annual Norwegian breakfast is another way of sharing our Norwegian culture through our food. Many of our members and friends volunteer many hours to this event. This involves cooking eggs, displaying the meats and cheeses, cutting lefse, making the salmon mousse, waffles, and baked goods. These are just some of the items that are lovingly prepared by our volunteers.

It will be held this year on Sunday, April 13, 2014, 11 AM to 1:30 PM at the Lodge. For those of you who are willing to help, there will be a sign-up sheet at our monthly meeting on March 12. You may also call me at 719-540-2737 to offer your services.

Volunteers are needed at the Lodge on Saturday, 9 AM to noon, and on Sunday, 9 AM to 11 AM.

Thanks, Sissel



SUNSHINE FOR MARCH 2014

Happy Birthday, Happy Anniversary, and Happy St Patrick's Day! to everyone who celebrates these awesome events during the month of March.

After last month's report, I certainly hope that the year goes better for all of our wonderful members and their families. Here are the follow-ups and a couple new people to keep in your thoughts and prayers.

Millie Sullivan is doing remarkably well. She joined us for the dine-out today and it was so good to see her feeling better and enjoying friends.

Tania Oldervik is recovering and feels much better. Although she is fighting a cold, the surgery has given her new hope.

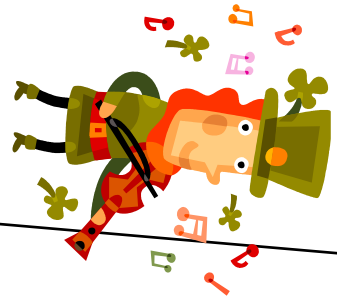
Jerry Johnson is recovering from triple by-pass surgery. He is bored and wants to be doing all the things his doctor says he cannot do yet. Millie and Chuck join Jerry and Ginny often to play cards and this makes things "more normal" for all.

Ken Halvorson is doing fine after cataract surgery.

Elaine Hellem was diagnosed as having blood clots in her lungs and spent some time in the hospital. She is home, on blood thinning meds, and is doing quite well.

So that's it for March. Here is the thought for the month: May you always have love to share, health to spare, and friends that care. May You Be Blessed!

Karen Ravnaas



The Fjellheim Lodge kids at Barneløpet 2014 held at Snow Mountain Ranch February 22: Elijah Dvorak, Kennedy Bens, Jedidiah Dvorak, Anna Bens, Emma Bens and Madison Bens. Not pictured: Joshua Lysne. All received medals, finished their races and went out for more. Sara and Cliff Dvorak, Karstin and Tom Lysne, Marcia Bens, Kerry Hefta, Lyle Berge and Mike Johaneson all played a part in making this a successful event for the kids. From Mike Johaneson

Get Ready



Get Set



GO!!!!!!!

I'm really skiing!!



Medals



Ah!!! Food!!!!



Norway celebrates Bicentenary of its Constitution (VG/Aftenposten) www.norwaypost.com February 16th marks the official start of the 200th anniversary of Norway's constitution and its independence from Denmark. At the beginning of 1814 Norway was still under Danish rule. At the end of the year, Norway was in a union with Sweden. In the meantime, however, the Norwegian people and a poor, small country grasped the opportunity that arose when the major national powers were settling things after the Napoleon Wars. The Norwegians declared themselves free and independent, and passed one of the most liberal constitutions at the time. On February 16, 1814, Danish Prince Christian Frederik and Norwegian lords met at Eidsvoll. There they decided to form a national committee that would give Norway its own constitution. Prince Christian Fredrik realized that he would have to be chosen by the people's representatives if he would become a Norwegian king. Being an heir to the throne was simply not enough, and the Norwegian people had successfully taken over the power and changed the country's entire political framework. The committee at Eidsvoll ensured that the focus was on the individual and his/her own rights in the constitution that was written in 1814. They looked to the U.S. and France for inspiration, which also meant a revolutionary new look on the citizens' role in society, human rights and division of power.

Today, Norway's constitution is the world's second oldest acting constitution. Only the U.S. constitution is older and still in effect. That alone says a lot about the men at Eidsvoll's capability to look ahead of their own time.

The 200th anniversary of Norway's constitution officially started on Sunday, and will be celebrated with different events and exhibitions throughout 2014. For the full program, see the government's website dedicated to the anniversary: <https://www.stortinget.no/en/Grunnlovsjubileet/In-English/>

Note from Desert Fjord: There is no reason not to begin playing the new national song for the 200th anniversary which has now started in Norway. Some of you may have been waiting for the 17 of May.



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 Stillely - 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 Kerry Hefta 266-9429 Caren Alvestad |
| Sunshine | Björg Mapstone 264-0955 |
| Sports | Karen Swartley 487-7420 |
| Foundation | Inger Pappas 596-7618 |
| Cultural Skills | Tillie Elvrum 683-5826 |
| Language Teacher | |
| Book Club | |

Support Officers

| | |
|---------------------|--|
| Greeters | Lois Halvorson 632-6003 Owen Bergland 576-1396 |
| Marshall | Dave Hagen |
| Editor | Dot Everett 328-1481 dotforsofn@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

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

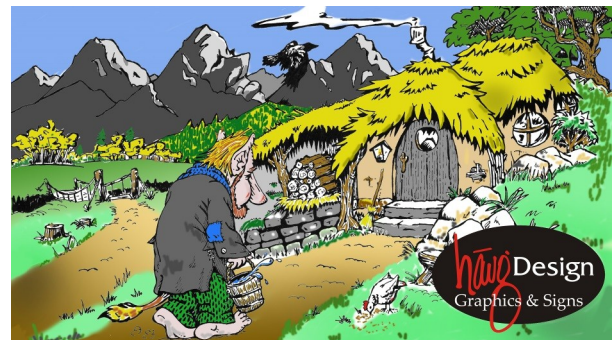


**SONS OF
NORWAY**

LaRue Hanson
Financial Benefits Counselor

Business: (719) 599-8546
Cell: (719) 237-7314
Email: lhanson1@q.com

www.sonsofnorway.com



719-473-4284

doug.haug@gmail.com



Patty Gooding
(719) 550-1206

2905 NORTH MURRAY, COLORADO SPRINGS, CO 80917
TUESDAY-FRIDAY 8:00-6:00 SATURDAY 7:00-2:00



Custom Roofing Solutions Backed By Credibility and Performance

Aaron Eades
Project Manager

4605 Town Center Dr.
Colorado Springs, CO 80916
Aeades@peakviewroofing.com
www.peakviewroofing.com

Office (719) 593-0580
Fax (719) 575-9580
Cell (719) 522-3413