



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

February 2017

Volume 44, # 2

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.

Inside this issue:

Calendar	2
Sunshine	2
Pres. Notes	3
Birthdays	4
Lodge Officers	7

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 March Issue is February 20



Fjellheim Lodge Valentine's Day Fish Fry



Saturday, February 11, 2017 @ 3:00 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 pulled pork sandwiches with all those fixin's. Either way, a good deal at \$20.00 per person. So c'mon over and celebrate Valentine's Day with us Vikings. Okay then! See you on February 11th.



For Reservations

Please call Karen Ravnaas at (719) 390-0621
 by Wednesday, February 8th
Seating is limited

Congratulations to all the 2016 New Members to our Fjellheim Lodge who attended this event on Saturday, January 21. Those new members who did not make it, can pick up their Norway flags and Certificates at the Lodge's Fish Fry on Saturday, February 11. *Nancy Allen*

2017 Februar

sondag	mandag	tirsdag	onsdag	torsdag	fredag	lordag
			1 9:00 am Board Meeting Viking Hall	2 1:00 pm Viking Sisters Viking Hall	3	4
5 8:00 am Ski for Light DIA	6	7 12:30 pm Card Social Viking Hall	8 5:00 pm Book Club 5:30 pm FMC 7:00 pm Heritage Mtg Viking Hall	9	10	11 3:00 pm Fish Fry Viking Hall
12 10:00 am Ski for Light DIA	13	14	15	16	17	18
19	20	21	22	23	24	25 9:30 am Barnelopet Snow Mountain Ranch, Granby
26	27	28	1 Mars 9:00 am Board Meeting Viking Hall			



Sunshine Report - February 2017

Happy Birthday to everyone who is celebrating your birthday in the month of February. And, Happy Anniversary to those who celebrate this special event this month.

Joan Magee fell and fractured her right leg; the doctor however, didn't put a cast on it since it wasn't a major break but told her to use a walker and be careful! She is doing very good and is even back at the lodge for events. **Alex Parra** is recovering from a severe infection caused by an old knee replacement. He has had a new replacement done, but still has a lot of pain from all the other complications caused by the infection. He will have another MRI on the 24th and will find out what happening. He is still in rehab at Springs Advanced Health Care on South Parkside Drive. **Virginia Nelson** recovering from her broken pelvis and wrist and is home. She is healing well and walking a lot. **Sara Berge** is healing well after having knee replacement surgery and is back to attending functions. **Lena Erickson**, Sissel's granddaughter, is recovering from complications of an abscessed tooth which put her in the hospital for a time. She is now home and getting back to normal. Please keep these members in your thoughts and prayers as they recover.

Jerry Maines Mother passed away during the holidays. **Ruth Young's** sister passed away after the new year. Please keep our members and their families in your prayers as we send our condolences their way.

Be tender with the young, compassionate with the aged, tolerant of the weak, because someday in your life you will be all of these. ~George Washington Carver~

Fraternally, *Karen Rønneaa* – 390-0621

PRESIDENT'S MESSAGE

The 2017 Board was installed on January 21st by Zone 8 Director Bev Moe. We then had a traditional Sons of Norway Welcome Ceremony for new members. We have 28 new members thanks to all of you and especially our excellent Membership Secretaries Nancy and Linda. Steve was presented with a plaque and many thanks and well wishes for his service as our Lodge President for the past two years.

As we move from the busy holiday season into the New Year we realize just how fast time passes. Yes, its winter but the days are getting longer. We have planned our Lodge social calendar for the year and will start things off with a Walleye Fish Fry on February 11th.

We will continue to try to make the cultural parts of our monthly Heritage meetings fun and relevant. If you have an idea for a program, please bring it to the attention of any Board member. We have had several suggestions already and can promise an interesting year.

Please join us for fun and fellowship. *Bjorg*



(BJ having fun with the children making Christmas ornaments)



Officers for 2017 – Back Row: Mike Johaneson, Randy Johnson, Jerry Maines, Leonard Beasley, Karen Ravnaas Middle Row: Bev Beasley, Cathe Berg-Maines, Ginny Johnson, Sonya Gund, Lois Halvorson, Sissel Disbrow, Linda Wenneberger, Nancy Allen, Tania Oldervik Front Row: BJ Mapstone (President), Kerry Hefta (VP), Jerry Johnson (Treasurer), Sara Berge (Secretary), Kathie Godsil (Social Coordinator), Steve Hermanson (Counselor), Bev Moe (Zone 8 Director), and Terry Mapstone (Pres. FMC)



CULTURAL REPORT— MARCH MEETING PROGRAM
We will have a brief discussion about the **Fylkesmerker** [County Coats of Arms] of Norway. These are depicted by the plaques on the north and south walls of the lodge.



February Birthdays

Kris J Barney	1
David Allan Haugen	7
Vivi L Bjornen	8
Lillian May Hermanson	9
Nora Suntken	9
Beverly R Broin	11
Jennifer Lynn Bostow	13
Jessica Elaine Bostow	13
John Moe	15
Clarence Versluys	15
David O Haukom	20
Kerry Ann Hefta	22
Gail Ann Gudmestad	23
A Laurance Moe	23
Celeste N Osburnsen	23
Paul R Wiig	25
Jedidiah Dvorak	27
Elaine Hellem	27
Richard L Jacobson	28



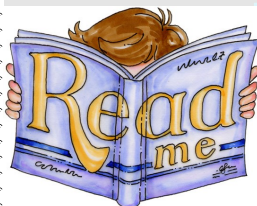
Card Social

Card Social will be Tuesday, February 7 with a potluck lunch at 12:30 pm at Viking Hall followed by visiting and cards. Questions call Ginny at 495-0253. Everyone is welcome

Viking Sisters

Viking Sisters will meet Thursday, February 2, 1 pm at the Viking Lodge. Call Ginny Johnson 495-0253

- Since we are not collecting card fronts to send to St Jude's I will take them to our church which continues to do so. Remember that Hallmark, Disney and American Greetings are not accepted. Size preferred is 5 x 7 or smaller, fronts only with no writing on the backside. Thanks, Ginny Johnson



Book Club meets every second Wednesday of the month at 5:00 pm at Viking Hall. Our facilitator is Dot Everett. We are reading books by Sigrid Undset this month.

Rosemaling Classes at Viking Hall

All skill levels are welcome. The cost for each 4 hour session is \$20.00. Please call Cindy Bauer at 633-8260 or Bj Mapstone at 264-0955.



Ski for Light Returns to Colorado!!

Mission: to enhance the quality of life and independence of visually or mobility-impaired adults through a program of cross-country skiing. On February 5-12 the program will be held at Snow Mountain Ranch in Granby, CO.

Help Ski for Light celebrate it's 42nd international week with a week of great fun, sharing and friendship—and cross country skiing! This is a Sons of Norway tradition & founded by Norwegian ski legend Olav Pedersen in 1975.

Disabled skiers and guides alike experience the joy and reward of practicing and believing in the ski for Light
Motto: "If I can do this, I can do anything."

Stein Fjell is looking for volunteers to help with DIA navigation of the skiers on February 4th, 5th, and 12th. If you can help please contact JoAnn Kison at 970.581.2348 or jkison@comcast.net



Frokost Meny

Authentic Norwegian Breakfast

Sunday, April 2, 2017

11:00 - 1:30 PM

Sons of Norway Lodge

1045 Ford Street, Colorado Springs

Baked honey ham	Pickled herring	Shrimp salad
Roast beef	Sardines	Salmon mousse
Liver sausage	Smoked salmon	Potato salad
Salami	Scrambled eggs	Cucumber salad
Roast pork	Deviled eggs	Cardamom bread
Head cheese	Tomatoes	Cole slaw
Gjetost	Lingonberries	Julekake
Jarlsberg	Waffles	Lefse
Swiss cheese	Fresh fruit	Apple cake
Bondøst	Pickled beets	Flat bread
Tomato aspic	Orange juice	Dill pickles
		Coffee

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

Velkommen til Bords!

Members: \$20.00

Non-members: \$22.00

Children 12 and under: \$10.00

Children not requiring a seat: Free

**RSVP by March 29, 2017. Make checks payable to Sons of Norway.
Send checks to Kathie Godsil, 4415 Flat Top Place,
Colorado Springs, CO 80923, Phone: 719-266-9592**

Our Fjellheim Lodge 2017 Norwegian Breakfast (Frokost) will be on Sunday, April 2, 2017. We look forward to our members and friends attending. This annual event involves many willing hands in putting this together. At our lodge February and March Wednesday Heritage meetings, there will be sign-up sheets identifying various areas where help is needed. From cooking eggs, assembling trays, to clean-up - there is no job too small - so we look forward to all of you contributing your time and talent to this annual event.

Saturday, April 1st, 8:30 a.m. to noon, we gather at the Lodge to begin this process - of course with a coffee break and treats at 10 a.m. On Sunday 2 April, 8:30, final preparations are made. If you have any questions or ideas please contact me at 540-2737 - Thank You. *Sissel*



shutterstock - 243400636

Barnelopet

Children's Cross Country Ski Race & Orienteering for All

(1.0 Km, 2.5 Km & 5.0 Km)

Saturday, February 25, 2017

Snow Mountain Ranch—YMCA—Granby

*Free Ski Lessons & After Event Reception with Refreshments

*(Ski Rentals at the YMCA Nordic Center)

For Registration Information, contact Lois Hodne at 303 795-6695 or hiloie@aol.com or

Jon-Eirick Holm Johansen at 970 412-0433 or tvchiro@gmail.com

Registration begins at 9:30 am, Ski lessons 10:00-11:15 am

Race Begins at 11:00 am, Orienteering at 12:30-200 pm



Sat., January 1st was fun. We installed new officers and new members, swapped presidents, and got in a circle to welcome the new members. Then we ate the best open faced sandwiches ever. Next month –How to make them.



Ed Note: Before I received all these great pictures, I had a long story about helping lodges cook lutefisk. Short version: The four Colorado lutefisk and meatball dinners were similar in many ways. Same menus. Each lodge charges about \$20, each fills the dining hall and all serve great food. Each lodge gets their lutefisk from Olsen's in Minneapolis and uses Rosina Swedish meatballs. They all make money and all need more volunteers.

Each lodge does some great things : **Lutefisk – Trollheim**. The fish is cut into 2 1/2 inch wide pieces, placed in baking trays with screens on the bottom (10 per tray) and salted and peppered. At cooking time melted butter and bacon pieces are generously applied. The lutefisk was done, firm and tasty. **Meatballs and Gravy – Stein Fjell** – They have a simple but very nice gravy recipe. **Potatoes – Fjellidalen** - Like most lodges, they peel and boil the potatoes but theirs were really good. **Lefse – Fjellheim** – Fresh, cut in half with 3 pieces per person. **White Sauce – Trollheim** – They use bacon grease as the base. **Riskrem** – All the Colorado lodges make the best riskrem. Lois, Lise and Donna are heroes. **Service – Fjellheim** – Family style service at round tables. **Host with the Most – Stein Fjell** -About 380 diners. **Magic – Fjellidalen** – Small kitchen, one sink, and no warming ovens. Many compliments. *It was fun at all four. Takk. Mike J*

Whole Life, Again

Guess what I will talk about this month, again. Whole life insurance, of course. By now, you know I like whole life insurance. It is a good investment. It grows in cash every day. If you use the annual dividend to pay for more insurance, the face value also grows, hedging against inflation. All of this and the premiums stay the same regardless of age or health.



In November, I talked about a new feature with our whole life products – a **chronic illness rider** that gives you 2% per month of the face value of your policy for policy holders diagnosed with a chronic illness. That means \$6000 per month for those with a \$300,000 policy

In December, we talked about the Terminal Illness Accelerated Benefit rider which allows you to collect the insurance benefit early if you have terminal illness.

This month, I get to tell you about our new **less expensive whole life** policy. It has all the features of our other whole life products except the dividend feature. The face value will not grow. If you buy a \$300,000 policy when you are 55, it will be a \$300,000 policy when you reach 85. The cost **savings** can be 10% to 12%.

One of the things I like about Sons of Norway Insurance is its willingness to listen to the members and develop products the members want. I would like to show you a whole life product that meets your needs and your budget.

Mike Johanesson
Call or text 720-971-0130
mjohanesson@gmail.com



FJELLHEIM - 2017 OFFICERS

Board of Directors

President	Björg Mapstone	264-0955
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
Cultural Coordinator	Marjorie Erickson	597-2196
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
	Bjorg Mapstone	254-0955
	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
mbingvoldst@aol.com

ALL PHONE NUMBERS HAVE 719 PREFIX
UNLESS OTHERWISE IS NOTED

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



Please cut stamp for Tubfrim

1307 Wildwood Lane
Castle Rock, CO 80104-9477



SONS OF
NORWAY

Michael Johaneson
Financial Benefits Counselor

Phone: (720) 971-0130
Email: mjohaneson@gmail.com

www.sonsofnorway.com



Patty Gooding
(719) 550-1206

2905 North Murray, Colorado Springs, Co 80917
Tuesday-Friday 8:00-6:00 Saturday 7:00-2:00


Advanced
Clean Ducts
Inc.
For the Air You Breathe...
(719) 598-1920

Using the only EPA recommended cleaning method—
TOTAL SOURCE REMOVAL

Seth & Jessica Lawver
Owners

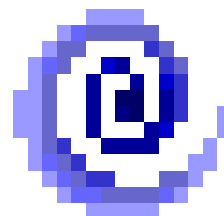
11605 Meridian Market View
Unit 124 #352
Falcon, CO 80831

info@advancedcleanducts.com
www.advancedcleanducts.com



SPIRAL BODY MASSAGE THERAPY

Caren Alvestad R.M.T., C.N.M.T



FOR PAIN RELIEF & RELAXATION
Please call for an appointment
(719) 648-2320