



FJELLHEIM 6 – 107
 Sons of Norway
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April 2015

Volume 42, #4

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 May issue is April 20



Frokost Meny

Authentic Norwegian Breakfast

Sunday, April 19, 2015
 11:00 – 1:30 PM
 Sons of Norway Lodge
 1045 Ford Street, Colorado Springs

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

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

Velkommen til Bords!

Members: \$18.00	Children 12 and under: \$8.00
Non-members: \$20.00	Children not requiring a seat: Free

RSVP by April 15, 2015. Make checks payable to Sons of Norway.
Send checks to Kathie Godsil, 4415 Flat Top Place,
Colorado Springs, CO 80923, Phone: 719-266-9592

2015 April

Sondag	Mandag	Tirsdag	Onsdag	Torsdag	Fredag	Lordag
29 12:00—4:00 Rosemaling Viking Hall 1:30 Dine-out- Zios Italian	30	31	1 9:00 am Board Meeting Viking Hall	2 1:00 pm Viking Sisters Viking Hall	3	4
5	6 9:00 am Lefse Making Viking Hall	7 12:30 pm Card Social Viking Hall	8 5 PM Book Club 6 PM FMC 7 PM Heritage Mtg Viking Hall	9	10	11
12	13 9:00 am Lefse Making Viking Hall	14	15	16 11:30 Ladies Luncheon Uwe's German Restaurant	17	18
19 11:00-1:45 Frokost Viking Lodge	20	21	22	23 9:00-5:00 Bunad Class Viking hall	24 9:00-5:00 Bunad Class Viking hall	25 9:00-5:00 Bunad Class Viking hall
26 12:00 Rosemaling Viking Hall 1:30 Dine Out South Side Johnnies	27 9:00 am Lefse Making Viking Hall	28	29	30		

April Meeting Program

Tom Silas, retired UCSC Air Force Engineer and Viet Nam Veteran, will present the program, **10th Infantry Mountain Division History.**

Tom has served for 4 1/2 years as a volunteer staff member at the Ft. Carson 4th Infantry Museum. He is the Historical

Information Specialist (he calls himself a glorified storyteller.

See you at the meeting.

Marje



2015 Ladies Luncheon Schedule

Ladies lunches are the third Thursday of the month and are at 11:30. Each month will have a hostess who will select the location and take reservations, unless indicated below:

April 16 Uwe's German Restaurant; Lois Halverson-Hostess 632-6003
May 21 Location TBD; BJ Mapstone-Hostess
June 18 Senor Manuel's; Karen Ravnaas-Hostess; 390-0621
July None
August 20 Location and Hostess TBD; any volunteers?
Sept 17 Location and Hostess TBD; any volunteers?
October 15 Location and Hostess TBD; taking a volunteer...
November, December – None

2015 Last Sunday Dine Out Schedule

Mar 29 Zios Italian Restaurant
April 26 South Side Johnnie's
May 31 Rock Bottom (Powers)
June 28 Stagecoach Inn
July None
August 30 Edelweiss
Sept 27 Golden Bee @ the Broadmoor
October, November, December – None
All dinners will be @ 1:30 p.m. See you there!

Karen Ravnaas-Hostess; 390-0621



Membership Program A Hit

The membership promotion program on Saturday, March 21 turned out successful in many ways. Using a \$400 grant from Sons of Norway Benefits, sixteen prospective members and their sponsors were treated to an old-fashioned church basement lunch of hotdish, jello and cookies and they were entertained by the delightful SongSpinners. They were also encouraged to join Sons of Norway by members of the lodge. The result was we have eight new members and four committed to join in April.

Tusen takk to Viking Sisters-Ginny, Cleo, Millie, Carol, Rosa, Lois, Karen and Dorothy for a wonderful meal. I think I saw Joan and others bringing in food. Sorry if I missed you. It was all great.

Thanks to Ruth, Nancy, and Marjorie for signing up our new members. Most of all, a special thank you to the new members for joining us: John and Johanna Moe (no pic) and



Jennifer Bostow
Jessica Bostow
Beverly Beasley-



Leonard Beasley,
Cynthia Pechacek
Norman Pechacek.

Welcome.



Behind the Scenes.....

On those Monday mornings during our Lefse making get-togethers; have you ever wondered where that dough comes from? It comes from Lois Halvorson's kitchen where she makes it every Sunday. When you walk into our Lodge to attend our monthly meeting; have you ever wondered how things always look picked up, things put away, and everything so clean?

Come by the Lodge sometime during the week or on a weekend and you'll probably see Terry Mapstone painting something or cleaning the floor. You will also see BJ Mapstone picking stuff up and making sure that Terry doesn't leave a mess. To anyone visiting our Lodge, it may appear as though we have our "act together". But just like in a movie or play, "acts" just don't happen. Sometime after a movie, watch the "credits". There are dozens and dozens of people "behind the scenes".

For the first time in years, our Lodge Office is organized and clean. And our back storerooms have also been cleaned out and organized. Thank you to Terry, BJ, and Karen Ravnaas.

We have many activities & dinners that are about to begin; Frokost, Lefse Making, Syttende Mai Fest, May Clean-Up Day @ the Lodge, Summer Picnic, Scan-Fest in Estes Park, Lodge Anniversary Dinner, Viking Fair, Lutefisk & Meatball Dinner, and our Christmas Julebord. We have a lot of "acts". Would you like to be one of the "credits"? Just contact Sissel Disbrow, Kathie Godsil, Eunice Bluhm, Lois Halvorson, or Mike Johaneson.

The next time that you see one of our FMC Directors, or a Committee Chairperson, or a Support Officer, or one of our Program Directors; give'em a pat on the back.

- Steve Hermanson

Eat Like A Norwegian

New Nordic Diet Hailed as Successor to Mediterranean Diet

For years nutrition experts have been singling out the Mediterranean diet as one of the best ways to prevent some chronic diseases. However, multiple research studies conducted over the past few years are now putting the New Nordic Diet at the forefront of the latest and greatest trends in healthy eating. Today, the diet has gained so much mainstream publicity that a cursory search of the Internet yields articles hailing the diet's merits from sources ranging from Prevention Magazine, Vogue and National Public Radio to the School of Public Health .

Centered around local, seasonal and fresh fare, the diet has its beginnings in Denmark with Noma restaurant chef's René Redzepi and Claus Meyer. What began in 2003 as a mission to focus on local and seasonal ingredients at Noma; grew into a larger movement of 12 leading Scandinavian chefs who sought to define the elements of modern Nordic cuisine. Their collaborative efforts produced the New Nordic Diet principles being used today.

- More fruit and vegetables every day
- More whole grain
- More food from the seas and lakes
- Higher-quality meat, but less of it
- More food from wild landscapes
- Organic produce whenever possible
- Avoid food additives
- More meals based on seasonal produce
- More home-cooked food
- Less waste.



Beyond it's status as the latest diet trend, the New Nordic Diet does boast reliable nutritional studies that support its current status. In 2013 a study by the Journal of Internal Medicine found that participants with cardiovascular risk factors experienced lower blood cholesterol levels and inflammation on the diet as opposed to a typical Western diet. Just last year the American Journal of Clinical Nutrition found that New Nordic dieters saw a reduction in their weight as well as blood pressure while on the diet. It is also important to note that participants achieved their weight loss results without calorie restrictions, indicating they were satiated with the foods available to them. Interested in testing out the New Nordic Diet for yourself?

The official website of Denmark offers New Nordic Diet recipes for starters, main courses and desserts at <http://denmark.dk/en/lifestyle/food-drink/new-nordic-recipes/>

LEFSE BAKING for APRIL

April 6th, 13th and 27th; all Mondays will be lefse baking days for April. We start at 9:00 am. Come join us at the lodge for a great time, fellowship, coffee and fresh lefse, along with some work, of course.

Lois



HAPPY BIRTHDAY

Tyrone L Steen	1
Kolben Erdal Barney	2
Barbara Ann Nelson	2
Kristine H Brindle	3
Doris I Lake	5
Joan Ruth Magee	9
Henrik A Lyby	10
Cynthia A Snell	11
Vickie Lee Bross	12
Lorraine J Timm	15
David John Olsen	16
Lyle E Berge	17
Jennifer J Forbes	22
Timothy Coltrin	24
Paul E Greenfield	25
Marjorie E Erickson	27
Randy M Johnson	27
Jerry Johnson	30



Card Social

Join us on Tuesday, April 7, 12:30 pm for potluck lunch followed by cards and socializing. Questions - call Ginny 495-0253.

Viking Sisters

Viking Sisters meets Thursday, May 7, 1 pm at the lodge. We are preparing for the boutique in November. Please join us, remember all you ladies are Viking Sisters.

Questions - call Ginny 495-0253.



Rosemaling Classes at Viking Hall

Rosemaling classes are scheduled for Sunday, March 29th from 12:00 until 4:00 and Sunday, April 26th from 12:00 until 4:00.



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.

Summer + Kids = Camp

If you or your children or grandchildren are thinking about camp for this summer, we suggest you check out this web page: <http://sofn6.org/arv/camp-trollfjell/>.

Camp Trollfjell and Trollfjell Folkehøgskule are Sons of Norway, District 6 (western states) programs that provide fun and a great way to learn Norwegian culture.

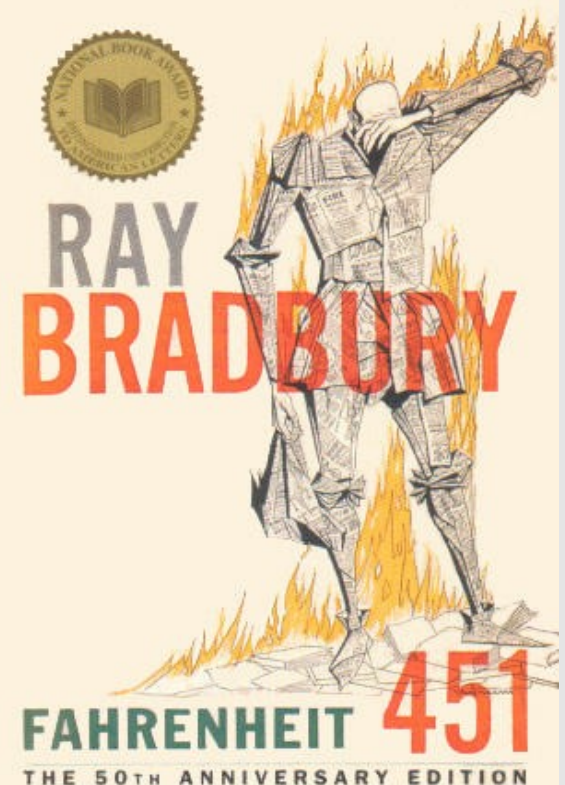


You are invited to an **OPEN HOUSE** for Jerry Johnson's 80th birthday, Sunday, May 3, 2-5 pm, at **8755 Burgess Road in Black Forest**. Questions and directions call 495-0253, 660-2568, 260-0519 or 660-1046, Cards only, please.

Book Club

meets every second Wednesday of the month at 5:00 pm at Viking Hall. Our facilitator is Dot Everett.

Our book for April is Fahrenheit 451 by Ray Bradbury—an oldie but goodie. Please join us on Wednesday, April 8 at





Sunshine - April 2015

Happy Birthday and Happy Anniversary to everyone having a special event this month. We celebrate Easter and other related activities in this month. And don't forget the Frokost! It always amazes me when I see the awesome array of food spread across all those tables and the work that has gone into preparing it for us. Don't miss this event. It's one that you will be talking about for a long time!

Elaine Hellem has had surgery and is recovering at home. I talked with her yesterday (19th) and she is healing, feeling, and doing WELL! She hopes to be back at the lodge in April. You are in our thoughts and prayers, Elaine! Take care.

May everyone have a beautiful spring and Blessed Easter.

Thought for the month:

Spring is nature's way of saying, "Let's party!" ~Robin Williams

Fraternally,
Karen Ravnaas, Sunshine Director, 390-0621



You Too Can Have a Bunad!

Sue Sutherland from Ely, MN (a favorite summer vacation place) will teach a class in Bunad Embroidery/Construction on April 23-26 here at Viking Lodge.

Classes will meet from 9:00 to 5:00. Instructional fee is \$250. If you are interested, call Sue at 218-365-7745 or

Bunadbutikken@hotmail.com



Retirement savings have taken a hit

After decades of “market corrections” (losses), health issues, and other setbacks, about two-thirds of Americans are finding themselves with less than adequate money in retirement funds.



Annuities work well to save additional money for retirement. They grow tax deferred and when you retire, they allow you to choose monthly income that will last your lifetime, no matter how long you live.

They are also excellent for rolling over or transferring your employer sponsored Qualified Retirement Plan, like your 401k, 403b, 457,

etc. It is never too late to start a Sons of Norway annuity.

We guarantee safety of your principal and a minimum interest rate. They are safe and secure with over 120 years of Sons of Norway financial security backing them.

Funding a cash value life insurance policy also has living benefits that can be accessed to supplement retirement income from the cash value.

Check with your Sons of Norway Financial Benefits Counselor (me) to see how the many options we offer may help you achieve your financial goals.

Mike Johaneson

720-971-0130 mjohaneson@gmail.com

Ed Note. Two items:

If you have email and you do not get the Flammen by email, please send me your address so we can send it to you. You would be saving us printing and postage and you would get the Flammen in color.

Second, take a look at our web page listed below. Randy Johnson has been doing a great job keeping it updated and fresh. Thanks Randy.

FJELLHEIM - 2015 OFFICERS

Board of Directors

President	Steve Hermanson	520-0303
	ubetcha@reagan.com	
Counselor	Michael Johaneson	720-971-0130.
Secretary	Sara Berge	495-2134
Asst. Secretary	Laurie Hauschild	660-1105
Treasurer/Finance Chair	Larry Moe (temporary)	
Membership Secretary	Shirley Stilley	475-1524

Program Directors

Social Coordinator	Kathie Godsil	266-9592
Cultural Coordinator	Marjorie Erickson	597-2196
Hostesses	Doris Lake	596-8600
	Darlene Aaland	550-1288
	Carol Eacker	633-5193
Sunshine	Karen Ravnaas	390-0621
Sports	Kerry Hefta	266-9429
Foundation	Caren Alvestad	648-2320
Cultural Skills	Björg Mapstone	264-0955
Book Club	Dot Everett	328-1481

Support Officers

Greeters	Lois Halvorson	632-6003
	Owen Bergland	576-1396
Marshall	Dave Haugen	599-0810
Editor/Photographer	Michael Johaneson	720-971-0130
	mjohaneson@gmail.com	
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	Cleo Allgood	598-1982
Financial Benefits	Michael Johaneson	720 971-0130

Fjellheim Management Corporation (FMC)

Directors	Karen Ravnaas	390-0621
	Paul Wiig	596-6159
	Doug Haug	632-4284
	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

Beverly Moe 720-746-9755
bevm259@comcast.net

District 6 President

Mary Beth Ingvaldstad 707-987-2404
mbingvaldst@aol.com

Sons of Norway Board

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

**ALL PHONE NUMBERS HAVE 719 PREFIX
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Sons of Norway
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Mike Johaneson, Editor
Viking Hall—Fjellheim 6-107
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Colorado Springs, CO 80915



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Financial Benefits Counselor

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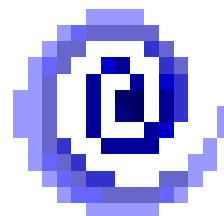
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