



FJELLHEIM 6 – 107
 Sons of Norway
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September 2015

Volume 42, #9

September 19: A Date to Remember

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

Pres. Notes 3

Sunshine 4

Birthdays 5

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 October issue is September 20

Forty-second Anniversary

Party Time:

4:00 pm Program

5:00 pm Dinner

6:00 pm Entertainment

At printing, the entertainment has not been finalized. Hopefully, it is not an hour of Ole and Lena jokes.

First Annual Walleye Fry

In our never-ending quest to create memorable gastronomical events for our members, we are serving **walleye**, baked potatoes, coleslaw, and ice cream at the Anniversary Dinner. It will be wonderful.

Years ago, the lodge served walleye but the cost of the fish and the difficulty preparing the dinner lead to its demise. We are reinstating the tradition on September 19 using old hands (Paul) and new hands (Steve and Mike) to bring you this Minnesota favorite.

As most of you know, walleye is a delicate fish best served with little seasoning and right after cooking. We are excited about this adventure and we hope you are also. The cost is \$20.00 per person.

Please join us by calling Kathy Godsil at 719 266-9597 and reserving your seat. Reservations will close on September 9.

Member Recognition

Anniversary pins and certificates will be presented to the following members at our anniversary dinner on September 19:

Marjorie E. Erickson -- 5 years

Tove E. Palmer and Einar J. Wulfsbert -- 10 years

Carol J. Eaker, Jennifer J. Forbes, Marilyn M. Keck, Jerry W. Maines, Bjorg Mapstone, Terry L. Mapstone and Karen Ravnaas -- 15 years

Sonja S. Gund -- 20 years

Darlene B. Aaland, Joyce F. Gustafson, Elaine Hellem and Nanette Walker Smith -- 25 years

Lyle E. Berge, June E. Peterson and Kathlyn J. Stienke -- 30 years

Berniece O. Ankeney and Donald C. Ankley -- 40 years

Pamela Bakken-O'Neill -- 45 years

Orlin N. Knutson -- 60 years

Additionally Lyle E. Berge will be presented his Golden Membership award.

A 40 year pin and certificate will be presented to the family of the late Agnes A. Barilovich at a later date.

2015 September

Sondag	Mandag	Tirsdag	Onsdag	Torsdag	Fredag	Lordag
30 1:30 pm Dine Out Edelweiss		1 12:30 pm Card Social Viking Hall	2 9:00 am Board Meeting Viking Hall	3	4	5
6	7	8	9 5 pm Book Club 6 pm FMC 7 pm Heritage Mtg Viking Hall	10	11	12
13 12:00—4:00 Rosemaling Viking Hall	14 9:00 am Lefse Baking Viking Hall	15	16	17 11:30 am Ladies Luncheon Cheyenne Mtn Resort	18	19 4:00pm 42nd Anniversary Celebration Walleye Dinner Viking Hall
20 12:00—4:00 Rosemaling Viking Hall	21 9:00 am Lefse Baking Viking Hall	22	23	24	25	26
27 1:30 pm Dine Out Golden Bee	28 9:00 am Lefse Baking Viking Hall	29	30	1 1:00 pm Viking Sisters Viking Hall		

*Thanks to the first rate arrangements by Karen Ravnass and Millie Sullivan, twenty members were treated to a fine day last Thursday. The annual trip to **Cripple Creek** and the melodrama at the Butte Theater was praised by all who participated.*

An excellent lunch was provided by the Double Eagle Hotel and Casino and for some, the slots were paying well also. The production of "Into the Woods" was excellent, better than the movie. The actors were obviously having fun making a high quality and funny performance. Thank you, Millie & Karen.

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:

Sept 17 Cheyenne Mtn Resort, 3225 Broadmoor Valley Rd, off Hwy 115. Sandwich & salad buffet, soup and hot sandwich of the day, desserts, beverage-\$15.00 (incl tip & tax) Cash only to Sissel. Contact Sissel Disbrow 540-2737 for reservations

October 15 Paravicini's Italian Bistro, 2802 W Colorado Ave. Contact Tania Oldervik 310-3586

November, December – None

2015 Last Sunday Dine Out Schedule

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



SONS OF NORWAY

President's Thoughts

“ 1973 “

Do you remember what you were doing in 1973? Maybe driving your new Ford Galaxie that cost you \$3,883, with the latest option listed as an 8-Track Stereo Tape Player. And after filling the gas tank with gas that cost you 40 cents per gallon, you drove to the local movie theatre and watched



“The Sting” or perhaps “American Graffiti”. Or maybe you were just sitting at home watching the latest news on TV; the Watergate Hearings, the seize of the town Wounded Knee in South Dakota, or the tennis match billed as “the battle of the sexes” between Billie Jean King and Bobbie Riggs. Or perhaps regretfully, you were watching the last season of Bonanza.

I do however know what a few people in Colorado Springs were doing. The story has been told that they were going through the phone book, page by page, looking for last names that sounded Scandinavian.

And

after finding one, they would call the person and tell them how they were trying to organize the first Sons of Norway Lodge in Colorado. And then they would ask them if they would like to become a member? My father and mother received one of those phone calls and became Charter Members, along with many others too numerous to list here. But, all of the Charter Members of the newly formed Fjellheim Lodge in

1973 are listed on our Charter documents hanging on the wall of our Lodge.

Forty-two years has passed since then, and I’m still watching “re-runs” of Bonanza, and still believe that “the battle of the sexes” has not ended. And up until 1992, I was still driving a car with an 8-Track Tape Player in it. Many wonderful happenings and events have occurred, along with many extraordinary members providing the past 42 years of Fjellheim Lodge with a rich and vibrant history.

Tusen takk to everyone, and Happy Anniversary Fjellheim Lodge!

-Steve Hermanson.

Sons of Norway/ Sky Sox

Game Day: Sept 4th, 2015- Game Time 7:05

Sky Sox vs New Orleans Zephyrs

Price: Adults \$15, Children \$10 (members)

RSVP to Kerry Hefta -719-266-9429 or khefta@comcast.net

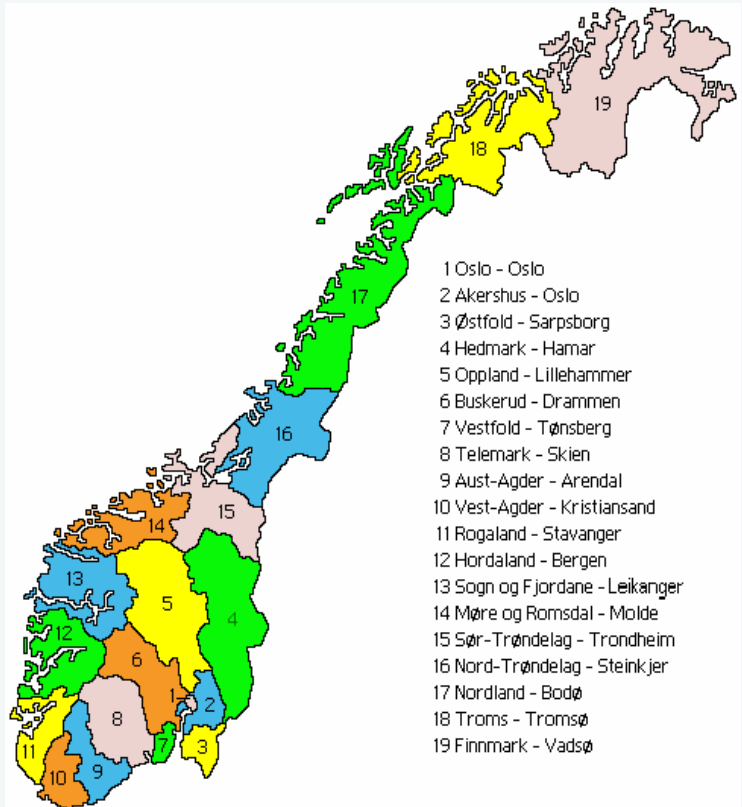


"A Norwegian Adventure"

will be presented by **John and Johanna Moe**, new members, at our September 9, 2015 meeting.

Johanna and John, will share their story in pictures and narrative. Both Norwegian and former teachers in district #11 and teachers at a Christian Mission School in Ethiopia, will also share their experiences of living on the Norwegian compound in Addis Abba.

Come and get acquainted with these fine folk and enjoy a nostalgic trip to Norway.



Sunshine - September 2015

Happy Birthday and Happy Anniversary to all who are celebrating the September birthdays and anniversaries.

Millie Sullivan is in much pain as she fights kidney disease. Please keep her in your prayers.

Ruth Tkachenko, Fjellheim member and Mom of member Kathie Godsil and Grandmother of members Jennifer and Jessica Bostou, passed away on the morning of July 20.

Caren Alvestad's father passed away in New York. Marilyn Keck's sister has passed away in Iowa. Please keep these families in your thoughts and prayers during their time of sorrow.

Here's a thought for September:

"By all these lovely tokens
September days are here
With summer's best of weather
And autumn's best of cheer."
- Author Unknown

Fraternally, Karen Ravnaas – 390-0621

September Birthdays

John Olaf Larson III	1
Paul C Rygg	2
Cleo B Allgood	3
Cynthia Louise Ritz	4
Quinn M Berge	4
James Hardy	5
Joyce F Gustafson	6
Sr Rodger E Erickson	7
Karla J Roth	8
Shane R Jahnke	13
Kenneth M Halvorson	13
Ingrid Grove	13
Charlotte Coltrin	14
Berniece O Ankeney	15
La Rue D Hanson	16
Carol A Johaneson	23
Lucille S Moe	24
Ruth Wiig	25
Dorothy Dawn Destree	28
Glenn C Enderud	28
Sissel O Disbrow	29
Helen Mattson	30
Mary A Brooks	30



Card Social

Card Social will be Tuesday, September 1 with a pot-luck lunch at 12:30 pm. followed by visiting and cards. Please join us. Questions call Ginny at 495-0253

Viking Sisters

Viking Sisters will meet October 1, 1 pm at the lodge. All women are welcome. Any questions, please call Ginny Johnson 495-0253.



Rosemaling Classes at Viking Hall

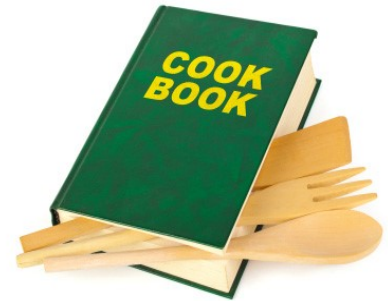
Rosemaling classes are scheduled for Sunday, September 13th from 12:00 until 4:00 and Sunday, September 20th from 12:00 until 4:00. All skill levels are welcome. The cost for each 4 hour session is \$20.00. Please call Cindy Bau-

Book Club meets every second Wednesday of the month at 5:00 pm at Viking Hall. Our facilitator is Dot Everett. Our book for September is your own selection. Please join us on Wednesday, September 9th at 5:00pm and tell us about a book you read this month.

BOOK CLUB

The Cookbook is Coming, the Cookbook is...

Our Viking Sisters are undertaking a project in which we need the help of everyone in the lodge. We plan to do a **cookbook** and need recipes. Please submit recipes and indicate what category they go in such as: appetizers, main dishes, salads, soups, desserts, etc. You can bring your legibly written recipes to the lodge or e-mail them to gnjohnson@aol.com. Recipes should be submitted by the end of this year. Your cooperation is appreciated. Thank you.



Ginny Johnson, president of Viking Sisters. Any questions call 495-0253.



Milbank, SD:

Sissel Disbrow visited with Berniece Ankeney, 40 year Fjellheim Lodge member, a few weeks ago. Here we have Berniece with one of her antique dolls. She also wants us to know that she keeps busy and has made close to 500 little dresses from pillowcases and other fabric for girls in Sierra Leone, South Africa. On Sept 24, Berniece will be going into the hospital for aortic valve reinforcement, so please keep her in your prayers. She sends greetings to all.

Sons of Norway Lodge, 6610 W. Sons of Norway Lodge, 6610 W. 14th Ave., Lakewood, CO

Sons of Norway Lodge, Lakewood, Colorado is accepting applicants for the Bunad Retreat at Trollheim Lodge located at the above address.

The cost of the class is \$300 for Sons of Norway members and \$350 for non-members which will include rental of a large classroom at the lodge. One half of the tuition is due at the time of registration to reserve your spot. This is not refundable after January 18th. Remainder of tuition is due by February 4, 2016.

Please include your phone number with area code, address and lodge name and number when registering. If you have e-mail, please include your e-mail address. Absolutely no e-mail reservation

The lodge will be available to students daily from 8:00 am to 4:00 pm

You are welcome to bring cookies and snacks for coffee breaks.

For your records:

I will be doing (please circle one) Embroidery Construction Alteration

Do you need a Bunad kit? _____

- ☐ Please allow ample time for us to order needed materials.
- ☐ Although we have some Bunad kits in stock, many have to be imported from Norway
- ☐ Kits for bunads with embroidery are custom made and have to be ordered at the latest by October of 2015 in order to arrive in time for the class.
- ☐ Contact Sue Sutherland at (218) 365-7745 for kit information and pricing.

GOT LEFSE ?

September starts our fall Lefse baking on Mondays. Our first day is September 14th . Then the 21st and 28th. October 5th, 12th, 19th 26th. Maybe November 2nd, we will see how we come out with the Fall Fair sales on October 24th.

Hope to see you on the 14th, everything goes with the same schedule as before 9:00 am to 11:00 am unless we finish early.

Lois



Last week, I had a member ask about how our fraternal organization uses its profits:

First, we try to give our members who have our insurance and annuities the best possible return on their investments but at the end of the day, there are some "profits".

Yearly profits from the Sons of Norway insurance operations are used to help

- * offset the cost of publishing the Viking Magazine,
- to support programs such as the Lodge Revenue Sharing Program,
- New Member dinners in your lodge
- Support the cultural and heritage programs of the Sons of Norway. In the past 5 years alone, this profit contribution has totaled more than \$5.6 Million.
- Support the ever-expanding cultural resources and training to members
- Support the foundations efforts to provide scholarships and humanitarian gifts.



On another important topic, this is a good time to review the arrangements for the day you are no longer with us. Many of you have taken advantage of our new Nordic Protector, a simple life insurance product designed to provide money for funeral costs, medical expenses and other end of life expenses. This single premium policy features: no medical exam, only simple yes/no questions, issue age from 0 to 85 with available coverages from \$5,000 to \$50,000.

Please call me at 720-971-0130 or email mjohanson@gmail.com to talk about any of our products.

Mike Johaneson

The term "**coleslaw**" arose in the 18th century as an Anglicization of the Dutch term "koolsla" ("kool" in Dutch rhymes with "**cole**") or "koolsalade" meaning "cabbage salad". The term "**cold slaw**" was used until 1860.



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
 UNLESS OTHERWISE IS NOTED**

Sons of Norway
Monthly Newsletter
Mike Johaneson, Editor
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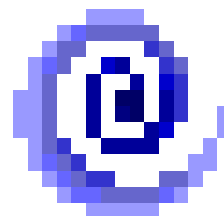
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