



**FJELLHEIM 6 – 107**  
 Sons of Norway  
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**June 2016**

**Volume 43, #6**

**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](mailto:mjohaneson@gmail.com)

Deadline for the August issue is July 15

**So much to do in June and only a month to do it.**

We start with the Annual Picnic on Sunday, June 5. Then the SoN District 6 Convention in Loveland June 19-22. Then the Scandinavian Festival in Estes Park June 24-26. In between we have meetings, lefse making and Rosemaking. We will take July off to relax a little.

**Summer Picnic @ Bear Creek**

Our annual summer picnic has been booked at the pavilion at Bear Creek Park for Sunday, June 5 at 12:00 pm. It is pot luck with the lodge providing drinks.

Fellowship, horseshoes, and music make this a fun day for all. Please bring \$5.00 per person to help pay for the pavilion and the drinks.



# Scandinavian Midsummer Festival

**June 25-26, 2016**

Saturday 9:30-5, Sunday 9:30-4  
 Bond Park, Estes Park

Music, Dancing, Crafts, Food, Silent Auction, Raffle, Children's Crafts, Scan. Antique Autos

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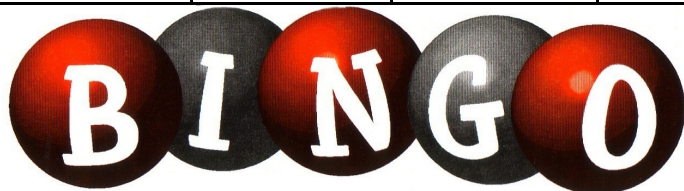


Fjellheim will be there making and selling lefse. Come up and see us.



# 2016 juni

sondag	mandag	tirsdag	onsdag	torsdag	fredag	lordag
			1 9:00 am Board Meeting Viking Hall	2 6:30 pm Stein Fjell Meeting Loveland	3	4 12:00 pm Fjelldalen Meeting Highlands Ranch
5 12:00 pm Annual Picnic Bear Creek Park	6 1:00 pm Vestafjell Meeting Grd Jct	7 12:30 pm Cards & Games Viking Hall	8 5 pm Book Club 5:30 pm FMC <b>7:00 pm</b> Heritage Mtg Viking Hall	9	10	11
12 12:00—4:00 pm Rosemaling Viking Hall	13 9:00 am Lefse Bake Viking Hall 7:00 pm Trollheim Meeting Lakewood	14 8:30 am Hardanger CS Senior Center on Hancock	15	16	17	18
19 12:00 pm SoN - District 6 Convention Loveland	20 9:00 am Lefse Bake Viking Hall SoN District 6 Convention Loveland	21 SoN District 6 Con- vention Loveland	22 SoN District 6 Con- vention Loveland	23	24 7:00 pm Vesterheim Meeting Boulder	25 9:00 am Scandinavian Fest Estes Park
26 9:00 am Scandinavian Fest Estes Park	27	28 8:30 am Hardanger CS Senior Center on Hancock	29	30		



**En, to, tre, fire, fem, seks, sju, atte, ni, ti.**

Have you been practicing your Norwegian numbers? Not a problem. You only need to know about 75 numbers to play Norwegian Bingo at the June meeting.

Steve says he distributed practice sheets at the May meeting. Our Norwegian speakers will be calling the numbers in Norwegian. There will be prizes if we can find something appropriate for the occasion.

B I N G O				
7	25	44	57	62
15	22	40	50	70
11	30	FREE SPACE	46	74
2	28	37	55	68
10	27	39	59	75

A cup of coffee and Norwegian bingo. Does it get any better? (Don't answer please)

**REBATE**

Our Kings Soopers and Safeway cards have produced our first rebate check of **\$255.00**. Please keep shopping.

clipartof.com/4190

## President's Thoughts

# Gold Rush

What do Charles Bronson, James Colburn, Lee Marvin, and Jodie Foster all have in common? They were each cast in an episode of Bonanza having to do about a gold mine. And you might ask; what does that have anything to do about with The Sons of Norway? Absolutely nothing. Except for the fact that I enjoy watching re-runs of the TV Series Bonanza, and that this month is The District Six Convention, only about two hours from here, up in Loveland. The convention's theme is "Mining our Heritage". Have you connected the dots yet?



Have you ever thought about mining or discovering that gold vein or missing branch of your family tree? Everyone may not be able to visit our convention in a few weeks (although the coming conventions will probably not be this close to our Lodge); but any of us can still keep the heritage of the Norwegian culture, and one's individual family heritage in our hearts and our daily lives. Why else

do we continually eat lutefisk every November, if it were not because the Norwegian heritage has to have something unforgettable so that it may survive.

Several years ago, I wrote and had a book published for my parents 60<sup>th</sup> Wedding Anniversary about their family trees, and 60 years of our family. One of our Lodge members has recently also had published a factual pictorial history of their family tree. Karen Ravnaas has spent the last twenty years compiling stories, pictures, and facts about her lineage. The result is her Norwegian heritage that can be shared and cherished by many future generations. This was 20 years of mining.

At each of our monthly "Heritage" meetings we are actually experiencing our present day cultural family. And then at our Frokost, Viking Fair, Christmas Julebord, and yes, even our Lutefisk & Meatball Dinner; do you not sometimes experience a "rush"? Maybe, you could also call it a Gold Rush?

Yippee Ki-yay!

- *Steve Hermanson*



## June Birthdays

Lisa N Johanson	3
Ryan J Hollenbeck	4
Matthew Disbrow	5
Karl Kvam Schneider	7
Irene T Gladem	8
Michael H Johaneson	8
Peter Osburnsen	12
Charles E Sullivan	12
June E Peterson	16
Rosa Strand	16
Silje Ostrem	22
Reece Apodaca-Eacker	23
Mary Hansen	24
Harlan James Williams	26
Charles Hansen	29
Mildred Sullivan	29

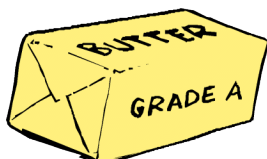
## July Birthdays

Valerie B Lundy	3
Patricia C Rowe	3
Phylis J Smith	3
George C Gund	5
Terry L Mapstone	6
Laurie Hauschild	7
Grace P Johnson	7
Pamela Bakken-O'Neill	9
Maynard O Larson	10
Gerald L Rowe	12
David B Coltrin	13
Vivian I Johnson	13
Austin J Coltrin	19
Kathie Dawn Godsil	21
Miranda G Coltrin	30

Mike

Can you give our members a heads up that King Soopers has Land O Lakes butter for \$1.99 a pound starting today May 25th until Midnight May 31st. Use your Son's Kings gift card get a very good buy on butter and help out

Sons with your purchase. Lois



## Card Social

Card Social will be Tuesday, June 7 with a potluck lunch at 12:30 pm at Viking Hall followed by visiting and cards. No card social in July. August card social is Tuesday, August 2 at 12:30. Questions call Ginny at 495-0253

## Viking Sisters

Meeting on Thursday, August 4 at 1:00 pm at Viking Hall



## Rosemaling at Viking Hall

Rosemaling classes are scheduled for June 12 from 12:00 4:00 at Viking Hall. There will be no classes in July

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.



## BOOK CLUB

**Book Club** meets every second Wednesday of the month at 5:00 pm at Viking Hall. Our facilitator is Dot Everett. Our book for June is The Book Thief by Markus Zusak. It does not have much to do with Norway but it is an awfully good book. Please join us on Wednesday, June 8 at 5:00pm.

## Sunday Dine-outs @ 1:30 pm

August 28 @ Rudy's Little Hideaway, 945 South 8<sup>th</sup> Street (formerly Zeb's on the somewhat steep hill on the east side of 8<sup>th</sup> street after the Motor City Road)  
Host: Steve Hermanson 520-0303

September 25 @ Fargo's Pizza Place, 2910 East Platte Avenue. There is usually a coupon in the Go section of the Gazette on Friday.

Hostess: Karen Ravnaas 390-0621



## It's Lefse Time Then

Lefse baking is on. Baking starts at 9:00 am until about 11:00. June Lefse baking days will be June 13th and 20th. Come join us for a fun morning of fellowship, coffee and lefse.

*Lois Halverson*





## Sunshine - June 2016



*Happy Birthday and Happy Anniversary* to everyone celebrating their special day June. And don't forget to fly your American flag on June 14th.

**Dot Everett** is recovering from a fall that caused her to hyperextend her knee; she is wearing a leg brace while it heals. **Caren Alvestad** was in a car accident on her way to the last meeting. Although she was shaken up, there are no injuries and she is doing fine. **Virginia Nelson** has no signs of pneumonia and her lungs are clear after fighting this since Christmas. **Elaine Hellem** is struggling with sciatic nerve pain but she still helps out with lefse every Monday. **Ginny and Jerry Johnson** are finally getting over their colds and are now feeling a part of the human race; this crud has gone on for months and hopefully it is the last of it for them. We wish all of you who are fighting one thing or another, a speedy recovery and know that you are in our thoughts and prayers. To those of you who are doing so much better, we are so happy for you.

Daryl Ritz, the husband of Fjellheim member Cindy Ritz, son-in-law of Virginia Nelson, brother-in-law of Barbara Nelson, and nephew-by-marriage to Rodger and Marge Erickson, Doris Lake, and Arlene and Byron Reid, and a CS Fire Department veteran of 33 years, has died. It has been determined to be a homicide, but we do not know the circumstances other than what has been reported in The Gazette. Virginia said his memorial service will be held @ Holy Apostles Catholic Church on June 4<sup>th</sup> @ 11:00 a.m. (N. Carefree and Oro Blanco) Please keep Cindy, Virginia, and Barb, and the rest of his family and friends in your thoughts and prayers as they travel through this very difficult time.

And since this is graduation season, I found this little saying: “I was thinking about how people seem to read the Bible a whole lot more as they get older. Then it dawned on me. They were cramming for their finals.”

Fraternally,  
Karen Ravnaas – 390-0621

### Behold, the Fjellheim Sled

We are the grateful recipients of an old kick sled. The sled was donated to our lodge by Barbara Coffee. It was used by her parents in Norway in the 1950's.

At the June meeting the Board will be asking you what we should do with it. We could sell it or we could display it somewhere in the Lodge. This is a decision for everyone so please think about it.



## Colorado Hosts Sons of Norway District Convention

Have we mentioned the Sons of Norway, District 6 (Colorado, California, Arizona, Nevada, New Mexico and Utah) is having its Biennial Convention at Loveland (Embassy Suites) from June 19 to 22? Yes, you have. Many times. We have been talking about for so long it seems impossible it will be here and gone in a few weeks.

Fjellheim is being represented by Steve Hermanson, Karen Ravnaas, Sara Berge, Cleo Allgood, Tania Oldervik, and Gerald Rowe. Additionally, Bjorg Mapstone and Sissel Disbrow will be volunteers for entire convention. Mike Johaneson will have a booth for Sons of Norway Insurance.

It is a busy agenda but there is time Tuesday afternoon to enjoy the Loveland area. Monday and Wednesday provide an opportunity to see the delegates in action. It is rare that this convention is in Colorado so you may want to drive up and see your organization making its rules and selecting leaders for the next two years. See [www.d6in16.com](http://www.d6in16.com) for more information.

## MEMBERSHIP EVENT BIG SUCCESS

*By Nancy Allen*

On Saturday, May 14, 2016, 40 members of Fjellheim Lodge and their guests were treated to a short program of a video about being a member of the Sons of Norway. That was followed by some Lena and Ole jokes by Lodge members, and a delicious meal of sloppy joe hamburgers, macaroni and cheese, salads, assortment of jello salads, and desserts of Krumkake and chocolate chip/oatmeal/macadamia nut/white chocolate chip cookies by the Viking Sisters.

Each prospective member received a Something for Everyone packet which included application forms, a flyer about Fjellheim Lodge, an information letter about our Lodge annual dues, our Financial Benefits Counselor's contact number, copies of 2016 calendar of events for our Lodge, Viking Magazine, and a sample of our current monthly "Flammen" newsletter.

We are happy to report that nine new members signed up (including 10 year old Heritage member, Evelyn Sofia Njus). With four new members signing up at the Frokost event in April, we have a total of 13 new members to welcome into our Lodge.

Below are the names of the new members and their Sponsors:

New Member.	Sponsor
David B Coltrin.	Eunice Bluhm
Margrethe Smith.	Karen Ravnaas
Sharon Ann Martinez.	Lois Halvorson
Carol E Schreuder.	Carlton J Johnson
Philip Lynn Cable.	Kerry Ann Hefta
Cheryl Ann Cable.	Kerry Ann Hefta
Kathleen A Osness.	Nancy Allen
Les Bailey.	Leonard Beasley
Mary Lou Bailey.	Beverly Beasley
Ruth Elizabeth Young.	Beverly Beasley
Niccolo James Beasley Torley.	Leonard Beasley
Rachel Constance Njus.	Nancy Allen
Evelyn Sofia Njus.	(Heritage member)



Please welcome our new members when they attend our Heritage meetings and other events.

Also, Sponsors to our new members, please pick up your \$5.00 grocery gift card from Nancy Allen, our Membership Secretary, at the Lodge's Meeting on Wednesday, June 8, at 7pm.

## “Every Member Get a Member”

**SPECIAL CONTEST!!!!!! From April 2 through May 31st**

As part of the current membership recruitment program for 2016 there will be a special DISTRICT CONVENTION CONTEST - the lodge that recruits the most members between April 2 and May 31 will receive \$100 at convention. This lodge contest is in addition to the existing membership recruitment program, and the same rules apply - For every new adult member that is referred by a Sons of Norway member and that referring member's name is indicated on the membership form, that member will receive a \$5.00 grocery gift card from the District. There is no limitation on the number of members you may recruit. To participate in this special 2-month contest copies of the membership application must be received by June 10th

Send a copy of the completed form to:

Luella Grangaard  
PO Box 832  
Morongo Valley, CA 92256



## TERM LIFE MAY BE FOR YOU

Every life insurance has its place. For some people whole life works best. For some, universal life meets their needs. And for some of us, term life is just the ticket.



There are those who would say term life is not a good investment but you should not buy it as an investment. It is pure and simple life insurance.

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So why buy term life? Because it is relatively inexpensive. A 24 year old female in excellent health would pay **\$134.00 per year** for a 20 year term policy with a face value of \$200,000. Twenty years later, at age 44 and healthy, this female will pay \$292.00 per year for a \$200,000 policy. Still a good deal but more.

Who buys this kind of insurance? From my experience, it is usually a young person without a lot of money to spend but wants to ensure that his family will have something if he should die. Or she has a new business with debts and she does not want to leave a large burden on the family if something happens. Or maybe it's a Norwegian looking for a good deal.

If you think term life insurance will work for you, call, text or email me anytime. 720-971-0130, [mjohaneson@gmail.com](mailto:mjohaneson@gmail.com)

*Mike Johaneson*



## FJELLHEIM - 2016 OFFICERS

### Board of Directors

President	Steve Hermanson	520-0303
	<a href="mailto:ubetcha@reagan.com">ubetcha@reagan.com</a>	
Counselor	Michael Johaneson	720-971-0130.
Secretary	Sara Berge	495-2134
Asst. Secretary	Virginia Nelson	650-7029
Treasurer/Finance Chair	Jerry Johnson	495-0253
Assistant Treasurer	Larry Moe	
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	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
Marshalls	Dorothy Hanson	599-8546
	LaRue Hanson	599-8546
	Ole Bakken	632-3892
Editor	Michael Johaneson	720-971-0130
Photographer	Tania Oldervik	310-3586
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](mailto:bevm259@comcast.net)

### District 6 President

Mary Beth Ingvaldstad 707-987-2404  
[mbingvoldst@aol.com](mailto:mbingvoldst@aol.com)

### Sons of Norway Board

**ALL PHONE NUMBERS HAVE 719 PREFIX  
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Sons of Norway  
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*Financial Benefits Counselor*

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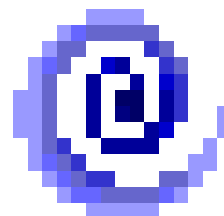
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