

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

December 2013

Volume 40, Issue 12



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 80915

SEND ARTICLES TO YOUR NEW EDITOR:

Dorothy Everett 719-328-1481 dotforSofN@gmail.com

Deadline for the January 2014 issue is: Friday, December 20



SCANDINAVIAN CHRISTMAS TEA

This special Lodge holiday event is on Saturday December 7th at 2:00PM. It is a great beginning to the Christmas season and we are looking forward to our members and guests attending.

Homemade Scandinavian holiday treats will be served along with holiday tea. There will be a program and door prizes. The cost is \$15.00.

Please call Karen Ravnaas, 719-390-0621, for reservations. RSVP by Wednesday, December 4th. Seating is limited.



DECEMBER 2013

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Sunday of Advent	2	Game and Card Social - 12:30 PM, Viking Hall, Ginny Johnson, 495-0253	4 Board Meeting - 9 AM, Viking Hall.	5 Viking Sisters, Mimi's Café, Acad- emy and Woodmen Ginny Johnson, 495-0253	6	7 Fjellheim Christmas Tea, see front page
8 2. Sunday of Advent	9	10	11 Book Club - 5 PM. FMC - 6 PM. Pot Luck - 6 PM. Heritage Meeting - 7 PM, Viking Hall	12	13 St. Lucia Day	14
15 3. Sunday of Advent	16 Lefse Baking, 9-11 AM, Viking Hall, Lois Halvorson 632-6003	17	18	19	20	21
22	23	24	25	26	27	28
Fjellheim Julebord See front page		GOD JUL	MERRY CHRISTMAS			
4. Sunday of Advent		Juleaften	1. Juledag	2. Juledag		
29	30	31 GODT NYTT ÅR! Nyttårsaften				

ZONE 8 LODGE MEETINGS

FJELLDALEN – 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

STEINFJELL - 1st Thursdays, 7 p.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

PRESIDENT'S COLUMN

The Viking Fair and Breakfast was, again, a great success. Hats off to Eunice Bloom for taking an idea five years ago to raise money for the Foundation and making it into a big annual event we all look forward to. With the proceeds we were able to contribute over \$1000 to local organizations that do good works in our community. We also sent \$500 to the Sons of Norway Foundation.

The Lutefisk Dinner was also a pretty good affair (very high praise from Norwegians). A visitor from Norway said it was better than any he had eaten in Norway. This event takes more work than anything else we do. Set-up crew, lefsa-making for weeks, potato pealing, meatball rolling, cooking carrots and potatoes, baking cake, cutting and baking lutefisk, serving all the above and cleaning hundreds of dishes and cups. Then start over again for the second seating. My sincere thank you to all of you who helped. A special thank you to Lois Halverson and Bjørg and Terry Mapstone for their countless hours of work and leadership. *Tusen Takk. Mange Tusen Takk*.

These events raise a fair amount of money which is a good thing because our insurance on the building went up to \$6200.

Barneløpet is one of our favorite events of the year. It means "children's race". This year it is on Saturday, February 22 at Snow Mountain Ranch, north of Winter Park. The event is free and we are also providing transportation, breakfast and skis to any child or grandchild of a Fjellheim member. We plan to leave at 6:00 am from

the lodge. That will give us time for breakfast at Snow Mountain, ski fitting, and lessons at 10:00. The kids will get snacks at noon and ski or participate in ski orienteering in the afternoon. We should be back around 4:00 pm.

Hilsen, Michael



DECEMBER BIRTHDAYS

- 2 Einar J Wulfsberg
- 4 Jemma M Fadum
- 5 Douglas P Haug
- 6 Brenda F Dahl
- 6 Spencer L Holland
- 7 Rosanne M Foresman
- 7 Ellen Hardy
- Anne M Berger
- 9 Shirley Jean Stilley
- 11 Donald C Ankley
- 13 Jerry W Maines

- 14 Mark H Hauschild
- 17 John H Peterson
- 21 Tania Dawn Oldervik
- 25 Bjorg Mapstone
- 26 Kathlyn J Steinke
- 27 Caren A Alvestad
- 29 Melissa Jo Lyby
- 29 Patricia Hauke Staubo

HERITAGE AND YOUTH

- 1 Jacob Botten
- 9 Margaret Suntken
- 19 Travis Allgood
- 28 Owen R Byram
- 28 Tristan J Byram

GRATULERER MED DAGEN!

JULEBORD

Julebord will be on December 22nd. As seating will be limited, please call in your reservations as soon as possible. Dinner will be served at 3:00pm. Please bring two dozen of your favorite Christmas cookies to be shared on the dessert table. More information on the front page for times and reservations.

Thanks, Síssel



Barbara and Virginia Nelson at Fjellheim's Lutefisk Dinner

GAME & CARD SOCIAL

We will have our monthly Game & Card Social on Tuesday December 3, starting with a potluck at 12:30 pm. followed by cards. Feel free to join the group, its fun and always good food. Any questions, call Ginny at 495-0253.

LADIES LUNCHEON

Ladies Luncheon will be Thursday, December 12 at 11:30 am. A location will be set prior to the December 11 Heritage meeting.

DECEMBER POTLUCK DINNER

Our December 11th Lodge Meeting will begin at 6:00 p.m. with our annual Christmas potluck. We will serve meatballs and gravy left over from the Lutefisk Dinner. Please bring a main dish, salad, or dessert to share and come enjoy good food and good company. The business meeting will begin at the normal time of 7:00 p.m.

If you have questions, call Ginny Johnson or Dorothy Hanson

BOOK CLUB

This month Book Club members are reading books of their own choosing. We have read many exciting and informative books this past year and will be closing out the year reading Robert Wangard's "Deceit." Some copies will be made available at the December meeting and we will discuss the book at our January meeting. The book is available at Amazon.com and bn.com. There is also a version available for your Kindle e-book. Anyone and everyone is welcome at our informal discussions.

For more information please contact Tillie Elvrum at 570-351-4745.

VIKING SISTERS

A huge thank you to those that worked so hard to make items to sell, to those who set up the display, worked at the boutique, put things away and to all that helped in any way. It is much appreciated and our total sales amounted to \$1,162.00. Very impressive.

On Thursday, December 5th, we are going to lunch at Mimi's Restaurant at North Academy Blvd, just north of Woodmen Road. Let Bev Broin 593-2231 or Ginny Johnson 495-0253 know if you plan to join us so we know who to expect and can make a reservation. Thank you and have a wonderful Holiday Season.

GinnyJohnson

VOLUNTEER HOURS

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

Cleo Allgood, Volunteer hours Coordinator

ROSEMALING CLASSES

There will be no classes in November and December, but we plan to resume in 2014.



DINE OUT

Because of the holiday season we will not have a dine out until next year.

BREAKFAST SOCIAL

We will not have our FMC breakfast social in December or January. Information about the 2014 schedule will be announced soon.

VIKING FAIR HIGHLIGHTS

Dear Members and Friends,

Thank you, thank you to the many people who contributed so much in so many ways to the Viking Fair this year.

Each year the Fair is different. We were fortunate to have Karen Neilson and the Viking group set-up their wares out front and Dean Tollefson offered learned readings from the Viking Runes. People enjoyed the delicious breakfast, appreciated our wonderful vendors, and were delighted with items from our heritage, white elephant, lefse and bake-sale tables. The raffles went well. It was fun to win a gift from one of the vendors or one of the special donated articles. Maggie Given was the winner of the vintage Norwegian sweater (originally owned by charter member Ralf Kristofferson and donated by Ruth and Paul Wiig). Millie Sullivan was the winner of the stuffed Christmas mouse, donated by Karen Ravnaas. Sonja Gund played lovely piano music. I thank you, one and all, for your creativity, insight and generosity with your time and talents as well as for stepping up to help where you were needed.

Eunice Bluhm

LUTEFISK AND MEATBALL DINNER THANKS!!

Our Lutefisk and Meatball Dinner on November 16th was a wonderful event. Good meal, good friends, great evening! Sincere thanks to all who helped in any and every way in this yearly cultural tradition. As in the past we rolled meatballs on Friday night. We had lots of volunteers who did a great job. Saturday was well organized and both sessions ran smoothly. Our guests seemed well pleased with the meal. We had baked goods and the Viking Sisters with gift items in the lobby. Sunday cleanup was finished before noon.

Thanks again to all who participated!

Lois and Bi



Lutefisk Chefs (L to R) Chuck, Mike and Steve

TRAVEL TO NORWAY MAY 13-26, 2014

and help celebrate the Bicentennial of Norway's Constitution on this very special tour to Norway!

Tour Highlights include: The Syttende Mai parade in Oslo, watching from a special reserved area in front of the Royal Palace!! Visiting the newly restored Eidsvollsbygningen, The Birthplace of the Norwegian Constitution. Depart Oslo and travel along the famous "Norway in a Nutshell" to Bergen.

Enjoy a seven-day cruise northbound cruise on Hurtigruten, from Bergen to Kirkenes, stopping in 34 picturesque ports. Experience exclusive greetings to the group in communities along the coastline, hosted by Mayors and other local dignitaries. After you disembark your cruise, tour the town of Kirkenes and learn about its WWII history, explore the nearby Arctic wilderness, meet sled dogs and reindeer. Included in the tour package will be all of the above plus your transatlantic air from the US (Minneapolis, Seattle, Boston or Newark) and Borton Overseas tour leader.

For complete details or to book: Contact Borton Overseas at 1 800 843-0602 or info@bortonoverseas.com

ZONE 8 LEADERSHIP MEETING

The Sons of Norway Leadership Meeting will be held at Trollheim Lodge on January 11, from 9:30 am to 3:30 pm. There will be refreshments and lunch provided.

Looking forward to seeing our fellow lodge members and officers.

Línda Ault Zone 8 Dírector

SONS OF NORWAY SCHOLARSHIP AND GRANT DEADLINES

Greetings Lodge Leaders!

As you plan the 2014 calendar of events for your lodge we wanted to remind you of the grants available from the Sons of Norway Foundation. They are a great resource to enable you to bring in cultural programming for your meetings and communitywide events. Each grant is for different types of support. You may check out the guidelines by going to www.sonsofnorway.com/foundation. All the applications are done on-line only. Mailed applications will not be accepted. The deadline dates have changed for 2014 grants they are as follows:

Local Lodge Partnership Grants deadline is now January 15, 2014 General Heritage & Culture Grant deadline in now February 1, 2014 Helping Hands to Children Grant is now February 15, 2014

Scholarships Deadlines:

The Sons of Norway Foundation offers college scholarships to current Sons of Norway members, children and grandchildren of current members. We have seven different scholarship categories for different types of college studies. Most have a application deadline of March 1, **2014.** The applications are done entirely on -line. Students must include grade transcripts, ACT/SAT scores, essays and letters of recommendation with their applications. Winter break is the perfect time for students to gather this information to prepare to apply for scholarships. To view the scholarship guidelines and applications go to www.sonsofnorway.com/foundation and click on scholarships.

Takk! Cindy Olson Sons of Norway Foundation <u>foundation@sofn.com</u>

JULEBRUS, A NORWEGIAN CHRISTMAS TRADITION



A Norwegian Christmas without julebrus (Christmas soda) is like a birthday party without cake. A seasonal favorite of Norwegian children (as well as many adults), julebrus comes in hues of red, brown, yellow-orange and even black. It is a sweet and fizzy drink that is bottled and labeled with festive Christmas patterns and pictures. The seasonal drink is often flavored with lots of sugar, vanilla, ginger, caramel, a variety of berry, citrus or pear flavoring.

It's a staple, which for many across Norway stimulates the julestemning (Christmas feeling) intended for the holiday season ahead. As cooler weather approaches and leaves begin to fall, julebrus begins its seasonal distribution, all while decorations begin to take their places in stores, homes, schools and city centers. There is a rush of holiday spirit around Norway as businesses close down and families prepare to gather for their julaften (Christmas Eve) dinners.

Joining them on their julebord (Christmas table) is the traditional bottle of julebrus, next to a traditional shot of after dinner aquavit (for the adults). Each member of the family has their favorite flavor, color, taste or brand, but sometimes it's left up to a matter of loyalty, and where you're from determines that. For example, the reigning champs in the annual Julebrus taste test contest come from the Hamar and Lillehammer area. The Hamar and Lillehammer Julebrus brand is a product of Ringnes Brewery and has been voted the best based on varying criteria.

Around 25 tasty, and some not so tasty Christmas sodas are widely distributed across Norway. But these are not the only thing prompting holiday spirit in the stores as grocery stores fill with festive products and holiday spirit: apples are stamped with "god jul," small nisser are printed on milk cartons and Christmas calendars filled with chocolate are for sale in every checkout line.

THE SUNNY CORNER

Happy Birthday and Happy Anniversary to everyone who has a birthday or who is celebrating an anniversary in the month of December. Here we are again – the last month of the year. Can you believe 2013 is wrapping up already? Andy Rooney once said that life is like a roll of toilet paper; the closer it gets to the end, the faster it goes!!!!

There are some of us who have been struggling with upper respiratory infections, sinus infections, sore throats, and any number of winter ailments which have been going around. I know how all of you feel because it got me too! I hope everyone is recovering from this and that you will be well for the holidays. Other that the crud, I have not heard of anybody with any major complications. So, please, stay healthy and

While trying to find an ode to December, I came across this little poem. Enjoy it's sentiment and have a Merry Christmas and Happy New Year!

> "Every year at just this time, In cold and dark December, Families around the world all gather to remember, With presents and with parties, With feasting and with fun, Customs and traditions for people old and young."

- Helen H. Moore

Merry Christmas and Happy New Year. Karen Ravnaas

FAMILY FRIENDLY HERITAGE MEETINGS

At its November Board meeting the Board agreed to experiment with an idea that hopefully will include the following:

- 1) Our members and friends who do not, or cannot, drive out at night for our regular meetings, and
- 2) Our families with children who have home work, or school activities and need to be in bed early, and therefore can't attend regular Lodge meetings.

So what are the options? Beginning in the New Year, if not January then February, we will host a Sunday after noon event that is essentially a cultural programming event, plus time for play for the children. A small working committee is being formed to guide us is programming for the children, yes, kids of all ages. We want the children to know and remember their ethnic heritage in fun, happy and informed ways. We are so far planning a build-your-own lunch - with beverage - beginning at 12:30 p.m. - or earlier or later, so we can have lunch without having mom fix it at home, and we can eat together at the Lodge starting with goodies.

We also want the adults who come to experience parts of their ancestral heritage that is fun and informative. We have begun a series on "The Vikings" the first showing of which was offered at our November Lodge meeting. We will probably show that again for the adults and older children who may be interested.

The program is forming and I would very much like to hear from parents on the kinds of programming their children - of what ever age - would enjoy, or need to hear or experience. So far I have only had a brief conversation with just a few parents and I'd like to hear from more of you.

Thanks

Please call me at 473-1110. This is a program for you and yours! What all would you like it to be? Await detailed announcements!

Cheers, and have a hearty and hardy Thanksgiving. Dean Tollefson (...or less formally: "Leif Eriksson XII")

LOCAL CHARITABLE DONATIONS

The committee appointed by President Michael Johaneson included Sara Berge, Ole Bakken, Eunice Bluhm and Dean Tollefson.

After looking at the worthy organizations the Lodge had contributed to in the past and considering the impact nature and the economy has had on our own community, the committee focused entirely on local, non-profit organizations this year.

The organizations selected cover all ages, several disabilities and all economic conditions, including homelessness, mental illness and hunger. The committee also looked for organizations that either affected our Lodge members or members of their families.

Organizations presented to Lodge members at the November meeting were:

- *Black Forest Fire and Rescue provides both fire and emergency medical services to approximately 10,000 people in over 48 square miles of unincorporated, El Paso County, just north and east of Colorado Springs.
- *Cerebral Palsy Association of Colorado Springs one of the oldest non-profits in the Pikes Peak region, helping people and families affected by cerebral palsy since 1947.
- *Head Start Community Partnership for child Development CPCD provides 1,900 children living in poverty with early childhood education programs. Other services include health, behavioral health, dental nutrition, transportation and family support services.
- *Juvenile Diabetes Research Foundation, Colorado Springs Branch Type1 Diabetes is a disease which strikes in childhood, adolescence or adulthood but lasts a lifetime and has eventual complications which may include blindness, kidney and heart disease. JDRF is the leading charitable funder and advocate of type 1 research worldwide.
- *Pillar Institute for Lifelong Learning offers lifelong, educational learning and enrichment opportunities for all ages through stimulating classes, tours, trips and strolls.
- *Springs Rescue Mission serves the homeless and needy of Colorado Springs through programs that address addiction, hunger, food and clothing, mental illness, housing, substance abuse, healthcare, disability and job programs. The Resource Advocate program alone serves close to 200 individuals a month who have been turned away by other agencies.
- *Urban Peak Colorado Springs in Colorado Springs more than 350 children and young adults up to age 24 are homeless on any given night. Urban Peak offers an emergency shelter for youth age 15 21 at a 20 bed facility where basic needs are met and youth receive intensive case management, health services, education and employment support. The youth served at the shelter come from a variety of backgrounds and are served regardless of race, religion, class, education, gender identification or ability status.

Funds raised at the Viking Fair held in October are used to support our charitable contributions. Lodge members voted to award \$150.00 to each of these local organizations. Additionally, Fjellheim Lodge continues to support the Sons of Norway Foundation with an annual donation.

TIME TO SAY GOOD BYE

After 11 years as the Editor of Flammen it is time for me to pass the baton. I would like to thank everyone who has helped me make this an award winning newsletter. Especially Cathe Berg and Lois Halvorson and all your helpers for taking care of the mailing and all the people who have routinely sent me articles and pictures. I really appreciate all you have done!

Many things have changed since I started as the editor and with the help of the internet and email it has become a little more efficient. Going forward, please help Dot Everett as she takes over. Please send all your information to her starting for the January issue. Her contact information is on the front page.

Med Vennlig Hilsen, Knut Lyby

KEEP THE DATES - 2013/2014 FOR ALL COLORADO LODGES

December

7 Fjellheim Christmas Tea

7 Fjelldalen Lutefisk Dinner 3:00 and 5:30 pm, Prince of Peace

8 Vestafjell Cookie Sale and donations for Latimer House

15 Fjelldalen White Fence Farm dinner

22 Fjellheim Julebord

Date TBD – Cultural Event with Scandinavian Dance Festival and Open House organized by Christina Feste-Hanson

January

2 Storfjell 5th Anniversary Lefse bake TBD Trollheim Lutefisk/Meatball Dinner 11 Zone 8 Leadership Meeting, Trollheim Lodge, 9:30am-3:30 pm.

February

8 Trollheim Anniversary

22 Barneløpet - Snow Mountain Ranch

March

1 Barneløpet - Western Slope

April

TBD Vesterheim 35th Anniversary

June

22-25 District 6 Lodge Biennial Convention, Palm Springs, CA

28-29 Scandinavian Fest, Estes Park

Times and Dates Subject to Change

A GREAT GIFT FOR THE YOUNG ONES YOU CARE ABOUT

Sons of Norway has a great plan for children 17 years of age or younger.

VIKING VOYAGER is a simple, economical way to introduce children to the benefits offered by Sons of Norway. It is a way for parents, grandparents and other relatives to help the next generation learn about the importance of owning life insurance. Viking Voyager provides level term life insurance that is convertible at age 26 for up to 3 times the original death benefit. There is no pre -qualification to obtain this convertible plan at age 26. The original policy comes in three benefit amounts of \$10,000, \$15,000, or \$25,000. An example of the cost for a 5 year old for a \$10,000 policy would be a one-time payment of \$341. This is a gift that never breaks or gets outdated and costs less than most electronic devices. Give me a call for more information on this great gift idea.

LaRue Hanson, FBC 2523 Shalimar Dr. Colorado Springs, Colo. 80915-1030 Office # 719-599-8546 Cell # 719-237-7314 Lhanson1@q.com



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George Gund
Rodger Erickson
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Terry Mapstone



Viking Hall buzzing at the November 16, 2013 Lutefisk and Meatball Dinner.

FJELLHEIM - 2013 OFFICERS

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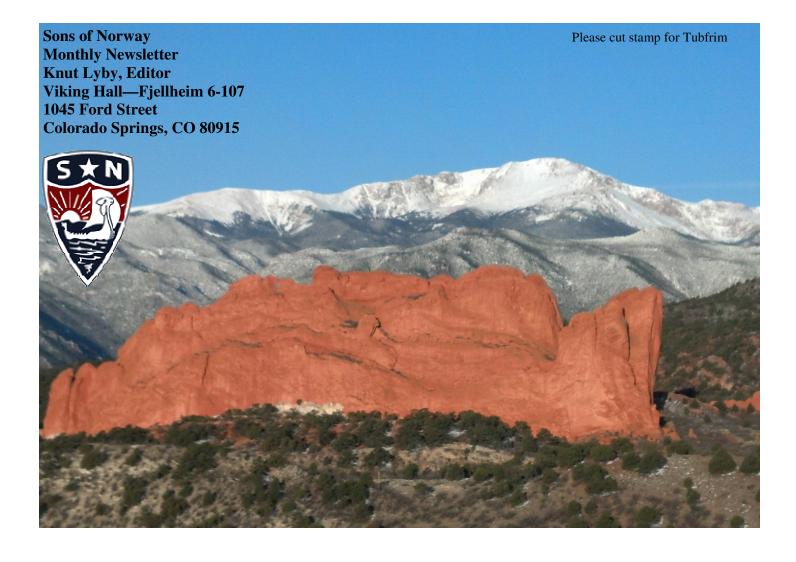
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