



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

December 2017

Volume 44, # 11

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 the January Issue is December 20



Fjellheim Lodge
 1045 Ford Street, Colorado Springs
 Sunday, December 17, 2017
 Social time: 2:30 p.m. - 3 p.m., Julebord: 3 p.m.

Julebord

★

Ham
 Turkey
 Cold meat tray
 Assorted salads
 Christmas breads, lefse
 Herring, shrimp, cheese tray
 Escalloped potatoes, surkål
 Whole green beans, pickled beets
 Baked Norwegian salmon, roast pork loin

🍩 **Norse Desserts** 🍩

Rice cream with raspberry sauce
 Kringle, sirupssniper, spritz, sandbakkles
 Krumkake, fyrstekake, rosettes, almond bars

Coffee

Caroling Around The Christmas Tree
Special Holiday Entertainment

Members: \$20, Non-Members: \$22; Children 5-12, \$8
 Reservations: Call Kathie Godsil prior to December 14, 2017
 719-229-9289. 4415 Flat Top Place, Colorado Springs, CO 80923.
 Make checks payable to **SONS OF NORWAY**

Make your reservations early. Only 160 prepaid reservations are available. This Christmas feast consists of many of the food items served at a traditional NORWEGIAN JULEBORD

We request that the Lodge members and friends attending the upcoming Julebord, please bring two dozen of your favorite Scandinavian Christmas goodies. These will be used on the dessert table at the Julebord. Thank you. Sissel and BJ



You're invited to a
Scandinavian Tea
*"A Christmas Tradition For Mothers,
 Daughters, Sisters and Friends"*

Fjellheim Lodge
 1045 Ford St.
 Colorado Springs, CO
 Saturday, December 2, 2017
 at 2:00 p.m. for
 \$17.00 per person

Space is limited. RSVP by Wednesday, Nov. 29
 Mail to: Kathie Godsill, 4415 Flat Top Place,
 Colorado Springs, Colorado 80923
 Call: 719-229-9289
 Make checks payable to: **Sons Of Norway.**

President's Message

The Viking Fair in October was a great success. Once again Eunice and her helpers presented a terrific community event.

Elections for the 2018 Board of Directors was held at our Heritage meeting in November. Congratulations to all! Your new President Kerry Hefta and the Board will need your support to make a smooth transition and continue to grow in fun and friendship.

This year Fjellheim Lodge will be making several donations to small non-profits in Colorado Springs. These organizations were well researched and thoughtfully chosen.

Scandinavian Tea will be presented on Saturday, December 2nd. Sissel and the table Hostesses have a special afternoon planned. Please invite your friends and make your reservations now. Seating is limited.

We will round up our December events with Julebord on December 17th. You don't want to miss this wonderful chance to enjoy great food and fellowship. Again seating is limited so get your reservations soon.

From Terry and myself, God Jul og Godt Nyt År to you and yours! Bjørg



2017 desember

søndag	mandag	tirsdag	onsdag	torsdag	fredag	lørdag
					1 7:30 am Breakfast 9:00 am Xmas Decorating Viking Lodge	2 2:00 pm Scandinavian Tea Viking Lodge
3	4	5 12:30 pm Cards and Games Viking Hall 6:30 pm Language Class Viking Hall	6 9:00 am Board Meeting Viking Hall	7	8	9
10	11	12 6:30 pm Language Class Viking Hall	13 5:00 pm Book Club 5:30 pm FMC 7:00 pm Heritage Mtg Viking Hall	14	15	16
17 2:30 pm Social Time 3:00 pm Julebørd	18	19 6:30 pm Language Class Viking Hall	22	23	24	25
26	27	28 6:30 pm Language Class Viking Hall	29	30		

Thank you

Thank you to all helping hands that made our Lefse this year. We baked 17 Mondays making 10 batches each time 250 rounds each Monday, that makes 4250 rounds made in 2017. We always had the coffee pot on with great treats along with Lefse hot off the grill can't get much better than that. Rest up for the 2018 season starting in April. Again Thanks to everyone who helped make it a great Lefse baking year. Lois



Support Our Partners

Kings Soopers and Safeway have sent us checks for over two thousand dollars this year.

Keep using those gift cards. Your purchases of gas and groceries at these stores have become a major fundraiser for our lodge.

If you need a card, see Steve.



SAFEWAY™





Sunshine Report - December 2017



Happy Birthday to everyone celebrating birthdays in December. *Merry Christmas* and *Happy New Year* to all!

Ruth Wiig had the "stent" removed from her arm through which she had been receiving antibiotics. She now can have the antibiotic in pill form. She is feeling better and has gained in stamina and weight. She is at home and basically, it was a positive report. (Thank you for the report, Ole). And please keep **Tove Palmer** in your thoughts and prayers also.

On November 10th, we lost two former /recent members of our lodge. **Tania Oldervik** was our Tubfrim director and a convention delegate last year. **Craig Eustice** will be remembered for his time on FMC and the work he did to remodel the kitchen which now provides cupboard space we never had before. Our condolences are with their families and friends at this time.

December thought of the month: *"Happy, happy Christmas, that can win us back to the delusions of our childhood days, recall to the old man the pleasures of his youth, and transport the traveler back to his own fireside and quiet home!"* -

Charles Dickens

Fraternally, Karen Ravnaas – 390-0621

Lutefisk, The Glue That Holds Fjellheim Lodge Together

Another November, another successful lutefisk dinner . Thank you to the 300+ patrons and the dozens of member volunteers who made it all possible. A special thank you to the selfless ones who worked the clean-up detail after the 1st shift and Saturday evening and Monday morning. MJ





Bunad Making Comes To Fjellheim

Date: April 27-30, 2018
Location : 1045 Ford Street Colorado Springs, CO 80915
www.sonsofnorwaycs.com
Cost: \$250
Instructor: Sue Sutherland
Ph: 218-365-7745
E-Mail: info@bunadbutikken.com
Website: www.bunadbutikken.com
Fjellheim Contact: Kerry Hefta Ph: 719-266-9429
Limited to 12 Students

All about Bunads

Norwegian bunads are specific to regions within Norway including design, fabric and jewelry selections. Bunads may be made for women OR men. Here is a link from the Lacrosse Tribune describing bunad selection and how and why they are worn. <http://tinyurl.com/yajjzzgb>

Retreat Information

This retreat is for anyone who wishes to construct their own authentic bunad, folk dress or accessories to complete their bunad. Bunads take some time complete but a folk dress can be made in one retreat.

The instructor Sue Sutherland has studied apparel and textile design manufacturing and has learned to make bunads from Heimen Husflid in Oslo. She travels to Norway to purchase products and to continue her study of techniques and styles from all areas of Norway. She is VERY knowledgeable and a wonderful instructor, we are honored to have her at our lodge.

If you want to make a bunad and do not yet have the materials please contact Sue Sutherland as soon as possible. The kits and materials need to be ordered soon.

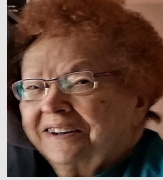
A well situated hotel in the area we would recommend is the 'Holiday Inn Express & Suites – First and Main', if you prefer a B&B look up 'A Room with a View' both have easy access to the lodge and are within walking distance to restaurants, shopping and movies.

**If interested in the class, please call or email Fjellheim Contact:
Kerry Hefta, 719-266-9429, khefta@comcast.net**

**Click on the following link for the registration form:
<https://tinyurl.com/FjellheimBunads>**

December Birthdays

Einar J Wulfsberg	2
Bjorn Gudmestad	4
Douglas P Haug	5
Rand L Redfern	5
Brenda F Dahl Anderson	6
Spencer L Holland	6
Rosanne M Foresman	7
Ellen Hardy	7
Shirley Jean Stilley	9
Margaret Suntken	9
Donald C Ankley	11
Beverly Ann Beasley	12
Jerry W Maines	13
John H Peterson	17
Travis Allgood	19
Keith Chew	24
Bjorg Mapstone	25
Kathlyn J Steinke	26
Caren A Alvestad	27
Joan Diane Dacus	30
Cheri Ann Hughes	30



Beverly Disch Aug 1926-Oct 2017

Beverly was born in Black Creek, Wisconsin to Ivar and Rozella Bergsbaken. She had been a resident of Colorado Springs for 64 years and had taught in the Widefield School District for 30.

She is survived by three daughters: Sarah DeTar, Martha Miller, and Laura Bandeko, and five grandchildren. She was preceded in death by her husband Curtis and a son Jeffrey.

Bev was a tireless volunteer for the Old Colorado City Historical Society and served a long period as president of that group. She was interested in the arts and was politically active. She was named to the Colorado Commission for Women by former Gov. Romer.

She was active in Fjellheim as long as she was able and assisted in our social and fund-raising events. She was a member of Viking Sisters and served as a Dining Room Hostess at the Lutefisk dinners held at Benet Hill.

We remember her with affection and appreciation.

Decorate Viking Hall for Christmas

We will decorate Viking Hall for Christmas on Friday morning, December 1st. We will start working at around 9:00. If you arrive early, a nice free breakfast will be available. The kitchen will open at 7:30.

Heritage Meeting Program

The program for the Heritage meeting on December 13th will be about Norwegian Christmas customs and will be presented by several Lodge members.



Card Social - - Tuesday, December 5th at 12:30, Viking Hall. Potluck lunch followed by cards. Everyone is welcome to join this fun group

Viking Sisters will meet for lunch Mon., Jan 8th. More information in the January Flammen. Thanks, Ginny



Rosemaling at Viking Hall

Please call Cindy Bauer at 633-8260 or Bj Mapstone at 264-0955.



Let's Talk Norwegian

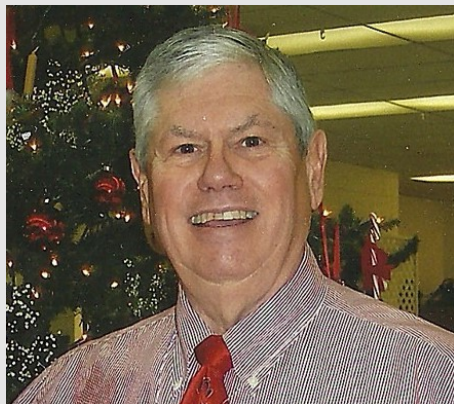
Language Class continues on Tuesday evenings at 6:30pm at the Viking Lodge. There are ten students who come prepared each week and make the class fun and informative. The Sett I Gang textbook and audio program force us to study hard but it has been worth it. We are plowing forward with Chapters 7 & 8, Food and Meals. **Now** we are having



Ho, Ho, Ho!

It is that time of year when we grandparents struggle to pick a relevant gift for the young ones (anyone under 50). Electronic gifts are too expensive and short-lived, clothes are wild guesses and gift cards are so impersonal.

Why not give them something they do not want? **Life insurance.** It is inexpensive for young people, it grows in value and when they are 70



years old looking for chronic care coverage, it will be there in that old policy.

Seriously, a \$100,000 whole life policy for a 20 year-old female in good health costs

\$40 per month or \$478 per year and it includes a provision that will provide \$2000 per month if she needs chronic illness care.

Or, if you want to pay once and be done, \$5900 for a \$50,000 policy with a \$1000 per month chronic care provision.

For that 40 year-old daughter, a \$50,000 policy would cost \$544 per year.

Is this what they want for Christmas? Probably not but we are grandparents and we get to do what we want at Christmas. Ho, Ho, Ho.

Mike Johaneson
720 971-0130

The information in The Flammen is for official Fjellheim Lodge 6-107, Sons of Norway, business only. Use of this information for solicitation or commercial purposes is a violation of the Fjellheim Lodge 6-107 privacy policy and is strictly prohibited.

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
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
	Jerry Maines	282-0908
	Owen Bergland	576-1396
Trustees	Rodger Erickson	597-2196
	Jerry Johnson	495-0253
	Terry Mapstone	351-5644

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

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Email: mjohaneson@gmail.com

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Patty Gooding
(719) 550-1206

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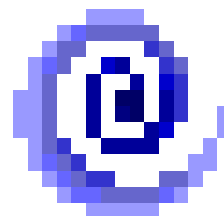
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