



FJELLHEIM 6 – 107, Sons of Norway
 1045 Ford Street
 Colorado Springs, CO 80915
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 Published Monthly

November 2012

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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)

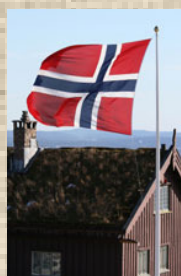
7:00 PM
 Viking Hall,
 1045 Ford Street,
 Colorado Springs, CO 80915

SEND ARTICLES TO YOUR EDITOR:

Knut Lyby
 5520 Sample Way
 Colo. Spgs. CO 80919
knutlyby@comcast.net
 Phone: 719-536-0647

Deadline for the December 2012 issue is: Tuesday, November 20

LUTEFISK AND MEATBALL DINNER



Saturday November 10, 2012
 Viking Hall, 1045 Ford St.
 Colorado Springs, CO 80915



First Seating 2:00 PM or Second Seating 6:00 PM

\$18.00 (Members 12 & up) \$20.00 (Non-Members)
 \$8.00 (Ages 5-12)

Lutefisk with Butter/Cream Sauce
 Meatballs, Steamed Potatoes,
 Vegetables, Cranberry Sauce, Lefse,
 Dessert and Coffee

For sale in our Lobby: Lutefisk, Herring,
 Lingonberries, Baked goods and Gift Items

**For Reservations call
 Virginia Nelson 719-650-7029**



November 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4 <i>Daylight Savings Time Ends</i> Rosemaling noon to 4 PM Sissel, 540-2737 or BJ, 264-0955	5	6 Game and Card Social - 12:30 PM, Viking Hall, Ginny Johnson, 495-0253 ELECTION DAY	7 Norwegian Language Class - 7 PM	8	9	10 LUTEFISK AND MEATBALL DINNER SEE FRONT PAGE
11  <i>Veterans Day</i>	12 Board Meeting - 9:30 AM, Viking Hall <i>Veterans Day Observed</i>	13	14 Book Club - 5 PM Lodge Meeting - 7 PM, Viking Hall	15 Ladies Luncheon - 11:30 AM, Cheddar's 1140 InterQuest Pkwy. Vivian Johnson, 591-0465	16	17
18	19 Lefse Baking - 9 - 11 AM, Viking Hall	20 <i>Deadline for Flammen Articles</i>	21 Norwegian Language Class - 7 PM	22  Happy Thanksgiving	23	24
25 Deck the Halls - 10 AM, Viking Hall	26	27	28 Norwegian Language Class - 7 PM	29	30	DECEMBER 1 Christmas Tea - 2 PM, Viking Hall. RSVP to June Peterson 599-3235 by Nov. 28

EN HILSEN FRA PAUL

Well here we go! Full speed ahead into the holiday season. It was reported on a news show that we should buy all our Christmas gifts before the stores start decorating for the holidays. We could save between 30 to 60% because the stores raise their prices. Whatever happened to the time proven practice used by all men of buying everything two days before Christmas?

Back to reality! The holiday season means different things to different people. As Norwegians and Scandinavians we have so many different traditions influencing our lives. Just look at the Viking magazine this month. What a wonderful array of articles and advertisements geared towards our cultures and traditions. As a Lodge we have our Viking Fair and breakfast, Lutefisk dinner, Christmas Tea, Julebord and Christmas party. Being a part of these functions, to me, is the way to celebrate our heritage.

Just a few words about this months Viking. Note the new international president and Her message. The articles "Hand Made for the Holidays" and "Made for Kids" are very interesting. All you parents of young children and grandparents with grandchildren may want to read some of Roald Dahl's books to them. Note the "Must-read" article showcasing some of his books. And the article on fundraising featuring a "Taste of Scandinavia" theme.

Hmm! Food for thought. No pun intended. We may want to incorporate some of these ideas next year for our Viking fair. And the many different ads for foods, gifts, furniture and clothing leave us excited about the upcoming season.

Be sure to mark your calendars for the upcoming functions at the Lodge!

Fraternally,
Paul Wiig,
President Fjellheim Lodge 6 - 107,
Sons of Norway





NOVEMBER BIRTHDAYS

3	Elizabeth Ann Skrukrud
5	Sarah G Ostrem
8	Bjorn Lindholm
13	Knut Lyby
14	Kimberly A Roseland
18	Alex B Parra
20	Edith M Rodvold
21	Elsie Dorcas Kuns
22	Lawrence C Miller
24	Calvin Dale Utke
28	Marvin E Adams
28	Orlin N Knutson

HERITAGE AND YOUTH

12	Karston Erdal Barney
18	Damon Lee McIntyre

GRATULERER MED DAGEN!

KEEP THE DATES - 2012/2013

November 4:

Storffjell Community Lefse Bake

November 9 and 10:

Trollheim Christmas Fair

November 10:

Fjellheim Lutefisk and Meatball Dinner

December 1:

Fjellheim Christmas Tea

December 1:

Fjeldalen Lutefisk and Lefse Dinner

December 9:

Stein Fjell Juletreffest

December 15:

Vesterheim Christmas Party

December 16:

Fjellheim Julebord

January 26, 2013:

Stein Fjell Anniversary Lunch

February 23, 2013:

Barneløpet - Snow Mountain Ranch

Dates Subject to Change



GAME AND CARD SOCIAL

October social will be Tuesday, November 6 at 12:30 PM at the Lodge. Join us for a potluck followed by cards and games. Everyone is welcome for an afternoon of good food, fellowship and fun.



Any questions call Ginny Johnson at 495-0253.

DINE OUT

More information about our next Dine Out will be given at the next business meeting.



LADIES LUNCHEON

Thursday, November 15, 11:30 am at Cheddar's located at 1140 InterQuest Pkwy. Vivian Johnson 591-0465 is in charge.

BOOK CLUB

Our lodge Book Club will meet monthly before the lodge meeting at 5 p.m. Our discussions are very informal and we would love to have you join us!

If you would like more information please contact Tillie Elvrum at (719)203-4444.

DECK THE HALL

We will decorate Viking Hall for the Christmas season on Sunday, November 25th at 10:00 AM. Please come out and help us "spruce" up the Hall with trees, garlands and wreaths. A little lunch will be served.

ROSEMALING CLASS

Rosemaling class is scheduled for Sunday, November 4th, 2012 from noon to 4:00. There will be no classes in December but we will resume in 2013. The cost of each session is \$20.00.

We meet at Viking Hall. If you are interested in joining us, please call Sissel at 540-2737, Bj at 264-0955, or our teacher Cindy Bauer at 633-8260.

Thanks, Sissel and Bj



NOVEMBER SOCIAL

Our annual Lutefisk and Meatball Dinner will be held on November 10th.

Many of our members have been hard at work for weeks getting ready for this special event. As we get closer to the date, many more will be helping to prepare and serve the feast.

This event is open to the public and seating is limited. Reservations are necessary! So, please plan to come and enjoy this special meal and enjoy the fellowship around your table.

SAVE THE DATE

Stein Fjell's 37th Anniversary

Celebration, will be held on Saturday, January 26th at Zion Lutheran Church, 815 E. 16th Street, Loveland. Social Hour at 11:30 a.m. followed by potluck, entertainment, and awards.

FOUNDATION NEWS

Thank you members for supporting the raffle at the October meeting. The raffle took in \$40.00. After our Viking Fair we will determine how much money we can earmark for the Sons of Norway Foundation. This year the Foundation made 25 scholarship awards totaling \$65,772 through six Scholarship funds. The Foundation's scholarships are endowment funds with awards made from interest earned on the accounts. See the October Viking for this year's scholarship winners.

Raffle in November will be for a Christmas ornament and a plate.

Fraternally,
Ruth Wiig

A NOTE ABOUT THE VIKING FAIR

A huge 'THANK YOU' goes out to all members for supporting the Viking Fair again this year. People have been cleaning, mixing, baking, cooking, planning, sewing, crafting, sculpting, painting, bringing, greeting, selling, talking, laughing, eating, volunteering, singing, making music. Some have been putting up, setting, decorating and taking down tables. Thanks for all your efforts to bring camaraderie, great food and great vendors to Viking Hall. We continue to reach out to our community. We will use proceeds from Viking Fair to support non-profit groups in our community as well as Foundation projects.

Mange takk,
Eunice Bluhm

RISK OR PROTECTION

Many of us remember the golden years of the stock market. We could brag about the gains we had made and rarely were we concerned about risk. Why the Baby Boomers had never really experienced a down market to any great extent. Times change and now we want protection, safety and a sure thing. Sons of Norway has been offering this all along.

Allow us to review your retirement plans from previous employers or your existing IRA's that may be costing you money. Things change and review can keep you protected from old risks. We are here to help protect you and your family. Life insurance can be used to replace Social Security at death; annuities can be used for retirement income planning. If you, our members have a problem we are here to help find a way to solve it.

LaRue Hanson, FBC
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Cell # 719-237-7314
Lhanson1@q.com



FREE NORWEGIAN LANGUAGE CLASS ONLINE

NTNU, the University in Trondheim, is offering a free online class that allows you to go at your own pace. There is no book required, and all the materials are provided on the website. Text, grammar, sound clips and exercises are a part of the course.

The first link provided gives you more information on the class, and the second is a link directly to the course.

<http://www.ntnu.edu/now>
<http://www.ntnu.edu/norwegiancourse/norwegian-on-the-web>

STEIN FJELL JULETREFEST (CHRISTMAS TREE PARTY)

Sunday, December 9, 2 p.m., Fort Collins

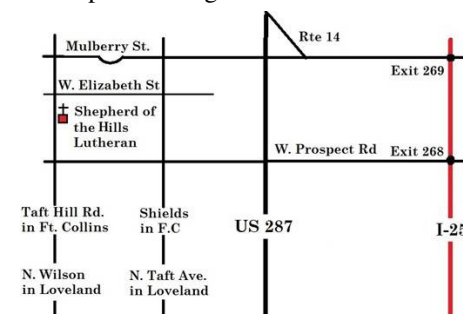
Come to Stein Fjell's Juletreffest and enjoy food, Nisse, singing around the tree, the Christmas Story in English and Norwegian, and more. It also is your last chance this year to buy Christmas gifts at butikken. The Fest will be held this year at Shepherd of the Hills Church, 1200 South Taft Hill Road, Fort Collins.

Please call Susan Zook at 970.493.9344 by December 3rd, to let her know the number of children you will be bringing, so the Jule Nisse can provide for them. Bring your children, your grandchildren, and/or your neighbor's children.

For the Potluck Dinner, if your last name begins with

A-M -- please bring a main dish and dessert

N-Z -- please bring a main dish and salad.



SONS OF NORWAY LIMITED EDITION CHRISTMAS ORNAMENT



Show some Norwegian pride this holiday season by adding the 2012 Sons of Norway ornament to your Christmas decorations! From its rose-maling inspired outer frame to the beautiful American-Rogaland design, this elegantly styled ornament is sure to be a welcome addition to your holiday traditions. Packaged in a silver-stamped gift box, containing a Christmas greeting from Sons of Norway and an informative description of Rogaland rose-maling, this ornament can also be a unique gift for someone who enjoys the holiday season as much as you do.

This year's ornament is a limited edition and will only be available for a short time, so order yours now! This special keepsake is only \$14.99 plus tax and shipping & handling. To order yours today, call (800) 945- 8851

TURKEY SOUP WITH NORWEGIAN DUMPLINGS

- Turkey bones, skin and scraps (for stock)
- Water
- 1 large onion, chopped
- 2 cups chopped celery, including tops
- Salt and pepper
- Norwegian dumplings
- ½ cups chopped fresh parsley

Place turkey bones and scraps in a soup kettle and cover with water. Leave uncovered and heat to a boil, then slowly simmer for 45 minutes. Add water as needed to keep the bones covered. Strain. Add celery and onion to broth and cook for 15 minutes until tender. Add salt and pepper to taste.

Dumplings: Add one at a time to the stock. Cook uncovered for 20 minutes. Add parsley just before serving.

Dumplings:

- 2 cups milk
- 2 Tbsp. butter
- 2 Tbsp. sugar
- ½ tsp. nutmeg
- 1¼-1½ cups flour

In medium pan, combine butter, milk, sugar, and nutmeg and simmer, stirring until sugar dissolves and butter melts. Decrease heat to low and mix in flour. Remove pan from heat and whisk until smooth. Shape into walnut sized dumplings.

JOKE OF THE MONTH OLE ANSWERS THE PHONE

One night, Ole and Lena were fast asleep when all of a sudden the phone rings. Ole awakens and goes to answer it. "How the heck should I know, that's a thousand miles away!!!" he barks into the phone and then slams down the receiver. "Who was that?" asks Lena. "I have no idea, Lena, " answers Ole. "Somebody wanted to know if the coast is clear."



THE SUNNY CORNER



To all who are having November birthdays and anniversaries, Happy Birthday and Happy Anniversary! We wish you the best and hope you have a great day and wonderful celebration.

LaRue Hanson had shoulder surgery on October 17. As of Oct 20, he is home from the hospital and doing well. He is managing the pain and will return to Denver for follow up treatment. In the meantime, both he and Dorothy are trying to catch up with sleep and get back into the everyday routine.

Joan Magee has had a heart attack. This happened after the last lodge meeting, she got to the emergency room, they put in a stent, and she attended the Viking Sister's luncheon on the 18th October. She is doing well and is a little tired, but is on her way to health once again.

Jewel Sigaty is fighting cancer and is hoping for remission by having chemo infusion every 4 weeks. She says that she wishes she could spend more time with us but we all know that her priority is to get well.

Keep these folks in your thoughts and prayers as they continue to get better and become stronger.

This month brings us the Thanksgiving holiday so the thought for this special event is as follows:

**MAY YOUR STUFFING BE TASTY. MAY YOUR TURKEY BE PLUMP.
MAY YOUR POTATOES 'N GRAVY HAVE NARY A LUMP.
MAY YOUR YAMS BE DELICIOUS. MAY YOUR PIES TAKE THE PRIZE.
MAY YOUR THANKSGIVING DINNER STAY OFF OF YOUR THIGHS!!**

Regards,
Karen Ravnaas,
Sunshine Director, 390-0621

WINTER DAYS INSIDE

Winter is a long, cold, dark season especially for those in the northern hemisphere. On those short days of winter it is important to keep busy even when the sky turns dark at four in the afternoon. Get a fire in the fireplace going, put a pair of slippers on and cozy up inside with these fun Norwegian activities.

Knitting:

The knitting process is simply pulling loops through loops through loops with needles. Well yes, it is much more complex than that, but it can ultimately become a relaxing activity on those long winter days inside. In Norway it is extremely common to get together in knitting groups and share new styles or techniques while enjoying friendly conversation. The knit style in Norway is very unique. Most people can point out a Norwegian sweater from afar and even recognize a nice pair of homemade mittens.

Learn to knit (<http://tinyurl.com/9w4pe6b>) by starting with the basics. All you need are two knitting needles and your choice of yarn. Be patient and remember that once you get the hang of it, it's a great way to pass the time on those cozy winter days inside.

If people are going to be coming to the house for knitting groups, it's important to provide them with some baked goodies. Norway's pepper cookie is popular around Christmas time and is also quite easy to make. Add the pepperkaker (<http://tinyurl.com/8q9ucb5>) recipe to your list for winter baking days. Make a strong pot of coffee and you are ready to enjoy. Visit <http://tinyurl.com/9j7ug8c> for a few other signature Norwegian dessert recipes to tackle during the holiday season.

Take advantage of Sons of Norway's Cultural Skills program this winter – check out the newly revised Tradition Norwegian Cooking and Knitting units on the Sons of Norway website.

10 CREATURES IN SCANDINAVIAN FOLKLORE

by Rebecca Winther-Sørensen

The Scandinavian Folklore consists of a huge variety of creatures, good or evil, which have frightened people for centuries. They were often meant to scare children, but even today they are essential and important to the modern northern society. In the 1890s, something changed in the way common Scandinavians saw themselves and their culture. They looked back in time to rediscover their old myths and legends; folklore which had been forgotten because of the coming of Christianity. It was a time when people feared nature, because we were becoming more industrialized. The forests, the mountains, and the sea – it all seemed strange, dark and magic, and because of that, we are now left with evil spirits and monsters who used to represent our own way of seeing nature.

10 Huldra

Huldra (or called Tallemaja in Swedish) is a troll-like woman living in the woods. She is fair and beautiful, but wild and has a long cow-tail which she hides behind her back upon meeting a human. It is said that Adam and Eve had many children, and that one day, when Eve was giving her children a bath, God came to visit. Eve had not finished bathing all of her children, and so hid those who were still dirty. God asked: "Are there not more children?" and when Eve said no, God said: "Then let all that is hidden, remain hidden," and the hidden children became De Underjordiske (the ones living underground), lost souls who live under the surface of the earth, calling for someone to be with them, usually human passersby. Huldra was one of them, but she somehow remained above the ground. She is a flirtatious, young girl who is neither good nor evil.

9 Nisser

These beings are actually still very important in the modern society. In the Scandinavian Christmas tradition, there is no Santa in the shape of a fat, bearded guy who lives at the North Pole. Instead, we each have our own Nisse, living in the barn (that is to say, if you are a farmer, or living in the countryside), who is like a guardian for the household. These creatures are typical pranksters, but can easily be befriended, and around Christmas they have the same function as Santa in Western traditions.

8 Dwarves/Elves

Made famous by J. R. R. Tolkien, the dwarves and the elves originate from Norse Mythology. The dwarves lived in their own part of Midgard; a place no human could find. They were small people, often pictured as little men with long beards, who were master smiths, and made the swords, shields and armor for the gods themselves. The elves lived in a deep forest nearby the castle of Frøy, the god of fertility, called Alvheim. They were fair and beautiful, and commonly seen as peaceful creatures.

7 Mare

Mare is a female Vette, who gives people bad dreams at night by sitting on them in their sleep. She is a common belief in Germanic folklore, and appears in many different shapes. The Scandinavian words for Nightmare, are: Norwegian – Mæreritt, Danish – Mæreridt, Swedish – Mardröm, which directly translated means Mare-ride, and Mare-dream.

6 Fossegrimmen

Fossegrimmen, or just Grim (Foss is Norwegian for Waterfall) is a water-creature. He is a young, handsome man who sits naked under waterfalls, playing the fiddle. He plays the music of nature itself; the sound of the water, the wind in the trees, it all comes from his music. He is said to teach humans how to play if they secretly brought him a stolen piece of meat. Torgeir Augundsson (1801-1872), better known as Myllarguten, was a famous fiddle-player from Telemark, Norway who was so good it was rumored he had sold his soul in exchange of Fossegrimmen's skills.

5 Troll

The troll comes from Norse Mythology, inspired by the cruel giants who were the main enemies of the gods, known as jotner/jotuner/jötunn, who lived in the mountains of Utgard. They have a human like appearance, but they are incredibly ugly and huge, and every story about them tells of how stupid they are. In the old tales, there were trolls of all kinds, some living in the high mountains, in castles carved out of the stone, in deep forests, and some even by the shore. Upon the arrival of Christianity around the 1300s, the stories changed. The trolls were able to smell the blood of a Christian man, and basically they stood for anything of the old times, which the new religion condemned. Oh, and if they every came in contact with sunlight, they turned to stone.

4 Pesta

The Black Death was a tragedy for all of the Scandinavian countries, Denmark lost one third of its population, while Norway lost half. The plague was so devastating, the people soon made it into a character of its own. Pesta comes as the figure of death and illness, in the shape of a hideous, old woman dressed in black, carrying a broom and a rake. She traveled from farm to farm, spreading the plague. If she carried with her the rake, some of the inhabitants would survive, but if she was carrying the broom, everyone in the family would soon die. It is still common to mention Pesta in the context of disease and illness.

3 Nøkken

Nøkken/Nyk/Nykkjen is a mysterious water creature, residing in fresh-water, lakes and deep ponds. He is, in Norwegian tradition, described as a dark monster with his eyes just above the surface, watching as people walk by. In Swedish tradition, he is a beautiful, young man, tricking women into jumping into the water, and then drowning them. He is a shapeshifter, and can change into a white horse, letting young children ride on his back and then jumping with them back into his pond. He is also said to be a talented musician, playing the violin so that the villagers can hear him at night. There were ways to protect oneself from him; you could throw a piece of metal into the water, like a needle or an iron cross, and so save yourself. If he had already attacked, you could overpower him by saying his name. "Nyk! Nyk! Naal i vatn. Jomfru Maria kastet styaal i vatn! Du sæk, æk flyt!" was a riddle for protection, meaning: "Nyk! Nyk! Needle in the water. The Virgin Mary threw steel in the water! You are sinking, I float!"

2 Draugen

Draugen, from Norse "draugr" meaning ghost. Yet another water creature, and this one is something you really wouldn't want to meet when you're out in your boat. Draugen is the ghost of a man who died at sea. He is huge and monster-like, and covered in seaweed, rowing in half a boat. He erupts a terrible scream when he appears, and legend has it he can be seen during stormy nights at sea, drowning sailors and fishermen, and sinking their boats and ships. There is a story of a man who once ran from Draugen and into a churchyard, where he shouted for the spirits of the dead to protect him. The day after, all the graves were open, and the churchyard was covered in seaweed. In these days, Draugen is commonly associated with anything dark and mystical about the sea.

1 Kraken

Kraken is probably a creature most people will recognize. It's been used in several movies, like Pirates of the Caribbean and Clash of the Titans, but originally, the Kraken belongs in the cold Norwegian Sea, where it was first said to be seen in the early 1700s. The first detailed description was made by the Danish writer and biologist, Erik Pontoppidan, in 1752. In old times, the Kraken was said to be in the shape of a huge crab, the size of an island, and many sailors and fishermen found themselves stranded on an island that had not been there minutes before. Later descriptions tell of a monster in the shape of an enormous octopus, which dragged ships down to the bottom of the sea.

NEW INTERNATIONAL PRESIDENT MARIT KRISTIANSEN



Earlier this year at the 2012 International Convention, delegates elected Marit Kristiansen as the new International President for the next biennium. To help members get to know Marit a little better, this month's Newsletter Service conducted a brief interview with the new Sons of Norway President.

What's your favorite part of being a Sons of Norway member?
My favorite part is the common bond we share, a feeling of belonging whenever and wherever I attend a Sons of Norway event. And I also enjoy attending meetings.

What's your favorite member benefit?
The Viking Magazine. The monthly publication just gets better & better. There are a variety of interesting topics – travel, design, music, history, culture – a focus on Norway today, yet not forgetting the old.

What do you look forward to most as the new International President?
I look forward to meeting lodge members throughout our Order, working with the newly elected International Board of Directors and our outstanding home office staff.

What do you feel is the most important issue Sons of Norway will face in the future?
One of the most important issues is governance – whether to change from a convention model to Board model. Of course, maintaining our solid financial standing is always important. That is the backbone of Sons of Norway, assisting our members with the best insurance and financial products.

What do you hope to accomplish over the next biennium?
One of the Board goals has been increasing membership and decreasing the number of members who do not renew their membership – leaving voluntarily. I would hope to see a reversal in the downward trend in membership numbers. That is not only a challenge at the International level, but at every level – local and District.

If you'd like to know more about Marit, be sure to read her monthly Velkommen letter in Viking magazine!



FJELLHEIM - 2012 OFFICERS

Board of Directors

President	Paul Wiig 596-6159 prwiig@msn.com
Vice-President	Michael Johaneson 303-663-3251 mjohaneson@gmail.com
Counselor	Björg Mapstone 264-0955
Secretary	Marilyn Keck 465-2444
Asst. Secretary	Virginia Nelson 640-9340
Treasurer	Laurance Moe 260-9490
Membership Secretary	Shirley Stillely - 475-1524

Program Directors

Social Coordinator	Betty McIntyre 635-5294
Cultural Coordinator	Dean Tollefson 473-1110
Host & Hostess	Dorothy Hanson 599-8546 Ginny Johnson 495-0253 Karen Ravnaas 390-0621 (position open)
Sunshine	Kerry Hefta 266-9429
Youth	Ruth Wiig 596-6159
Sports	
Foundation	

Language Teacher	Pat Staubo 359-2570 patvoice@comcast.net
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Support Officers

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Marshalls	Ole and Joan Bakken 632-3892
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Publicity	Eunice Bluhm 495-2029
Historian	Virginia Nelson 640-9340
Photographer	LaRue Hanson 599-8546
Librarian	Sonja Gund 473-9588

Viking Sisters

President	Betty McIntyre 635-5294
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Fjellheim Management Corporation (FMC)

Directors	Chuck Sullivan (2012) 597-0381 Doug Haug (2012) 632-4284 Swede Knutson (2012) 473-3297 Owen Bergland (2013) 576-1396 George Gund (2014) 473-9588 Agnes Barilovich 574-5653
Trustees	Rodger Erickson (2013) 597-2196 Jerry Johnson (2014) 495-0253 Terry Mapstone (2014) 264-0955

Committees/Special Activities

Auditors	Dean Tollefson 473-1110 June Peterson 599-3235 Millie Sullivan 597-0381
Finance Chairman	Michael Johaneson 303-663-3251 (position open)
Adopt-a-School	Sara Berge 495-2134
Tubfrim	Cleo Allgood 598-1982
Volunteer Hours	LaRue Hanson 599-8546
Field Representative	

Colorado Zone 8 Director

Linda Ault 303-953-2716
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District 6 President

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

**ALL PHONE NUMBERS HAVE 719 PREFIX UNLESS
OTHERWISE IS NOTED**

Sons of Norway
Monthly Newsletter
Knut Lyby, Editor
Viking Hall—Fjellheim 6-107
1045 Ford Street
Colorado Springs, CO 80915



Please cut stamp for Tubfrim

This newsletter is generously sponsored by the following:

2523 Shalimar Dr.
Colorado Springs, CO 80915-1030



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Patty Gooding
(719) 550-1206

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TUESDAY-FRIDAY 8:00-6:00 SATURDAY 7:00-2:00

YOUR AD HERE

We accept business card size ads for a minimal fee.

11 issues:
\$40 per year for members
\$80 for non-members

The money will help off-set the printing and mailing cost for the newsletter.