



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

May 2017

Volume 44, # 5

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 3

Birthdays 4

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 June Issue is May 20



**Prospective Member Invitation/
 Syttende Mai Celebration**

You are cordially invited to attend a complimentary lunch held for individuals interested in finding out more about the Sons of Norway. You'll meet current members while enjoying a variety of dishes provided by the Viking Sisters.

FREE LUNCH!

Fjellheim Lodge along with the Sons of Norway Director of Agencies are sponsoring a special luncheon and new member recruiting program on **Saturday, May 20th at 2pm** at Viking Hall. If you bring a prospective member, you and your guest will get your lunch FREE.

If you want to join us but cannot bring someone, the cost is \$10.00.

The program will include testimonials about our wonderful lodge, a video presentation on the Sons of Norway and a Scandinavian meal.

Fjellheim was the growth leader in 2016 in large part because of this kind of event. Come and enjoy this day with us.

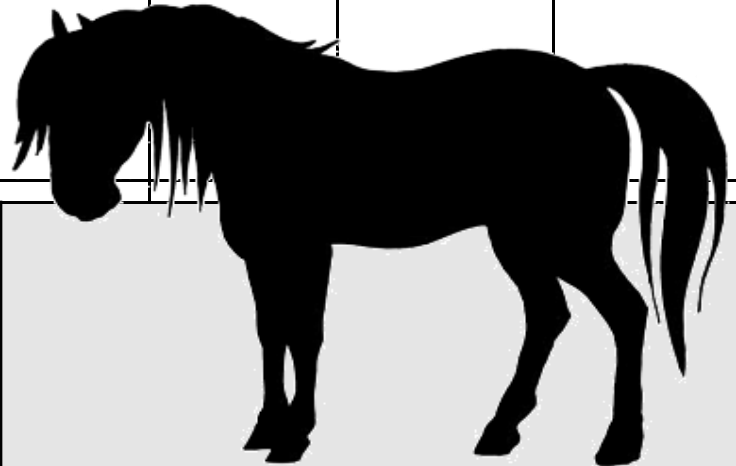
Join us for the festivities at:

*Fjellheim Lodge -Viking Hall
 1045 Ford Street Colorado Springs, CO
 Saturday, 20 May 2017 At 2:00 PM.*

Reservations : Please Call Karen Ravnaas at 719-390-0621

2017 mai

søndag	mandag	tirsdag	onsdag	torsdag	fredag	lørdag
	1 9:00 Lefse Bake Viking Lodge	2 12:30 pm Card Social Viking Hall	3 9:00 am Board Meeting Viking Hall	4	5	6
7 9:00am—2:00pm Norway Day at Science Museum Denver	8 9:00 Lefse Bake Viking Lodge	9	10 5:00 pm Book Club 5:30 pm FMC 7:00 pm Heritage Mtg Viking Hall	11 10:00 am Viking Sisters Viking Hall	12	13
14	15 9:00 Lefse Bake Viking Lodge	16	17	18 11:30 am Ladies Luncheon MacKenzie Place	19	20 2:00 pm New Member Lunch Syttende Mai Party Viking Lodge
21	22 9:00 Lefse Bake Viking Lodge	23	24	25	26	27
28	29	30	31			



Lefse Baking

All hands are welcome. Along with a taste of Lefse hot off the grill, coffee will be on along with some sweet treats.

We bake May the 1st, 8th 15th 22nd and June 5. 9:00 am. This is for the Scandinavian Fest in late June. We need 1500 rounds to sell. Many hands always make the work light. *Lois*



I hate to beat a dead horse....but I would really appreciate it if you would put the following note in the Flammen:

PLEASE keep track of your hours spent on activities for SON that are not documented elsewhere.

Lois will have a paper available at the 'sign in' counter. Take it home, record dates, activity, and hours spent for the lodge and community.

Thanks!

Cathe Berg

PRESIDENT'S MESSAGE

Hei! I hope you all enjoyed Frokost on April 2nd. Thank you to all who attended and special thanks to those of you who worked before, during and after the event. Frokost takes a lot of planning, preparation and cleanup. Thanks, **Sissel** for being our hostess with the mostest!

On May 20th we will host a Prospective New Member lunch. This is primarily a recruitment event and will include a yummy lunch, free if you bring a prospect.

Great job, Kelsey! Wonderful cultural program about Alt for Norge at the April Heritage meeting.

In May, Barb and Bill Hessel will present the cultural program about the Viking ship Draken Harald Hårfagre. Please join us as we mix a little business with a lot of culture, and of course, a little lunch.

Thank you all for attending our meetings and showing interest and concern in matters of the Lodge.

Bjerg

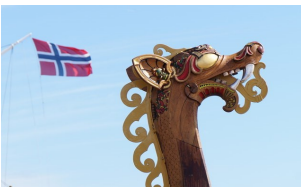


Cultural Presentation- May

The cultural program for May will be presented by **Barb and Bill Hessel** from Trollheim Lodge in Denver.

They will tell us about the Viking ship Draken Harald Hårfagre. This reconstruction project was built in the tradition of Viking boat builders.

It was launched on April 26, 2016 and arrived in Newfoundland on June 1, 2016. There were 16 ports of call in Canada and the USA. The Hessels saw the ship in Green Bay Wisconsin in August 2016.



Sunshine Report

May 2017

Happy Birthday to those celebrating birthdays during May. *Happy May Day* to everyone! And...*Happy Mother's Day* to all our wonderful Mom's out there.

Doris Lake has had her pacemaker replaced and is feeling better with more energy. **Chuck Sullivan** has been in the hospital for a severe elbow infection and other ailments; he is home but having somewhat of a hard time recovering. **Ruth Young** has had hip surgery and is recovering in a rehab center; she is also scheduled for foot surgery on May 19th. **Arlene Reid** has had hip surgery – twice; her first surgery fell out of place and had to be redone to fix it. Keep all our members in your thoughts and prayers.

Bev and Bob King's son has died. Bev and Bob are members at Trollheim Lodge and good fraternal friends across Zone 8. Our condolences go out to them and their family.

May is also the month we honor our fallen heroes on Memorial Day: *"In memory of many, In honor of all. Thank you."*

Fraternally, *Karen Ravnas* – 390-0621

May Birthdays

Gratulerer med dagen!

Duane Bakken	1
Marilyn M Keck	2
Cheryl Ann Cable	3
Lisa M Coltrin	5
Carroll O Sorensen	5
Nancy Marie Allen	6
Ethan E Coltrin	9
Lois E Halvorson	9
Eloise S Erickson	10
Hunter Hughes	12
Elijah Dvorak	15
Jonathan O Nau	15
Jack R Anderson	16
Juliannah Gavin	17
Steven Roy Hermanson	20
Linda Ann Wennerberg	23
Susan M Foust	24
James R Nau	27
Dorothy L Hanson	30
Candance E Lesoing	30
Madalynn Maddox	30



Card Social

Card Social will be Tuesday, May 2 with a pot-luck lunch at 12:30 pm at Viking Hall followed by visiting and cards. Questions call Ginny at 495-0253. Everyone is welcome

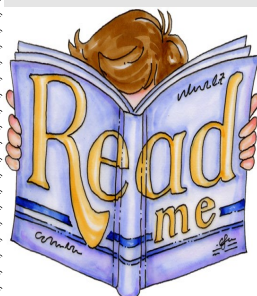


At the May 10 Heritage meeting, a sign up sheet will be circulated for **jello salads** to be served at the Membership luncheon on May 20. Please consider helping with this. We also could use some help preparing for the luncheon. Thank you
Ginny Johnson

Viking Sisters

Viking Sisters will meet Thursday, May 11 at 1 pm at the lodge to finalize the cookbook. Remember, all women of the lodge are Viking Sisters. We would very much enjoy having you join this group.

At the May 10 Heritage meeting, a sign up sheet will be circulated for **jello salads** to be served at the Membership lunch-



Book Club meets every second Wednesday of the month at 5:00 pm at Viking Hall. Our facilitator is Dot Everett. This month we are each reading a book of our choice and talking about it with the group. (I read Snowblind by Ragnar Jonasson - a murder mystery set in a small village in northern Iceland). Join us on May 10.

Rosemaling Classes at Viking Hall

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-



Ladies Luncheon - May 18th, 2017 @ 11:30 a.m.

MacKenzie Place Dining Hall

Hostesses: Bev Broin and Elsie Gonsholt

Desserts will be served @ Elsie's cottage after the luncheon.

Sign-up sheet will be passed around at the next Heritage meeting,

Or call Karen @ 390-0621.



Frokost Thanks 2017

This note of "thanks" is to all of our Lodge members, friends of members, and guests.

We did it again! Another successful Frokost was held at our Lodge complete with our traditional menu. We served fish, cold meats, salads, homemade breads, eggs, fruit, cakes, condiments, along with gallons of hot coffee.

Forty-five great volunteers shared their time and effort on Saturday and Sunday to make this event happen. Without all of you volunteering your time and talent we would have to consider cancelling this annual event.

We served over 200 guests all of whom had wonderful comments about our food, decorations, and the hospitality shown by everyone. The Lodge gives special thanks to all who had a part in this annual event. Special thanks to those who donated their time, food, and monetary contributions. Our Lodge Frokost profit this year was over three thousand dollars!

Congratulations to all of you! *Sissel and BJ*



(Editor's Note: We usually show pictures of the 200 guests enjoying themselves at our Frokost. This year, we are dedicating this page to our members who worked for hours preparing the food, setting up tables, and cleaning up for this wonderful meal. To the volunteers, **Tusen Takk** Thanks **Karen** for pics)

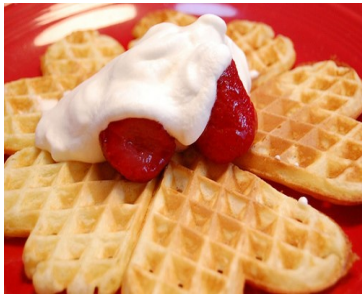


It looks like Joan had a good time at her surprise 90th birthday party at the lodge. We hope for many more.



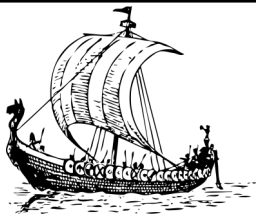
May 7 is Our Day

May 7 is Norwegian day at the Denver Museum of Nature and Science from 9:00am to 2:00pm. While the VIKINGS exhibit is the main event, the Sons of Norway lodges in Colorado are also presenting Norwegian culture in many ways.



There will be story tellers in Viking dress, Hardanger and fabric displays, bunads, genealogy booths, Viking coloring books for the kids (of all ages), runes readers, and food, of course. Waffles and lefse made on site.

Fjellheim will be there with runes and lefse irons. We invite you to join us.



"VIKINGS: BEYOND THE LEGEND"

March 10 – August 13, 2017

9AM-5PM Daily

Denver Museum of Nature and Science

2001 Colorado Blvd. Denver, CO 80205



Fresh insights revealed through new archaeological discoveries and more than 500 treasures, many never before seen outside of Scandinavia, show why the Vikings will always capture our imagination. See full-scale model Viking ships.

- Virtually excavate a Viking ship layer by layer, uncovering rich discoveries like weapons, tools, and animals just as archaeologists did.
- Examine dozens of artifacts showing the work of highly skilled craftspeople who used many different materials, including textiles, wood, metal, bone, and leather.
- Experience Viking daily life by engaging in activities that explore traditional clothing, competing in authentic Viking games, and testing your strength using an accurate model of a Viking sword.
- Learn about Norse mythology and see displays of beautifully crafted swords and armor, and religious iconography, including the earliest known Scandinavian crucifix.

Do You Have a Fabulous and Special Bunad That You Want to Show Off?



Ok, I know, I get it... Showing off is not a very Norwegian thing to do... But have you ever noticed that people are **absolutely stunning** when they wear a Bunad?

It's because they are **proud of their Norwegian heritage**. So, if you have a Bunad or Verdag-Drakt, , please join us as a **MODEL** in **YOUR BUNAD**, **SUPER FUN AND EXCITING**

Nordic Fashion Show at the 25th Annual Scandinavian Midsummer Festival in Estes Park

1:00pm Saturday June 24 – Sunday June,25

If you are interested, please contact **Kristina Feste-Hanson** (Vesterheim Lodge) by phone at 720-421-4048 or by email at NordicIceDancer@gmail.com to receive more details.



SONS OF NORWAY

Viking Voyager or Whole Life

We have a popular life insurance policy for kids called the Viking Voyager. It is a term policy usually purchased for grandchildren with a one-time payment of \$500 for a \$25,000 policy. It is good until the child is 26 years old and can be converted to a \$75,000 life policy regardless of the health of the insured.

Pretty good, huh. A \$25,000 policy for an average cost of less than \$20 per year. The only problem is there is no cash value at the end of 26 years. It is "pure insurance".

Another option for the new born grandchild is a \$25,000 whole life policy with one-time payment of \$2,185 that will have a cash value at the end of 26 years of \$3,750 (at the rate we are paying today). And if she keeps the policy to age 65, she will have a cash value over \$18,000 (again at today's rate).

Either way, we can help you gift your grandchild in a meaningful way.

Mike Johaneson
720-971-0130 mjohaneson@gmail.com

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
	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

District 6 President

Mary Beth Ingvaldstad 707-987-2404
mbingvaldst@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

1307 Wildwood Lane
Castle Rock, CO 80104-9477



SONS OF
NORWAY

Michael Johaneson

Financial Benefits Counselor

Phone: (720) 971-0130

Email: mjohaneson@gmail.com

www.sonsofnorway.com



Patty Gooding
(719) 550-1206

2905 NORTH MURRAY, Colorado SPRINGS, Co 80917
TUESday-Friday 8:00-6:00 Saturday 7:00-2:00


Advanced
Clean Ducts
For the Air You Breathe...
(719) 598-1920

Using the only EPA recommended cleaning method—
TOTAL SOURCE REMOVAL

Seth & Jessica Lawryer
Owners

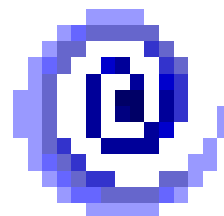
11605 Meridian Market View
Unit 124 #352
Falcon, CO 80831

info@advancedcleanducts.com
www.advancedcleanducts.com



SPIRAL BODY MASSAGE THERAPY

Caren Alvestad R.M.T., C.N.M.T



FOR PAIN RELIEF & RELAXATION
Please call for an appointment
(719) 648-2320