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**FJELLHEIM 6 – 107**, Sons of Norway  
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**January 2012**

**Volume 39, Issue 1**

**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
Birthdays	3
Upcoming Events	3
Acknowledgements	4
Sunshine	5

**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  
 kmlyby@q.com  
 Phone: 719-536-0647

**Deadline for the February 2012 issue is:**

**Monday, January 16**

Dear Brothers and Sisters:

I wanted to wait until the Lodge Christmas party was over to write this. The party was a huge success. The success was made possible due to a fantastic committee of members headed up by Sissel Disbrow. You should be very proud of your accomplishment. The new venue was very well accepted.

I hope you all took the time to enjoy the Lodge Hall decorations. Thanks to all who helped with them. Especially the tree in the center under the revolving Star (ok so maybe it was a ball). Great idea and tree decorations by Bjorg Mapstone.

A big THANK YOU to Dean Tollefson for his piano playing. There is something magical about singing the great old carols while walking around the Christmas tree.

As we start the new year I would like to say “Welcome aboard” to the new officers. We will give you all the help and encouragement we can. And to the people who graciously accepted another term, I appreciate your commitment very much.

Let’s make 2012 a “Get involved with Fjellheim” year. We all have many demands on our time. Some are good and some not so good. Give us a try. You will find the time spent with your fellow “Norskies” and “Skandahoovians” a lot of fun. Why, just the jokes that are told are well worth your time.

To all new and transferred members and new officers: Please mark February 8<sup>th</sup> on your calendars. This will be installation of officers and members night. Please plan to attend. It will be a great chance to visit with your newfound friends.

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



P.S. It was nice that Santa found the time to stop by and entertain the kids.

# January 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3 Game and Card Night - 12:30 PM, Viking Hall	4 Norwegian Language Class - 7:00 PM	5 Viking Sisters - 1 PM. Betty McIntyre	6	7
8	9 Board Meeting - 9:30 AM, Viking Hall  De-decorate Viking Hall, 11 AM	10	11 Lodge Meeting - 7:00 PM, Viking Hall	12	13	14
15	16	17	18 Norwegian Language Class - 7:00 PM	19 Ladies Luncheon - 11:30 AM, La Baguette, 4000 N. Chestnut. June Peterson, 599-3235	20	21
22	23	24	25 Norwegian Language Class - 7:00 PM	26	27	28
29 Dine Out - TBD	30	31				

## EXCITING NEWS ABOUT YOUR NEWSLETTER

Beginning in January 2012, we will start doing a monthly newsletter again, with a break in July.

The not-for-profit permit will be discontinued and we are hoping to email the newsletter to as many of our members as possible to cut back on the cost. If you have an email address and are currently not getting an email copy, please let Knut Lyby know by sending him an email at [kmllyby@q.com](mailto:kmllyby@q.com) and you will help our Lodge save money on both printing and postage.

Also, if you would like to submit an ad to be placed in the Flammen, please let me know. We accept business card ads for a minimal fee. The money will help off-set the printing and mailing cost for the newsletter.

Knut



## FROM YOUR FINANCIAL BENEFITS COUNSELOR

Looking back over newsletter articles this past year there has been a theme. You read about; estate planning, college financing, estate equalization, leaving a legacy, poetry of love, advantages of Fraternal Societies, buy/sell business arrangements, investment safety, charitable giving and a gift of the future for your loved ones. The common thread to all of these topics is life insurance! This single tool can do all of these things and more. It's kind of like the Swiss army knife of investments. As you look over your investments and would like further information on any of these plans, just give me a call.

Thank you for your support this past year and I wish everyone a good 2012.

LaRue Hanson, FBC  
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## JANUARY BIRTHDAYS



3	Craig M Eustice
4	Eleanor Dailey McLeod
6	James E Oldervik
6	Jamie R Oldervik
8	Wilma Nau
8	Nanette Walker Smith
10	Elmer L Routh
14	Inger Pappas
15	Gary H Barnes
15	Lois M Enderud
20	Jewel V Sigaty
21	Maria M Zakrzewski
22	Allen L Kuehn
25	Joan Bakken
26	Carol J Eacker
27	Bonnie J Bergland
27	Christopher Hardy
28	Jeff W Hansen
28	Meagan Oldervik
30	Beverly R Lessard

## HERITAGE AND YOUTH

12	Claire Suntken
18	Holli Marie Johnson
30	Maren Sofia Lyby
31	Ryley Apodaca-Eacker

## GRATULERER MED DAGEN!

## DIRECTORY CHANGES

### New Members:

Kari Jahnke, 4110 Anitra Cir,  
Colorado Springs, 80918  
[kari\\_jahnke@hotmail.com](mailto:kari_jahnke@hotmail.com)

Audrey Greene, 63 W. Boulder,  
Colorado Springs, 80903

Laurie Hauschild, 1723 Sanderson Ave,  
Colorado Springs, 80915  
[laurie1rdh@yahoo.com](mailto:laurie1rdh@yahoo.com)

### Address Change:

Anne Suntken, 1215 Allegheny Dr,  
Colorado Springs, 80919

## JOKE OF THE MONTH

Dear God - In 2012 please give me a fat bank account and a thin body and don't get them mixed up like you did last year.

## GAME AND CARD SOCIAL



**January 3, 12:30 PM** at Viking Lodge.

Join us for a potluck followed by cards and games. Everyone welcome for an afternoon of good food, fellowship and fun.

Contact Ginny Johnson 495-0253 if you have questions.

## DINE OUT



Our first Dine Out of 2012 will be on Sunday, January 29. More information on the time and location will be given at the January business meeting.

## NEW MEMBER INSTALLATION

New Member Installation will be at the February meeting, February 8 at 7:00 pm. We are looking forward to a large gathering to welcome the many new members who joined in the last twelve months. Additionally, the 2012 Officers will be installed with the appropriate pomp and circumstance.

## LADIES LUNCHEON

Our next Ladies lunch will be at La Baguette at 4000 N. Chestnut (close to Garden of the Gods Rd.) on Thursday, Jan 19 at 11:30 am. June Peterson, 599-3235, is the contact person.

## NORWEGIAN CLASSES

If anyone is interested in a beginner Norwegian class to start after January 1, 2012, call Pat Staubo at 719 359-2570.



## BREAKFAST SOCIAL

Our next breakfast is Saturday, January 28 from 9:00 to 10:30 am at the Lodge. Pancakes, bacon, sausage, fruit, coffee, and orange juice will be served. The cost is \$8.00 per person. Come join us for a good meal and even better company.

Proceeds go to FMC for building maintenance.

Call Millie Sullivan at 597-0381 if you plan to attend.

## TUBFRIM UPDATE

We are happy to announce that we mailed a total of 20 lb. 4 oz. of stamps to Tubfrim in 2011. Keep cutting those stamps and bring to the Lodge. Thank you to all of you who helped cutting envelopes throughout the year.

*Sara Berge*

## DE-DECORATE VIKING HALL

Come help us take down Christmas decorations at Viking Hall on Monday, January 9 at 11 am. The more hands the quicker it will go.

## KEEP THE DATES - 2012

Saturday, February 25 - Baneløpet, YMCA Snow Mountain Ranch, Winter Park, CO  
April 14 - Frokost, Viking Hall

## SCANDINAVIAN CHRISTMAS TEA THANKS

Our third annual Christmas tea was another huge success. We served 162 guests and still had a waiting list. Our profit was \$2072! All of us realize that it takes team work and lots of planning to accomplish Lodge socials. Evidence of the many hours of preparation is shown in the successful presentation of our tea. Without the help of all of you, these special events would not happen.

Our table hostesses included Bjorg Mapstone, Karen Ravnaas, Marianne Reisinger, Sissel Disbrow, Ruth Wiig, Beth Sutherland, Lois Halvorson, Elaine Hellum, Betty McIntyre, Elsie Gonsholt, Helen Mattson, Cathe Berg, Karen Swartley, Nancy Allen, Kerry Hefta, and Celia Timms.

Special thanks to June Peterson, our reservation chairperson, and to Terry Mapstone, George Gund and Tom Quinn, our tea-makers. Thanks also to those who baked our tea goodies, donated our door prizes, and readily volunteered to set up/cleanup for our party. Thanks to Vern Skari, who sang such lovely Christmas songs, accompanied by Sonja Gund. We appreciate all of our Lodge members and their guests who supported our event by their presence.

*Sissel Disbrow  
Tea Chairperson*

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## SOCIAL COMMITTEE THANK YOU

Elaine and I would like to thank everyone who helped in anyway with the socials this year. We worked hard especially making Lefse, we will make it again next year with the response of yes that I got at our last baking we must rest up for a few months. Please step up to help the new social leaders in 2012.

*Our thanks  
Lois & Elaine*

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## LAST MINUTE REMINDER TO ATTEND OUR ZONE WORKSHOP – JANUARY 7, 2012

Trollheim Lodge building – 6610 West 14<sup>th</sup> Ave., Lakewood, CO

Coffee – 9:15-9:30 am. Brunch – 11:00 am. Done by 2:30 pm.

Please call me – 720-283-8592 - with who will attend from each lodge so I can prepare brunch accordingly.

Please have at least one person from each lodge prepared to share with us how you celebrate special Norwegian holidays/events and the success of same. How successful are you when looking for helpers/volunteers? Always the same volunteers or are you successful encouraging others to help? – and getting new helpers? How do you plan fund raising events? How successful are they? Programming, and what kind of programming makes members and guests want to come to the next meeting?

We need to share our ideas – our successes and non-successes. I believe all of our lodges are experiencing the same difficulties of making our monthly gatherings more fun to attend.

Please plan to attend the workshop – to join together and discuss how we can be more successful.

Thanks – I look forward to seeing many of you.

*Crystal Sundet  
District 6 – Zone 8 Director*

## JULEBORD - KJEMPESUCCESS

Yesterday's Julebord at Fjellheim was a most wonderful event!!

For a Norwegian, born and raised, it was so authentic that it brought tears to my eyes, especially when watching the parents with children walking around the Christmas tree - what memories that brought!

And the food, oh my - how did you all do this - almost 200 people to feed -- what an enormous undertaking.

The quality of the food, and authenticity was astounding and brought forth more memories.

Sign us up for next year, please.

*Thank you, thank you, tusen takk.  
Telise Rodelv*

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## FMC REPORT

The new carpet and tile have been installed in the Foyer and on the stage. It looks great. Thanks Paul for all time spent getting that project done. Before the carpet installation, prep work was done by Paul, Owen, Chuck and myself.

We had a clean up day. Thanks Chuck, Terry, Jerry, Owen and Swede for trimming trees, re-lamping exterior entry lights and shimming the shed door strike.

Some lamps in the Bar have been replaced and \$2000.00 was transferred into our account to pay some bills.

*Swede*

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## VOLUNTEER HOURS

Please get your volunteer hours organized for 2011----small events to big events----anything and everything in between!

**I NEED all volunteer hours by 16 January.**

*Thank you  
Cleo Allgood*



## IN MEMORIAM

### Gladys A. Foss 1919-2011

Gladys was born to Henry and Alice (Morreim) Skaug in Minneapolis, Minnesota. Married in 1946 to Erling Foss, a career military man, they traveled extensively in Europe and the U.S. She was an accomplished pianist who performed and taught piano locally for many years.

She is survived by daughters Lenore Foss, Kristin Foss, and Zelime Fisher as well as by five grandchildren.

Col. Foss and Gladys were very active members of Fjellheim Lodge as she provided music programs for us and he served as Lodge President. Among other activities, they hosted an outstanding New Year's Eve party at the Lodge during which Erling acted as chef for an outstanding post- midnight meal featuring many Scandinavian delicacies. They initiated several Lodge practices.

Gladys was an elegant, charming lady who is fondly remembered by senior members of the Lodge.

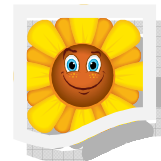


### Lee E. Eldridge 1921 - 2011

Lee was a longtime Colorado Springs resident, retired sign painter and Navy veteran. He is survived by his wife Elaine, a son Dudley Anderson, daughters Leanne Eldridge and Cindy Zielke, seven grandchildren and four great grandchildren.

He and Elaine were active in the Lodge from its earliest years. Lee produced signs and other art projects to enhance the appearance of our building and grounds. We appreciate their efforts and contributions.

## THE SUNNY CORNER



Happy Birthday and Happy Anniversary to all of you who are celebrating these special occasions in January 2012. Can you believe that another year has passed us by without so much as a whimper! But here we are – 2012 and a year of great expectations and much anticipation as to what it has in store for us. As we enter the New Year, I wish you peace, prosperity, and much happiness.

To start off the New Year, Lyle reports that his grandson, Taylor Jon (TJ) Berge, has graduated from the University of Northern Colorado with a degree in business with emphasis in finance. He has found work in the finance field in south metro Denver. Congratulations, TJ, and what a way to start a new year. Made your Grandpa proud, too!

Marilyn Keck fell at her home and spent some time in the hospital. She is now recuperating at a rehabilitation center. We wish you a speedy recovery, Marilyn.

We send our condolences to Dean Tollefson on the death of his sister in October and to Marge and Rodger Erickson on the passing of Marge's brother in December. Former member Gladys Foss passed away on December 3. Lee Eldridge, also a former member passed away in December. Please keep them and their families in your thoughts and prayers.

I would like to take a moment of your time to say thanks. Thanks to all of you who read this little article and tell me you enjoy it. I hope to be able to continue to bring you up to date on the events in our member's lives. Please keep your ears open and let me know when there is something I need to pass on to all the others. It helps keep us connected. Thanks again!

A thought for the New Year: "Friendship isn't about who you have known the longest, it's about those who came and never left your side ...."

Regards,  
Karen Ravnaas,  
Sunshine Director, 390-0621

## TUBFRIM CHAIR RETIRES, NEW CHAIR ANNOUNCED

In mid-January, Tubfrim chairperson, Knut Karlsen and his wife Svea will draw the winner of the round trip ticket to Norway. With this drawing, Knut will retire as Tubfrim chair, a position he has held for 25 years. Also retiring will be his wife Svea. During their tenure, Knut and Svea have overseen a phenomenal growth in the program, from 100 pounds of stamps being sent to Norway in 1986 to more than 3,500 pounds this year. Watch Viking magazine for the announcement of the ticket winner, more details about the program, and Sons of Norway's heartfelt thanks to the Karlsens for their commitment and hard work to make Tubfrim the success that it has become.

While Sons of Norway is sad about the Karlsens' retirement, we are excited to announce the new chairperson. Gene Brandvold, 28-year member, past district and International officer, and enthusiastic and longtime Tubfrim participant and advocate, has accepted the position of Sons of Norway's Tubfrim chairperson and will begin his duties following the drawing.



## LEFSA-MAKING FOR ROOKIES

In some ways making lefsa is simple. Take some (four cups) of potato buds and mix in boiling water (four cups), a cup of half and half, a stick of butter and a little salt and sugar. Cool overnight and mix in two and one-half cups of flour. Shape into 30 balls of dough, flatten each ball into a 10 inch round, throw on the griddle and bam, you have lefsa.

That is what the many lefsa recipes on Google would have you believe. It is much more complex and it takes a bit of work and time to learn how to make good lefsa. I was lucky. I was taught the right way the first time by the Lefsa Queens at Fjellheim Lodge.

However, because I am a man, I had to experiment. Disaster each time. Sticky, unusable dough and tough, inedible lefsa. Wasted time and money but I learned a few things I am going to share in case there are some wanna-be lefsa-makers out there.

First, the right equipment makes all the difference. Men get this. They will build a deck just to buy a new saw. Here, we get a new rolling pin. Your rolling pin should be grooved with a sock covering the barrel. It will hold flour well and this will keep the dough from sticking. The most difficult part of lefsa-making is rolling the dough into a nice round piece. It wants to stick to the rolling pin and the pastry cloth. It is thin and fragile so it will tear easily if it is sticking. Two or three frustrating incidents of torn lefsa and that rolling pin becomes a dangerous weapon.

A lefsa stick is essential to lift the lefsa from the pastry cloth to the hot griddle and then off the griddle. It looks like a toy wooden sword beveled to rounded point. If you do not have a lefsa stick, I guess you can use your fingers. If they touch the 500 degree iron, they will blister before you feel it. Then you say, "Uff da".

A pastry cloth to roll the dough will hold flour and it will keep the dough from sliding as you roll the dough from the middle outward making it thinner and thinner. You can tape a kitchen towel to the counter top or you can get a specially made, round pastry cloth like the Lefsa Queens use from Bethany Housewares in Cresco, Iowa. It has circles on it to measure as you go and Bethany printed in the middle. You know the lefsa is thin enough when you can read the words.

A dedicated lefsa griddle makes life easier. It gets hot enough for lefsa - 485 to 500 degrees. A KitchenAide mixer on a stand is not necessary but trying to mix the flour with cold mashed potatoes with anything else will test you. Use open paddle, not the dough hook.

Buying the proper groceries is also essential. Potato buds have one legitimate use - lefsa. They are easier and faster than cooking and mashing potatoes. More importantly, they are consistent and you control the water content. I have tried three brands and Betty Crocker works best. The others produced a stickier dough. Besides, Betty was a Norske lady from Minneapolis, you know. King Arthur flour works best. I do not know why, it just does. Sift, of course.

The process begins easy enough. Combine the potato mix above by hand and put in the refrigerator overnight. The next day, things get serious. Get everything ready - flour the rolling pin and pastry cloth, set up the lefsa iron and load up a flour sifter. Then put one third the cold mix and cups of flour alternately in the mixer bowl. Mix slowly. From this point, work steadily. Once the flour is mixed in, the dough starts to get increasingly sticky. I do not know why but it does. So, do not go for a walk or even take a coffee break. Move directly from the mixer to shaping about 30 balls about the size of an ice cream scoop, two and one half ounces. Place them on a waxed paper covered cookie sheet and put in the refrigerator.

Take the balls out of the refrigerator one at a time for rolling. I know it means opening the refrigerator 30 times but it is worth it. Cold dough works better. Flour your pastry cloth between each ball. If some dough gets stuck, scrape off with a knife and flour again. Be warned that if you work too much flour into the dough while rolling it, the lefsa will be tough. If you do not use enough, it will stick to everything. With the recipe above, I have not had tough lefsa and it does not stick.

When I have a ten inch round, I slide the lefsa stick under the round in the middle, gently lift it to the griddle and unroll it without touching the griddle. The griddle is hot and the lefsa is thin so pay attention. People like brown spots on their lefsa, not black, so check it often and flip accordingly. When done, lefsa should cool on a wire rack, then put between waxed paper and into an airtight plastic bag.

Then eat it or keep it at cool room temperature for a few days or freeze it. For some reason, lefsa does not like the refrigerator. Freezing it works well. Thawed and warmed in the microwave, it tastes hot and fresh.

In summary, get the right equipment from Bethany, use Betty Crocker Potato Buds, King Arthur flour, cool the potato mixture overnight, mix in the flour, keep the dough cold, and work steady until done. (about two hours)

Then take a coffee break and have one of your two and half dozen perfect lefsa.



## 2012 INTERNATIONAL CONVENTION AND LEADERSHIP CONFERENCE

Happy New Year to all Sons of Norway members and lodges! This is going to be an exciting year for the whole organization and there's going to be a lot of new and interesting things to learn about in the 2012 Newsletter Service.

Not least of which is that this is a convention year! This means over the coming months each district will host its own convention and then towards the end of summer Sons of Norway will host the 2012 biennial International Convention. This year the convention will be held in Fargo ND from Wednesday, August 22<sup>nd</sup> through Saturday, August 25<sup>th</sup>.

During the event, Sons of Norway will be hosting the usual International Lodge Meeting, where delegates come together to chart the course of our organization for the coming biennium. This year, however, Sons of Norway is adding something brand new, called the Innovative Leadership Conference!

Based on member research, we learned there was great interest in an event that would be of a wider interest, help strengthen the leadership skills of members and, above all, be open to ALL members. In response Sons of Norway is excited to present this new event on August 22<sup>nd</sup> and 23<sup>rd</sup> as part of the International Convention!

During the day-and-a-half conference attendees will learn leadership, communication and creativity skills that will benefit them in their roles as Sons of Norway members as well as their professional lives.

This is going to be a great event and Sons of Norway hopes you'll consider joining us in Fargo for the first ever Innovative Leadership Conference! To register or learn more about this event, visit [www.sonsofnorway2012.com](http://www.sonsofnorway2012.com) or call 612-821-4623.

### 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 591-7083
Treasurer	Laurance Moe 260-9490
Membership Secretary	<b>(position open)</b>

#### Program Directors

Social Coordinator	Betty McIntyre 635-5294
Cultural Coordinator	Dean Tollefson 473-1110
Host & Hostess	Dorothy Hanson 599-8546
	Ginny Johnson 495-0253
Sunshine	Karen Ravnaas 390-0621
Youth	<b>(position open)</b>
Sports	Kerry Hefta 266-9429
Foundation	<b>(position open)</b>
Language Teacher	Pat Staubo 635-7085

#### Support Officers

Greeters	Ken Halvorson 632-6003
	Owen Bergland 576-1396
Marshalls	Ole and Joan Bakken 632-3892
Editor	Knut Lyby 536-0647
Musician	Sonja Gund 473-9588
Publicity	Eunice Bluhm 495-2029
Historian	Virginia Nelson 640-9340
Photographer	LaRue Hanson 599-8546
Librarian	Sonja Gund 473-9588

#### Viking Sisters

President	Virginia Nelson 591-7083
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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
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
Adopt-a-School	<b>(position open)</b>
Tubfrim	Sara Berge 495-2134
Volunteer Hours	Cleo Allgood 598-1982
Field Representative	LaRue Hanson 599-8546

#### Colorado Zone 8 Director

Crystal Sundet 720-283-8592  
(crystobel@hotmail.com)

#### District 6 President

Lyle Berge 720-470-4961  
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ALL PHONE NUMBERS HAVE 719 PREFIX UNLESS OTHERWISE IS NOTED.

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This newsletter is sponsored by the following:

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