



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

June 2017

Volume 44, # 6

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 August Issue is July 20

Summer Picnic @ Bear Creek

Our annual summer picnic has been booked at the pavilion at Bear Creek Park for Sunday, **June 18** at 12:00 pm. It is pot luck with the lodge providing drinks.

Fellowship, horse-shoes, and music make this a fun day for all. Please bring \$5.00 per person to help pay for the pavilion and the drinks.



Scandinavian Midsummer Festival

June 25-26, 2016

Saturday 9:30-5, Sunday 9:30-4
 Bond Park, Estes Park

Music, Dancing, Crafts, Food, Silent Auction,
 Raffle, Children's Crafts, Scan. Antique Autos

WWW.ESTESMIDSUMMER.COM

2017 juni

søndag	mandag	tirsdag	onsdag	torsdag	fredag	lørdag
				1	2	3
4	5 9:00 Lefse Bake Viking Lodge	6 12:30 pm Card Social Viking Hall	7 9:00 am Board Meeting Viking Hall	8	9	10
11	12	13	14 5:00 pm Book Club 5:30 pm FMC 7:00 pm Heritage Mtg Viking Hall	15	16	17
18 12:00 Picnic Bear Creek Park	19	20	21	22	23	24 9:00 Mid Summer Scandinavian Festival Estes Park
25 9:00 Mid Summer Scandinavian Festival Estes Park	26	27	28	29	30	

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.

June lefse baking will be on Monday, June 5th.
This will be our last baking until September.

Lois



Support Our Partners

Kings Soopers and Safeway have sent us checks for almost a 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.



President's Message –June/July 2017

Tired of the snow? Our neighbor says that this weather should not be a surprise. This is Springtime in the Rockies! Terry and I would like to get out our garden tools and put away the snow shovel.



This is a very busy time of the year for all of us. On May 7th twelve of your fellow Lodge members participated in Scandinavian Day at the Nature and Science Museum in Denver. Various Scandinavian groups in Colorado were represented, including the Sons of Norway. We were set up and making lefse in the Museum at 8:30. We thought that we would be making lefse to cut into pieces for samples while also demonstrating our awesome lefse making skills and helping kids to roll and bake. Well, for four hours, with two grills we watched and helped more kids than you can shake a lefse stick at to make and bake their own. Their smiles were priceless as they got to eat the finished product. We have heard that attendance

that day was 5200 and they probably all made lefse!

The Cultural presentation at our Heritage meeting in May was excellent! Barb and Bill Hessel showed us a CD and talked about their visit to the Viking ship Draken Harald Hårfagre last year. We thank them so much!

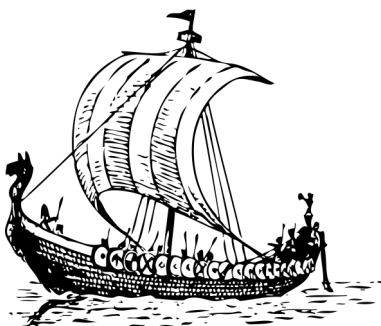
The cultural presentation for the June 14 meeting will be by our own Terry Mapstone telling us about those small plaques on the walls of our lodge. They represent the Coat of Arms for each **fylke**, a county in Norway.

On May 20th, our 17 Mai Celebration and New Member Recruitment event was great! Terry told us about the meaning of Constitution Day and about the history of the Norwegian flag. Mike gave a presentation about the SON and the insurance products that are available. Viking Sisters prepared a wonderful meal! And, guess what, we now have seven new members. Hurrah for 17 Mai! Hurrah, Hurrah, Hurrah!

Hope to see you all at our next meeting and the picnic at Bear Creek Park!

For some out of town fun, come to the Scandinavian Midsummer Festival in Estes Park on 24 and 25 June! We'll be there selling lefse.

Have a wonderful Summer! *Björg*



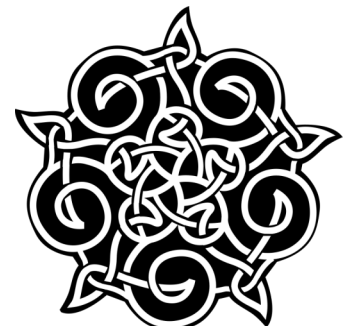
"VIKINGS: BEYOND THE LEGEND"

March 10 – August 13, 2017

9AM-5PM Daily

Denver Museum of Nature and Science

2001 Colorado Blvd. Denver, CO
80205



June Birthdays

Gratulerer med dagen!

Lisa N Johanson	3
Nicholas J Dickovich	4
Ryan J Hollenbeck	4
Matthew Disbrow	5
Kathleen A Osness	7
Karl Kvam Schneider	7
Irene T Gladem	8
Michael H Johaneson	8
Peter Osburnsen	12
Charles E Sullivan	12
June E Peterson	16
Rosa Strand	16
Silje Ostrem	22
Mary Hansen	24
Harlan James Williams	26
Mildred Sullivan	29
Rachel Constance Njus	30

July Birthdays

Valerie B Lundy	3
Patricia C Rowe	3
Phylis J Smith	3
George C Gund	5
Terry L Mapstone	6
Laurie Hauschild	7
Grace P Johnson	7
Pamela Bakken-O'Neill	9
Maynard O Larson	10
Gerald L Rowe	12
David B Coltrin	13
Vivian I Johnson	13
Austin J Coltrin	19
Kathie Dawn Godsil	21
Miranda G Coltrin	30



Sunshine Report

June & July 2017



Happy Birthday to everyone celebrating birthdays in June and July. **Happy Father's Day** to all our Dad's. **Happy Fourth of July** to everyone!!! Be safe while enjoying all the events summer brings, especially if you are traveling.

Tania Oldervik was in the hospital with kidney issues but is now home recovering. **George Gund** was in a head-on collision in December and was considered okay. A couple weeks ago, he was sent to a Denver hospital when he began having issues with his stent. He is now home but doesn't have the strength he had and can't do much of anything. **Elsie Gonsholt** was in the hospital with congenital heart failure and is now home recovering. She is doing well and even hosted dessert at her cottage @ MacKenzie Place. Mange Takk, Elsie! Please keep all in your thoughts and prayers.

We have had many wonderful events in our Lodge during the first half of the year which kept us VERY busy. Can you believe when we return in August, we will have only 5 months left in the year – and they are as busy as the first half! So, rest and relax – and get ready for the final stretch of 2017!!

Thought for summer: *A perfect summer day is when the sun is shining, the breeze is blowing, the birds are singing, and the lawn mower is broken. James Dent*

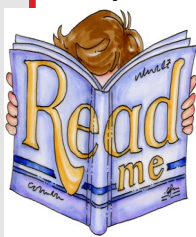
Faternally,
Karen Ravnaas



There will be no **card socials** in June or July. Everyone is welcome (Ya, it is sort of a yoke then.)

Vesterheim Museum Sponsored Rosemaling class for Beginners in Oils by Louise Bath .

Classes will be held at Trollheim Lodge in Lakewood, CO June 27-30. Members cost \$260. This a rare opportunity to learn from the best in our own backyard. Vesterheim.org or 563-382-9681



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 reading **The Measure of a Man** by Sidney Poitier.

News Flash. **..VIKING FAIR. ..OCTOBER 21** A BIG DAY of fun, food, handwork, baked goods, heritage treasures, lefse, unique gifts, vendors, visiting, community invited, raffles. Please call me with ideas \questions, 351-3554. Thanks from Eunice.



A Great Day at The Museum

Our participation at the Denver Science Museum on May 7 in conjunction with Viking Exhibition was a grand success according everyone involved. We had fun, kids learned to make lefse and Fjellheim's table was the most popular according to event organizers.

BJ, Terry, Carol and Mike were there at 8:00 to get things started and by 10:00 we had a crew of 12 Fjellheim workers.

Thanks to Karen, Leonard, Terry, Rae Marie, BJ, Lois, Caren, Bev, Elaine, Sara, Carol and Mike. Tusen Takk.



Caren read the runes for many people, young and old, all day. At times, they were standing three deep to have their runes read. (There must be a story about Caren ruining some young man's day.)



17.mai - Syttende mai- grunnlovsdag - Norges nasjonaldag (May 17, Constitution Day)
Also, New Member Dinner and all around fun and educational afternoon on Saturday, May 20.

Nancy organized this event and as usual, it went really well. We had 17 potential members and their sponsors plus others looking for a good time and food.

Nancy also assembled a folder for each potential member with everything about Sons of Norway and an application form. BJ talked about the lodge, Terry told us about the history of this special day and Mike had two videos to show.

Seven people signed up right then and there. We wrapped up with a wonderful pulled pork dinner complete with jello salads and desserts. Tusen Takk to all involved. Good time.



New members picture, L to R: **Nancy and Keith Chew, Suzann and Frank Alstrin, Rich Fisher, Beverly Limbaugh, and Nora Durham**



Viking Sisters / Chefs Below: **Kathy, Elaine, Ginny, Carole, and Bev**



Insurance Talk

A couple of weeks ago, we were hiking Zion and Bryce with our grandson. He is going to graduate school in Utah to be a physician assistant. I learned what his tuition was and what he had to borrow. I thought it was a lot of money. On the other hand, I was grateful that he has enough life insurance so his loan could be paid off if something should happen to him.



The costs of higher education are very high these days and many of our children or grandchildren borrow to be able to finish school. Good financial planning would dictate we have something in place to insure that the family could take care of the debt if something happened to the student.

Fortunately, life insurance for people that age is quite inexpensive.

Please call, text or email me if I can be assistance.
Mike Johaneson
720 971-0130 mjohaneson@gmail.com

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.

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

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	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
mbingvaldstad@aol.com

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Sons of Norway
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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

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Patty Gooding
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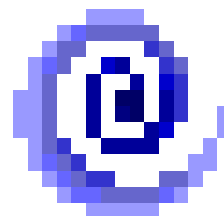
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