



FJELLHEIM 6 – 107
 Sons of Norway
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 Colorado Springs, CO 80915
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www.sonsofnorwaycs.com
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September 2016

Volume 43, #8

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 October Issue is September 20

Ed note: President Steve said to just use last year's story on the walleye feed. Here goes:

Second Annual Walleye Fry

In our never-ending quest to create memorable gastronomical events for our members, we are serving **walleye**, meatballs, baked potatoes, coleslaw, and desert at the Anniversary Dinner. Food will be served at 5:00 pm on September 17. It will be wonderful.

Years ago, the lodge served walleye but the cost of the fish and the difficulty preparing the dinner lead to its demise. We are reinstating the tradition on September 17 using old hands (Paul) and new hands (Steve and Mike) to bring you this Minnesota favorite.

As most of you know, walleye is a delicate fish best served with little seasoning and right after cooking. We are excited about this adventure and we hope you are also. The cost is \$20.00 per person, \$10.00 under 12.

Please join us by calling Kathy Godsfil at 719 266-9597 and reserving your seat. Reservations will close on September 10th.



Strike Up The Band It Is Time For Our Forty-Third Anniversary Celebration

4:00 Member Recognition
5:00 Walleye Dinner
6:00 Entertainment

The entertainment will be a rollicking presentation of Four Journeys to Norway by our members.

(this going to work folks, we promise)

Member Recognition

ATTENTION! All Sons of Norway members of Fjellheim Lodge who are eligible for their 5+ year member pins will be receiving their personal invitations via mail before the 43rd Fjellheim Lodge Anniversary Dinner/Fish Fry, which will be Saturday, September 17 at 4pm. All members and guests are invited to this event---Fish Fry Dinner is \$20, \$10 under 12. Reservations may be called to Kathie Godsfil at 719 266-9597.

2016 September

sondag	mandag	tirsdag	onsdag	torsdag	fredag	lordag
28 1:30 pm Dine-out Rudy's Little Hideaway	29	30	31	1	2	3
4	5	6 12:30 pm Card Social Viking Hall	7 9:00 am Board Meeting Viking Hall	8	9	10
11 12:00 pm Rosemaling Viking Hall	12 9:00 am Lefse Making Viking Hall 11:00 am Viking Sisters Viking Hall	13	14 5:00 pm Book Club 5:30 pm FMC 7:00 pm Heritage Mtg Viking Hall	15	16	17 43rd Anniversary Dinner & Program 4:00 pm Viking Hall
18	19 9:00 am Lefse Making Viking Hall	20	21	22	23	24
25 12:00 pm Rosemaling Viking Hall 1:30 Dine-out Fargo's Pizza	26 9:00 am Lefse Making Viking Hall	27	28	29	30	



REBATE

Our Kings Soopers and Safeway cards have produced rebate checks of a total of \$1000 so far this year. Good job..

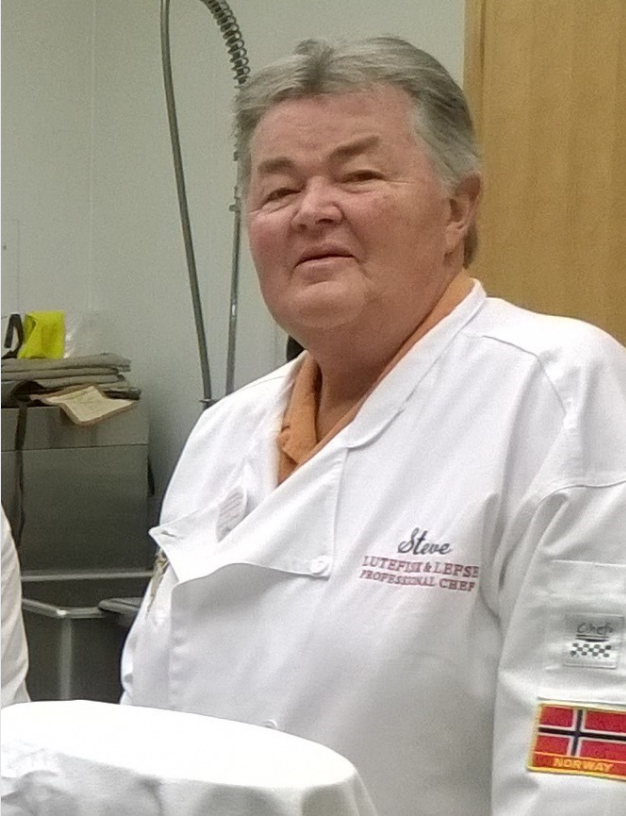


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President's Thoughts

Let's Celebrate

The annual recurrence of a date marking an event or occurrence of notable importance.....are the words used by Daniel Webster to describe how we use the word **Anniversary**. But, what makes an event or occurrence



“notable”? Maybe something that is unique, remarkable, distinguished, or maybe noteworthy for its excellence and just good quality. A “Mountain Home” was founded 43 years ago with a simple purpose; “dedicated to preserve and promote the Norwegian Heritage”. Sounds notable to me. And if we happen to have some fun along the way, that’s pretty remarkable.

Our Mountain Home, or as Norwegians say, “Fjellheim” will celebrate our anniversary in just a short few weeks on Saturday afternoon, September 17, doing what Norwegians do best; eating fish and having some fun! And this celebration will occur at Viking Hall, which was purchased just a dozen years after our Lodge was founded.

Over the past many years just imagine how many monthly social functions, picnics, potluck suppers, Ladies Luncheons, Norwegian Cultural programs, Lutefisk & Meatball dinners, Frokost Breakfasts, monthly Cards & Games, Christmas Julebords, Viking Fairs, Heritage programs, and monthly Dine-Outs our Lodge has provided. And now, in just the past year, we can add our third Walleye Fish Fry. Do you feel like maybe Fjellheim has become our member’s social focal point?

But, I think what is most important is that our Family Mountain Home has had 43 years of members volunteering to provide all of these Lodge functions for the community, and then in everyone’s spare time helping and being concerned about the well-being of our members. Again, I would define this as notable, and this could not be a better reason to celebrate our **Anniversary**! Tusen Takk to all of you extraordinary members for providing Fjellheim Lodge with a very rich and vibrant history and for the coming many years.

Happy Notable Anniversary,

-Steve Hermanson

September Birthdays

John Olaf Larson	1
Paul C Rygg	2
Carol E Schreuder	2
Cleo B Allgood	3
Sharon Ann Martinez	3
Quinn M Berge	4
Cynthia Louise Ritz	4
James Hardy	5
Rodger E Erickson	7
Karla J Roth	8
Kevin M Canestorp	11
Ingrid Grove	13
Kenneth M Halvorson	13
Shane R Jahnke	13
Charlotte Coltrin	14
La Rue D Hanson	16
Carol A Johaneson	23
Lucille S Moe	24
Ruth Wiig	25
Dorothy Dawn Destree	28
Glenn C Enderud	28
Sissel O Disbrow	29
Mary A Brooks	30
Helen Mattson	30



Card Social

Card Social will be Tuesday, September 6 with a potluck lunch at 12:30 pm at Viking Hall followed by visiting and cards. Questions call Ginny at 495-0253. Everyone is welcome



Viking Sisters

We will meet after lefse making on September 12 to begin sorting recipes and getting the cookbook ready for the printer. Any help will be appreciated. Questions, call Ginny at 495-0253



Rosemaling Classes at Viking Hall

Rosemaling classes are scheduled for Sunday, September 11th from 12:00 until 4:00 and Sunday, September 25th from 12:00 until 4:00. 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 264-0955.

BOOK CLUB

Book Club meets every second Wednesday of the month at 5:00 pm at Viking Hall. Our facilitator is Dot Everett. We will be reviewing the presentation at the District 6 Convention on Book Club Selections. Please join us on Wednesday, September 14 at 5:00pm.

Sunday Dine-outs @ 1:30 pm

August 28 @ Rudy's Little Hideaway, 945 South 8th Street (formerly Zeb's on the somewhat steep hill on the east side of 8th street after the Motor City Road) Host: Steve Hermanson 520-0303

September 25 @ Fargo's Pizza Place, 2910 East Platte Avenue. Hostess: Karen Ravnaas 390-0621



Lefse Baking

September brings back lefse baking. We will start September 12th at 9:00 am until 11:00. We will bake the 12th, 19th, & 26th of September. Then October 3rd, 10th, 17th, & 24th and November 7th. Come and join us for work, fun and warm lefse. The coffee pot is always on. There are treats too. Lois





Sunshine – September 2016



Happy Birthday to all our September members and Happy Anniversary to those who celebrate this special event.

I haven't heard of any illnesses in the past couple months, so I hope all are doing fine. Those we have reported about in the past months are back and into to their normal routine. If there is someone who I need to report about, please call me so I can report it at the next meeting.

Due to lifelong health issues and the altitude of Colorado Springs, our dear friends LaRue and Dorothy Hanson will soon be moving back to their home town of Yankton, SD. We are really going to miss them, so as time gets closer, be sure to take the time to visit and wish them well.

It's the change of seasons again and we can definitely see the days getting shorter. Here's a good description: "Autumn begins with a subtle change in the light, with skies a deeper blue, and nights that become suddenly clear and chilled. The season comes full with the first frost, the disappearance of migrant birds, and the harvesting of the season's last crops." - Glenn Wolff and Jerry Dennis

Fraternally,
Karen Ravnaas - 390-0621

Ed Note: I usually have more copy than space so filling the seven pages of the Flammen is a snap. Not today. So I thought I would fill this text box with a thank you note.

I joined Sons of Norway to learn more about Norway, the home of my grandparents. I became increasingly active in Fjellheim Lodge and held several offices over the years. I visited other lodges in Colorado and participated in many cultural events here and throughout the state.

I dutifully studied Norwegian history, geography and economics. I learned to make Norwegian dishes in the Fjellheim kitchen. We listened to Grieg and read Undset, Fossum, Ibsen, Nesbo and Hamsun in our book club.

Then I learned about Norwegian genealogy at another SoN lodge and studied digitalarkivet.no and bygeboks at length. I was able to trace my Norwegian ancestry back three centuries. Then I thought I should learn the language so I have been doing so at another SoN lodge.

All this came to a head last month when my wife and I visited Norway for the first time. I found myself more familiar with the cities and countryside than I expected. I could actually read some signs and menus. I knew where we were and where we were going. Maybe the studying was paying off.

Most important, the genealogy work put me in touch with my cousins in Fagernes. We talked about common relatives and families and what happened to everyone. We shared old pictures. We drank coffee together, twice. They took us to the farm where my grandmother was born, the farm my great grandfather worked and the church where my great grandmother was baptized 180 years ago. My cousins are wonderful people. It makes me proud to be part of their family.

So, a big thank you to the Sons of Norway and all the lodges for helping me find my roots, my home.

Mange Takk.

Mike J

Dear Valued Vendors, Loyal Supporters and Friends,

We appreciate your interest in our Viking Fair at Fjellheim-Sons of Norway's Viking Hall, located at 1045 Ford Street (east of Powers, off Galley) in Colorado Springs. Because of your hard work and help, we are pleased to offer a wide variety of arts, crafts, hobbies, products and handwork of many types again this year, our 8th year to sponsor an October show. We hope to have good weather, a nice crowd, and a profitable and enjoyable day for all. We advertise on websites, email, in newspapers, by poster, handouts and word-of-mouth. Please continue to inform customers, friends, family, stores, community groups. There'll be food, music and fun, too. We'll send a flyer soon, in case you can find a place to post it. If you have vendor questions, please phone me at [719-351-3554](tel:719-351-3554). We hope you are able to join us for the day--please let me know your plan soon.

We are planning to have a raffle of vendors' items. In order to participate please leave your donation at the raffle table inside the front door. Please mark your item with your name and vendor information so you can be recognized when you draw a winning ticket. Drawings will take place throughout the day. We appreciate your help.

If needed, our phone contact numbers are 596-6159 (Ruth) or 351-3554 (Eunice).

Fabulous members and friends, please phone me or plan to sign up at meetings if you will be able to help set up on Fri. or tend tables, help in kitchen, clean-up after event, etc. on Sat..

If you wish to buy brunch, please reserve--phone # will appear in flyer, to follow soon.

VENDOR APPLICATION----PLEASE SEND INFORMATION AS FOLLOWS-----

If you would like to reserve a vendor's space, please confirm your preferences, plan and information as follows:

Would you prefer to bring own table OR use a table provided by the hall ?

If we're providing, do you prefer a large round table OR rectangular table?

Would you like to set up your table on Friday, October 21, 12 noon to 2PM OR Saturday, October 22, 7:30 to 9:00 AM ?
(Please unload by side door and park in the rear on Saturday. Guests will enter front door.)

Please note your main items for sale_____

name_____ address_____

phone_____ email_____

We request a donation to Sons of Norway for \$25 to reserve your space. Please mail check and above information by Sept. 5to:

Ruth and Paul Wiig

1546 E. Owen Cir.

CO. SPRINGS, CO 80915

Thank you for supporting this event.

Eunice Bluhm, for Sons of Norway



I was interviewed by a writer for the Viking magazine yesterday so I thought I would use those remarks for this article. The questions were about the Nordic Protector which, as you faithful readers know, is our simplified, single premium whole life policy designed to cover final expenses such as funeral costs, medical bills and other expenses when someone dies.

I like it because it is simple. One payment and the policy is paid forever. The application is easy. You have to be healthy but there is no physical exam and there are few questions. The policy can be as low as \$5000 or as high as \$50,000.

Most important, it provides funds at a difficult time. Most of us have experienced the loss of a loved one and it is hard enough on the family without worrying about paying for a funeral. Most of my clients opt for policies of less than \$10,000 but that is usually enough to handle most final expenses.

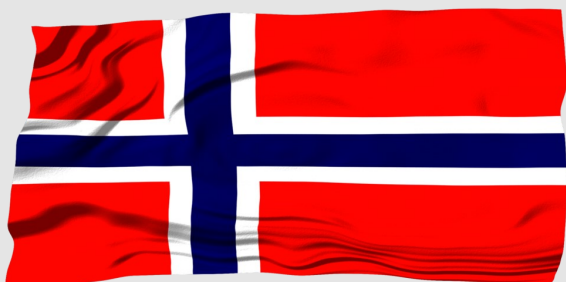
There are prepaid packages with funeral homes but I like our plan because the family receives the death benefit directly to be used as they see fit. And the money is tax-free.

As with any life insurance, the cost depends on age and health.

A \$10,000 policy for a 39 year old female is about \$2500. A 70 year old will pay \$6000 for a \$10,000 policy. Nonetheless, I have never anyone regret purchasing a Nordic Protector. You just can't put a price on peace of mind.

If this a policy you might be interested in, please call or text me at 720 971-0130 or email mjohaneson@gmail.com.

Mike Johaneson



FJELLHEIM - 2016 OFFICERS

Board of Directors

President	Steve Hermanson	520-0303
	ubetcha@reagan.com	
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Asst. Secretary	Virginia Nelson	650-7029
Treasurer/Finance Chair	Jerry Johnson	495-0253
Assistant Treasurer	Larry Moe	
Membership Secretary	Nancy Allen	310-2466
	Linda Wennerberg	622-1243

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Cultural Coordinator	Marjorie Erickson	597-2196
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	Darlene Aaland	550-1288
	Carol Eacker	633-5193
Sunshine	Karen Ravnaas	390-0621
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Cultural Skills	Björg Mapstone	264-0955
Book Club	Dot Everett	328-1481

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	Owen Bergland	576-1396
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	LaRue Hanson	599-8546
	Ole Bakken	632-3892
Editor	Michael Johaneson	720-971-0130
Photographer	Tania Oldervik	310-3586
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

Sons of Norway Board

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

Sons of Norway
Monthly Newsletter
Mike Johaneson, Editor
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1045 Ford Street
Colorado Springs, CO 80915



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Financial Benefits Counselor

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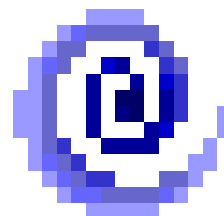
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