



**FJELLHEIM 6 – 107**  
 Sons of Norway  
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October 2015

Lutefisk & Lefse Issue

Volume 42, #10

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:**

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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](mailto:mjohaneson@gmail.com)

Deadline for the November issue is October 20

# VIKING FAIR

7<sup>th</sup> Annual  
 Community Cultural Event

**October 24, 2015**

**Bazaar and Breakfast**

arts, collectibles, crafts, food, fun, lefse, music, raffles, stories,  
 unique gifts, vendors, Vikings

**Proceeds for Charities**

**Bazaar 9<sup>am</sup>-2<sup>pm</sup> Breakfast \$8, 9-11<sup>am</sup>**

**Viking Hall**

**1045 Ford St., Colorado Springs 80915**

**Information: 719-351-3554 or 596-6159**

**Dorothy/Larue reserve breakfast: Phone 237-7314**



**Lutefisk and Meatball Dinner**  
**Saturday November 14, 2015**  
**Viking Hall**

**First Seating 2:00 pm Second Seating 6:00 pm**

**\$20.00 Members \$22.00 Nonmembers \$10.00 Ages 5-12**

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

**For Reservations Please Call Virginia Nelson (719) 650-7029**

# 2015 October

Sondag	Mandag	Tirsdag	Onsdag	Torsdag	Fredag	Lordag
9/27 1:30 pm Dine Out Golden Bee	9/28	9/29 8:30 am Hardanger CS Senior Center on Hancock	9/30	1 1:00 pm Viking Sisters Viking Hall	2	3
4	5 9:00 am Lefse Baking Viking Hall	6 8:30 am Hardanger CS Senior Center on Hancock 12:30 pm Cards & Potluck Viking Hall	7 9:00 am Board Meeting Viking Hall	8	9	10
11	12 9:00 am Lefse Baking Viking Hall	13 8:30 am Hardanger CS Senior Center on Hancock	14 5 pm Book Club 6 pm FMC 7 pm Heritage Mtg Viking Hall	15 11:30 am Ladies Luncheon Paravinci's	16	17
18	19 9:00 am Lefse Baking Viking Hall	20 8:30 am Hardanger CS Senior Center on Hancock	21	22	23	24 9:00 Viking Fair and Breakfast Viking Hall
25	26 9:00 am Lefse Baking Viking Hall	27 8:30 am Hardanger CS Senior Center on Hancock	28	29	30	

## October Meeting Program

*Shriners and Children with a touch of Clowning* Presented by Mr. Bob Burr

Come learn about this amazing program to help our most vulnerable citizens and have fun doing it.

## 2015 Ladies Luncheon Schedule

Ladies lunches are the third Thursday of the month and are at 11:30

Each month will have a hostess who will select the location and take reservations, unless indicated below:

**October 15 Paravicini's Italian Bistro**, 2802 W Colorado Ave. Contact **Tania Oldervik 310-3586**

November, December – None

## 2015 Last Sunday Dine Out Schedule

**Sept 27 Golden Bee @ the Broadmoor**

October, November, December – None

**All dinners will be @ 1:30 p.m. See you there!**

**Karen Ravnaas-Hostess; 390-0621**



## President's Thoughts

“ 992 to 1000 A.D. “



At some time during those eight years, our Norwegian Heritage began in America. “Heritage” is defined as the traditions, achievements, and beliefs that are part of the history of a group or nation. One of my beliefs is that Leif Erikson discovered America during that period of time. (About 500 years before some guy named Columbo.) I even remember having a somewhat heated discussion as a child with my sixth grade teacher, Mr. Roble, when I did not want to participate in the usual Columbus Day Activities in Grade School on October 12th. I asked, what about the famous Viking Leif Erikson? I believe that I lost the argument and ended up celebrating Columbus Day.

But just two years later in 1964, I was vindicated. The United States Congress authorized and requested that President Lyndon Johnson proclaim October 9th of each year as “Leif Erikson Day”. He was only in his late twenties when he discovered America, and died at the age of 50 somewhere in Greenland.

So, on October 9th, remember Leif Erikson and our heritage, and on the 24th enjoy our Lodge’s “Viking Fair”. And on the 12th, when you can’t go to your bank because it is closed and you do not receive any mail, you can thank my sixth grade teacher Mr. Roble.

“Heritage” is also defined as the practices or characteristics that are passed down through the years from one generation to the next. As the Lodge last month celebrated its 42nd Anniversary, we may have started a new practice. You might call it “Minnesotan Heritage”. A Walleye Fish-Fry that I believe was beyond our expectations and could not have happened without the very hard work of Mike, Kathie, Jennifer, Jessica, Paul, Lois, BJ, Karen, Terry, Elaine, Ole, Sissel, Ruth, LaRue, Dorothy, and our new Lodge addition Robin. Finally; a dinner where we could actually have tartar sauce, in plain view, on the tables.

Tusen takk.

*-Steve Hermanson.*

Sons of Norway

### District Six Convention 2016

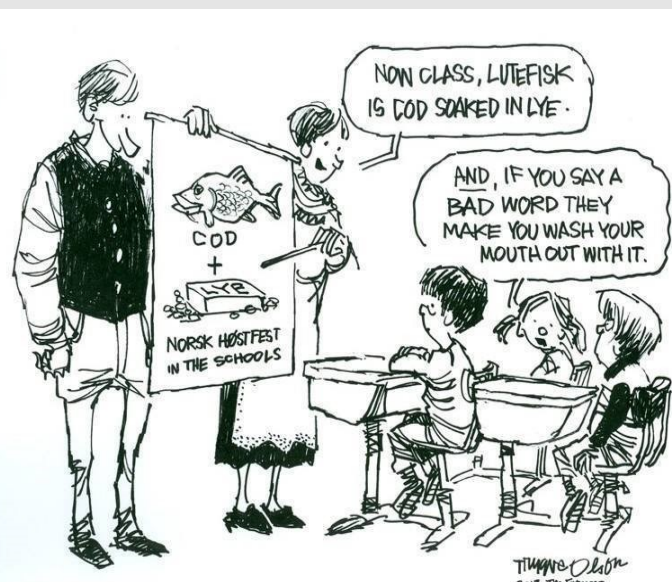
*Save the Dates!*

June 19<sup>th</sup> - 22<sup>nd</sup>

Embassy Suites Hotel  
Loveland, CO

*“Mining Our Heritage”*

Hosted by the 7 lodges of **Zone 8 (Colorado)**  
More info to come!





# IT WAS MAGIC

The 42nd Anniversary Celebration and Walleye Fry was a great afternoon in every respect. Paul, BJ, Terry and Mike turned fish into a wonderful meal according to those who enjoyed the dinner. Shirley made sure the right people got their member pins and certificates, Steve kept everyone



entertained as the fish fried, and Dick Bowman's magic show was outstanding. Seventy-five people going "Oh, Awe, How did he do that?" Great show.

A special thank you to Lois and Elaine for homemade coleslaw (it needs to go in the cookbook), freshly baked buns, and perfectly baked potatoes. To Terry, BJ, Karen and Steve for setup, cooking prep and clean up. To Kathie for reservations, decorating, and table arrangements. To Jennifer and Jessica for serving and clean up and to all the servers, thanks. A special thanks to Paul Wiig, who once again saved the day with his deft hands at the cooking pots.

Tusen Takk. MJ



## Sunshine - October 2015

Happy Birthday and Happy Anniversary to all who are celebrating their October birthdays and anniversaries.

We just completed a new venture where we held a walleye fish fry for our 42nd Anniversary. WOW! Was that a great feast or what? The chefs and sous chefs were Mike, Paul, BJ, Lois, Elaine, Terry, and others who put their knowledge of cooking and their courage together to give us one wonderful day. And also thanks to all those who set-up and cleaned up. Great job and good fish!

[Millie Sullivan](#) continues fighting kidney disease. [Doris Lake](#) took a spill and has many bruises and black and blue marks; she did make it to the fish fry and is doing pretty good! Please keep them in your prayers.

To keep the theme of the fish fry and since we are on our way to the Lutefisk and Meatball Dinner in November, here is the thought for October:

*"Optimism is going after Moby Dick in a rowboat and taking the tartar sauce with you!"*

Karen Ravnaas – 390-0621

## October Birthdays



Ellen Rubi May	3
Adelle E Steinseifer	5
Gloria L Mitchell	7
Marjorie Lindskog	13
Madison L Ben	14
Jill K Johnson	16
Joshua R Lysne	16
Carter Drew Berge	21
Lena M Erickson	22
Brian L Svendsen	22
Thor Gavin	23
Emma Josephine Greek	23
Austin Allgood	24
Sonja Sue Gund	24
Will M Berge	27
Virginia L Nelson	27
Mason Wiest	27
Geir S Ostrem	30
Madeleine R Erickson	31
Sissel M Erickson	31

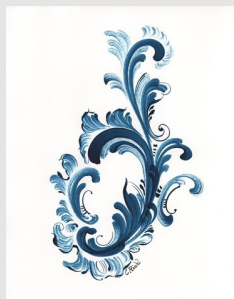


## Card Social

Card Social will be Tuesday, October 6 with a potluck lunch at 12:30 pm. followed by visiting and cards. Please join us. Questions call Ginny at 495-0253

## Viking Sisters

Viking Sisters will meet October 1, 1 pm at the lodge. All women are welcome. Any questions, please call Ginny Johnson 495-0253.



## Rosemaling Classes at Viking Hall

Rosemaling classes for October have not been scheduled at this time. Please call Cindy Bauer at 633-8260 or Bj Mapstone at 264-0955.

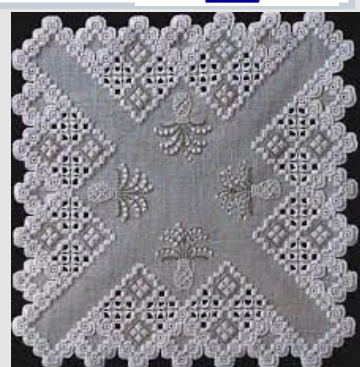
**Book Club** meets every second Wednesday of the month at 5:00 pm at Viking Hall. Our facilitator is Dot Everett.

Our book for October is *Leaving Before the Rains Come* by Alexandra Fuller. A memoir about a lady with an unusual background. Well written. Please join us on Wednesday, October 14th at 5:00pm and tell us what you think of this book.

**BOOK CLUB**

## Hardanger Meets Tuesdays

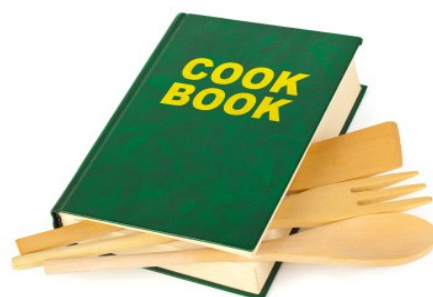
A group of Hardanger enthusiasts meet each Tuesday to share and work together. They meet at the Colorado Springs Senior Center on Hancock. If you are interested, please contact Cleo Allgood at 598-1982.



## We Need Your Recipes.

Our Viking Sisters are undertaking a project in which we need the help of everyone in the lodge. We plan to do a **cookbook** and need recipes. Please submit recipes and indicate what category they go in such as: appetizers, main dishes, salads, soups, desserts, etc. You can bring your legibly written recipes to the lodge or e-mail them to [gnijohnson@aol.com](mailto:gnijohnson@aol.com). Recipes should be submitted by the end of this year. Your cooperation is appreciated. Thank you.

Ginny Johnson, president of Viking Sisters. Any questions call 495-0253.





## The Benefits of Being a Financial Benefits Counselor

I go to at least five lodge meetings each month throughout Colorado. I get fed well, talk to fellow Sons of Norway members and leaders and see great programs. The best program this month was the Vestafjell meeting in Cory, Colorado, east of Delta. The program featured five Fjord horses from Thunder Mountain Fjords. Elmer and Brandy Ferganchick brought two mares and their 3 month old foals and their champion stallion, Cedar Valley's Torden Fjell (Thunder for short).

Brandy gave wonderful talk on the history and characteristics of the Fjord Horse breed and about her adventures with Thunder. After finishing a 100 mile mountain trail ride in less than 24 hours, winning numerous trail rides, top places in show, pulling and dressage, these two have proven that Fjord Horses can excel in any type of competition. This gray dun is considered the epitome of the breed.

For those of us at the Cory meeting, the most enjoyable part of the experience was being near these gentle, personable horses. From the colts to the stallion, they were like big puppies. They seemed to enjoy us as much as we enjoyed them.



Pictured from the left are: Thunder, Brandy, me, Barbara Firth, President of Vestafjell, Elmer and Cloie, Thunder's daughter. This was the first time the stallion and filly had seen each other.

On another topic, those annuities indexed to the stock market have had a tough month. At Sons of Norway, we handle fixed annuities with a guaranteed return. If you are looking for a stable, predictable retirement plan, please call me at **720 971-0130** or email at [mjohaneson@gmail.com](mailto:mjohaneson@gmail.com).

## Volunteer Opportunity of the Year

Okay then. I have ordered the lutefisk, pickled herring, lingonberries, napkins, placemats and meatballs. We better have a lutefisk and meatball dinner. November 14, I hear.

At the October 14 meeting, we will have sign-up sheets for fish cutters, gravy makers, vegetable prep, potato peelers, meatball prep, fish cookers, and table servers. Lots of table servers—14 at each seating, plus 5 in the kitchen. This a big event and we will need many volunteers. Please come to the meeting prepared to sign-up and help. Thanks. MJ







### LEFSE SCHEDULE

Our fall Lefse baking is on Mondays. October 5th, 12th, 19th 26th. Maybe November 2nd, we will see how we come out with the Fall Fair sales on October 24th.

Hope to see you on the 14th, everything goes with the same schedule as before 9:00 am to 11:00 am unless we finish early.

We also have lefse for sale at a 5 pack for \$8.00

Lois



### FJELLHEIM - 2015 OFFICERS

#### Board of Directors

President	Steve Hermanson	520-0303
	ubetcha@reagan.com	
Counselor	Michael Johaneson	720-971-0130.
Secretary	Sara Berge	495-2134
Asst. Secretary	Laurie Hauschild	660-1105
Treasurer/Finance Chair	Larry Moe (temporary)	
Membership Secretary	Shirley Stilley	475-1524

#### Program Directors

Social Coordinator	Kathie Godsil	266-9592
Cultural Coordinator	Marjorie Erickson	597-2196
Hostesses	Doris Lake	596-8600
	Darlene Aaland	550-1288
	Carol Eacker	633-5193
Sunshine	Karen Ravnaas	390-0621
Sports	Kerry Hefta	266-9429
Foundation	Caren Alvestad	648-2320
Cultural Skills	Björg Mapstone	264-0955
Book Club	Dot Everett	328-1481

#### Support Officers

Greeters	Lois Halvorson	632-6003
	Owen Bergland	576-1396
Marshall	Dave Haugen	599-0810
Editor/Photographer	Michael Johaneson	720-971-0130
	mjohaneson@gmail.com	
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	Cleo Allgood	598-1982
Financial Benefits	Michael Johaneson	720 971-0130

#### Fjellheim Management Corporation (FMC)

Directors	Karen Ravnaas	390-0621
	Paul Wiig	596-6159
	Doug Haug	632-4284
	Swede Knutson	473-3297
	Chuck Sullivan	597-0381
	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](mailto:bevm259@comcast.net)

#### District 6 President

Mary Beth Ingvaldstad 707-987-2404  
[mbingvaldst@aol.com](mailto:mbingvaldst@aol.com)

#### Sons of Norway Board

Lyle Berge 720-470-4961  
[bergenorsk@comcast.net](mailto:bergenorsk@comcast.net)

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

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Monthly Newsletter  
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SONS OF  
NORWAY

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*Financial Benefits Counselor*

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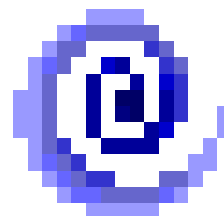
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