



FJELLHEIM 6 – 107, Sons of Norway
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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
 80915

**SEND ARTICLES TO
 NEW EDITOR:**

Dot Everett
 1353 Diana Lane
 Colorado Springs 80909
doforsofn@gmail.com
 Phone: 719-328-1481

**Deadline for the
 June 2014 issue 5/15**

President's Column

We have come to expect greatness in this lodge and Frokost hit the mark again. A restaurant critic would point to the incredible array of tasty dishes, the first class presentation, and the excellent service. From the smooth check-in to the comfortable atmosphere and great service, all comments were positive. We had about 200 participants and the serving lines moved along well. Sissel, BJ, Lois, Elaine and all the rest of the preparers and servers and setup crew deserve five stars for Fjellheim Frokost 2014.

All of our major events require clean up afterwards. A special thank you to BJ, Terry, Sissel, Caren, Karen, Ole, Joan, Marge, Jerry and Kathy who stayed to the bitter end and packaged the food for those who need it, cleared the tables, took down the decorations and flowers and cleaned and sanitized the table clothes. Tusen Takk.

The Viking magazine emphasized the 200th 17 Mai celebration in Norway this year. We will do our celebration of the Norwegian Independence Day on May 18. It has always been a fun event, especially for the young people. I hope you will join us. (See story)

Mike Johaneson

Editor's Column

Spring has sprung! Flowers have arrived! I even have pretty yellow flowers all over my lawn. Trees are budding! No more snow! Happy Days!

Well, that's for those who don't enjoy all the winter sports. Picnic coming. Outside warm walks. Family time. Wonderful stuff.

Did you go to an Easter Sunrise Service outside? We used to pack a snack, warm chocolate in the thermos, blankets and 5 kids and ALWAYS go to an outside Sunrise Service. It was always impressive and even awed the kids. I loved it. But it's always too cold for me now and the kids are spread around the country. But I had a nice Easter after church with two of my daughters, several grandkids and even one great-grand-daughter (age2). I love getting together with family and friends.

Dot Everett

MAY 2014

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Viking Sisters 1:00 pm	2	3
4	5	6 Card Social 12:30 PM Fjelldalen Lodge Denver	7 Board Meeting - 9 AM, Viking Hall.	8 Stein Fjell Lodge Loveland	9	10
11 Vestafjell Lodge Grand Junction Area	12	13	14 5PM Book Club 6 PM FMC and Pot Luck 7 PM Heritage Mtg Viking Hall	15	16	17
18 May 17 Celebration 11:00 AM	19 Trollheim Lodge Lakewood	20	21	22	23	24
25	26	27	28	29	30 Vesterheim Lodge Boulder	31

KEEP THE DATES - 2014 FOR COLORADO LODGES

May

18 at 11:00 AM will be May 17 Celebration

June

15 Summer Picnic, Bear Creek Park
22-25 District 6 Lodge Biennial Convention, , Palm Springs, CA
28-29 Scandinavian Fest, Estes Park

September 30—October 4

Hostfest, Minot, ND (See article)
Largest Scandinavian Festival in USA

ZONE 8 LODGE MEETINGS

FJELLDALLEN – 1st Tuesdays, 7 p.m.

Prince of Peace Lutheran Church, 2400 S Colorado Blvd, Denver

FJELLHEIM – 2nd Wednesdays, 7 p.m.

Viking Hall, 1045 Ford Street, Colorado Springs

STEIN FJELL - 1st Thursdays, 6:30p.m. Spiritual Life Center, Good Samaritan Society, 2101 S. Garfield Ave, Loveland

STORFJELL (Grand County) – No Set Day or Time, Various Locations

TROLLHEIM – 3rd Mondays, 7 p.m.

6610 W 14th Ave, Lakewood

VESTAFJELL – 2nd Sundays, 2 p.m.

Shepherd of the Valley Lutheran Church, Grand Junction and various cities on the Western Slope

VESTERHEIM – 4th Fridays, 7 p.m.

Atonement Lutheran Church, Baseline and Inca Parkway, Boulder



HAPPY BIRTHDAY TO YOU IN MAY

- 1 Duane Bakken
- 2 Marilyn M Keck
- 5 Carroll O Sorensen
- 6 Nancy Marie Allen
- 9 Lois E Halvorson
- 16 Jack Anderson
- 20 James E Hansen
- 20 Steven Roy Hermanson
- 22 Russell M Eacker
- 24 Susan M Foust
- 25 Chris C Beahler
- 30 Dorothy L Hanson
- 30 Candance E Lesoing

HERITAGE

- 9 Ethan Coltrin (12)
- 10 Eloise S Erickson (10)
- 15 Elijah Dvorak (6)
- 17 Juliannah Gavin (7)
- 26 Nicole Berge (13)

GAMES AND CARDS

We will meet on Tuesday, May 6th at 12:30 pm. The usual potluck followed by cards. Feel free to join us, everyone is welcome. Any questions, contact

Ginny Johnson

VIKING SISTERS

Thursday, May 1 at 1:00 pm at the Lodge. All women of the lodge are members so please join us. Any questions, contact

Ginny Johnson

BOOK CLUB

Book Club will meet at May 14th at 5 p.m. before the regular lodge meeting. We look forward to having you join us. If you have any questions please contact Tillie Elvrum at 570-351-4745.

ROSEMALING CLASSES

Please call Sissel at 540-2737, Bj at 264-0955, or our teacher Cindy Bauer at 633-8260 for information.

VOLUNTEER HOURS



MAY POTLUCK

Our May 14th Lodge Meeting will begin at 6:00 p.m. with a potluck. Please bring a main dish or salad to share. DESSERT, DRINKS, & BREAD will be provided. If you have questions, contact Ginny Johnson or Dorothy Hanson



CULTURAL SKILLS PROGRAM

I invite you to participate in the Sons of Norway Cultural Skills Program. As your Fjellheim Lodge Cultural Skills Program Coordinator it is my job and my pleasure to introduce you to this fun and informative program. There are fourteen Cultural Skills Units: Traditional Norwegian Cooking, Literature, Collecting Norwegian and North American Stamps, Norwegian Rosemaling, Genealogy, Knitting, Norwegian Language and Culture, Hardanger Embroidery, Figure Carving, Weaving, Ornamental Woodcarving, Chip Carving, Folk Dancing and Music and Musicians of Norway. In addition there are five Youth Cultural Skills: Folk Dancing, Figure Carving, Knitting, Norwegian and North American Stamps and Hardanger Embroidery.

Many of our members are already participating and some have been awarded with pins and bars for their efforts. Many others clearly qualify in certain skills and are only an application away from being rewarded with their pins.

There is a Hardanger Embroidery group that meets at the Colorado Springs Senior Center on most Tuesday mornings from 8:30 until 10:30. Although not strictly a Lodge group, most of those who participate are Lodge members and are well into the "Skills" program.

Fjellheim has an ongoing Rosemaling class that meets once or twice most months at Viking Hall. We have an excellent instructor and this is a chance to work on Rosemaling "Skills"

At 5:00 before monthly Lodge meetings our Book Group meets to discuss Norwegian and other literature, new and old, fiction and non-fiction. Several members of the group have been awarded their "Skills" pins and bars.

Some of our members have Folk Dancing pins, and perhaps others of which I am not aware. All the guidelines and applications are on line on the Sons of Norway website, sonsofnorway.com. I have copies of each one for those of you who might be interested in delving into your cultural heritage with a group or alone at your own pace. If you are interested please call me at 719-264-0955. If you would like to share your knowledge on one of these "Skills" or know of someone we could reach out to for instruction, please let me know. Bj Mapstone 719-264-0955

LEFSE LEFSE LEFSE
LEFSE LEFSE LEFSE
LEFSE LEFSE LEFSE

Lefse bakers mark your calendars for June we have been asked to sell Lefse at the Scandinavian Fest June 28th & 29th. They would like 1000 rounds, don't know that we will have that many ready along with a 50th wedding anniversary for the 28th requesting Lefse. We will bake the first 4 Mondays of June, 2-9-16-23 I will have a sign up sheet at our May meeting. Come join good fun and tasting warm Lefse. Lois



CARAMEL PUDDING

Serves 8

STEP 1

1 liter (quart) full fat milk
1 vanilla bean, split lengthwise
10 eggs
3 T sugar
Caramel to glaze the molds:
500 g (1 pound, 5 3/4 dl, 2 1/2 cups) sugar
2 1/2 dl (1 cup water)

STEP 2

4 dl (1 3/4 cups) sugar
1 liter (quart) whipping cream
3/4 dl (1/3 cup) sugar
1 vanilla bean, split lengthwise
15 egg yolks

STEP 1

Preheat the oven to 150 degrees C (300 degrees F). Bring the milk and vanilla bean to a boil. Whisk the eggs and sugar carefully.

Whisk the eggs into the boiling milk. Caramelize the sugar in a frying pan until golden. Add the water and cook until golden brown. Line 3 1-liter molds with the caramel. Strain the milk mixture, then divide among the molds. Place a cloth towel in the bottom of an oven tray. Place the molds on the towel (to keep them from moving). Add hot water to reach halfway up the molds. Bake 90 minutes. Refrigerate until completely cold, then unmold.

STEP 2

Preheat the oven to 150 degrees C (300 degrees F). Caramelize the sugar in a frying pan until golden. Glaze the bottom and sides of a rectangular 2-liter loaf pan. Heat the cream, half the remaining sugar and the tiny seeds scraped from the inside of the vanilla bean, along with the bean itself to the boiling point. Beat the egg yolks with the remaining sugar. Carefully whisk in the hot cream. Strain into the prepared pan. Bake in a water bath for about 90 minutes. Refrigerate until completely cold, then unfold and decorate as desired.

SUNSHINE

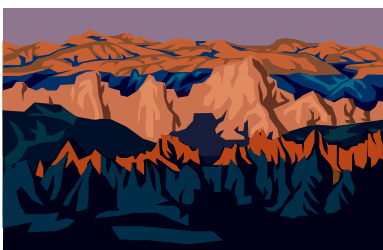
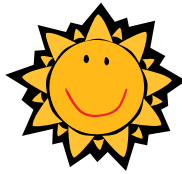
Happy Constitution Day!
Time to celebrate.....

Happy Birthday to all the May babies, Happy Anniversary to those of you who tied the knot in this springtime month, Happy May Day and don't forget those May Day baskets, ringing the doorbell, and running so you don't get kissed! Yuk!!!! And on Memorial Day, remember all of our military members who were lost in action.

Elaine Hellem is still fighting blood clots so please keep her in your thoughts and prayers. I have not heard of anyone else who is under the weather so let's keep a good thought that everyone stays healthy and happy.

This month's report is short and sweet. We hope it stays that way.

Fraternally,
Karen Ravnaas
Sunshine Director, 719-390-0621



SUMMER PICNIC MARK YOUR CALENDARS NOW FOR

**SUNDAY, JUNE 15TH
(FATHER'S DAY)**

**BEAR CREEK PARK
(SAME LOCATION AS
LAST YEAR)
DETAILS IN NEXT
MONTH'S FLAMMEN**

NORSK HOSTFEST

From Tuesday evening; Sept. 30th through
Saturday evening; Oct. 4th

In Minot, North Dakota

Our Lodge will be offering packages to
include Transportation, Accommodations
& General Admission.

This is the 37th Annual of North America's
largest Scandinavian Festival.

Some of this year's entertainment will be;
Merle Haggard, Doc Severinsen, Bill
Engvall,

BJ Thomas, Herman's Hermits, Jennifer
Nettles,

Diamond Rio, The Nordic Tenors, and
The Swedes in the Weeds.

Additional information: Hostfest.com and
future issues of The Viking

(Sign up at our monthly Lodge meetings
to indicate our possibility of group packages)



Living too long or dying too young are dilemmas we may face with family, friends, and even ourselves. Living too long can bring about lengthy illness, debilitating health concerns and outliving our money. Up until now, long term care insurance was the way to go to protect yourself and assets from such issues. Sons of Norway have just added a Chronic Illness Accelerated Benefits Rider to include in a life insurance policy with us. We also have a Terminal Illness Rider.

This means you can now have protection from dying too soon, living with a chronic illness and having the money to help cover such expenses and even receiving money if you are deemed terminally ill, all from one life insurance policy.



Do yourself and your family a favor, check into this with your Financial Benefits Counselor and see how this may work for you.

LaRue Hanson, FBC
2523 Shalimar Dr.
Colorado Springs, Colo. 80915-1030
Office # 719-599-8546 Cell # 719-237-7314 Lhanson1@q.com

SYTTENDE MAI FEST 2014

Bicentennial Celebration

Sunday, May 18, 2014

1:00 to 3:30 pm

At Fjellheim Lodge

\$5 per person, \$10 per family

Great Food: hot dogs, hamburgers,
potato salad, beans and
appropriate sides.

Games and prizes for the kids.

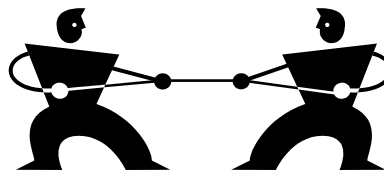
Idavellr Vikings Presentation

Kids Shield Wall Program

Parade and Flags for Everyone

AND

Come and Celebrate Norway's Festive Day!



Norway celebrates Bicentenary of its Constitution (VG/Aftenposten) www.norwaypost.com February 16th marks the official start of the 200th anniversary of Norway's constitution and its independence from Denmark. At the beginning of 1814 Norway was still under Danish rule. At the end of the year, Norway was in a union with Sweden. In the meantime, however, the Norwegian people and a poor, small country grasped the opportunity that arose when the major national powers were settling things after the Napoleon Wars. The Norwegians declared themselves free and independent, and passed one of the most liberal constitutions at the time.

On February 16, 1814, Danish Prince Christian Frederik and Norwegian lords met at Eidsvoll. There they decided to form a national committee that would give Norway its own constitution. Prince Christian Fredrik realized that he would have to be chosen by the people's representatives if he would become a Norwegian king. Being an heir to the throne was simply not enough, and the Norwegian people had successfully taken over the power and changed the country's entire political framework. The committee at Eidsvoll ensured that the focus was on the individual and his/her own rights in the constitution that was written in 1814. They looked to the U.S. and France for inspiration, which also meant a revolutionary new look on the citizens' role in society, human rights and division of power.

Today, Norway's constitution is the world's second oldest acting constitution. Only the U.S. constitution is older and still in effect. That alone says a lot about the men at Eidsvoll's capability to look ahead of their own time.

The 200th anniversary of Norway's constitution officially started on Sunday, and will be celebrated with different events and exhibitions throughout 2014. For the full program, see the government's website dedicated to the anniversary: <https://www.stortinget.no/en/Grunnlovsjubileet/In-English/>

Note from Desert Fjord: There is no reason not to begin playing the new national song for the 200th anniversary which has now started in Norway. Some of you may have been waiting



FJELLHEIM - 2014 OFFICERS

Board of Directors

President	Michael Johaneson 303-663-3251 720-971-0130. mjohaneson@gmail.com
Vice-President	Steve Hermanson 520-0303 ubetcha@reagan.com
Counselor	Paul Wiig 596-6159
Secretary	Sara Berge 495-2134
Asst. Secretary	Laurie Hauschild 660-1105
Treasurer/Finance Chair	Laurance Moe 260-9490
Membership Secretary	Shirley Stillely - 475-1524

Program Directors

Social Coordinator	Kathie Godsil
Cultural Coordinator	Dean Tollefson 473-1110
Hostesses	Dorothy Hanson 599-8546 Lois Halverson 632-6003 Karen Ravnaas 390-0621 Kerry Hefta 266-9429
Sunshine	Caren Alvestad
Sports	Björg Mapstone 264-0955
Foundation	Karen Swartley 487-7420
Cultural Skills	Inger Pappas 596-7618
Language Teacher	Tillie Elvrum 683-5826
Book Club	

Support Officers

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Editor	Dot Everett 328-1481 dotforsofn@gmail.com
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Musician	Sonja Gund 473-9588
Publicity	Eunice Bluhm 495-2029
Historian	Virginia Nelson 650-7029
Photographer	LaRue Hanson 599-8546
Librarian	Sonja Gund 473-9588
Viking Sisters	Ginny Johnson 495-0253

Committees/Special Activities

Auditors	Dean Tollefson 473-1110 June Peterson 599-3235 Millie Sullivan 597-0381
Tubfrim	Tania Oldervik 310-3586
Volunteer Hours	Cleo Allgood 598-1982
Field Representative	LaRue Hanson 599-8546

Fjellheim Management Corporation (FMC)

Directors	Karen Ravnaas 390-0621 Paul Wiig 596-6159 George Gund 473-9588 Swede Knutson 473-3297 Chuck Sullivan 597-0381 Owen Bergland 576-1396
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District 6 President

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ALL PHONE NUMBERS HAVE 719 PREFIX UNLESS OTHERWISE IS NOTED

Sons of Norway
Monthly Newsletter
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Colorado Springs, CO 80915

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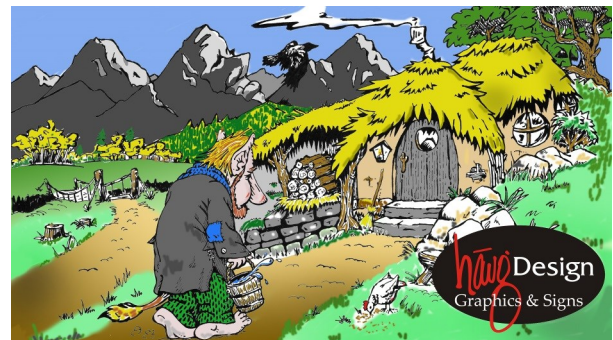


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TUESDAY-FRIDAY 8:00-6:00 SATURDAY 7:00-2:00



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