



FJELLHEIM 6 – 107
 Sons of Norway
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 Colorado Springs, CO 80915
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April 2017

Volume 44, # 4

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 May Issue is April 20

Frokost Meny

Authentic Norwegian Breakfast

Sunday, April 2, 2017

11:00 – 1:30 PM

Sons of Norway Lodge
 1045 Ford Street, Colorado Springs

Baked honey ham	Pickled herring	Shrimp salad
Roast beef	Sardines	Salmon mousse
Liver sausage	Smoked salmon	Potato salad
Salami	Scrambled eggs	Cucumber salad
Roast pork	Deviled eggs	Cardamom bread
Head cheese	Tomatoes	Cole slaw
Gjetost	Lingonberries	Julekake
Jarlsberg	Waffles	Lefse
Swiss cheese	Fresh fruit	Apple cake
Bondøst	Pickled beets	Flat bread
Tomato aspic	Orange juice	Dill pickles
		Coffee

Lovingly prepared by your fellow members
 who wish you a hearty:

Velkommen til Bords!

Members: \$20.00

Non-members: \$22.00

Children 12 and under: \$10.00

Children not requiring a seat: Free

RSVP by March 29, 2017. Make checks payable to Sons of Norway.
 Send checks to Kathie Godsil, 4415 Flat Top Place,
 Colorado Springs, CO 80923, Phone: 719-266-9592

Our Fjellheim Lodge 2017 Norwegian Breakfast (Frokost) will be on Sunday, April 2, 2017. We look forward to our members and friends attending. This annual event involves many willing hands in putting this together. At our lodge March Heritage meetings there will be sign-up sheets identifying various areas where help is needed. From cooking eggs, assembling trays, to clean-up - there is no job too small - so we look forward to all of you contributing your time and talent to this annual event.

Saturday, April 1st, 8:30 a.m. to noon, we gather at the Lodge to begin this process - of course with a coffee break and treats at 10 a.m. On Sunday 2 April, 8:30, final preparations are made. If you have any questions or ideas please contact me at 540-2737 - Thank You. *Sissel*

2017 April

sondag	mandag	tirsdag	onsdag	torsdag	fredag	lordag
	27 Mar 9:00 Lefse Bake Viking Lodge					1 8:30 am Frokost Prep
2 11:00 am Frokost Viking Lodge	3	4 12:30 pm Card Social Viking Hall	5 9:00 am Board Meeting Viking Hall	6 1:00 pm Viking Sisters Viking Hall	7	8
9	10 9:00 Lefse Bake Viking Lodge	11	12 5:00 pm Book Club 5:30 pm FMC 7:00 pm Heritage Mtg Viking Hall	13	14	15
16	17 9:00 Lefse Bake Viking Lodge	18	19	20	21	22
23	24 9:00 Lefse Bake Viking Lodge	25	26	27	28	29

Lefse Baking for Frokost

Spring Lefse baking is here. March 27th we bake for Frokost. All hands are welcome. Along with a taste of Lefse hot off the grill, coffee will be on along with some sweet treats.

In April we bake the 10th, 17th, and the 24th. May the 1st, 8th 15th 22nd . This is for the Scandinavian Fest in late June. We need 1500 rounds to sell. Many hands always make the work light. *Lois*



Grocery– Gas Cards Earnings

This past month Fjellheim Lodge recieved rebates of **\$349.00** from Safeway and Kings Soopers for our use of their Gift Cards.



First, we must **thank** Safeway and Kings Soopers for their generosity. We probably would have bought groceries and gas anyway but we are grateful for the wonderful help from these businesses.

Secondly, we must **thank** all the members who are using the gift cards. If we continue to use the cards

often, we should reach \$5000 this year

Takk

SAFEWAY 
Ingredients for life..

PRESIDENT'S MESSAGE

Greetings! Spring is in the air so "Frokost" can't be far behind. It is, in fact quite early this year. The big day is April 2nd. Make your reservations now and we will see you there.

The cultural segment at the April 12th Heritage meeting will be presented by Kelsey Tungseth about her experiences as a cast member on a Norwegian TV show called Alt for Norge (All for Norway).

Many of you have expressed an interest in going to Denver to attend the Vikings: Beyond the Legend Exhibit at the Denver Museum of Nature and Science. The signup sheet will be available on April Heritage meeting. We will have to choose a day to go and get a few more cars to carpool. The exhibit will be in Denver until August 13th.

I hope you all enjoyed the March show and tell of hobbies and collections. We all learned a lot about our members' interests and through our hobbies we also gained insights into each other, and it was fun!

Thank you all for attending our meetings and showing interest and concern in matters of the Lodge.
Björg



Cultural Presentation- April



The cultural program for April will be presented by Kelsey Tungseth. She will tell us about her experiences as a cast member on an exciting Norwegian TV show called Alt for Norge (All for Norway).

Kelsey's presentation of her eight weeks in Norway will include her sharing a few historical, cultural, and linguistic lessons that she and eleven other Norwegian –Americans received in 2015. Various clips will be shown of the journey as she recounts the information taught and the team challenges that, one by one sent contestants home. Join us for this memorable and informative storytelling night and discover more of our fascinating Norwegian legacy.



Sunshine Report - April 2017

Happy Birthday to those celebrating birthdays during April. And - *Happy Easter* to everyone!

We hope that everyone who has been ill or injured is feeling better by now. I have not heard of any news to report for this month, and I like it this way!! I hope this means that everyone is well and healthy. *Happy Spring* to all and may you enjoy this wonderful weather we are having – but pray for rain!

Late news: **Arlene Reid** had successful surgery on her hip and is rehabbing at Sunny Vista, room 310. Phone is 719 471-8700.

And this, in remembrance of tax day: **Did you ever notice: When you put the 2 words 'The' and 'IRS' together it spells 'Theirs...!'**

Fraternaly,
Karen Ravnaas – 390-0621

April Birthdays

Gratulerer med dagen!

Tyrone L Steen	1
Kolben Erdal Barney	2
Barbara Ann Nelson	2
Kristine H Brindle	3
Doris I Lake	5
Joan Ruth Magee	9
Henrik A Lyby	10
Cynthia A Snell	11
Vickie Lee Bross	12
Lorraine J Timm	15
Norman Andrew Pechacek	16
Jennifer J Forbes	22
Niccolo Beasley- Torley	23
Timothy Coltrin	24
Erik Melvin Tjelmeland	24
Marjorie E Erickson	27
Randy M Johnson	27
Carlton J Johnson	30



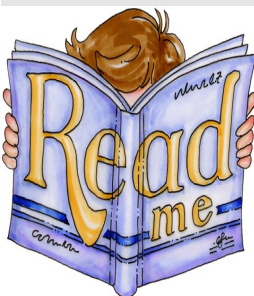
Card Social

Card Social will be Tuesday, April 4th 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

Viking Sisters will meet Thursday, April 6, at 1 pm at the Viking Lodge. Call Ginny Johnson 495-0253

- Since we are not collecting card fronts to send to St Jude's I will take them to our church which continues to do so. Remember that Hallmark, Disney and American Greetings are not accepted. Size preferred is 5 x 7 or smaller, fronts only with no writing on the backside. Thanks, Ginny Johnson



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 Worst Hard Time by Timothy Egan. It is a story about those who survived the dust bowl in Eastern Colorado and Kansas

Rosemaling Classes at Viking Hall

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.



Got Riskrem Try This

Turn oven to 275 degrees
In a 9 X 13 cake pan (I use glass) put:
1 cup uncooked white rice
4 ½ cups of milk
Cook in the pan for 2 ½ hours stirring every ½ hour
Check to make sure the rice is done. Add more milk as cooking if need be.
Remove from oven and add:
2/3 cup sugar, ½ teaspoon salt, ½ teaspoon almond flavor
Cool completely
Whip 2 cups of whipping cream until stiff and add to rice.
Refrigerate

You can also use a Crock pot for cooking the rice if you can control the temperature.

Fjellheim Lodge Cole Slaw

At the fish fries, we have been serving cole slaw. When people have been coming back for seconds, they head straight for the cole slaw. It is really good so Lois is sharing her recipe. This is for many people so get out the calculator for a smaller version.

4 solid heads of cabbage (shredded)
4 or 5 carrots (shredded)
(The cabbage and carrots shred very well in a Cuisinart food processor)
Salt & pepper to your taste
Toss together.
Add dressing just before serving:
4 cups sugar
2/3 cup white vinegar
4 cups sour cream or whipping cream (not whipped)

Lois Halverson



Prospective Member Invitation/ Syttende Mai Celebration

You are cordially invited to attend a complimentary dinner held for individuals interested in finding out more about the Sons of Norway. You'll have the opportunity to meet current members while enjoying a variety of dishes provided by the Viking Sisters.

FREE LUNCH!

Fjellheim Lodge along with the Sons of Norway Director of Agencies in the Home Office are sponsoring a special dinner and new member recruiting program on Saturday, May 20th at 2pm at Viking Hall. If you bring a prospective member, you and your guest will get a dinner **FREE**.

If you want to join us but cannot bring someone, the cost is \$10.00.

The program will include testimonials about our wonderful lodge, a video presentation on the Sons of Norway and a Scandinavian meal.

Fjellheim was the growth leader in 2016 in large part because of this kind of event. Come and enjoy this day with us.

Join us for the festivities at:

*Fjellheim Lodge -Viking Hall 1045 Ford Street Colorado Springs, CO
Saturday, 20 May 2017 At 2:00 PM.*

Reservations : Please Call Karen Ravnaas at 719-390-0621



"VIKINGS: BEYOND THE LEGEND"

March 10 – August 13, 2017

9AM-5PM Daily

Denver Museum of Nature and Science

2001 Colorado Blvd. Denver, CO 80205



Fresh insights revealed through new archaeological discoveries and more than 500 treasures, many never before seen outside of Scandinavia, show why the Vikings will always capture our imagination. See full-scale model Viking ships.

- Virtually excavate a Viking ship layer by layer, uncovering rich discoveries like weapons, tools, and animals just as archaeologists did.
- Examine dozens of artifacts showing the work of highly skilled craftspeople who used many different materials, including textiles, wood, metal, bone, and leather.
- Experience Viking daily life by engaging in activities that explore traditional clothing, competing in authentic Viking games, and testing your strength using an accurate model of a Viking sword.

Hobbies



Hobbies and Collections March Meeting Show and Tell

Buttons and bears. Dolls and quilts. Rosemaling and wreathes. Woodcarving, toy tractors and silver hooks to button your shoes. We make them and/or we collect them. The talent and variety of interests was impressive at the show and tell program at the Lodge Meeting in March. (What did the plow say to the tractor?) (John Deere, pull me closer.) I can't help it. Every time I see a John Deere toy or hat, that joke just comes out.





To Be Young Again

One of the favorite refrains from people my age is: "I wish I would have known that when I was young."

Buying life insurance is like that. As we get older, we get smarter about life insurance but the premiums can be higher than we expected. Conversely, young people who should be investing in life insurance often do not understand the value of starting early.



A \$300,000 whole life policy costs a healthy 55 year old about **\$571** per month and will have a cash value of some \$91,000 at age 70.

A healthy 45 year old pays **\$335** per month for the same policy and it will have a cash value at age 70 of \$124,832.

A healthy 35 year old pays **\$199** per month for a \$300,000 whole life policy and it will have a cash value of \$146,467 when

that person reaches age 70.

The math is easy and the conclusions are obvious. But if you do not know the facts, nothing is obvious.

Do your children and grandchildren a favor and help educate them. Life insurance for the young and healthy is much less expensive, the premiums do not change and the cash value can provide a nice nest egg at retirement.

If I can help, please call, text or email.

Mike Johaneson
720 971-0130 mjohaneson@gmail.com

PS: LaRue Hanson said about last months article: "You had our zip code 17078, should be 57078. Thanks



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

Program Directors

Social Coordinator	Kathie Godsil	266-9592
Hostesses	Kathie Godsil	266-9592
	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
mbingvaldst@aol.com

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

Sons of Norway
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Mike Johaneson, Editor
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Patty Gooding
(719) 550-1206

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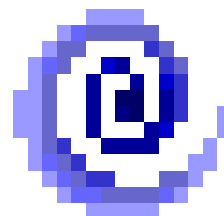
Seth & Jessica Lawryer
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