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May/June 2011

Volume 38, Issue 5/6

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) at **7:00 PM** at Viking Hall, 1045 Ford Street, Colorado Springs, CO 80915

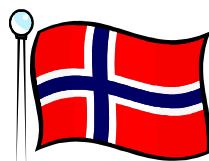
SEND ARTICLES TO YOUR EDITOR:

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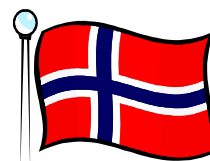
Deadline for the August/September issue is July 15.

MAY

17 Mai Celebration



Norway's Constitution Day



Sunday, May 15th 10:00 to 2:00 at Memorial Park
 715 Prospect Lake Drive

The new playground is on the southeast end of the park
 There are sidewalks all the way around this playground for tricycles so bring the tricycles for the kids to enjoy!

Adults \$10.00

Children (5-10) \$5.00

Under 5 free

Please call June Peterson 599-3235 for reservations
 by **May 13th**

More details/directions on back page

JULY

Sky Sox Baseball Game




Friday, July 8th at 6 PM

Baseball season is back and the Sons of Norway baseball party is scheduled for Friday, July 8th. With a good outside dinner and great choices for food and beverages. Fireworks too!

Food service time is 6 PM. Plan to arrive just before 6 PM at the Security Service Field gate.

Checks to Dean Tollefson (719-473-1110) by July 1 please.
 1110 McArthur Ave. Colorado Springs, CO 80909

May 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 <i>International Worker's Day</i>	2	3 Game and Card Night - 5 PM, Viking Hall	4 Board Meeting - 10:00 AM, Viking Hall Norwegian Language Class - 7:00 PM	5 Viking Sisters - 1 PM	6	7 Viking Hall Clean up Party - 8 AM, Viking Hall
8 <i>Norway's Liberation Day, 1945</i>	9	10	11 FMC Board meeting - 6:00 PM, Viking Hall Lodge Meeting - 7:00 PM, Viking Hall	12	13	14
15 17 Mai celebration, 10 AM, Prospect Lake/ Memorial Park, see front and back pages	16	17 Hurra for 17. mai!!!! 	18 Norwegian Language Class - 7:00 PM	19 Ladies Luncheon - 11:30 AM, Black Bear, 975 S. Acad- emy. Gwen Becker - 382-4977	20	21
22 Dine Out - 1PM, Texas Roadhouse, S. 8th Street. Sullivan's - 597-0381. See p. 4	23	24	25 Norwegian Language Class - 7:00 PM	26	27	28
29	30 <i>Labor Day</i>	31				

June 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Board Meeting - 10:00 AM, Viking Hall Norwegian Language Class - 7:00 PM	2 Viking Sisters - 1 PM	3	4
5	6	7 Game and Card Night - 5 PM, Viking Hall <i>Unionsoppløsningen, 1905</i>	8 FMC Board meeting - 6:00 PM, Viking Hall Lodge Meeting - 7:00 PM, Viking Hall	9	10	11
12	13	14	15 Norwegian Language Class - 7:00 PM	16 Ladies Luncheon - 11:30 AM, TBD. Millie Sullivan - 597-0381	17	18 Trollheim's Smørgas- bord
19	20	21	22 Norwegian Language Class - 7:00 PM	23	24	25 Scandinavian Festival, Estes Park
26 Dine Out - 1:30 PM, Juniper Valley, Grace Johnson - 632-4885. See p. 4	27	28	29 Norwegian Language Class - 7:00 PM	30		

MEMBER BIRTHDAYS

MAY

- 1 Duane Bakken
- 2 Marilyn M Keck
- 5 Carroll O Sorensen
- 6 Nancy Marie Allen
- 6 Nancy E Gishwiller
- 8 Gwendolyn Becker
- 8 Tom Quinn
- 9 Lois E Halvorson
- 12 Richard C Erickson
- 16 Jack Anderson
- 20 James E Hansen
- 22 Russell M Eacker
- 24 Susan M Foust
- 25 Chris C Beahler
- 30 Dorothy L Hanson
- 30 Candance E Lesoing
- 31 Andrew Roth

JUNE

- 3 Lisa N Johanson
- 4 Phyllis Lorraine Sorensen
- 5 Matthew Harrington Disbrow
- 8 Irene T Gladem
- 8 Michael H Johaneson
- 12 Peter Osburnsen
- 12 Charles E Sullivan
- 14 Taylor Jon Berge
- 16 June E Peterson
- 16 Rosa Strand
- 20 Timothy Paul McCallum
- 23 Diane N Lindholm
- 29 Mildred Sullivan

HERITAGE AND YOUTH MEMBERS MAY

- 9 Ethan Coltrin
- 12 Hunter Hughes
- 15 Elijah Dvorak
- 17 Juliannah Gavin
- 26 Nicole Berge

JUNE

- 4 Ryan J Hollenbeck
- 22 Lilli Hansen
- 22 Silje Ostrem
- 23 Reece Apodaca-Eacker
- 24 Mary Hansen
- 27 Krista Robinson
- 29 Charles Hansen

GRATULERER MED DAGEN TIL ALLE!!

GAME AND CARD SOCIAL

Tuesday, May 3, **5:00 PM**, Viking Hall
Tuesday, June 7, **5:00 PM**, Viking Hall

A pot luck meal followed by cards and games. Hope to see you there.
If you have any questions, please call Grace Johnson at 632-4885.

We are taking a break in July, see you back on August 2nd at 5 PM.



DINE OUT

May 22nd (one week early due to Memorial Day), 1 PM at Texas Roadhouse on South 8th Street. Hosted by Chuck and Millie Sullivan, 597-0381.

June 26th, 1:30 PM at Juniper Valley on Hwy 115 between Colorado Springs and Penrose. We will meet at 1 PM at the Albertson's parking lot on South Nevada, west side next to the trees. Hosted by Grace Johnson, 632-4885.



LADIES LUNCHEON

May 19th, 11:30 AM, Black Bear Restaurant, 975 N. Academy Blvd (Citadel Crossings). Hosted by Gwen Becker - 382-4977.

June 16th, 11:30 AM, TBD. Hosted by Millie Sullivan - 597-0381.

As always, men are welcome at their own table.

CANCER FUNDRAISER

My friend, Liz Ford, is hosting the following fundraisers to help her son, Arlo Tejada, with medical bills not covered by his insurance.

1) Saturday, April 30 Benefit concert with Tiny Barge. 7:00 PM. Join us at the Sons of Norway for food, fun, silent auction and dancing \$25.00 donation. Come enjoy a night of fabulous dance music and delicious appetizers provided by the Cliffhouse sous chef Pat Swetnum. Dance and have a blast while helping to raise funds to pay for a stem cell transplant for Arlo Tejada, Liz Ford's son. You may also bid on some fabulous items in a silent auction! \$25 Donation. Purchase tickets at CS West Bikes.

2) Wednesday, May 4 Ice Cream Social 5:00 to 6:30 pm at Rampart High School. Ice Cream donated by Cold Stone Creamery at First & Main \$10.00 donation and you get to keep the hand crafted bowl!

3) Saturday, May 14 Huge garage sale at Rampart High School - Time TBD

Come if you are able!

For more info contact Kerry Hefta at khefta@comcast.net or 719 266 9429

KEEP THE DATES

May 15 - Syttende Mai Celebration, Prospect Lake
June 25-26 - Scandinavian Festival, Estes Park
September 11 - Anniversary Luncheon, Viking Hall
September 16-18 - Kretsstevne, Green Mountain Falls
October 22 - Craft Bazar/Breakfast, Viking Hall
November 5 - Lutefisk Dinner, Viking Hall
December 3 - Christmas Tea, Viking Hall
December 18 - Family Christmas Party, Viking Hall



FROKOST UPDATE

Mange tusen takk to all of the Frokost volunteers. We held another successful Frokost, thanks to all of you. Our attendance was 232, our profit was over \$2600 dollars. As I have said in the past, without the help of all of you, our Frokost would not be held. Many of you donated food and decorations, but most of all, you gave of your time. You prepared food at home and at the lodge, you came to the Lodge two days prior to the event to offer assistance, and then stayed and cleaned up after the party!

I say this to my fellow members and friends: You are the greatest! We all do these events to preserve our heritage and culture, for the love of our Lodge, and to honor our parents and friends who came to America to start a new life. It is with great appreciation that I personally thank each and everyone of you for your Outstanding participation.

Sissel Disbrow

FJELLDALLEN 6-162, 17 MAI CELEBRATION

May 22, 2011 is the day selected for our annual Syttende Mai parade and celebration at Sterne Park in Littleton. The time is from 1 to 5 PM with the parade starting at 1:30.



Refreshments will be served after the parade. We will have lefse, hot dogs, lemonade, coffee and waffles. Games will follow for the children of all ages. The children are a vital part of this celebration and we appreciate their participation. Guests are encouraged to come also. Please mark this Sunday, May 22, 2011, on your calendar and join us for a good family outing.

For more information call Heidi Erickson at 303-347-9995 or Ramona Erickson at 303-691-2094.

Sterne Park is located at 2001 W. Shepperd Ave. in Littleton.

STEIN FJELL 6-114, 17 MAI CELEBRATION

Family Celebration At The Pavilion, Good Samaritan Society – Loveland Village Sunday, May 15th, 12:30 p.m. Casual Dress.

On the menu are Hamburgers, Hot Dogs, Salad, Vegetables, Chips, Drinks, Dessert. We will also have a parade and games for the kids with Trip A Troll – Lasso Lars – Catch A Cod. Cost is \$8 for adults, \$5 for ages 6-11, children under 6 are free.

Make Reservations by Wednesday, May 11th. Contact Jane Robbins at 970.667.5686 or send checks to 1308 Walnut Ave., Loveland, CO 80537

TROLLHEIM 6-110, SMØRGASBORD

As you may have heard the Trollheim Lodge Smorgasbord has been postponed to June 18th. Please make a note of this if it is not too late.

Thank you!

Dawn Nelsen

CAMP TROLL FJELL LANGUAGE & HERI- TAGE CAMP AT CAMP NORGE JULY 10-23, 2011



Camp Troll Fjell is held at Camp Norge in Alta California. Located in the Sierra Mountains east of Sacramento, Camp Norge is an ideal location for a summer camp. Campers learn about their Norwegian heritage and language as well as participate in traditional activities of a summer camp. Camp dates are July 10 to 23. Must be age 8 to 13 at time camp begins and a child, grandchild or great grandchild of a Sons of Norway District 6 member in good standing. Cost is \$750 per child.

For more information and to get applications go to www.campnorge.com and link to Camp Troll Fjell for Camper & Counselor Applications.

POSITIONS OPEN FOR CAMP TROLL FJELL

Be a part of the "Camp Troll Fjell Team" that teaches our young people about their Heritage and Culture plus ensures their health and safety at Camp Norge.

We are in need of the following staff members:

- Assistant Director for Food Services
- Food Buyer
- Cook
- Assistant Cook
- Assistant Director for Personnel
- Nurse-licensed to practice in California

Please visit www.campnorge.com and link to Camp Trollfjell to access the complete Manual in pdf under Counselor Application or CIT Application.

For more information and details regarding salary scale, contact Mary Beth Ingvaldstad, mbingvaldst@aol.com 707-987-2404, or toll free at 866-834-1932

Estes Park will be celebrating their annual Scandinavian Midsummer Festival on Saturday June 25 from 9:30-5, and Sunday the 26th from 9:30-4. It is being held downtown at Bond Park, located at the intersection of E. Elkhorn (Rte. 36) and MacGregor.

Scandinavian Midsummer is a colorful festive event of flowers, food, music and dance. It has its roots in the celebration of the summer solstice, the longest day of the year. Midsummer festivities center around the Maypole, a 20 foot tall pole decorated with flowers. Dancers and musicians encircle the pole with lively music and dancing. In Scandinavia, the revelry continues well into the sunny night.

The festivities begin around 9:30 am Saturday with the raising of the Maypole, followed at 10 by a Grand March entrance. Costumed representatives from each of the Scandinavian countries enter the park carrying the flag of their country, followed by the national anthems sung by Leslie Soich, accompanied on accordion by Ron Tomocik. Dancing and live music continue throughout the day, with opportunities for audience to learn some simple dances. This years entertainment includes the Lindsborg Swedish Folk-danslag, Norwegian Society of Texas Leikarringen, Mikko Koski with his birdflute, Muggy's Uff Da Band, and the YoungSwedish Singers from Skåne, Sweden.

The Fjellborg Viking Re-enactors will be there with their encampment and museum quality reproductions of chests, tools, carvings, weapons and armor. They will be demonstrating various Viking craft and combat skills. Sam Shoults will be returning with his Viking boat, the Yrsa. It is a 27 foot replica of a six-oarsman deck ship found on the Gokstad burial ship housed in Oslo. He will be sailing it on Lake Estes around 1 pm on Friday June 24.

At 10 am Sunday morning there will be a short church service at the park, with the Young Swedish Singers providing the music and their accompanying pastor officiating.

The park is filled with vendors selling Scandinavian food, baked goods, decorations, and crafts of all kinds. The Craft Demonstration Tent will have a combination of workshops and demonstrations, including hardangar and bondesom embroidery, spinning, weaving, lace knitting, and children's knitting lessons. There will be Rosemaling and Dalamaling painters who will be showing their woodenwares. Rosemaling is the traditional folk painting of Norway, and Dalamaling of Sweden.

Items donated by local merchants and vendors are auctioned off at the Silent Auction Booth. Icelandair is again donating round-trip tickets for two to Scandinavia for our Raffle Booth. The drawing will be held at 4 pm on Sunday.

For more information, a schedule of events and demonstrations, or photos, please visit www.estesmidsummer.com. or phone 303-449-9596.

Submitted by Cathy Allen, Festival Director
303-449-9596

VOLUNTEERS NEEDED FOR EVENT

Volunteering at the festival is a great way to make new friends and feel like you are making a difference. Without our volunteers we would not be able to have a festival. We have a variety of jobs to choose from. If you would like to be a volunteer, please contact us.

Silent Auction:

Morning Shift 9-1: Includes help setting up booth and overseeing silent auction booth. 2 persons per shift.

Afternoon Shift 1-5: Includes help packing items up at close of the day and overseeing silent auction booth. 2 persons per shift.

CONTACT: Cathy Allen. 303-449-9596, boulder-cathy@msn.com

If you have any Scandinavian items that are in very good condition that you would like to donate to the auction, please contact Lynne Anderson at 303-652-3263, lmkanderson@comcast.net.

Set-Up and Tear-Down:

Set-up is Friday June 24, noon until finished. Any amount of time that afternoon would be appreciated. We need to set up the tents for the demonstration booth, raffle, silent auction, Vesterheim's food and craft tents, audience tent, lefse booth, and 2 10x10s for vendors. Also, the rental tables and chairs need to be distributed, and ballasts secured.

Tear-down is Sunday from 4-6, after the festival. It goes pretty fast, and includes taking down the tents and packing them up, making sure no trash is lying around the grounds, and stacking the rental tables and chairs for pick-up.

CONTACT: Erik Peters. 720-524-6929, erik.peters@mac.com

Flowers:

Visiting local nurseries, stores, funeral parlors, etc. for flower donations to use on the Maypole and on the stage.

Or, donating flowers and/or greens from your own yard.

We have a list of donors from previous years as contacts. If you have any suggestions, let us know! After picking up the flowers on Friday June 24, you would take them to our flower coordinator in Longmont.

CONTACT: Arlene Hunter. 303-776-7078, arlenejh@comcast.net.

Demonstration Booth:

If you have a special craft you wish to demonstrate or teach, please let us know as soon as possible. It can be either for children or adults.

CONTACT: Joy Gundersen. 303-664-1023, joysgund@indra.com.

Lefse Demonstration Booth:

Would you like to help demonstrate rolling out and cooking the lefse? We'll have prepared lefse all ready. 45 minute shifts on Saturday and on Sunday. ! !

CONTACT: Garry Gorsuch, 303-443-3380,

garry.gorsuch@gmail.com. OR

Erik Peters, 720-524-6929, erik.peters@mac.com

IN MEMORIAM



Arthur Gagnon February 23, 1930—March 24, 2011

Arthur was born in Albany, New York to Edouard and Jeannette (LeBuis) Gagnon. He graduated from Vincentian Institute High School in 1948 and joined the Air Force two years later, serving for twenty years in Europe, Asia and stateside, retiring as a Senior Master Sergeant. After retirement he worked as a host at the U.S. Air Force Visitor Center, welcoming guests from around the world.

He was interested in baseball and was highly regarded as an umpire at the high school and college level.

He is survived by his wife Delores and three children: Lieutenant Colonel (ret.) James Gagnon, Gail Sprenger, and David Gagnon: several grandchildren and one great grandchild.

He was a good and faithful friend to our lodge and accompanied Lori to many of our events and work activities. He was very pleasant company and added significantly to any social group.

We will miss him.

Maria Nestingen passed away on February 16, 2011 after a long illness. She was predeceased by her husband retired army MSGT Wallace Nestingen. She is survived by sons Michael and Wallace Nestingen of Denver and by daughter Cleo Brennan of San Antonio as well as several grandchildren.

Maria was very active in our lodge in its formative years as she and Wally participated in many events. She was a faithful assistant to her husband who ably served as a bingo captain during the years we were working to establish funds for a building purchase, leading to the eventual acquisition of Viking Hall.

Mae Milstein 1927-2011

Mae was born in Malmo, Minnesota to Johann and Hannah (Hoyer) Brosell, and lived in several states during her lifetime. She married Bernard Milstein in 1952 who preceded her in death.

She is survived by her daughter Lisa Milstein of Oakland, CA, sons Mark Milstein of Alpena, MI, and Joshua Milstein of Greenbrae, CA, and seven grandchildren. She was a graduate of California State-Los Angeles. She was the last survivor of 11 children in her family.

Mae was participated in a number of women's groups and activities in the Lodge. She had a ready smile and cheerful demeanor as she worked bingo for the Lodge during the middle years of that activity.

Beverly Beryl Bowersox Skrukrud 1931-2011

Bev was a 48 year resident of Colorado Springs and died peacefully on February 19. She was born in Rugby, ND, the daughter of Sherman and Alpha (Jacobson) Bowersox and raised on the family farm near Wolford, ND. Bev attended the Kahler School of Nursing in Rochester, MN and graduated as an R.N. in 1952. She married Allen Myrle Skrukrud of Fountain, MN, in August of 1953. She is survived by her three daughters Cynthia Louise (Ton von Gelden) of Solon Mills, IL, Dori Yvonne Butte, MT, and Elizabeth Ann (Stephen Johnson) of Colorado Springs as well as several grandchildren and nieces.

Bev was involved in many activities including the Girl Scouts, Audubon Elementary School volunteer, the Arthritis Foundation, and Cheyenne Village, as well as being a charter member of the Sons of Norway. She engaged in many activities in our Lodge as long as health permitted. She and Al attended nearly all events, and she assisted him in his several leadership roles including Lodge President and FMC President. They were a fun couple who could be depended upon to enliven social events. Bev enjoyed traveling and had good times in Norway and her native North Dakota with other friends in the Lodge.

We remember her with fondness and appreciation.

Erma Sween May 15, 1919- March 21, 2011

Erma was the daughter of Joseph and Alice Rood of Bode, Iowa. She was a 1940 graduate of the Fairview Hospital RN program of Minneapolis and married Kenneth Sween, a WWII pilot from her hometown in 1943. In 1954 they moved to Colorado Springs where Ken was in the insurance business and she pursued her nursing career at several local hospitals. Besides their careers, they were featured in a large photo publicizing the local area at the Colorado Springs airport.

She is survived by her daughters Anita Stubblebine, Kathryn Hero, Susan Harmon, and Carol Callaway, three brothers and numerous grandchildren and great-grand-children. She was predeceased by her husband Kenneth, the brother of Lodge member Lucille Moe.

Erma was a charming, elegant lady dear to many in the community and the Lodge. She and Ken were involved in many of our activities, and are especially remembered for acting as host/hostess at several of our Lutefisk Dinners at Benet Hill.

Their memories warm our hearts.

THE SUNNY CORNER



Happy Birthday and Happy Anniversary to everyone who is celebrating these special events during the months of May, June, and July 2011.

Sadly, Beverly Skrukrud has passed away and Delores Gagnon recently lost her husband, Arthur. Our condolences go out to their families and friends. Know that these fine people will be missed by the members of Fjellheim lodge.

Larry Moe has been going through chemo and has had his final treatment. Gus Gustafson has had a procedure to drain fluid off a lung. We wish both of them the best and hope that they are feeling much better soon. And Darlene Aaland is back - it sure is good to see her at our meetings and functions again. Our best to all of you!

For the next 3 months, we wish everyone a happy spring, a fun Syttende Mai, and great Sankthansaften. Stay safe and healthy.

Wishing everyone a wonderful spring, just remember: *The pursuit of happiness is the chase of a lifetime! It is never too late to become what you might have been.* And a little giggle for this issue: Blessed are the cracked for they let the light in!!

Until we meet again.....

Karen Ravnaas, Sunshine Director

390-0621

A LITTLE IN ENGLISH - SYDEN

Norwegians have acquired a reputation as world travelers. Because the cold and dark winter compels many Norwegians to get away from the unforgiving weather, traveling at least once a year til syden (literally "to the south") has become a social norm. In fact, the concept of syden has greatly influenced Norwegian culture and everyday language.

Even though the concept of syden has been influential, the term has a vague definition. In fact, there is a light-hearted debate in Norwegian society about the exact location and meaning of syden. If someone states "jeg skal til syden (I am going south)," a general understanding would exist. Yet, an ambiguity would also arise over precisely where to and what will occur. Often during the depths of winter, travel agencies boast of their specials on syden tours and airlines offer deals on tickets to popular syden destinations.

Syden is a catch-all term used to refer to a warm southern vacation spot – sun and sand are a must – however, young children often mistake it for an actual country. There are preferred syden locations. Favorite European syden destinations include the Mediterranean countries, Portugal's Algarve coast or the Canary Islands. Outside of the continent syden might mean Brazil, the Dominican Republic, Tunisia, Morocco or Thailand, just to name a few.

There are a variety of definitions for what it means to go on a syden trip. Some understand the term to describe an all-inclusive destination that caters solely to tourists with multilingual menus, overpriced tourist shops and neon lights. Others understand syden simply to be a good descriptor of a vacation destination that is sunny, warm and relaxing. Regardless of syden's meaning and location, it plays a significant role in modern Norwegian culture.

LITT PÅ NORSK - SYDEN

Verden rundt er nordmenn kjent som verdensreisere. Den kalde og mørke vintersesongen gjør at mange nordmenn får reiselyst. Det er mest vanlig å reise til et sted i syden. Å reise til syden en gang i året har blitt en norm i det norske samfunnet. Begrepet syden har påvirket den norske kulturen og Norges hverdagsspråk.

Begrepet syden har en uklar definisjon. Det finnes en morsom debatt i det norske samfunnet over hva syden egentlig betyr. Hvis noen sier "jeg skal til syden" så eksisterer det en generell forståelse for hva de mener. Men usikkerhet oppstår over akkurat hvor man skal og hva som kommer til å skje. Ofte midt i vintersesongen tilbyr reisebyråer spesielle sydenturer og flyselskaper tilbyr rabatter på flybilletter til sydenlandene.

Mange barn misforstår syden for et eksisterende land, men i virkeligheten er det et begrep som refererer til et sørlig og varmt ferieland – sol og strand er en selvfølge. De mest kjente syden steder er Middelhavslandene, Algarvekysten og Kanariøyene. Utenfor Europa er det også andre steder som regnes som syden; inkludert Brasil, Den Dominikanske Republik, Tunisia, Marokko og Thailand, for å nevne noen.

Begrepet syden har mange forskjellige variasjoner. Noen beskriver syden som en all inklusiv-ferietur komplett med menyer på mange språk, dyre turistrestauranter og neonlys. Mens andre beskriver syden som et feriested hvor målet er sol, varme og avslapping. Uansett hvordan man beskriver syden, begrepet har påvirket den norske kulturen og Norges hverdagsspråk.

19TH ANNUAL CONSECUTIVE BARNELOPET AND SKI-ORIENTEERING 2011,

Snow Mountain Ranch, YMCA at Winter Park.

From start to finish, there was no shortage of excitement at this years' event. Upon arriving at Leggett hall, another event coordinator was in the process of setting up for a wedding reception starting at 1:30pm! This was quite shocking, but with a mix of quick phone calls and some Norwegian attitude: "D' aarnaer sae!" (it will all work out), the word "coordination" has never been defined so precise. Apparently, the YMCA changed their computer scheduling software a few months ago, and kept two schedules for awhile.

We still had some ongoing serious logistical problems with turning over Leggett Hall by 12:30, but after a few tense minutes and hours, we completed registration and started the races. This meant that once registration was over and kids had started their race, we packed out of Leggett and moved to our post-race reception site at Indian Peaks Lodge.

The main event went very well in great conditions. Over 70 kids enjoyed great snow conditions in mostly overcast and some windy weather with flashes of sun piercing through thick clouds. While the front range was getting a fair share of snow Thursday and Friday and probably kept a few families away, the roads were clear and several families made it from the front range as well as from our mountain communities. It was fantastic to see a greater number of first timers to the event and most likely new to XC skies as well. Regardless, this single event provided various emotions, enthusiasm and familiarity to all participants. Both kids and adults in attendance had yet another day to remember as skiers crossed the finish line to great Norwegian cheers, receiving their Sons Of Norway gold medals and Norwegian flag. Parents and volunteers appreciated a grand time cheering and ringing cow bells.

Thanks to Tom at the Nordic Center for making this year's courses probably the most challenging. In good tradition, the kids had options to race in 5K, 2.5K and 1K distances. All skiers had to scale a small hill as well as come down a small hill which made it quite challenging for the 1K skiers. They took the challenge in great spirit and hopefully came out of it with much appreciation for the sport.

Thanks to Rocky Mountain Orienteering Club for returning with their great expertise and wonderful attitude considering the unforeseen circumstances on Saturday morning. Thanks Craig, JP and Jan!

Thanks to all lodges as well as Fjellheim Lodge for providing refreshments for the post-race reception. A special thanks to **Paul & Ruth Wiig** for coordinating refreshments and **Kerry Hefta** for marshalling and providing ski instruction to the kids!

We registered 72 kids for the event this year, however, there are still a small number of SON members or heritage members who participate. It must be each lodge's high priority to promote this event internally. As a free and healthy event for families, our goal as a lodge and district must be to increase participation throughout our young membership.

If you have comments, general feedback or ideas on how to improve upon this event please let me know! *Tusen takk til all for deltagelse and looking forward to February 25th, 2012!*

Lyle Berge, District President, Crystal Sundet, Zone 8 director; Jon-Eirik Holm-Johansen, Steinfjell Lodge - Coordinator

DIRECTORY CHANGES

Address Changes/Corrections

Halvorson, Teresa M.
1334 Edith Ln.
Colorado Springs, CO 80909-3109

Pat Staubo
patvoice@comcast.net
719 359-2570

Suspended/Cancelled Members

Agnaarsen, Borges
Erickson, Stasia
Erickson, Troy
Hall, Marilyn R.
Janitell, Ann Erin
Wonstolen, Al and Lyn
Harstad, Kathleen J.
Karlsen, Harvey
Taskerud, Todd

FJELLHEIM JOB OPENINGS

We still have a few positions open for our Board of Directors as well as Support Coordinators. The positions are: Assistant Treasurer, Cultural Coordinator, Youth Coordinator, Foundation Coordinator.

If you have a desire for our Lodge to thrive and want to give us a hand, please contact me.

Paul Wiig
President

SPORTS

Congratulations to George Gund for earning his bronze medal in the Sports Medal Program.

If you are interested in earning medals for your walking, please let me know.

Kerry Hefta



A MESSAGE FROM YOUR PRESIDENT

Another two months have flown by and what a busy two months they were. We had two financially successful events at the Lodge. First, the Antique sporting goods show with the breakfast and lunch and then the Frokost. These events were huge successes because of a few dedicated, hard working members who gave of themselves 110%. Thank you all for your dedication in this never ending labor of love to keep our lodge alive and kicking.

Let's all keep in mind the things that most benefit the operation of the lodge both financially and fraternally. Again, we're all ambassadors for Fjellheim Lodge/Sons of Norway. Help get the lodge rented. Look for new members. Spread the word.

I hope you all have had a chance to read the article in the Viking about the Freedom fighter Gunnar Sonstebj. I have the book "REPORT FROM #24", his own story. It's a thriller! Can you imagine being invaded and then occupied by a foreign country? Losing the freedoms and everyday rights you are accustomed to? No wonder the Norwegian people celebrate the anniversary of their independence with such enthusiasm.

As we head into the summer months don't forget the 17th of May celebration at Memorial Park on Sunday the 15th and the Lodge work day planned for Saturday, May 7th starting @ around eight. Come when you can and stay for as long as you can. Lunch will be provided!

Fraternally,
Paul Wiig



FROM YOUR FINANCIAL BENEFITS COUNSELOR LAZY MONEY

What does "LAZY MONEY" have in common with your wanting to pass Lazy Money to your Children/Grandchildren? We all have Lazy Money (Inherited Money, 401k Money from a previous employer, CD Money, etc.). It's money we have but don't pay much attention as to how it's doing. Sons of Norway may have a better investment that would benefit your Children/Grandchildren. Give me a call and we can discuss Lazy Money options.

Thank You,
LaRue Hanson
Financial Benefits Counselor
2523 Shalimar Dr.
Colorado Springs, CO 80915-1030
719-599-8546
Cell 719-237-7314



2011 OFFICERS

Board of Directors

President	Paul Wiig 596-6159 prwiig@msn.com
Vice-President	Michael Johaneson 303-663-3251
Counselor	Bjorg Mapstone 264-0955
Secretary	Marilyn Keck 465-2444
Asst. Secretary	Virginia Nelson 591-7083
Treasurer	Laurance Moe 260-9490
Asst. Treasurer	(position open)
Membership Secretary	Kathy Oldervik 596-6927

Program Directors

Social Coordinators	Lois Halvorson 632-6003 Elaine Hellem 471-8552 (position open)
Cultural Coordinator	Dorothy Hanson 599-8546
Host & Hostess	Ginny Johnson 495-0253 Karen Ravnaas 390-0621 (position open)
Sunshine	Kerry Hefta 266-9429
Youth	(position open)
Sports	Pat Staubo 635-7085
Foundation	
Language Teacher	

Support Officers

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Marshalls	Ole and Joan Bakken 632-3892
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Publicity	Eunice Bluhm 495-2029
Historian	Virginia Nelson 591-7083
Photographer	LaRue Hanson 599-8546
Librarian	Sonja Gund 473-9588

Viking Sisters

President	Grace Johnson 632-4855
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Fjellheim Management Corporation (FMC)

Directors	Karen Ravnaas (2011) 390-0621 Agnes Barilovich (2012) 574-5653 Chuck Sullivan (2012) 597-0381 Rodger Erickson (2013) 597-2196 Doug Haug (2012) 632-4284 Owen Bergland (2013) 576-1396
Trustees	Jerry Johnson (2011) 495-0253 Terry Mapstone (2011) 264-0955

Committees/Special Activities

Auditors	Dean Tollefson 473-1110 June Peterson 599-3235 Millie Sullivan 597-0381
Finance Chairman	Michael Johaneson 303-663-3251
Adopt-a-School	Roseann & Rory Foresman 640-7280
Tubfrim	(position open)
Volunteer Hours	Cleo Allgood 598-1982
Field Representative	LaRue Hanson 599-8546

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DIRECTIONS TO 17 MAI PICNIC AT PROSPECT LAKE – MEMORIAL PARK

Going south on Hancock Avenue turn left on Costilla; there is a light at this turn. Make a right on Prospect Lake Drive and then a left on Moreno. This is a one way street and you will see a large yellow flower at 715 Prospect Lake Drive.

Or.... If you are coming south on Union Boulevard turn right onto Prospect Lake Drive. There is a light at this turn and you will see the big yellow flower.

That's where we'll be!! Hot dogs, quarter pound hamburgers, potato salad, baked beans and drinks. Please call June Peterson 599-3235 by May 13 for reservations!



CINNAMON BREAD/PULL-A-PARTS

½ cup chopped walnuts
18 frozen dinner rolls (let thaw about 10 min)
¾ cup brown sugar (packed)
2 teaspoons cinnamon
1 small package cook and serve butterscotch pudding
¾ cup melted butter

1. Spray standard size bundt pan with non-stick spray.
2. Sprinkle nuts in to pan.
3. Mix brown sugar, cinnamon and dry pudding in a bowl and set aside.
4. Cut 9 dinner rolls into fourths and place into bundt pan.
5. Sprinkle half of dry ingredients over cut rolls.
6. Repeat steps 4 and 5 with remaining 9 rolls and dry ingredients.
7. Drizzle melted butter over cut rolls.
8. Cover pan with wax paper and let rise over night.
9. Preheat oven to 350 degrees. Bake for 40 minutes.
10. After removing from oven – cool for about 5-8 minutes before inverting pan onto heatproof plate. Carefully remove pan – it will still be very hot.

Kathy Oldervik

