



**FJELLHEIM 6 – 107**  
 Sons of Norway  
 1045 Ford Street  
 Colorado Springs, CO 80915  
 719-574-3717  
[www.sonsofnorwaycs.com](http://www.sonsofnorwaycs.com)  
[facebook.com/sonsofnorwaycs](https://facebook.com/sonsofnorwaycs)

June / July 2018

Volume 45, # 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.

**Inside this issue:**

Calendar	2
Pres. Notes	3
Birthdays	4
Sunshine	6
Lodge Officers	7

**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  
[mjohaneson@gmail.com](mailto:mjohaneson@gmail.com)

Deadline for the August Issue is July 20

**Summer Picnic @ Bear Creek**

Our annual summer picnic has been booked at the pavilion at Bear Creek Park for Sunday, **June 17** at 12:00 pm. It is pot luck with the lodge providing drinks.

Fellowship, horse-shoes, and games make this a fun day for all.



**Scandinavian  
 Midsummer Festival**



**June 22-24, 2018**

**Bond Park - Downtown Estes Park**

**June 22: Preview Night 4-8:00 pm**

**Beer Garden Open until 8 pm**

**June 23: 9:30 am-5:00 pm All Events**

**June 24: 9:30 am - 4:00 pm All Events**

**Events & Attractions include: Fjellborg Vikings Arts & Crafts, Music and Dancing, Cultural Demonstrations, Children's Activities, Food Vendors, Auto Show, Silent Auction & Raffle**



# 2018 juni

søndag	mandag	tirsdag	onsdag	torsdag	fredag	lørdag
					1	2
3	4	5 12:30 Games and Cards Viking Hall	6 9:00 am Board Meeting Viking Hall	7	8	9
10 District Convention California	11 9:00 am Lefse Bake Viking Hall  District Conven- tion	12 District Convention California	13 5:00 Book Club 5:30 pm FMC 7:00 pm Heritage Mtg Viking Hall District Convention	14 District Convention California	15	16
17 12:00 Annual Picnic Bear Park	18	19	20	21	22 4:00 pm Scandinavian Festival Estes Park	23 9:30 am Scandinavian Festival Estes Park
24 9:30 am Scandinavian Festival Estes Park	25	26	27	28	29	30

## Lefse Baking

In June, we will bake the 11th. We start at 9:00 AM and go until 11:00.

Please mark the date and join us for coffee, treats and best of all, lefse warm off the grill.

*Lois*



Please support our partners in the grocery and gas business.

With a renewable cash card for either of these stores, we get 5% of your purchases.

This year we have received over \$1100 from them.

Get your card from Steve Hermanson.







## President's Corner

Ok our lodge had a busy month. We ended April with the bunad workshop.

There were 9 students busy with their bunads in various stages of completion for 4 days. We learned the 'frog stitch' from instructor



Sue Sutherland which is 'rip it, rip it, rip it!' We had students from Billings Mt, Fort Collins, Co, the Denver area and 2 from our lodge. Many thanks to Carol Hackett who providing lodging for some of the students. And thanks also to Anatascia Hackett, for being our gofor during the event. Oh yeah, that's my sister, Julie Hefta Harris, working on the skirt for her Eggedal bunad.

Several members ventured up to the Fjelldalen 'Syttende Mai' in Sterne Park in Littleton on May 20<sup>th</sup>. It was a cool day which is good for the wool bunad wearers. The Bunad parade was a success where everyone walked around the pond with flags and as appropriate attire as we could muster singing 'Ja vi elsker' or at least trying to. Afterwards they had quite the spread, 'pølse med lompe' (hotdogs on lefse), herring, salmon, kransekake, flatbread and other picnic staples. And as a bonus it didn't rain until after 4 pm!

The bunad class dislodged the lefse making for April 1<sup>st</sup> but not to be deterred, Lois scheduled it for Tuesday May 1<sup>st</sup> and the lefse making has proceeded at full speed through May 21<sup>st</sup>. There will be another session June 11<sup>th</sup> and then it's off to Estes Park.

The language class will end for the summer to begin again in August with 2 classes at 2 different levels. Thanks to Mike Johaneson and the Mapstones for starting this venture! A couple of the students were corralled to help with the Norwegian Bingo for the June 13<sup>th</sup> Heritage meeting so you can check their progress!

Don't forget the upcoming club picnic on June 17<sup>th</sup> at Bear Creek Regional Park starting at noon. It's a pot luck so bring your favorite picnic dish.

June 10<sup>th</sup> to the 14<sup>th</sup> is the District 6 convention in Rohnert Park, Ca. Delegates are Kathie Godsill, Pat and Gerald Rowe, Brenda Anderson and myself, Kerry Hefta. This means that we will miss the heritage meeting but I know others will pick up the slack.

June 23<sup>rd</sup> and 24<sup>th</sup> is the Scandinavian Midsummer Festival in Estes Park, Co. Some of our members will be up there selling lefse but others from our lodge will be working other venues and just plain enjoying the event. Come up for the day to say 'hi' and enjoy the festival!



Lastly we have several dinner and celebrations coming up soon after our July break. The Fish Fry August 18<sup>th</sup> should be a go since we found a new walleye vender! Sissel Disbrow is planning a wonderful 45<sup>th</sup> anniversary dinner for SOFN members Sept 15<sup>th</sup>, and who can forget the Viking Fair October 20<sup>th</sup> put on by Eunice Bluhm.

See you all in August! Have a wonderful summer.

*Kerry Hefta*

## June Birthdays

### Gratulerer med dagen

Lisa N Johanson	3
Nicholas J Dickovich	4
Ryan J Hollenbeck	4
Matthew H Disbrow	5
Curtis Lawrence Miller	6
Karl Kvam Schneider	7
Rebecca Marie Walker	7
Irene T Gladem	8
Michael H Johaneson	8
David S Brackett	10
Beverly Jean Limbaugh	12
Peter Osburnsen	12
Charles E Sullivan	12
June E Peterson	16
Rosa Strand	16
Silje Ostrem	22
Mary Hansen	24
Steven Phillip Erickson	25
Harlan James Williams	26
Mildred Sullivan	29
Suzann Mary Alstrin	30

## July

Valerie B Lundy	3
Patricia C Rowe	3
Phylis J Smith	3
George C Gund	5
Terry L Mapstone	6
Laurie Hauschild	7
Grace P Johnson	7
Pamela Bakken-O'Neill	9
Maynard O Larson	10
Gerald L Rowe	12
David B Coltrin	13
Vivian I Johnson	13
Austin J Coltrin	19
Kathie D Godsik	21
Kathie Dawn Godsil	21
Randi Rondi Gresvik Robbins	23
Miranda G Coltrin	30

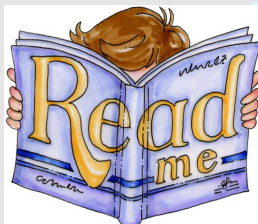


### Card Social

Card Social will be Tuesday, **June 5th** with a potluck lunch at **12:30 pm** at Viking Hall followed by visiting and cards. Everyone is welcome.

### Viking Sisters

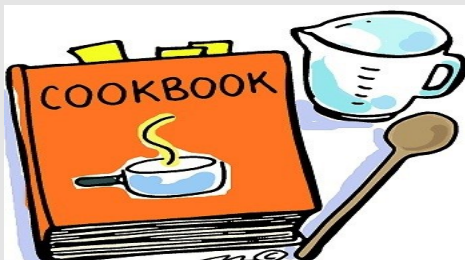
Viking Sisters will meet in August. They taking a break.



**Book Club** usually meets every second Wednesday of the month at **5:00 pm** at Viking Hall. Our facilitator is Dot Everett. Our book this month is **Broken** by Karen Fossum. (Ed note: It is the weirdest book I have ever read)

### 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.



### Cookbook Update

There are still cookbooks for sale, \$12.00 each. (Lingonberries too)

### Norwegian Language Class

We are looking forward to next year and we have a plan. We will start the new year on Tuesday, **August 28th** with the first class starting at 6:00 pm. The second class will begin at 7:00 pm.

The first class will use the textbook *Sett i gang 1* and will be led by Cindi Keller and Jean Luce. The second class will use *Sett i gang 2* and will be led by Annastacia Hackett and Erik Tjelmeland. To join us, go to [settigang.com](http://settigang.com) and order the textbook for the class you wish to join.



Polse med lumppe og kransekake.

Yum!  
Well, I liked it.





Bunads and sweaters and polse med lumppe, Oh mai.

Mange takk to the Fjelldalen Lodge for making the parade fun, the food great and for the fellowship of SoN members from four lodges .

It was a great way to celebrate Norway's Constitution Day.







## Sunshine Report – June-July 2018



Happy Birthday to everyone celebrating birthdays in June and July. As we begin our summer, there will be activities everywhere. **Father's Day**, **Flag Day**, more graduations, vacations, outdoor activities, and **THE FOURTH OF JULY** – to name a few. Be safe and **Celebrate!**

**Elsie Gonsholt** has had hip replacement surgery. Please let her know you are thinking of her.

*“Rest is not idleness, and to lie sometimes on the grass under trees on a summer's day, listening to the murmur of the water, or watching the clouds float across the sky, is by no means a waste of time.” – John Lubbock*

Fraternally, Karen Ravnaas – 390-0621

### Harlan Williams

1932—2018



Harlan Williams was born and raised on the family farm near Northwood, Iowa, the son of Osmen and Gladys (Ayers) Williams. He studied electronic engineering in the Army and continued that career at AT&T, traveling much of the world. He was a man of good humor and generosity who made friends easily. All who knew him were impressed by his good humor.

He is survived by his wife Sylvia; daughters Julie and Lori; sons David and Casey; step-daughters Kathy and Vicki; a brother Warren; 15 grandchildren and 10 great grandchildren.

His good cheer and camaraderie was clearly evident at our Lodge meetings and at Lefse-making sessions. We enjoyed his company and his passing has left an empty spot in our hearts. We extend our sympathy to the family.

### Season's End Walleye Fish Fry



Join us on Saturday, **August 18th** at 4:00 pm for some walleye from Red Lake, MN. There will also be baked potatoes, cole slaw and fresh buns.

More information will be in the August Flammen but you should get this date marked down because we will do the cooking and it is pretty good. Twenty bucks.





## BINGO Time Again

For the Norwegian BINGO game on June 13, this cheat sheet may help.

The letters sound like this:

B - beh, I - ee, N -enn, G - geh, O - oo

The numbers written are- but sound like ( )

1 -en (en)

2 -to (toe)

3-tre (tray)

4-fire (fear-a)

5-fem (fem)

6-seks (sex)

7-sju (shoe)

8-åtte (ohta)

9-ni (knee)

10-ti (tee)

11-elleve (ellva)

12-tolv (toll)

13-tretten (tretten)

14-fjorten (feorten ?)

15-femten (femten)

16-seksten (sexten or sighten)

17-sytten (suiteen)

18-atten (oughten)

19-nitten (knitten)

20-tjue (chewa)

21-tjueen (chewa-en)

22-tjueto (chewa-toe)

Etc

30-tretti (treetee)

31-trettien (treetee-en)

Etc

40-førti (furtee)

50-femti (femtee)

60-seksti (sextee)

70-sytti (suitee)

So if your hear Betty from the caller, she means B-10. We are not talking about hot food with ee chewa, it is I-20. Ee chewa shoe is not about your dog, it is I-27. Inn treetee fem is N-35. Geh furtee fear-a is not something be afraid of. It is G-44. And oo suitee is not to be misunderstood. It is O-70. Ok then.



*Kendall Kjerstad*  
*Financial Benefits*  
*Counselor*  
605 939-1714

## FJELLHEIM - 2018 OFFICERS

### Board of Directors

President	Kerry Hefta	266-9429
Vice-President	Brenda D. Anderson	637-8126
Counselor	Steve Hermanson	520-0303
Secretary	Annastacia Hackett	306-8870
Treasurer/Finance	Jerry Johnson	495-0253
Membership Sec	Kathie Godsil	229-9289

### Program Directors

Sunshine	Karen Ravnaas	390-0621
Foundation	Sissel Disbrow	540-2737
Cultural Skills	Björg Mapstone	440-3992
Book Club	Dot Everett	330-1206

### Support Officers

Greeters	Lois Halvorson	632-6003
	Owen Bergland	576-1396
Marshall	Leonard Beasly	471-1801
Editor	Mike Johaneson	720-971-0130
Web Page & Facebook	Randy Johnson	260-7028
Musician	Sonja Gund	473-9588
Publicity	Eunice Bluhm	495-2029
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
Financial Benefits	Kendall Kjerstad	605 939-1714

### Fjellheim Management Corporation (FMC)

Directors	Karen Ravnaas	390-0621
	Paul Wiig	596-6159
	Jerry Maines	282-0908
	Owen Bergland	576-1396
Trustees	Rodger Erickson	597-2196
	Jerry Johnson	495-0253
	Terry Mapstone	351-5644

### 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)

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

Sons of Norway  
Monthly Newsletter  
Mike Johaneson, Editor  
Viking Hall—Fjellheim 6-107  
1045 Ford Street  
Colorado Springs, CO 80915



Please cut stamp for Tubfrim

207 Whisper Lane  
Grand Junction, CO 81503

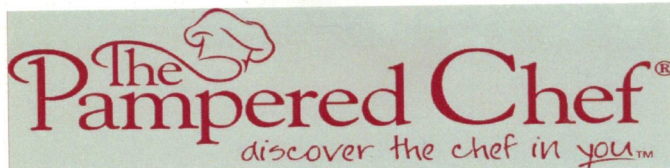


SONS OF  
NORWAY

**Kendall Kjerstad**  
*Financial Benefits Counselor*

Business: (970) 697-1114  
Cell: (605) 939-1714  
kjerstadkendall@yahoo.com

[www.sonsofnorway.com](http://www.sonsofnorway.com)



**Nanette Walker Smith, Consultant #746504**  
Monument/Palmer Lake/Larkspur, Colorado

CELL/TEXT | 719-464-7466  
EMAIL | [n\\_w\\_smith\\_24@outlook.com](mailto:n_w_smith_24@outlook.com)  
WEB | <http://tinyurl.com/nws-pchef>

**Advanced  
Clean Ducts**  
Inc.

*For the Air You Breathe...*  
**(719) 598-1920**



11605 Meridian Market View  
Unit 124 #352  
Falcon, CO 80831

Using the only EPA recommended  
cleaning method-

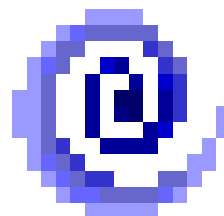
**TOTAL SOURCE REMOVAL**

*Seth & Jessica Lawryer*  
**Owners**

[info@advancedcleanducts.com](mailto:info@advancedcleanducts.com)  
[www.advancedcleanducts.com](http://www.advancedcleanducts.com)

### **SPIRAL BODY MASSAGE THERAPY**

*Caren Alvestad R.M.T., C.N.M.T*



**FOR PAIN RELIEF & RELAXATION**  
Please call for an appointment  
(719) 648-2320