



FJELLHEIM 6 – 107
 Sons of Norway
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November 2016

Volume 43, #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.

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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 December Issue is November 20

You Are Invited To
Fjellheim Lodge's
Scandinavian Christmas Tea



Fjellheim Lodge
 1045 Ford St.
 Colorado Springs, CO
Saturday, December 3, 2016
 at 2:00 p.m. for
\$16.50 per person

Space is limited. Please RSVP by Wednesday, Nov. 30
 Mail to: Kathie Godsill, 4415 Flat Top Place, Colorado Springs, Colorado 80923
 Call: 719-266-9592

Make checks payable to: **Sons Of Norway.**

2016 november

sondag	mandag	tirsdag	onsdag	torsdag	fredag	lordag
		1 12:30 pm Card Social Viking Hall	2 9:00 am Board Meeting Viking Hall	3	4	5 10:00 am Peaks Peak Family History Fair Library at 1175 Chapel Hills Drive
6	7 9:00 am Lefse Making Viking Hall	8	9 3:00 Lutfisk Cut- ting 5:00 pm Book Club 5:30 pm FMC 7:00 pm Heritage Mtg Viking Hall	10	11	12 2:00 pm & 6:00 pm Lutfisk & Lefse Dinner
13	14	15	16	17	18	19
20	21	22	23	24 Thanksgiving	25	26
27	28 9:00 am Christmas Decorating Viking Hall	29	30	1	2	3 2:00 pm Christmas Tea Viking Hall

Reservations Going Fast

At printing time we had 110 reservations for the 2:00 seating and 90 for the 6:00 seating.



We only serve 160 per seating. So if you want to indulge yourself at this gastronomical circus, please call Virginia at **719 650-7029** soon.

November Program

The program for the November 9 meeting will be presented by Ginny Johnson as a result of her trip to Host-fest in Minot. On the big screen, we will get advice from Auntie Kreamshaugen, a typical Minnesota housewife and marriage counselor. (this intro begs numerous comments but we will wait until after the program)

Gift Cards Doing Well

In a relatively short period (since April), we have received rebates of \$1500 from Safeway and King Soopers. Thank you to all of you who have used your gift cards when purchasing groceries and/or gas.



We must also thank Safeway and Kings Soopers for their generosity. This gift card program will enable our lodge to meet its financial obligations and continue to prosper.

If you do not have a card, please see Steve at the next meeting. He has a briefcase just for grocery card sign up.

Lutefisk & Meatball

Family-Style Dinner



Saturday, November 12, 2016

Viking Hall

1045 Ford St., Colorado Springs 80915

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

First Seating 2:00 p.m. Second Seating 6:00 p.m.

\$20.00 Members \$22.00 Non-Members \$10.00 Ages 5-12

**Items offered for sale in our Lobby:
Lutefisk, Herring, Lingonberries, Baked Goods and Gift Items.**

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



For Sale

**Lutefisk (frozen) 2lb \$15.00
Lefse (pack of 6) \$10.00
Lingonberries (jar) \$8.00
Herring (jar) \$6.00**



President's Thoughts: Got Meatballs?

Again this year our Lodge will serve about 350 hearty souls at our Annual Meatball & Lefse Dinner. Many will be members of our Lodge, and many will be from surrounding communities. Some may even be “first-timers”. They might be easy to identify when they unfold the lefse and put it on their laps as napkins. There might even be some of German ancestry that attend our dinner and have a fear of trying our beloved lefse. And I would ask them; have you ever tried a bratwurst rolled in lefse?



I believe what makes our annual dinner different from other lodge and church dinners of the same type; is that we serve “family-style” rather than a “buffet” dinner. Whether your memories are of holiday gatherings or the faces of a family tree that goes back to the old country; a family style dinner will enlighten those memories. This is your evening to enjoy not having to stand and wait in yet just another line. Why not relax and have another helping of kjottboller i brun saus (Norwegian meatballs in brown gravy).

But what about Lutefisk? What about it? It’s the result of drying, soaking, and boning a translucent, gel-like meat that you can boil or bake. How did lefse, a delicate, doily-like flatbread with pretty brown spots and a delicious taste ever get served with a lye-soaked fish? I know...., for many, lutefisk leads us back to those memories of past. But yet, I have more childhood memories of meatballs and lefse.

Regardless, the actual entrée of a gathering such as this is unimportant. What is important is the many hours of lefse baking, days spent with the preparation of food, hours spent decorating our lodge and setting the tables, all resulting with members with members. This is my definition of a Lodge.

And yes, we got meatballs (over 3 thousand of them). *-Steve Hermanson*

(Editor's Note: It is the Lutefisk and Meatball Dinner, not meatball and lefse. Also Mr. President, remember you will be cutting many pounds of lutefisk on November 9 at 3:00 pm, not counting meatballs.)

November Birthdays

Elizabeth Ann Skrukrud	3
Patricia Ann Tjelmeland	4
Sarah G Ostrem	5
Arlene J Reid	10
Karston Erdal Barney	12
Edith M Rodvold	20
Elsie Dorcas Kuns	21
Les Bailey	23
Calvin Dale Utke	24
Orlin N Knutson	28

**Gratulerer med dagen!
Hurra for deg som fyller ditt
ar! Ja, deg vil vi gratulere!**



Yes, Virginia, we will have some cake. Especially since it was your 90th Birthday Cake. And it was a good thing the cake was so big because there were dozens of your friends who came to the lodge on Sunday to help you celebrate. It couldn't happen to a better person. From all of us, Happy Birthday Virginia.



Card Social

Card Social will be November 1 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

Mark your calendars for Thursday, December 8th, 1 pm for lunch at the Country Buffet, Citadel Crossing.

We have recently purchased several items for the kitchen—**two kettles for cooking fish, a cooking thermometer, knives and a hand blender.**



Cookbook

The cookbook preparations are underway. It should be ready for the printer in early 2017. There are several recipes that do not have the names of the people who submitted them. If any of the following are your recipes, please call Ginny at **719-495-0253** : Chocolate Cherry Bars, Spicy Pineapple Zucchini Bars, Taco Enchiladas, 5 Kinds Bean Bake, Pasta Veg Salad, Cranberry Salad & Dressing



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.

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

We are reading books by Sigrid Undset this month. Please join us on Wednesday, November 9 at 5:00pm.

Lefse Baking

Lefse Baking is nearly over for this Fall. We are scheduled for Monday, November 7th, 9:00 am
Lois





Sunshine - November 2016



Happy Birthday to everyone born in the month of November. Also, Happy Anniversary to those who celebrate this special event this month.

Cleo Allgood had hip replacement surgery on October 3rd. She was released the next day and has been recovering and doing her rehab at home with the help of her daughter Becky and a team of physical therapists. She is doing well and we wish her a speedy recovery.

Terry Mapstone is having knee surgery on Oct 21 to repair a torn meniscus. Keep him in your thoughts as he recovers.

Welcome to November - this saying reminds me of North Dakota. *"Two sounds of autumn are unmistakable, the hurrying rustle of crisp leaves blown along the street or road by a gusty wind, and the gabble of a flock of migrating geese. Both are warnings of chill days ahead, fireside and topcoat weather."* - Hal Borland

Fraternally,
Karen Ravnaas - 390-0621

2016 Peaks Peak Family History Fair

Saturday, November 5
10:00am-4:00pm
Library at 1175
Chapel Hills Drive

At this event, folks of all ages can learn about their family history. The event includes speakers, presentations, hands-on activities, music, dancing, children and family activities.

Speakers will talk about DNA Testing, The Family History Guide, Family History Strengthening Families and more.

Presentations and computer workshops include: Family History for Teenagers, Searching Newspapers, Military Records, Immigration Records, Family Stories, and Finding Images of Your Ancestors. (to name a few)

Fjellheim Lodge will have a booth at the fair. If you have any interest in your family history, we recommend this program



2ND ANNUAL BUNAD RETREAT

LAKEWOOD, COLORADO

May 12 - 15, 2017

LIMITED TO 12 STUDENTS

LOCATION TO BE DETERMINED

All about Bunads

This retreat is for anyone who wishes to construct their own authentic bunad, folk dress, or accessories such as purse, cap, shawl, belt or blouse to complete their dress. The folk dress can be completed fairly quickly in one retreat.

Registration for Sons of Norway members is \$300 in addition to lodging and materials. There are homes where you can stay to save on lodging. If you want to make a bunad or folk dress, please contact Linda Ault as soon as possible. Bunad materials need to be ordered soon.

Our instructor, Sue Sutherland, has studied apparel and textile design manufacturing, and learned to make bunads from the Heimen Husflid in Oslo. She travels to Norway to purchase products and continues her study of techniques and styles from all areas of Norway. We are honored to have her.

FOR MORE INFORMATION OR TO REGISTER CONTACT:

Linda Ault at lindault@comcast.net or 303- 953- 2716

New and Exciting

The words *life insurance* and *exciting* do not often get used in the same sentence but I think Sons of Norway has made that happen this month.

We have a new product I am excited about. It is a chronic illness rider for our whole life plans. So what does that mean to our members? It means that they can get two percent of the face value of their whole life policy each month they have a chronic illness. If you have a \$100,000 policy, you would get \$2000 per month to help with chronic illness care. A \$300,000 policy would provide \$6000 per month.



That may not pay all the costs at a nursing home but it will help a lot. The funds can go for paying for home care or to be used as you see fit as long as a doctor has established that you can not perform at least two of the six activities of daily living. (bathing, continence, dressing, eating, toileting and transferring).

We have all known people who have struggled with the costs of nursing home care or even home care. It is an unpleasant reality that those of us over 65 have a 70% chance of encountering.

Like many of you, my wife and I have long term care insurance. It is a good thing because we do not want our kids to be burdened unnecessarily. We have been paying a monthly premium for 15 years and it will continue until we need care. If we do not need it, the insurance company gets it all.

At least with the chronic care rider attached to a life policy, the beneficiaries will get the value of the policy if we do not use the rider before we die.

I like this program. It is a product that fits the needs of many members. Please contact me if this a program that would help you.

Mike Johaneson
720 971-0130
mjohaneson@gmail.com

FJELLHEIM - 2016 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	Virginia Nelson	650-7029
Treasurer/Finance Chair	Jerry Johnson	495-0253
Assistant Treasurer	Larry Moe	
Membership Secretary	Nancy Allen	310-2466
	Linda Wennerberg	622-1243

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 Alvstad	648-2320
Cultural Skills	Björg Mapstone	264-0955
Book Club	Dot Everett	330-1206

Support Officers

Greeters	Lois Halvorson	632-6003
	Owen Bergland	576-1396
Marshalls	Dorothy Hanson	599-8546
	LaRue Hanson	599-8546
	Ole Bakken	632-3892
Editor	Michael Johaneson	720-971-0130
Photographer	Tania Oldervik	310-3586
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**

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Monthly Newsletter
Mike Johaneson, Editor
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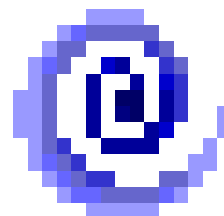
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