



FJELLHEIM 6 – 107
 Sons of Norway
 1045 Ford Street
 Colorado Springs, CO 80915
 719-574-3717
www.sonsofnorwaycs.com
facebook.com/sonsofnorwaycs

August 2016

Volume 43, #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)

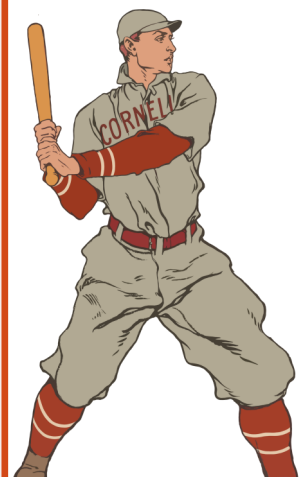
7:00 PM
 Viking Hall,
 1045 Ford Street,
 Colorado Springs, CO

SEND ARTICLES TO :

Michael Johaneson
 1307 Wildwood Ln
 Castle Rock, 80104
mjohaneson@gmail.com

Deadline for the September Issue is August 20

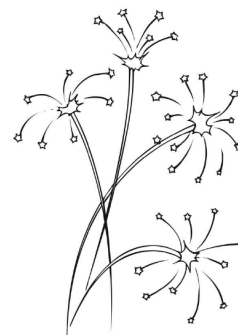
Take Me Out to the Ball Game Annual Fjellheim Baseball Night Sky Sox Stadium



Saturday, August 13
Fireworks Night

Game Time – 6:05 pm
\$11.00

Meet Kerry at Front Entrance at 5:30 pm



fireworks

www.ActivityVillage.co.uk • Keeping Kids Busy



Cripple Creek Melodrama Trip
 The musical—**Pippin** at the Butte Theater
Thursday, August 18
Show Time—1:00 pm

Meet at Safeway parking lot on Colorado near 31st at 9:00 am. We will car pool.

Pippin - "We've got magic to do...just for you!"

Join us for the Tony-Award winning tale of Pippin, a young prince struggling to find his "Corner of the Sky." With sizzling choreography and an award-winning score, a wandering troupe of performers tell the story of our hero, and his choice between a life of simple, unremarkable happiness, or living for a single, brief flash of glory. Rated PG-13 for some adult content.

Please call Karen so we have a count for lunch—390-0621



2016 August

sondag	mandag	tirsdag	onsdag	torsdag	fredag	lordag
	1	2 12:30 pm Cards & Games Viking Hall	3 9:00 am Board Meeting Viking Hall	4 1:00 pm Viking Sisters Viking Hall	5	6
7	8	9	10 5 pm Book Club 5:30 pm FMC 6:00 pm Potluck 7:00 pm Heritage Mtg Viking Hall	11	12	13 6:05 pm Sky Sox Baseball Outing
14	15	16	17	18 9:00 am Cripple Creek Theater Trip Meet at Safeway	19	20
21	22	23	24	25	26	27
28 1:30 pm Dine-out Rudy's Little Hideaway	29	30	31			

At a recent lefse-making day, we celebrated Rosa Strand's 92nd Birthday and her 65th year as a Sons of Norway member. We could not have cake until Rosa was done rolling lefse. Amazing lady.



**The August 10 meeting is a pot-luck affair starting at 6:00 pm.
Bring some food. Thanks.**



Our Kings Soppers and Safeway cards have produced a second set of rebate checks of **\$250.00 and \$250.00**. Please keep shopping.



clipartof.com/4190

President's Thoughts

What Summer Break?

Vacations. Baseball games. Family Reunion picnics. Mowing the lawn. Going to a movie to cool off. Planting a garden and some new flowers. Waxing the car. Painting the house. Trimming shrubs. Attending all of your children's and grandchildren's summer events. And maybe one or two margarita's on the back deck. Have I missed anything?



Yep, I have. It might be our Lodge's Summer Break, but things still happen. During the last weekend in June, five members of our Lodge spent all the daylight hours of that weekend selling all of the lefse that dozens of our members spent many past Monday mornings slaving over hot grills making 1,350 rounds of lefse. Many great thanks to Mike Johaneson, Bjorn & Gail Gudmestad, and Gerald & Pat Rowe for attending the Scandinavian Festival in Estes Park, and bringing back to our treasury almost \$3,000!

Another big event this summer was the District Six 2016 Convention. Fjellheim Lodge along with the other Zone 8 Lodges were the hosts of this convention in Loveland, CO. Our Lodge was well represented with six Delegates; myself, Sara Berge, Karen Ravnaas, Cleo Allgood, Tania Oldervik, and Gerald Rowe. Please join me in thanking these delegates for being part of, and enduring the daily business sessions where nearly a dozen resolutions were proposed for adoption and thoroughly discussed. Whew! You may also remember that a prelude to the convention was a New Membership Contest to see what Lodge in the District (California, Utah, Arizona, New Mexico, Nevada, Colorado, and Hawaii) could recruit the most new members during the months of April and May. Fjellheim Lodge won!! Thank you very much to Nancy Allen & Linda Wennerberg!

Mike and I also accepted awards for our Lodge achieving GOLD status for the years 2014 & 2015. Our Lodge also received The Founder's Award for Membership Achievement during 2015.

And now, get prepared for all of our August events.

Did I miss the summer break?

-Steve Hermanson

August Birthdays

Philip Lynn Cable	3
Tillman C Opsal	3
Eunice C Bluhm	4
Alyssa R Smith	5
Todd Taskerud	5
Trevor Oldervik	8
Cathrine Y Berg	10
Anders V Hall	12
Virginia M Johnson	16
Elsie M Gonsholt	18
Beverley B Disch	19
Everett Snead	20
B June Williams	20
Sara J Berge	21
Madison J Smith	21
Avery G Lawyer	26



Card Social

Card Social will be Tuesday, August 2 with a potluck lunch at 12:30 pm at Viking Hall followed by visiting and cards. Questions call Ginny at 495-0253

Viking Sisters

Meeting on Thursday, August 4 at 1:00 pm at Viking Hall



Rosemaling at Viking Hall



At print time, I do not have the details of the rosemaling classes that may be scheduled for August .

Please call Cindy Bauer at 633-8260 or Bj Mapstone at 264-0955.



BOOK CLUB

Book Club meets every second Wednesday of the month at 5:00 pm at Viking Hall. Our facilitator is Dot Everett. We will be reviewing the presentation at the District 6 Convention on Book Club Selections. Please join us on Wednesday, August 10 at 5:00pm.

Sunday Dine-outs @ 1:30 pm

August 28 @ Rudy's Little Hideaway, 945 South 8th Street (formerly Zeb's on the somewhat steep hill on the east side of 8th street after the Motor City Road) Host: Steve Hermanson 520-0303

September 25 @ Fargo's Pizza Place, 2910 East Platte Avenue. Hostess: Karen Ravnaas 390-0621



The Viking Fair is Coming

Viking Fair is set for October 22 this year. We'll plan similarly to last year. We hope you will be able to save the day for the Fair. Many of you have participated in so many ways in the past, and your time and generosity have been greatly appreciated. Please watch for something that you might want to donate to our raffle, Heritage Treasures or White Elephant tables. Our baked goods and lefse are also very popular items.

Donations and time to help with breakfast may be needed. Sign-up opportunities, more discussion and planning will take place at upcoming meetings. We try to advertise wherever possible-- flyers, newspapers, radio, word-of-mouth so we do attract some people from the larger community.

Please let us know if you have new ideas for the day, too. Mostly, we would like to see everyone's smiling face at the breakfast-brunch table or making new friends at the vendors' tables as you hear about interesting and wonderful items they have brought to share or sell. You might be lucky enough to find a unique Christmas gift or win a raffle. Last year a thoughtful, long-time member from Pueblo donated a wall-hanging which we used for our main raffle item at the door and was taken home by a happy winner. Fun! (If there are vendor questions, please phone Eunice Bluhm at [719-351-3554](tel:719-351-3554)). Come to Viking Fair!



Sunshine - August 2016



Plus



To everyone celebrating these special days in August - *Happy Birthday* and *Happy Anniversary!*

Sissel Disbrow is now home and recovering from an accident in June when she tripped over an extended sprinkler head in her yard and broke the ball of her hip. She had a partial hip surgery and is doing very well. She is anxious to get back to her normal life, which is to say - she wants to get back to her very busy schedule! **Owen Bergland** has had carpal tunnel surgery on his left wrist. The stitches are out and he is gone back to work and says that if it hurts too much, he will go home. Keep them in your thoughts and prayers.

Donna Norum, a former member from our early days in the Lodge, passed away on June 29, 2016 at age 85. Though suffering from severe disabilities, she and husband Bob took an active part in the Lodge and attended many events with enthusiasm. They will be remembered for their indomitable spirits and their good cheer in spite of their handicaps. (Thank you, Ole, for sending the information about Donna.)

And this month, I have a hint which was passed on from Marje Erickson: When sending a get well card to someone in the hospital or rehab center, instead of using your own return address, use the home address of the person you are sending the card to. That way, if they have checked out of the institution, the card will be 'returned' to their own home. (*Why have I never thought about this?*) Thanks, Marje.

Fraternally,
Karen Ravnaas - 390-0621

The Fjellheim Sled

We are the grateful recipients of an old kick sled. The sled was donated to our lodge by Barbara Coffee. It was used by her parents in Norway in the 1950's.

At the last meeting, our members decided to keep it and display it. It seems that was a good idea.

At the Sons of Norway District 6 Convention, the same sled in about the same condition was auctioned for \$250.00. The purchaser was delighted because the market value is closer to \$500.00. Old items such as this can no longer be taken out of Norway.



Remember this ad from the June Flammen.

"Every Member Get a Member"

SPECIAL CONTEST!!!!!! From April 2 through May 31st

As part of the current membership recruitment program for 2016 there will be a special DISTRICT CONVENTION CONTEST - the lodge that recruits the most members between April 2 and May 31 will receive \$100 at convention. This lodge contest is in addition to the existing membership recruitment program, and the same rules apply. There is no limitation on the number of members you may recruit. To participate in this special 2-month contest copies of the membership application must be received by June 10th

Well, Fjellheim won the contest. The \$100 was nice but for Nancy and Linda to get this kind of recognition from the lodges in California, Nevada, Arizona, New Mexico and Colorado was just plain special. And they deserve it.
Congrats to our membership team.

Mining your Heritage – The 2016 District 6, Sons of Norway Convention, Jun 6-19, 2016

I want to take this opportunity to **THANK YOU** for the opportunity to represent Fjellheim Lodge at this year's District 6 Convention in Loveland, CO. This year's convention was dedicated to the memory of Lyle Berge and he was honored all along the way – from mention of the planning committee to his international involvement to Camp Norge. He was missed.

Having been a part of the convention planning committee with BJ and Sissel gave me a whole new look at the complete picture – basically from beginning to end. As you all know, the seven Colorado lodges put this together as a group. Many meetings were held over the past two years and as the committee worked through the process, I saw the awesome work of many volunteers come together into what all delegates, volunteers, and guests saw as the *“glorious time we shared in Loveland”* (Mary Beth).

Over the four days, Mary Beth Ingvaldstad led us through the meetings. We had nearly a dozen resolutions to go through starting with a formal name change – we are now officially called “District Six, Sons of Norway”. All documents from the Charter to newsletters will be updated and we are to use this in future references. Some resolutions were easy to resolve, being just wording issues, but others were so convoluted that they had to be rewritten or rejected.

We were honored to have Jon Tehven, International President, in attendance for the whole convention. He offered insight and advice on Sons of Norway. It was interesting and fun to have him there.

A strange thing happened during the first hours of the convention. “Mining your Heritage” began to include ‘Small World Stories’. Many people related stories of how they first met other persons in the room and how they knew someone who knew someone and those relationships. It was really interesting to find out who knew who and from where those roots were connected.

Fjellheim Lodge took home awards and money!!! Someone else will tell you about that. It was exciting and very rewarding knowing that we can achieve this recognition based upon all the events we have and the wonderful volunteers in Fjellheim who put so many hours into its success. Too cool!!!!

There are so many things that happened. I cannot relate them all in this limited space. Ask BJ about the raffles and folk art. Ask Mike, BJ, Steve, or the other delegates and volunteers about the silent and live auctions of the ore carts – OMG! It was awesome. Thanks again for nominating me as a delegate. I learned so much and am so grateful. □ Karen



Insurance is for Kids

The Viking Voyager is our popular term life insurance for children. It is inexpensive – a one-time payment of \$498 for a \$25,000 policy for a one-year old (or annual payments of \$51) and it lasts until the child is 26 years old.



Additionally, it is convertible to a permanent plan at age 26 without a physical exam and there would be a conversion credit of \$75 to applied in the first year of the new policy.

The downside is that it is a term policy and does not grow cash value.

A second option for kids or grandkids has also become popular. A \$30,304 whole life policy for a one year old girl costs \$120 per year or \$10.20 per month. More importantly, the cash value grows each year. At age 26, she has \$2100 built up and at age 65, \$17,711.

Either way, these policies are good ways for children to learn about life insurance.

Mike Johanesson 720 971-0130



Editor's Note:

In a tradition established by Knut Lyby, the Flammen was once again recognized by the Sons of Norway at the District Six Convention on June 20th. To quote:

“ The Super Sixth District of the Sons of Norway presents to Michael Johanesson, Fjellheim Lodge, this award of excellence for outstanding dedication, organization and creativeness in the area of Newsletter Editing.”



FJELLHEIM - 2016 OFFICERS

Board of Directors

President	Steve Hermanson	520-0303
	ubetcha@reagan.com	
Counselor	Michael Johanesson	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 Alvestad	648-2320
Cultural Skills	Björg Mapstone	264-0955
Book Club	Dot Everett	328-1481

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 Johanesson	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 Johanesson	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

Sons of Norway Board

**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

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Castle Rock, CO 80104-9477



SONS OF
NORWAY

Michael Johaneson

Financial Benefits Counselor

Phone: (720) 971-0130

Email: mjohaneson@gmail.com

www.sonsofnorway.com



Patty Gooding
(719) 550-1206

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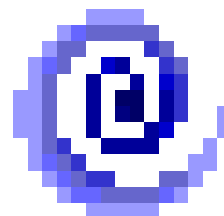
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