



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

February 2016 **Volume 43, #2**

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:

<i>Calendar</i>	2
<i>Pres. Notes</i>	3
<i>Birthdays</i>	4
<i>Sunshine</i>	5
<i>Lodge Officers</i>	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
 1307 Wildwood Ln
 Castle Rock, 80104
mjohaneson@gmail.com

Deadline for the March issue is February 20



Walleye Fish Fry
Saturday, February 13, 2016
Viking Hall,
1045 Ford St., Co Springs
3:00 pm



The boys went fishing and we get to have a fish fry. Serving wonderful walleye, baked potato, homemade cole slaw, fresh buns and dessert in the comfortable surroundings at the Sons of Norway Viking Hall. A good deal at \$20.00 per person. For the Norwegian guys who may have forgotten, this is the night before Valentines Day. You have an opportunity here that will not happen very often. Walleye and chocolates. Okay then !!!



For reservations and a good time, call Kathie at **719 266-9592** by 2/10/16. Limited seating.

2016 Februar

Sondag	Mandag	Tirsdag	Onsdag	Torsdag	Fredag	Lordag
31 12:00—4:00 pm Rosemaling Viking Hall	1	2 12:30 pm Cards & Potluck 8:30 am Hardanger CS Senior Center on Hancock	3 9:00 am Board Meeting Viking Hall	4 1:00 pm Viking Sisters Viking Hall	5	6
7 12:00—4:00 pm Rosemaling Viking Hall	8	9 8:30 am Hardanger CS Senior Center on Hancock	10 5 pm Book Club 6 pm FMC 7 pm Heritage Mtg Viking Hall	11	12	13 3:00 pm Walleye Fish Fry Viking Hall
14	15	16 8:30 am Hardanger CS Senior Center on Hancock	17	18 11:30 am Ladies Luncheon— Uwes German Restaurant	19	20 9:00 am Barnelopet Snow Mtn Ranch Tabernash
21 12:00—4:00 pm Rosemaling Viking Hall	22	23 8:30 am Hardanger CS Senior Center on Hancock	24	25	26	27
28 1:30 pm Dine-Out Black Eyed Pea Citadel Crossing	29					

Sons of Norway

District Six Convention 2016

Save the Dates!

June 19th - 22nd

Embassy Suites Hotel
Loveland, CO

"Mining Our Heritage"



Hosted by the 7 lodges of **Zone 8 (Colorado)**
More info to come!

Colorado Lutefisk Tour Report

Eighteen hearty soles from around the state completed all four Sons of Norway lutefisk dinners in Loveland, Colorado Springs, Highlands Ranch and Lakewood. They will be rewarded with coffee mugs which can be used for lutefisk soup.

**MINNESOTA:
COME FOR THE CULTURE**



**STAY BECAUSE YOUR CAR
WON'T START**

The Winter Blues

The time after the Holidays can be for some people; depressing. Or, this is a time consumed by indoor activities resulting in the dreaded "cabin-fever". But ah...February, with a hint of Spring in the air, and some great days to help us fight the "winter blues". And the greatest day that we can all relish and enjoy with those that we love. Super Bowl Sunday! This year is special, because it is the 50th Super Bowl.



The first time that I can recall watching this phenomenon was at a high school friend's house back home in Minnesota. It was the fourth Super Bowl and the Minnesota Vikings' loss to the Kansas City Chiefs that day was the beginning of my forever dislike for the Chiefs.

There is however, another special day in February. In Norway, February 14th is known as Valentinsdag. It is not celebrated to a large extent. But some Norwegian people take time to eat a romantic dinner with their partner or give a red rose to their loved one. And in keeping with this tradition of having a romantic dinner, our Lodge will be hosting a Walleye Fish Dinner on the 13th.

Also, there is an underlying reason for having a fish dinner during the "winter blues". A review of 26 studies involving 150,278 individuals showed that people who ate the most fish were 14 percent less likely to be depressed than those who did not eat fish.

So, if you were wondering what you were going to do with your significant other for Valentine's Day..... join us for our Walleye Fish Fry and at the same time, after you have eaten your stomach's limit of fish, you can feel less depressed about everything!

I probably should also not forget about one other day in February. Happy Birthday Mom.

-Steve Hermanson.

A Premier Event At Trollheim Lodge...

*Please join us for
a Cultural Skills Class*

**"MUSIC AND MUSICIANS
OF NORWAY"**

*When: Saturday, March 5th
Where: Trollheim Lodge
Time: 1:00 - 4:00 p.m. **

*Instructor: Diane Molter,
Cultural Skills Mentor*

*R.S.V.P. to:
Facilitator: Carol Neverdahl
Email: cjneverdahl865@hotmail.com
Phone: 303 751 3022*

**light refreshments will be served*

You can earn your Level 1 medal after this class!

"Every Member Get a Member"



Starting January 1, 2016 through December 31, 2016, District Six has a special membership recruitment program.

For every new adult member that is referred by a Sons of Norway member, and that referring member's name is indicated on the membership form, that member will receive a **\$5.00** gift card from the District.

No limitation on the number of members you may recruit.

For further information, contact District Six Vice President Luella Grangaard at 760-363-7704 or morongo2@verizon.net.

February Birthdays

Kris J Barney	1
David Allan Haugen	7
Vivi L Bjornen	8
Lillian May Hermanson	9
Nora Suntken	9
Beverly R Broin	11
Jennifer Lynn Bostow	13
Jessica Elaine Bostow	13
John Moe	15
Clarence Versluys	15
Espen Frode Jansen	19
David O Haukom	20
Kerry Ann Hefta	22
Gail Ann Gudmestad	23
A Laurance Moe	23
Celeste N Osburnsen	23
Paul R Wiig	25
Jedidiah Dvorak	27
Elaine Hellem	27
Richard L Jacobson	28



Card Social

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

Viking Sisters

Viking Sisters will meet at 1:00 pm on Thursday, February 4 at Viking Hall. All women members are welcome.



Rosemaling Classes at Viking Hall for January and February 2016

Rosemaling classes are scheduled for Sunday, January 31 from 12:00 until 4:00, Sunday, February 7th from 12:00 until 4:00 and Sunday, February 21st from 12:00 until 4:00.

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 if you have never attended or would like basic information regarding the class.

BOOK CLUB

Book Club meets every second Wednesday of the month at 5:00 pm at Viking Hall. Our facilitator is Dot Everett. Please join us on Wednesday, February 10.



LEADERSHIP SEMINARS 2016

Coming to YOUR area for all Lodge Leaders! Presented by your District Officers.....



Check out the District Six website soon (www.sofn6.org) for further information.

REMINDER:

Start your projects now for the Folk Art Competition during the 2016 District 6 Convention in June. Ready, set, go.....



Late news: **Dr. Gro Harlem Brundtland**, former Prime Minister of Norway, author of the Brundtland Report On Sustainability will be at Colorado State University on Wednesday, March 2, 6:30 pm, LSC Ballroom

Barnelopet 2016 - Children's Cross Country Ski Race and Orienteering

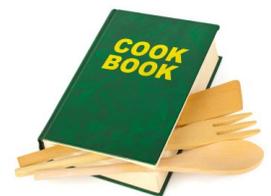


February 20, 2016, Saturday Snow Mountain Ranch-YMCA-Granby
Registration begins 9:00 am, Ski Lessons 10:30 am
Race 11:30 am, Orienteering 12:30 pm

Registration Information, contact Lois Hodne at 303.795.6695 or hiloie@aol.com or Jon Erik Holm-Johansen at 970.412.0433 or tvchiro@yahoo.com

We Need Your Recipes.

Our Viking Sisters are undertaking a project in which we need the help of everyone in the lodge. We plan to do a **cookbook** and need recipes. Please submit recipes and indicate what category they go in such as: appetizers, main dishes, salads, soups, desserts, etc.



Thank You Ginny Johnson, president of Viking Sisters. Any questions call 495-0253.

Sunshine – February 2016



To everyone celebrating birthdays and anniversaries in February, have a wonderful day and enjoy the celebration! And Happy Valentine's Day to everyone!



Berniece Ankeney passed away December 24th in Milbank, SD. Berniece will be remembered for her great stories of growing up in South Dakota, of her adventures during WWII, and of her accomplishment of being one of the first women to receive her private pilot's license. She was very active in the lodge and one of the last positions she held was administering the Adopt-A-School program. Many children learned of our Norwegian heritage because of Berniece.

Many members are recovering from medical issues. **Millie Sullivan** is home and feeling better. **Joan Bakken** is recovering from shingles and a nasty cold. **Ole Bakken** shared the cold and flu symptoms and is now feeling well enough to get out and about. **Sara Berge** is out of rehab and although she is moving slowly, she is doing very well. **Virginia Nelson** is recovering from bronchitis leading to lung infection, has been on heavy antibiotics, and is feeling much better now. **Ruth Wiig** has been having tests for heart issues; the docs changed her meds and she is doing better. **Sissel Disbrow** is fighting sciatic nerve pain and is working with her doctor to try to find some relief. **Marj Erickson** fell and injured her left hand and arm; she is slowly healing. **Cathe Berg** had knee replacement surgery on January 13th; she was home on Friday, and says each day is getting easier. **Dean Tollefson** is doing better after having surgery on his face to remove cancer cells. Please keep everyone in your thoughts and prayers for a speedy recovery.

“Love doesn't make the world go round. Love makes the ride worthwhile”.

Fraternally, Karen Ravnaas – 390-0621

Berniece O. Ankeney

Sep 15, 1927- Dec 24, 2015

Berniece was born in Centerville, ND to Albert and Bertha Sturset. While still in her late teens, she showed her independent spirit by announcing to her astounded parents that she intended to fly airplanes, a dream she later achieved by obtaining her private pilot's license and becoming a 99's Amelia Earhart Girl.

She married Robert Ankeney and the couple lived in Newton, Iowa. After his passing in 1979, she moved to Colorado Springs where she opened a successful doll shop called “Dolls and Things”. She made several trips to Sierra Leone to share her expertise in sewing to a girl's school there.

She was predeceased by her parents; brothers: Harrold and Howard; sisters: Blance Reiners and Alma Sturset. She is survived by three nephews: Roger, Darrell and Robert Reiners.

Berniece was very active in Sons of Norway. She dressed several of the dolls that appear in our display case and often made dolls for Lodge fundraising events. She initiated our Lodge's Adopt a School program and created a comprehensive study guide and book on Norway for elementary students. She was an interesting person who challenged herself and us to do our best.



Fjellheim Installs Leaders and Welcomes New Members

Saturday, January 16 was a big day for the Lodge. Bev Moe, Zone 8 Chair and Steve Hermanson, President lead a professional but warm ceremony to bring new members and leaders on board.

Fjellheim has new officers, new members and food. What more do we need?



The open faced sandwiches on the left were made by the smiling faces on the right—Lois, Elaine, Sissel, Bjorg, & Terry. The best and the sandwiches were great too.



To Be Young Again

In last month's column, we saw that three people purchasing a \$100,000 whole life policy could pay very different premiums depending on their ages and health. The 29 year old female with excellent health and good driving record would



pay \$53.38 per month for life. The 49 year old male of good health would pay \$158.19 per month and the male who waited until he was 69 to purchase the plan would pay \$464.95 per month. Obviously, it does not pay to wait to buy life insurance.

This month we look at the cash value and the death benefit of each these people when they are at age 75. Assuming the interest rate we are paying today does not go lower, the 69 year old will have a death benefit of \$106,060 at age 75 and a cash value of \$19,946. At age 75, assuming the interest rate of today, the 49 year old will have a death benefit of \$117, 204 and a cash value of \$60,135. Maybe he has no one to leave the death benefit to so he converts it to an annuity and collects a monthly payment instead of paying in.

The 29 year old, who is still only paying \$53.38 per month, will have a \$124,693 death benefit and \$66,260 in cash value if the interest stays the same. She would have paid a total of **\$29,463** in premiums over the 46 years since she was 29. Such a deal for the young folk.

Another issue has come up this month that I will mention. If you are older (85 or so) and you have a universal life policy where the cost of insurance is increasing faster than your cash value, do not panic or feel frustrated. We can make adjustments to your premium or the face value or other combinations to make you feel comfortable. Just call me and we will figure something out.

Mike Johaneson

720 971-0130 or mjohaneson@gmail.com

FJELLHEIM - 2016 OFFICERS

Board of Directors

President	Steve Hermanson ubetcha@reagan.com	520-0303
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 Alvestad	648-2320
Cultural Skills	Bjorg 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 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
bvcm259@comcast.net

District 6 President

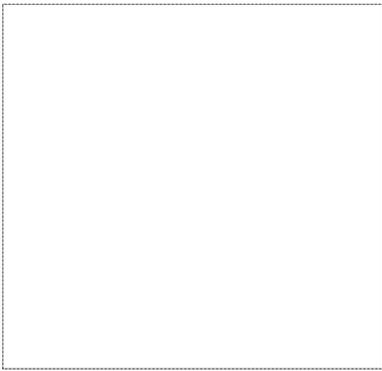
Mary Beth Ingvaldstad 707-987-2404
mbingvaldst@aol.com

Sons of Norway Board

Lyle Berge 720-470-4961
bergenorsk@comcast.net

**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

1307 Wildwood Lane
Castle Rock, CO 80104-9477



**SONS OF
NORWAY**

Michael Johaneson
Financial Benefits Counselor

Phone: (720) 971-0130
Email: mjohaneson@gmail.com

www.sonsofnorway.com

Advanced
Clean Ducts
For the Air You Breathe...
(719) 598-1920

Using the only EPA recommended cleaning method—
TOTAL SOURCE REMOVAL

Seth & Jessica Lawyer
Owners

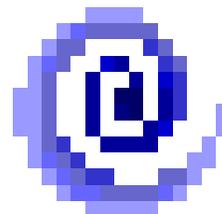
11605 Meridian Market View
Unit 124 #352
Falcon, CO 80831

info@advancedcleanducts.com
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