



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

November 2015

Lutefisk Issue

Volume 42, #11

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

Lutefisk and Meatball Dinner

Saturday November 14, 2015

Viking Hall

First Seating 2:00 pm Second Seating 6:00 pm

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

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

For Reservations

Please Call Virginia Nelson (719) 650-7029

You Are Invited To
Fjellheim Lodge's
Scandinavian Christmas Tea

Fjellheim Lodge
 1045 Ford St.
 Colorado Springs, CO
 Saturday, December 5, 2015
 at 2:00 p.m. for
 \$15.00 per person

Space is limited. Please RSVP by Wednesday, Dec. 2
 to: Karen Ravnaas, 5295 WaterDipper Rd.
 Colorado Springs, CO 80911
 Phone 719-390-0621
 Make checks payable to: **Sons Of Norway.**

2015 November

Sondag	Mandag	Tirsdag	Onsdag	Torsdag	Fredag	Lordag
1	2	3 8:30 am Hardanger CS Senior Center on Hancock 12:30 pm Cards & Potluck	4 9:00 am Board Meeting Viking Hall	5	6	7
8 12:00—4:00 pm Rosemaling Viking Hall	9	10 8:30 am Hardanger CS Senior Center on Hancock	11 5 pm Book Club 6 pm FMC 7 pm Heritage Mtg Viking Hall	12	13	14 2:00 pm & 6:00 pm Lutefisk & Meatball Dinner Viking Hall
15	16	17 8:30 am Hardanger CS Senior Center on Hancock	18	19	20	21
22 12:00—4:00 pm Rosemaling Viking Hall	23	24 8:30 am Hardanger CS Senior Center on Hancock	25	26 Thanksgiving	27	28
29	30 9:00 Viking Hall Xmas Decorating	Dec1	2	3	4	5 2:00 pm Christmas Tea

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

Steinfjell at Loveland
October 17, 2015

Fjellheim at Colorado Springs
November 14, 2015

Fjelldalen at Highlands Ranch
December 19, 2015

Trollheim at Lakewood
January 16, 2016

**T-Shirts are available to those
who complete the tour.**

President's Thoughts

Is it that time of the year again...?

LUTEFISK; the piece of cod which passeth all understanding! This is most certainly true. It is defined as a fish that has been preserved by drying. Then, this hardened "stock fish" is prepared for cooking by soaking it for several weeks first in water, then in a lye solution, and finally in water again. And after all of this, the result is what has been referred to as Norwegian Jell-O.



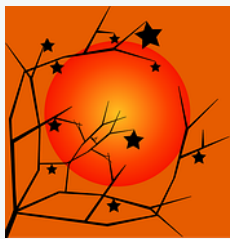
And who has done this preparation of the Lutefisk that we will be serving to the public in a few weeks? Olsen Fish Co., founded in 1910 in Minneapolis, Minn., the largest lutefisk processor in the world, has prepared our stock fish and turned it into lutefisk. Then you may ask; where does everyone in the world get this "special cod"? It all started around the year 900 A.D. in an area called the Lofoten Islands along Norway's northwest coast about 100 miles north of the Arctic Circle. During the peak years of the 1940's, there would be 20,000 to 25,000 fishermen converging on these islands. This is where the story of lutefisk begins.

After all of this, how does one eat lutefisk? Melted butter is very popular, if you are Norwegian. And so is a cream sauce, if you are Swedish. But, some prefer a tasty mustard sauce. And others; a sauce of chopped, sautéed onions mixed with bacon fat and crumbled bacon. Personally, I prefer a sauce made with chopped pickles, olives, capers, parsley, and mayonnaise. There are some people that may call this tartar sauce. But, I call it my antidote for Lutefisk.

Don't worry, we will also be serving at our dinner; potatoes, carrots, lefse, lingonberries, and cranberries. And although meatballs are not a must, they will be served to those who tense up when given lutefisk. But for many, this peculiar food called lutefisk recaptures a period of time; whether it be Christmas Eve or a cold wintry night with family that leads us back to the old country. Come and join us for your journey back.

Tusen takk.

-Steve Hermanson.



Sunshine November 2015



Happy Birthday and Happy Anniversary to all the November birthday babies! Have a great celebration.

Another successful Viking Fair is over and I am still stunned by what sells at the white elephant sale. We did well this year.

Joan McGee fell while taking her daily walk and when I last talked to her, she was doing well, but bruised and sore. Please keep her in your thoughts and prayers.

P. Lorraine Sorensen, member of the lodge and wife of member Carroll Sorensen, passed away on October 6th. We remember her by her sweet smile and wonderful personality. It was always a pleasure to see her at the annual Lutefisk dinner and other special events. Our thoughts and prayers go out to her family.

I found a couple descriptions for November and couldn't make up my mind which to place in here. So imagine these scenes and think of years gone.

"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 top-coat weather."

- Hal Borland

"Cornstalks from last summer's garden now lean toward the kitchen window, and the November wind goes through them in a shudder. Their thin tassels spread out beseeching fingers, and their long bleached blades flutter like ragged clothing."

- Rachel Peden

Happy Thanksgiving

Fraternally,
Karen Ravnaas – 390-0621
!



Lorraine Sorensen
June 4, 1925-October 6, 2015

Lorraine was born to Walter and Madeline Burns, the oldest of five children in Soldier's Grove, Wisconsin. She grew up on a farm near Boaz, milking cows and working in the tobacco fields. A part of the Greatest Generation, she worked in a powder factory in Lodi, Wisconsin making munitions during WWII. Later she worked for the University of Wisconsin Medical as a Histopathology technician for 25 years. She finished her work career as a cruise agent in Florida.

She is survived by her husband Carroll; daughters Dianna Tolbert, Sharon Miller, and Sandra Simmons; brother Dr. James Burns; several grandchildren and great-grand children

She met Carroll while on a cruise, and later they were married on a cruise near Grand Cayman Island. They moved to Colorado Springs 18 years ago. They were a familiar sight at Lodge events and added charm and grace to our gatherings. Her smile was infectious and would light up a room.

We extend our care and support to Carroll and the family.

November Birthdays

Elizabeth Ann Skrukrud	3
Sarah G Ostrem	5
Arlene J Reid	10
Karston Erdal Barney	12
Kimberly A Roseland	14
Edith M Rodvold	20
Elsie Dorcas Kuns	21
Calvin Dale Utke	24
Orlin N Knutson	28



Card Social

Card Social will be Tuesday, November 3 with a pot-luck lunch at 12:30 pm. followed by visiting and cards. Please join us. Questions call Ginny at 495-0253

Viking Sisters

Viking Sisters - If you have items to donate to the Boutique on November 14th, please bring them to the lodge on Friday the 14th.



Rosemaling at Viking Hall

Rosemaling classes are scheduled for Sunday November 8th from 12:00 until 4:00, Sunday November 22nd from 12:00 until 4:00 and Sunday December 6th 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.



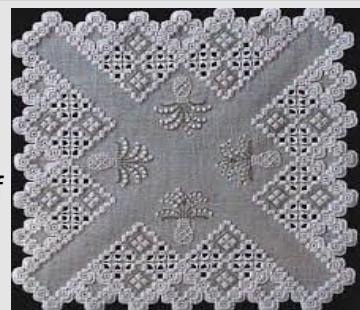
BOOK CLUB

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

Our book for November is your selection of a book about Norwegian immigrants. Please join us on Wednesday, October 14th at 5:00pm.

Hardanger Meets Tuesdays

A group of Hardanger enthusiasts meet each Tuesday to share and work together. They meet at the Colorado Springs Senior Center on Hancock. If you are interested, please contact Cleo Allgood at 598-1982.

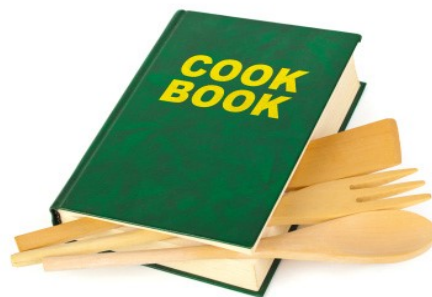


We Need Your Recipes.

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. PLEASE, we need your recipes by the end of the year. Any recipe is fine, it doesn't have to be Norwegian. We want a cookbook we can be proud of so the more the better.

Thank You

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



Fjellheim Lodge Christmas Party

Sunday, December 20, 2015

1045 Ford Street, Colorado Springs

Social time: 2:30 p.m. - 3 p.m., Julebord: 3 p.m.

Julebord



Ham

Turkey

Cold meat tray

Assorted salads

Christmas breads, lefse

Herring, shrimp, cheese tray

Escalloped potatoes, surkål

Whole green beans, pickled beets

Baked Norwegian salmon, roast pork loin

Norse Desserts

Rice cream with raspberry sauce

Kringle, sirupssniper, spritz, sandbakkles

Krumkake, fyrstekake, rosettes, almond bars

Coffee

Caroling around the Christmas tree.

Special holiday entertainment.

Members: \$20, Non-Members: \$22; Children 5-12, \$8

Reservations: Call Kathie Godsill prior to December 16, 2015

719-266-9592. 4415 Flat Top Place, Colorado Springs, CO 80923

Make your reservations early. Only 160 prepaid reservations are available

This Christmas feast consists of many of the food items served at a traditional Norwegian Julebord.



Your Ship Is Coming In

I have ordered the lutefisk, pickled herring, lingonberries, napkins, placemats, meatballs, butter pats, cranberries, and potatoes. The lutefisk and meatball dinner is on.

We have done very well with sign up for volunteers. At the November 11 meeting, we will finish with sign-up sheets for fish cutters, gravy makers, vegetable prep, potato peelers, meatball prep, fish cookers, and table servers. This a big event and we will need many volunteers. If you have not done so, please come to the meeting prepared to sign-up and help. Thanks. MJ



FBC Notes



The interest in our new Chronic Illness Rider has been growing. No wonder. As many of us have experienced in our own families, the monthly cost of facility care or even home care for someone with chronic illness is staggering.

We have a rider to help in these situations that can be added to a new or existing Nordic Policy—our universal life policy.

It provides monthly payments if the insured is under medically prescribed long term care. The benefit may be used for at home care or nursing home stay.

Each monthly payment will be 2% of the death benefit amount of your policy. The elimination period for this rider is 60 days.

If you an interest, please contact me at 720 971-0130 or mjohaneson@gmail.com

HENRIK IBSEN'S CLASSIC "GHOSTS" PREMIERS AT THEATREWORKS

(Colorado Spring, CO) A son comes home from Paris. A new orphanage is about to be dedicated as a memorial to his father. And mother couldn't be happier—until she discovers her family is haunted by the dead spirits of the past. Henrik Ibsen's classic thriller, "Ghosts" was the most shocking play produced in the 19th century opening on Saturday, October 24, and continues through November 8.

For tickets and further information go to theatreworkscs.org or call the box office at 719-255-3232.

LOCATION | Dusty Loo Bon Vivant Theater
SHOW DATES & TIMES | October 22 – November 8, 2015

Thursdays - Saturdays at 7:30 p.m.

Sundays at 4 pm

Saturday matinees at 2 pm on October 31 and November 7

TICKETS

Single Tickets \$36

Previews and Groups \$26,

Youth under 18: \$18

FJELLHEIM - 2015 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	Laurie Hauschild	660-1105
Treasurer/Finance Chair	Larry Moe (temporary)	
Membership Secretary	Shirley Stilley	475-1524

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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
Marshall	Dave Haugen	599-0810
Editor/Photographer	Michael Johaneson 720-971-0130	
	mjohaneson@gmail.com	
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	Cleo Allgood	598-1982
Financial Benefits	Michael Johaneson 720 971-0130	

Fjellheim Management Corporation (FMC)

Directors	Karen Ravnaas	390-0621
	Paul Wiig	596-6159
	Doug Haug	632-4284
	Swede Knutson	473-3297
	Chuck Sullivan	597-0381
	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
mbingvoldst@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
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Colorado Springs, CO 80915



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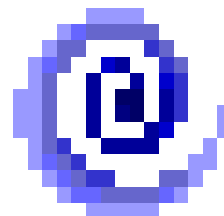
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