



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

April 2018

Volume 45, # 4

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

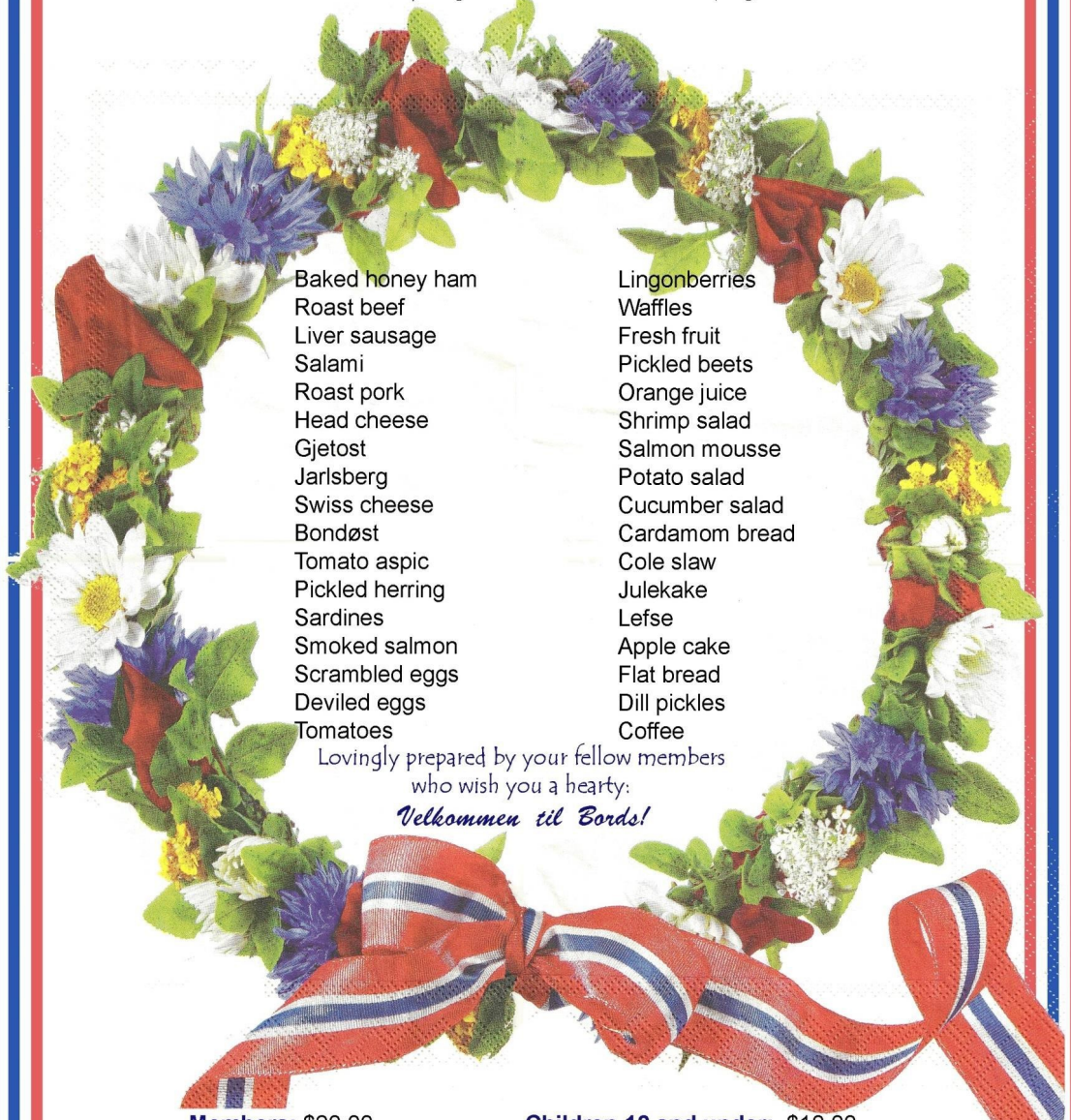
SEND ARTICLES TO :

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

Deadline for the May Issue is April 20

Frokost Meny

Authentic Norwegian Breakfast
 Sunday, April 8, 2018, 11:00 – 1:30 PM
 Sons of Norway Lodge, 1045 Ford Street, Colorado Springs



Baked honey ham
 Roast beef
 Liver sausage
 Salami
 Roast pork
 Head cheese
 Gjetost
 Jarlsberg
 Swiss cheese
 Bondøst
 Tomato aspic
 Pickled herring
 Sardines
 Smoked salmon
 Scrambled eggs
 Deviled eggs
 Tomatoes

Lingonberries
 Waffles
 Fresh fruit
 Pickled beets
 Orange juice
 Shrimp salad
 Salmon mousse
 Potato salad
 Cucumber salad
 Cardamom bread
 Cole slaw
 Julekake
 Lefse
 Apple cake
 Flat bread
 Dill pickles
 Coffee

Lovingly prepared by your fellow members who wish you a hearty:

Velkommen til Bords!

Members: \$20.00
Non-members: \$22.00

Children 12 and under: \$10.00
Children not requiring a seat: Free

RSVP by April 2, 2018. Make checks payable to Sons of Norway. Send checks to Kathie Godsil, 4415 Flat Top Place, Colorado Springs, CO 80923, Phone: 719-229-9289

2018 april

søndag	mandag	tirsdag	onsdag	torsdag	fredag	lørdag
1. Påskedag Norge	2 9:00 am Lefse Bake Viking Hall	3 12:30 pm Card Social Viking Hall 6:30 pm Norwegian Lan- guage Class Viking Hall	4 9:00 am Board Meeting Viking Hall	5	6	7
8 11:00 Frokost Viking Hall	9 9:00 am Lefse Bake Viking Hall	10 6:30 pm Norwegian Lan- guage Class Viking Hall	11 5:00 Book Club 5:30 pm FMC 7:00 pm Heritage Mtg Viking Hall	12	13	14
15	16 9:00 am Lefse Bake Viking Hall	17 6:30 pm Norwegian Lan- guage Class Viking Hall	18	19	20	21
22	23 9:00 am Lefse Bake Viking Hall	24 6:30 pm Norwegian Lan- guage Class Viking Hall	25	26	27	28
29	30 9:00 am Lefse Making Viking Hall					

Lefse is back for 2018.

April brings us back to Lefse baking. We will start baking March 26th, then April 2nd, 16th, 23rd, and 30th. May will be the 7th, 14th, 21st. June 11th perhaps the 18th.

Please mark the dates and join us for coffee treats and best of all warm Lefse off the grill.



We start at 9:00 AM and go until 11:00. We will be doing the full 10 batches every time. This will cover us for Frokost and the Scandinavian Fest June 23rd and 24th. *Lois*

And some of us know how to celebrate St. Patrick's Day.

Sort of an Irish / Viking thing.

Go Karen.



Presidents Corner

The lefse demonstration was a hit at the March Heritage Meeting. Lois, Ginny, Bj and Elaine led all the newbies on their personal lefse making saga! That made me wonder how lefse as we know it came to be. Here's a little history:

It's hard to say when lefse originated. Maybe the Norse God Odin first had it served to the souls of the slain warriors who occupy Valhalla as a way to fortify them for their final battle. That's probably just a folk tale given the fact that the potato was introduced to Norway a little over 250 years ago.

The first lefse in Norway didn't contain potatoes, it was made from flour. Women would travel from house to house, village to village to make lefse to last the winter months. The flour lefse would cook up like a cracker and be able to last through the season. Many households stored their lefse in wooden boxes covered in cloth or just stacked on shelves. When you were ready to enjoy some lefse it was dipped in water and soaked between damp cloth til softened. Like today it was enjoyed with butter and maybe some sugar

Then the introduction of potatoes, abundant and easy to grow. The potato was incorporated into many Norwegian foods, even lefse! Excepted from <https://www.lefsetime.com/lefse-history/>



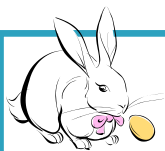
Det er vanskelig å si når lefse oppsto. Kanskje den norske gud Odin først hadde det tjent til sjelene til de drepte krigerne som okkuperer Valhalla som en måte å befeste dem på for deres endelige kamp. Det er nok bare en folkefortelling gitt at potetet ble introdusert til Norge for godt 250 år siden.

Den første lefsen i Norge inneholdt ikke poteter, den ble laget av mel. Kvinner ville reise fra hus til hus, landsby til landsby for å gjøre lefse til å vare vintermånedene. Mel lefse ville lage mat som en cracker og kunne vare gjennom sesongen. Mange husholdninger lagret deres lefse i tre bokser dekket i klut eller bare stablet på hyller. Når du var klar til å nyte litt lefse, ble den dyppet i vann og gjennomvåt mellom fuktig klut til myknet. Som i dag ble det nytes med smør og kanskje litt sukker.

Så innføringen av poteter, rikelig og lett å vokse. Potetet ble innarbeidet i mange norske matvarer, selv lefse!

Don't forget that frokost is coming up April 8th. Sign up with Kathie Godsill 719 229 9289 and/or if you want to volunteer and haven't yet, contact Sissel Disbrow 719 540 2737.

Takk for alt, Kerry



Sunshine Report - April 2018

Happy Birthday to everyone celebrating birthdays in April. **Happy Easter** to all!

Rosa Strand has moved to Brookdale Vista Grande Senior Residence, 2780 Vickers Drive, #147, Colorado Springs CO 80918. Please wish her well in her new home.

Wilma I Nau, charter member, passed away on February 21st at the age of 100; **Carroll O Sorensen** died on March 7th at the age 93. Both were dedicated members of the Sons of Norway; see the write-ups provided by Ole Bakken. Please keep their families and friends in your prayers.

Here's a thought for the month: *Time is too slow for those who wait, too swift for those who fear, too long for those who grieve, too short for those who rejoice, but for those who love, time is eternity.* Henry Van Dyke

Fraternally, Karen Ravnaas – 390-0621



April Birthdays

Tyrone L Steen	1
Kolben Erdal Barney	2
Barbara Ann Nelson	2
Kristine H Brindle	3
Doris I Lake	5
William M Meagher	5
Joan Ruth Magee	9
Cynthia A Snell	11
Vickie Lee Bross	12
Jared A Peterson	15
Lorraine J Timm	15
Norman A Pechacek	16
Jennifer J Forbes	22
Timothy Coltrin	24
Erik Melvin Tjelmeland	24
Marjorie E Erickson	27
Randy M Johnson	27
Carlton J Johnson	30

Gratulerer med dagen



Card Social

Card Social will be Tuesday, **April 3** with a pot-luck lunch at **12:30 pm** at Viking Hall followed by visiting and cards. Everyone is welcome. .

Viking Sisters

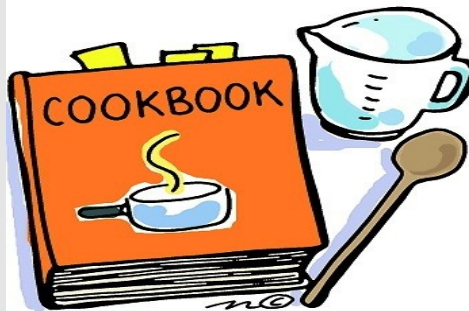
Viking Sisters will not be meeting this month. We will meet May 3rd at 1 pm at Viking Hall



Book Club usually meets every second Wednesday of the month at 5:00 pm at Viking Hall. Our facilitator is Dot Everett. This month we are reading Wild by Cheryl Strayed.

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

Snakke du norsk? Ja, vi snakker norsk hver tirsdag klokka 18:30. (6:30, Tuesdays)

Thanks to Annastacia, Cindy, BJ and Erik, the rest of us are learning to speak the language. We are on chapter 12 and we are progressing nicely.

Ed Note: With all things being lefse this month, I thought I would run an old article I wrote to fill in the empty space. It takes longer to read this than to make lefse but you may find it useful. MJ

Lefse-making for Rookies

In some ways making lefse is simple. Take four cups of potato buds and mix in four cups of boiling water, a cup of half and half, a stick of butter and two teaspoons of salt and a tablespoon of sugar. Cool overnight and mix in two and one-half cups of flour. Shape into 30 balls of dough, flatten each ball into a 10 inch round, throw on the griddle and bam, you have lefse.

That is what the many lefse recipes on Google would have you believe. It is much more complex and it takes work and time to learn how to make good lefse. I was lucky. I was taught the right way the first time by the Lefse Queens at Fjellheim Lodge.

(Continued on page 6)

Publicity

Throughout the year, we educate and publicize at various events. Recently, Feb. 2018, Mike Johaneson taught students to make lefse. Lisa, Miranda, Austin Coltrin and Eunice Bluhm shared information about traditional clothing, rosemaling, geography, Vikings, Norwegian pictures and activities in Sons of Norway lodges at an international festival at Fountain International School in Pueblo, Colorado. Eunice Bluhm, Publicity



Wilma Irwin Nau

Jan 11, 1918-Feb 21, 2018

Wilma was born in Michigan's Upper Peninsula to William and Bessie Bigelow Irwin. Moving to Iowa and growing up there, she met Omer Nau while in high school and they were married during WWII prior to Omer's assignment to Europe where he served with distinction.

After the war, they moved to Minneapolis and then to Colorado Springs. Wilma was a very active person, singing in her church choir, participating in several ministries, serving as a school secretary, representing the City in publicizing the Pikes Peak Region, writing columns for the *Colorado Springs Free Press* and the *Black Forest News*, all the while being an outstanding mother and grandmother.

Predeceased by husband Omer, she is survived by sons James and Jonathan, brother Lt. Col. Robert B. Irwin (Ret), six grandchildren and six great-grandchildren

She is a Charter Member of Sons of Norway which she and Omer served faithfully. Seeing the Nau family sitting at a large table at our annual Lutfisk dinners is a touching memory to our members.

We extend our fond sympathy to the family.



Carroll Sorensen

May 5, 1924-March 9, 2018

Carroll was born in the Danish community of St. Edward, Nebraska, one of ten children. Growing up on the farm, he left to serve in the Navy in WWII aboard the *USS Benson* and saw much of the world. He returned to his home and moved to Colorado Springs in 1951. He worked several jobs before becoming a heavy equipment operator for El Paso County Transportation Department, an occupation that he loved and continued to work in for 26 years.

He was faithful to his church, and a member of the American Legion, the Masonic Lodge, the World War II Veterans, and the Sons of Norway. He and his wife Lorraine, a former travel agent, did a great deal of traveling after retirement. They were a delightful couple who added luster to any gathering.

He is survived by his daughters Dianna Tolbert, Sharon Miller, and Sandra Simmons; a sister Josephine Truxell; and a brother Glenn Sorensen; three grandchildren and three great grandchildren.

Our sympathy to the family.

(from page 4)

However, because I am a man, I had to experiment. Disaster each time. Sticky, unusable dough and tough, inedible lefse. Wasted time and money but I learned a few things I am going to share in case there are some wanna-be lefse-makers out there.

First, the right equipment makes all the difference. Men get this. They will build a deck just to buy a new saw. Here, we get a new rolling pin. Your rolling pin should be grooved with a sock covering the barrel. It will hold flour well and this will keep the dough from sticking. The most difficult part of lefse-making is rolling the dough into a nice round piece. It wants to stick to the rolling pin and the pastry cloth. The lefse round is thin and fragile so it will tear easily if it is sticking. Two or three frustrating incidents of torn lefse and you learn to flour the rolling pin and pastry cloth often.

A pastry cloth to roll the dough will hold flour and it will keep the dough from sliding as you roll the dough from the middle outward making it thinner and thinner. You can tape a kitchen towel to the counter top or you can get a specially made, round pastry cloth like the Lefse Queens use from Bethany Housewares in Cresco, Iowa. It has circles on it to measure as you go and Bethany printed in the middle. You know the lefse is thin enough when you can read the words through the lefse.

A lefse stick is essential to lift the lefse from the pastry cloth to the hot griddle and then off the griddle. It looks like a toy wooden sword beveled to rounded point. If you do not have a lefse stick, I guess you can use your fingers. Unfortunately, if those fingers touch the 500 degree iron, they will blister before you feel it. Uffda.

A dedicated lefse griddle makes life easier. It gets hot enough for lefse - 485 to 500 degrees. Bethany makes 10,000 of them each year. One has your name on it.

A Kitchen Aide mixer on a stand is not necessary but trying to mix the flour with cold mashed potatoes and flour with anything else will test you. Use the open paddle, not the dough hook.

Buying the proper groceries is also essential. Potato buds have one legitimate use - lefse. They are easier and faster than cooking and mashing potatoes. More importantly, they are consistent and you control the water content. I have tried three brands and Betty Crocker works best. The others produced a stickier dough. Besides, Betty was a Norske lady from Minneapolis, you know. King Arthur flour works best. I do not know why, it just does. Sift, of course.

The process begins easy enough. Combine the potato mix from the first paragraph above by hand and put in the refrigerator overnight. The next day, things get serious. Get everything ready - flour the rolling pin and pastry cloth, set up the lefse iron and load up a flour sifter. Then put one third the cold mix and cups of flour alternately in the mixer bowl. Mix slowly.

From this point, work steadily. Once the flour is mixed in, the dough starts to get increasingly sticky. I do not know why but it does. So, do not go for a walk or even take a coffee break. Move directly from the mixer to shaping about 30 balls about the size of an ice cream scoop, two and one half ounces. Place them on a waxed paper covered cookie sheet and put in the refrigerator.

Take the balls out of the refrigerator one at a time for rolling. I know it means opening the refrigerator a lot but it is worth it. Cold dough works better. Lightly flour your pastry cloth between each ball. If some dough gets stuck, scrape off with a knife and flour again. Be warned that if you work too much flour into the dough while rolling it, the lefse will be tough. If you do not use enough, it will stick to everything. With the recipe above, I have not had tough lefse and it does not stick.

Rolling the round ball to a flat, round disc is not difficult. Start in the middle rolling outwards without pushing down very hard. As your rolling pin gets to the edge, lift it slightly. If the edge gets too thin it bakes before the rest of the lefse and get too crispy. Lifting at the edge also helps to keep the lefse from rolling around the rolling pin.

When you have a ten inch round, slide the lefse stick under the round in the middle, gently lift it to the griddle and unroll it without touching the griddle. The griddle is hot and the lefse is thin so pay attention. People like brown spots on their lefse, not black, so check it often and flip accordingly. When done, lefse should cool on a wire rack, then put between waxed paper and into an airtight plastic bag.

Then eat it or keep it at cool room temperature for a few days or freeze it. Freezing it works well. Thawed and warmed in the microwave, it tastes hot and fresh.

In summary, get the right equipment from Bethany, use Betty Crocker Potato Buds, King Arthur flour, cool the potato mixture overnight, mix in the flour, keep the dough cold, and work steady until done (about two hours).

Then take a coffee break and have one of your two and half dozen perfect lefse.



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Kendall Kjerstad
605 939-1714

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Colorado Zone 8 Director

Beverly Moe 720-746-9755
bevm259@comcast.net

District 6 President

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

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Sons of Norway
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Mike Johaneson, Editor
Viking Hall—Fjellheim 6-107
1045 Ford Street
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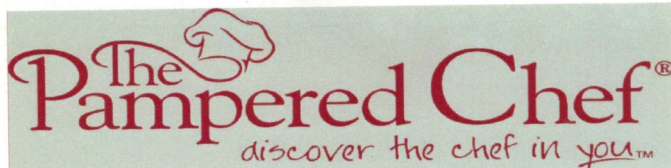


**SONS OF
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Kendall Kjerstad
Financial Benefits Counselor

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

www.sonsofnorway.com



Nanette Walker Smith, Consultant #746504
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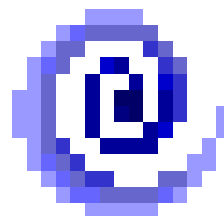
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