



6th annual

VIKING FAIR

Community Cultural Event

October 25, 2014

Bazaar and Breakfast

arts, collectibles, crafts, food, fun, lefse, music, raffles, stories,
unique gifts, vendors, Vikings

Proceeds for Charities

Bazaar 9_{am}-2_{pm} Breakfast 9_{am}-11_{am} (\$8)

Viking Hall

1045 Ford Street

Colorado Springs, CO 80915

Information: 719-596-6159 or 719-351-3554

Breakfast Reservations: Millie @719-597-0381



SONS OF
NORWAY



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

October 2014

Volume 41, #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.

Inside this issue:

Calendar 3

Birthdays 4

Sunshine 5

Lodge Officers 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 EDITOR:

Dot Everett
 1353 Diana Lane
 Colorado Springs 80909
dotforsofn@gmail.com
 Phone: 719-328-1481

Deadline for the Nov 2014 issue 10/15

President's Notes

We just finished with lefsa baking again this Monday morning. It continues every Monday until Lois says we have enough. It has become our big money maker. At 40 packages of 6 worth \$10.00 each, each bake day has become profitable and enjoyable. To the 25 or 30 members who show up each Monday, Tusen Takk.

The 41st Anniversary Celebration will have happened by the time the Flammen is printed but I wanted to thank Shirley for handling the membership awards, Ole and Paul for producing the picture show, Millie for getting nearly 60 reservations and Steve for decorating the hall. Everything we do in this lodge is by the efforts of many.

The nominating committee of Virginia, Steve, LaRue and I have quite a challenge. We need candidates for vice-president, secretary and treasurer. There are also many very important positions available. If you think you could help the lodge by volunteering, it would be greatly appreciated. We will have a preliminary report in October.

See you at the October 8 meeting. We will have a harpist (Dorothy Everett) to start the meeting at 7:00.

Lutefisk & Meatball Family-Style Dinner

Saturday November 15, 2014

Sons of Norway Viking Hall

1045 Ford Street

Colorado Springs, CO 80915

First Seating @ 2:00 p.m.

Second Seating @ 6:00 p.m.

\$20.00 (Members 12 & Up)

\$22.00 (Non-Members)

\$10.00 (Ages 5 through 11)

For Reservations - Please call Virginia Nelson @

(719) 650-7029

OCTOBER 2014

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6 LEFSE MAKING	7 12:30 PM Card Social	8 5PM Book Club 6 PM FMC Harpist at 7 PM Heritage Mtg Viking Hall	9	10	11
12	13 LEFSE MAKING	14	15	16	17	18
19	20 LEFSE MAKING	21	22	23	24	25 VIKING FAIR
26	27 LEFSE MAKING	28 2:00 PM DINE-OUT AT TEXAS ROAD- HOUSE, S 8th St.	29	30	31	Nov 1
Nov 2	Nov 3 LEFSE MAKING	Nov 4	Nov 5	Nov 6 1:00 pm Viking Sisters	Nov 7	Nov 15 Lutfisk and Meatball dinner

KEEP THE DATES - 2014 FOR COLORADO LODGES

LEFSE MAKING EVERY MONDAY Of Oct til Nov. 10

**October 25 OUR OWN
VIKING FAIR**

**November 15 Lutfisk and Meatball
Dinner**

December 6 Christmas Tea

December tba Julebord

ZONE 8 LODGE MEETINGS

FJELLDALLEN – 1st Tuesdays, 7 p.m.
Prince of Peace Lutheran Church, 2400 S Colorado Blvd,
Denver

FJELLHEIM – 2nd Wednesdays, 7 p.m.
Viking Hall, 1045 Ford Street, Colorado Springs

STEIN FJELL - 1st Thursdays, 7:00 p.m. Spiritual Life
Center, Good Samaritan Society, 2101 S. Garfield Ave,
Loveland

STORFJELL (Grand County) – No Set Day or Time,
Various Locations

TROLLHEIM – 3rd Mondays, 7 p.m.
6610 W 14th Ave, Lakewood

VESTAFJELL – 2nd Sundays, 2 p.m.
Shepherd of the Valley Lutheran Church, Grand Junction
and various cities on the Western Slope

VESTERHEIM – 4th Fridays, 7 p.m.
Atonement Lutheran Church, Baseline and Inca Parkway,
Boulder

HAPPY BIRTHDAY TO YOU



OCTOBER

- 3 Ellen Rubi May
- 4 Joan C Corder
- 5 Adelle Steinseifer
- 7 Gloria L Mitchell
- 11 Chris W Sanders
- 13 Marjorie Lindskog
- 14 Madison L Ben
- 16 Jill K Johnson
- 22 Lena M Erickson
- 22 Brian L Svendsen
- 23 Thor Gavin
- 23 Emma J Greek
- 24 Sonja Sue Gund
- 27 Virginia L Nelson
- 30 Geir S Ostrem
- 31 Agnes Barilovich

OCTOBER HERITAGE

- 16 Joshua R Lysne
- 21 Carter D Berge
- 24 Austin Allgood
- 27 Will M Berge
- 27 Mason Wiest
- 31 Madeleine R Erickson
- 31 Sissel M Erickson

VIKING FAIR.....If you wish to be a **vendor** and have not contacted us yet, please phone me (351-3554) or email to ebbluhm@msn.com We have a few spaces left.
Eunice Bluhm

CARD SOCIAL - Potluck and cards on Tuesday, October 7, at 12:30 pm. Come join the group for good food, cards and fellowship. Everyone is welcome. Any questions, call Ginny at 495-0253



VIKING SISTERS



Viking Sisters will meet Thursday November 6 at 1pm at Viking Hall. All women of the lodge are welcome. Call Ginny at 495-0253 if you have questions.

BOOK CLUB

Book Club will meet at 5 p.m. before the regular lodge meeting. We look forward to having you join us. If you have any questions please contact Bj at 264-0955.



ROSEMALING CLASSES

Please call Sissel at 540-2737, Bj at 264-0955, or our teacher Cindy Bauer at 633-8260 for information.



VOLUNTEER HOURS

Members, don't forget to keep a record of your volunteer hours AND travel time.



Is this you?

- With money invested in CD's or a Money Market where you have safety but very little return.
- With money invested in present or prior employer 401K accounts or other investments that are not guaranteed and someday it is up and someday down.

Sons of Norway has some great investments for its members that has guaranteed safety of principle, guaranteed rate of return and access to your money. When your investments are with Sons of Norway, every day you will have more money in your account and safety with peace of mind. If you would like further information on Sons of Norway investments to see if they would be a better investment for you, please get in touch with me.

LaRue Hanson, FBC

2523 Shalimar Dr.

Colorado Springs, Colo. 80915-1030

Office # [719-599-8546](tel:7195998546)

Cell # [719-237-7314](tel:7192377314)

Lhanson1@q.com

The **LAST DINE-OUT** for 2014 will be at the Texas Roadhouse on South 8th Street on October 28, 2014 at 2:00 pm. There will be a sign-up sheet at the next meeting. **SEE YOU THERE!**





SUNSHINE REPORT: To all of our members who are celebrating birthdays and anniversaries in October 2014 - Happy Birthday and Happy Anniversary!

Can you believe it? Three months left of the year. And it's starting to get busy. Lefsa on Mondays, Viking Fair, Dine-Out at Texas Roadhouse – all in October, then on to Lutefisk Dinner, the Christmas Tea, and finally the Julebord (Christmas Party). Whew! Let the work begin!

Charter member and lutefisk lover, **June Aune**, passed away in September. Her daughter Candy Leosing is also a member of the Lodge. Our sincerest condolences to the family and let us keep them all in our thoughts and prayers.

Marg Erickson had surgery and is recovering at home. **June Peterson** also had surgery and is in room 3032 at Penrose Main. Her spirits are high and she is not sure when she will be home, but welcomes all visitors.

Larry Moe has been in and out of the emergency room during the past several weeks. Please keep these folks in your thoughts and prayers. We wish them all a speedy recovery.

"In the garden, Autumn is indeed the crowning glory of the year, bringing us the fruition of months of thought and care and toil. And at no season, save perhaps in Daffodil time, do we get such superb colour effects as from August to November." - Rose G. Kingsley, The Autumn Garden

Fraternally,
Karen Ravnaas Sunshine Director, 390-0621

JUNE BENSON AUNE Oct. 28, 1922-Sept.1, 2014

June was born in Kelliher, Minnesota to Julius and Thea Benson. She attended schools there and in 1941 married Allen Harding Aune, a marriage that lasted for 64 years. They moved to Colorado Springs in 1956 and were engaged in business here.

She was predeceased by her husband Al, and is survived by daughters Alexis Aune, Janice Martinez, Theresa Pniak, Lynne Tait, Christie Molinari, and Candance Lesoing; sister Gerraldine Bernu, 19 grandchildren, 19 great-grandchildren, and 1 great-great grandchild.

June was a gifted writer of poems, journals, cards and letters and liked to crochet. She enjoyed auto trips with Al and was a Colorado Rockies and Minnesota Twins fan.

June and Al were Charter members of Sons of Norway. They took an active part in the Lodge and enlivened any group of which they were a part. We enjoyed their company at many events, particularly at Lutefisk dinners, a favorite of June's. We will miss her winning smile, twinkling eyes, and charming ways as we have missed Al.

While watching a little TV on Sunday, I watched a Church in Atlanta honoring one of its senior pastors who had been retired many years. He was 92 at that time and I wondered why the Church even bothered to ask the old gentleman to preach at that age. After a warm welcome, introduction of this speaker, and as the applause quieted down he rose from his high back chair and walked slowly, with great effort and a sliding gate to the podium. Without a note or written paper of any kind he placed both hands on the pulpit to steady himself and then quietly and slowly he began to speak....

"When I was asked to come here today and talk to you, your pastor asked me to tell you what was the greatest lesson ever learned in my 50 odd years of preaching. I thought about it for a few days and boiled it down to just one thing that made the most difference in my life and sustained me through all my trials. The one thing that I could always rely on when tears and heart break and pain and fear and sorrow paralyzed me... The only thing that would comfort was this verse.....

"Jesus loves me this I know.
For the Bible tells me so.
Little ones to Him belong,
We are weak but He is strong.
Yes, Jesus loves me.
The Bible tells me so."

When he finished, the church was quiet. You actually could hear his footsteps as he shuffled back to his chair. I don't believe I will ever forget it.

A pastor once stated,

"I always noticed that it was the adults who chose the children's hymn 'Jesus Loves Me' (for the children of course) during a hymn sing, and it was the adults who sang the loudest because I could see they knew it the best."

"Senior version of Jesus Loves Me"

Here is a new version just for us who have white hair or no hair at all. For us over middle age (or even those almost there) and all you others, check out this newest version of Jesus Loves Me.

JESUS LOVES ME

Jesus loves me, this I know,
Though my hair is white as snow
Though my sight is growing dim,
Still He bids me trust in Him.

(CHORUS)

YES, JESUS LOVES ME.
YES, JESUS LOVES ME.
YES, JESUS LOVES ME
FOR THE BIBLE TELLS ME SO.

Though my steps are oh, so slow,
With my hand in His I'll go
On through life, let come what may,
He'll be there to lead the way.

(CHORUS)

When the nights are dark and long,
In my heart He puts a song.
Telling me in words so clear,
"Have no fear, for I am near."

(CHORUS)

When my work on earth is done,
And life's victories have been won.
He will take me home above,
Then I'll understand His love

(CHORUS)

I love Jesus, does He know?
Have I ever told Him so?
Jesus loves to hear me say,
That I love Him every day.

(CHORUS)

God Bless Us All !!!

Submitted by Karan Ravnaas



Christmas is a joyous time of year when people come together in good cheer and celebrate family traditions. For many in the Sons of Norway family, that means celebrating their Norwegian heritage. This fall, we have a great way for your family to do just that-with the limited edition 2014 Sons of Norway commemorative Christmas ornament.

This year's ornament beautifully displays Agder style of rose-maling. Some of the important identifying characteristics of Agder painting include variations of the tulip which were often flat at the base, designs are most often painted on dark green or dark blue backgrounds, and the leaves and flower centers are divided down the center, with each half painted a different color often with honey-comb or pine-cone-like details decorating them. Colors used are Prussian Blue, Yellow Ochre, English Red and green with details/teardrops provided in white, red, yellow or green. Another signature of the style shows many ferns/leaves/petals painted with lots of teardrops along the vines.

Each ornament shows off the beauty of Norwegian heritage with a hand-created design by Shirley Evenstad, a Vesterheim Gold Medal winner, and is sure to be a welcome addition to your tree this Christmas.

Remember, this year's ornament is a limited edition and it will sell out fast, so don't wait to place your orders. To get your own ornament, or to purchase them as gifts for your friends and family, all you have to do is call [800-945-8851](tel:800-945-8851).

Members can order ornaments for \$14.99 + S&H

Do you like numbers? Do you like to count money? Then your Lodge needs your help. The Lodge will need a treasurer for 2015. Please consider helping in this important job.



Steven Hermanson

FJELLHEIM - 2014 OFFICERS

Board of Directors

President	Michael Johaneson 303-663-3251 720-971-0130. mjohaneson@gmail.com
Vice-President	Steve Hermanson 520-0303 ubetcha@reagan.com
Counselor	Paul Wiig 596-6159
Secretary	Sara Berge 495-2134
Asst. Secretary	Laurie Hauschild 660-1105
Treasurer/Finance Chair	Laurance Moe 260-9490
Membership Secretary	Shirley Stillely - 475-1524

Program Directors

Social Coordinator	Kathie Godsil
Cultural Coordinator	Dean Tollefson 473-1110
Hostesses	Dorothy Hanson 599-8546 Lois Halverson 632-6003
Sunshine	Karen Ravnaas 390-0621
Sports	Kerry Hefta 266-9429
Foundation	Caren Alvestad
Cultural Skills	Björg Mapstone 264-0955
Language Teacher	Karen Swartley 487-7420 Inger Pappas 596-7618
Book Club	Tillie Elvrum 683-5826

Support Officers

Greeters	Lois Halvorson 632-6003 Owen Bergland 576-1396
Marshall	Dave Haugen
Editor	Dot Everett 328-1481 dotforsofn@gmail.com
Web Page & Facebook	Randy Johnson 260-7028
Musician	Sonja Gund 473-9588
Publicity	Eunice Bluhm 495-2029
Historian	Virginia Nelson 650-7029
Photographer	LaRue Hanson 599-8546
Librarian	Sonja Gund 473-9588
Viking Sisters	Ginny Johnson 495-0253

Committees/Special Activities

Auditors	Dean Tollefson 473-1110 June Peterson 599-3235 Millie Sullivan 597-0381
Tubfrim	Tania Oldervik 310-3586
Volunteer Hours	Cleo Allgood 598-1982
Field Representative	LaRue Hanson 599-8546

Fjellheim Management Corporation (FMC)

Directors	Karen Ravnaas 390-0621 Paul Wiig 596-6159 George Gund 473-9588 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

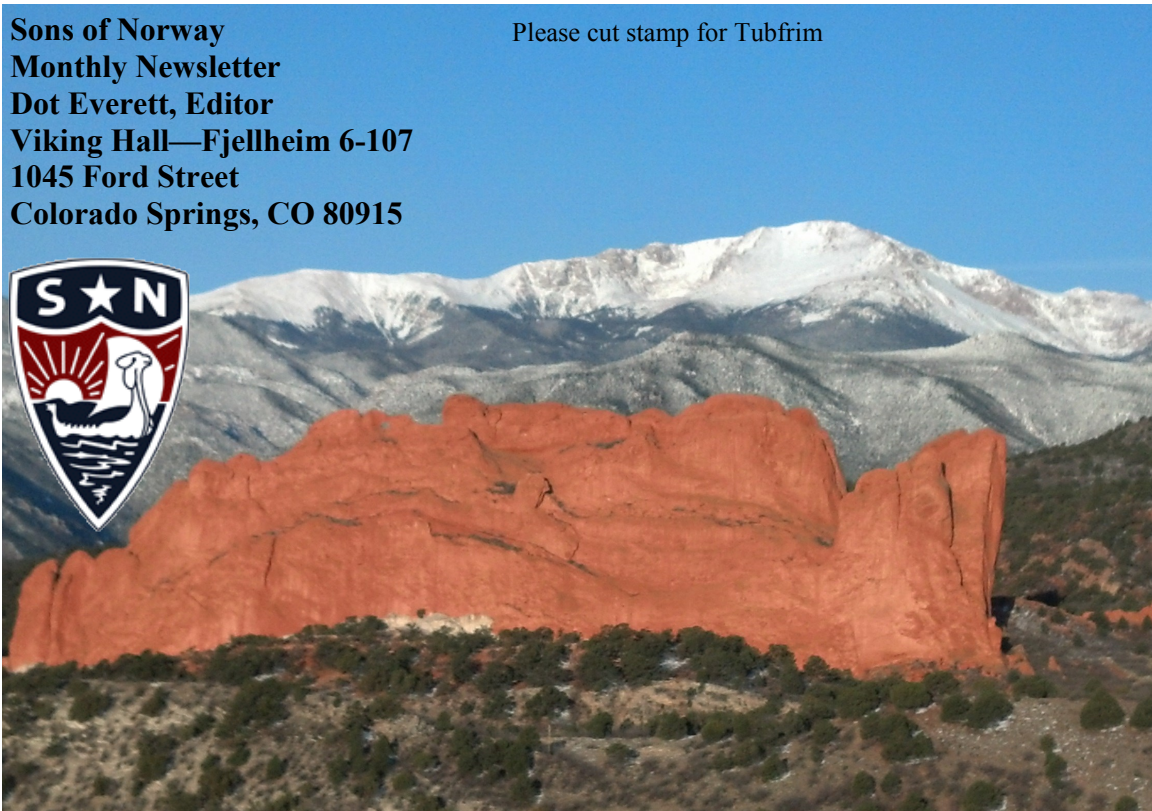
District 6 President

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

ALL PHONE NUMBERS HAVE 719 PREFIX UNLESS OTHERWISE IS NOTED

Sons of Norway
Monthly Newsletter
Dot Everett, Editor
Viking Hall—Fjellheim 6-107
1045 Ford Street
Colorado Springs, CO 80915

Please cut stamp for Tubfrim

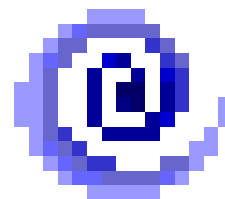


This newsletter is generously sponsored by the following:

PLACE YOUR AD HERE FOR
ONLY \$40/YEAR!!!!!!

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

2523 Shalimar Dr.
Colorado Springs, CO 80915-1030



**SONS OF
NORWAY**

LaRue Hanson
Financial Benefits Counselor

Business: (719) 599-8546
Cell: (719) 237-7314
Email: lhanson1@q.com

www.sonsofnorway.com



719-473-4284

doug.haug@gmail.com



Patty Gooding
(719) 550-1206

2905 NORTH MURRAY, COLORADO SPRINGS, CO 80917
TUESDAY-FRIDAY 8:00-6:00 SATURDAY 7:00-2:00



Custom Roofing Solutions Backed By Credibility and Performance

Aaron Eades
Project Manager

4605 Town Center Dr.
Colorado Springs, CO 80916
Aeades@peakviewroofing.com
www.peakviewroofing.com

Office (719) 593-0580
Fax (719) 575-9580
Cell (719) 522-3413