



FJELLHEIM 6 – 107
 Sons of Norway
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March 2018

Volume 45, # 3

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

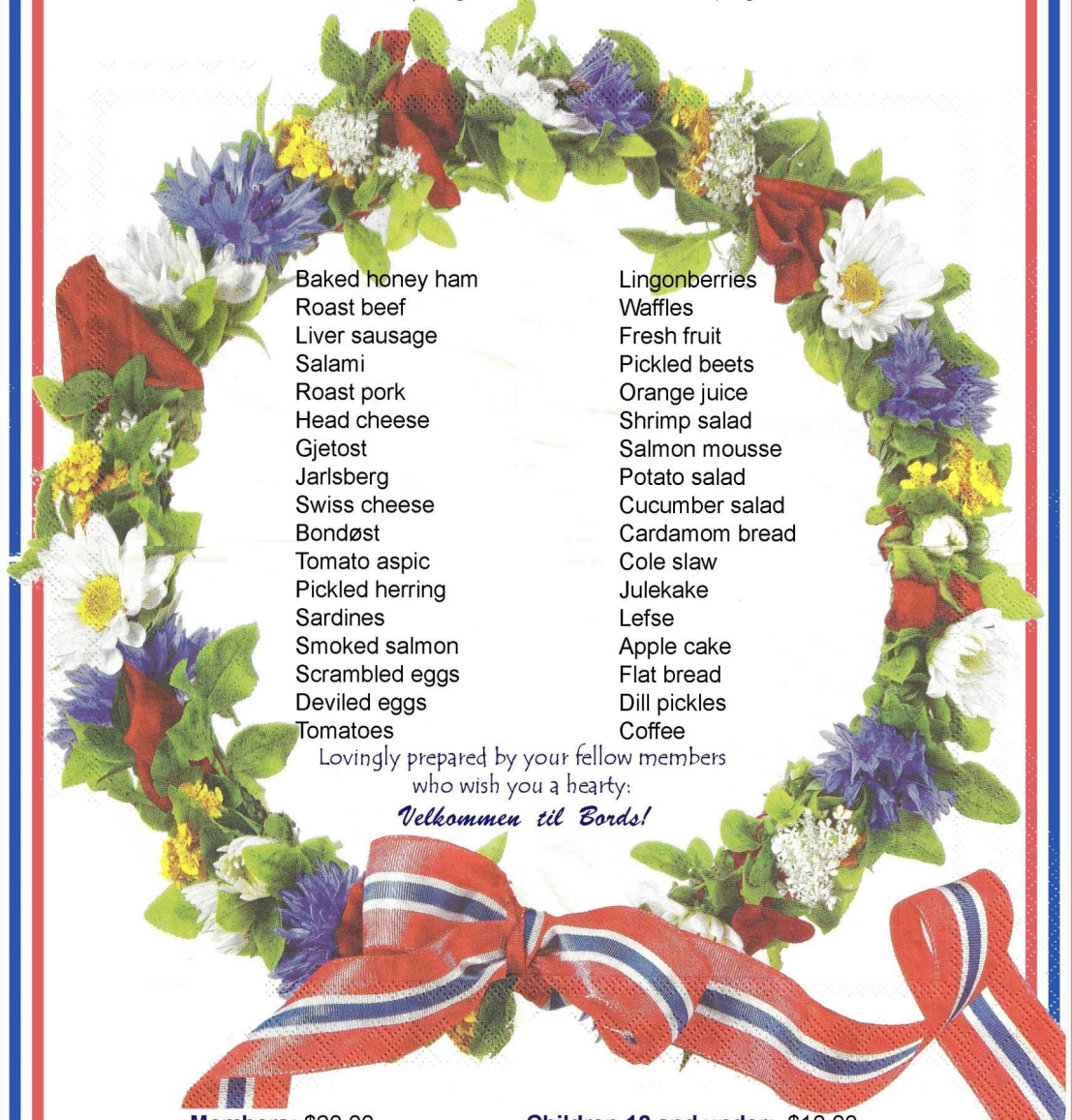
SEND ARTICLES TO :

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

Deadline for the April Issue is March 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 mars

søndag	mandag	tirsdag	onsdag	torsdag	fredag	lørdag
				1 1:00pm Viking Sisters Viking Hall	2	3
4	5	6 12:30 pm Card Social Viking Hall 6:30 pm Norwegian Lan- guage Class Viking Hall	7 9:00 am Board Meeting Viking Hall	8	9	10
11	12	13 6:30 pm Norwegian Lan- guage Class Viking Hall	14 5:30 pm FMC 7:00 pm Heritage Mtg Viking Hall	15	16	17 2:00 pm Prospective Member Dinner and Program Viking Hall
18	19	20 6:30 pm Norwegian Lan- guage Class Viking Hall	21	22	23	24
25	26 9:00 am Lefse Making Viking Hall	27 6:30 pm Norwegian Lan- guage Class Viking Hall				

Lefse is back for 2018.

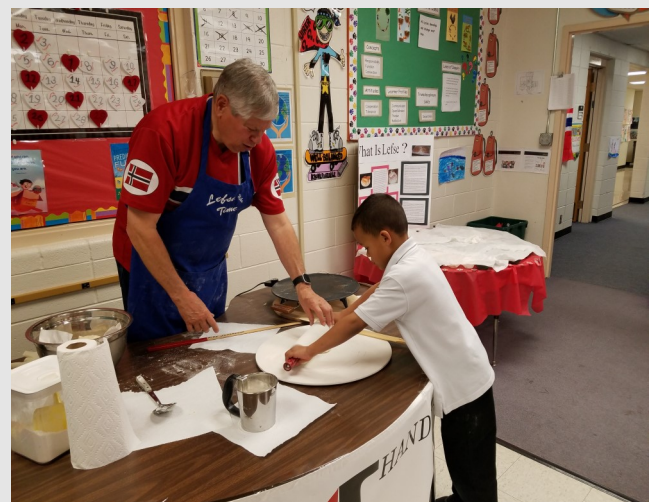
We will have Lefse making at our **March 14 general meeting** as our Cultural program. It will be a hands-on program where all members will roll their own balls of Lefse, then roll out the ball in a 10 inch round to fry on the grill. Come and learn how we make our Lefse.

We have two Lefse baking days. The first one **March 26th** that's a Monday. We will make our full 10 batches. Come join us at 9:00 A.M. The second baking will be **April 2nd** that baking will cover us for Frokost.

The coffee pot will be on along with a sweet treat to go with coffee. Hope to see new faces as this is also a good social time. Lois



Eunice, her family and I journeyed to the Fountain Magnet school in Pueblo for their International Day on Feb 9th. The elementary students and their parents got to experience Norwegian culture from Eunice's table and lefse from mine as long as they made their own. They also had a runes display, a sculpture work area and of course, Viking weapons and a ship. The third graders at this school did an incredible job with art, displays and hands-on materials to present Norwegian culture. MJ



Presidents Corner March 2018



As a native of North Dakota and an enthusiastic cross country skier I was dismayed at the lack of snow and cold this winter. At the end of February we finally got some cold make it feel like a 'real' winter but not enough snow! Now the forecast for March will be normal with temperatures in

the 40's and 50's. I can only hope that we get a March blizzard to help out with the snow accumulation. After all, Norwegians are winter people! To prove that look at the medal count for the Norwegians at the Winter Olympics.

Did you watch the winter Olympics? Guess who's ahead in the medal count? Norway had 39 medals while runner-up Germany had 31 In addition to their traditional strong sports (X-country skiing, ski jump and biathlon) Norway has medals in speed skating, Alpine ski, Free-Style ski and curling!! Heia, Heia, Heia Norge!

Som en innfødt i North Dakota og en entusiastisk langrennsløyper var jeg forferdet på mangel på snø og kulde i vinter. I slutten av februar fikk vi til slutt litt kaldt, det føles som en "ekte" vinter, men ikke nok snø! Nå er prognosen for mars normal med temperaturer på 40 og 50-tallet. Jeg kan bare håpe at vi får en mars snøstorm for å hjelpe med snøakkumuleringen. Tross alt er nordmenn vinterfolk! Å bevisse at se på medaljene for nordmennene på vinter-OL.

Ser du på vinter-OL? Gjett hvem som er foran i medaljen? Norge hadde 39 medaljer mens runner-up Canada hadde 31. I tillegg til deres tradisjonelle sterke sportsaktiviteter (langrenn, skihopp og skiskytting) har Norge medaljer i fartsøyer, Alpint, Freestyle og curling! Heia, Heia, Heia Norge!

The Valentine's Fish Fry had 95 people in attendance. The food was great and all went well. Our Fjellheim volunteers were out in force as usual! Thanks to all that who worked this event with a special shout out to Mike Johaneson, Kathy Godsill and Steve Hermanson.

Ok, now you too can learn to make Lefse from the Master! Yes our very own Lois Halvorson is going to host a Lefse Making demonstration for the lodge's March Cultural presentation during the Heritage meeting on March 14th at 7 pm. Mark your calendars as this is a can't miss event!

The next upcoming event is the Prospective Members luncheon on March 17th after that we look forward to the Frokost on April 8th and the bunad workshop April 27 through the 30th

A passel of Fjellheim members journeyed up to Lakewood to attend the District 6 Trollheim Membership workshop on January 27th where we were welcomed warmly and listened intently to the presentations. I gave a little speech about the bunad retreat while others talked about, for example, the upcoming Estes Park Scandinavian festival and the right and wrong way to take pictures intended for submission to District 6 publications.

One tidbit from the meeting I would like to pass along is that we are well on our way to getting a gold medal in communications as a lodge. This is in no small part due to our tireless webmaster Randy Johnson. Thanks again Randy for your good work.

Takk for alt.

March Birthdays

Ed Note: I have been trying for days to access the list to do the birthdays for this month. We have identified the problem but we have not solved it. I apologize. Hopefully, next month we will return to normal. MJ

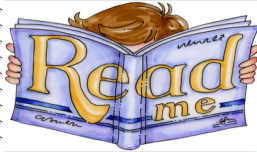


Card Social

Card Social will be Tuesday, **March 6** with a potluck lunch at **12:30 pm** at Viking Hall followed by visiting and cards. Everyone is welcome.

Viking Sisters

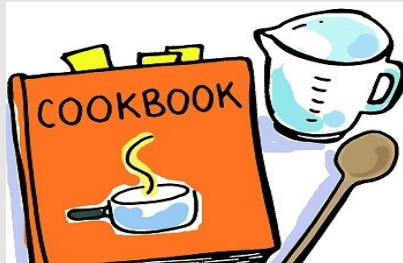
Viking Sisters will meet at Viking Hall at **1:00 pm on March 1st**. All women of the Lodge are Viking Sisters and are welcome to attend.



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

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 10 and we are progressing nicely.

In Memoriam

Phyllis E. Eldridge
Dec 14, 1917-Jan 27, 2018

Oleta A. Young
Oct 29, 1919-Feb 3, 2018

Lowell Skabo
Oct 4, 1933-Feb 7, 2018

Phyllis was a Charter Member, the wife of Lee, and a spritely, vivacious lady right up to her 100th birthday and beyond. She was a lady of many interests and achievements. Her memory of names was outstanding.

Oleta was also a Charter Member, very active in the early days of the Lodge as wife of our 4th President Harold Young. In her late nineties, she continued to distribute food weekly at Westside Cares.

Lowell was active in the early days of the Lodge and was the husband of Verna, who was the accompanist for several of our music groups. He enjoyed bowling, golf and skiing which he approached as (1) Leave home at 8:00, (2) Breakfast at 10:00, (3) Hitting the lifts at 12:00 and (4) Enjoy beer and nachos at 3:00.

We remember them with fondness.



Sunshine Report – March 2018

Happy Birthday to everyone celebrating birthdays in March. *Happy St Patrick's Day and Happy Spring* to all!

Terry Mapstone had knee replacement surgery on February 5th and is doing well enough to attend the lodge meeting and present the cultural program. Uff da!!! We wish him a speedy recovery.

In the past month, we have lost 2 Charter members and a current member of the lodge. **Phyllis E, Eldridge** passed on January 27th at the age of 100; **Oleta A. Young** died on February 3rd at the age 98; and **Lowell T. Skabo** died on February 7th. Please keep their families and friends in your prayers.

Let's lighten the mood this month – with a little giggle: I found this timely, because today I was in a store that sells sunglasses, and only sunglasses. A young lady walks over to me and asks, "what brings you in today?". I looked at her and said, I'm interested in buying a refrigerator. She didn't quite know how to respond. Am I getting to be that age?

Fraternally, Karen Ravnaas – 390-0621

Sons of Norway Prospective Member Invitation

Come and find out more about your local Fjellheim Lodge, meet current members, and enjoy a meal provided by the Viking Sisters!

Fjellheim Lodge, along with the Sons of Norway Director of Agencies, is sponsoring a special luncheon and new member recruiting program on Saturday, March 17th, 2018 at Viking Hall. When you bring a prospective member, you and your guest will get your lunch FREE.

The program will include a video presentation about the Sons of Norway and will include testimonials about the lodge, and stories from our members about growing up Scandinavian.

Members who will be attending but will not be bringing a guest, the cost is \$10.00.

Join us for the festivities at:

*Fjellheim Lodge - Viking Hall
1045 Ford Street, Colorado Springs, CO 80915
Saturday, 17 March 2018 @ 2:00 PM*

Reservations: Please Call Karen Ravnaas at 719-390-0621



Of course the **2018 Valentine's Fish Fry** went well. Good people made it happen. Kathie got almost 100 people registered and seated after Leonard and friends set up the tables. Bev worked with several cooks, notably Lois, Elaine, Karen and BJ to produce delicious coleslaw, potatoes and rolls. Annastacia and Len breaded the fish and Paul moved them to the fryer. Phil shows us one of his perfect walleye batches and Kendall and friends served the meal. The rest of us just told jokes and ate.





Greetings,

In the most recent edition of the Viking magazine, March 2018 edition on pages 10 and 11 it goes into a wealth of great information about the benefits of insurance.



As it addresses many issues the key to determining what is the correct solution for each and every situation is the first step, to meet with your Financial Benefits Counselor and do a consultation.

Once this is accomplished and evaluated, they will provide a plan or several solutions, tailored to your specific needs. All that is necessary to get this started is to communicate with your Financial Benefits Counselor and begin the process.

As I have attended several events since the beginning of the year, it has been a pleasure meeting and visiting with some of the members, I look forward to working with and continuing to get to know everyone. Please allow me to help answer any questions you may have.

Kendall Kjerstad

Call or text 605-939-1714

kjerstadkendall@yahoo.com



FJELLHEIM - 2018 OFFICERS

Board of Directors

President	Kerry Hefta	266-9429
Vice-President	Brenda D. Anderson	637-8126
Counselor	Steve Hermanson	520-0303
Secretary	Annastacia Hackett	306-8870
Treasurer/Finance	Jerry Johnson	495-0253
Membership Sec	Kathie Godsil	229-9289

Program Directors

Social Coordinator	Kathie Godsil	229-9289
Sunshine	Karen Ravnaas	390-0621
Foundation	Sissel Disbrow	540-2737
Cultural Skills	Björg Mapstone	440-3992
Book Club	Dot Everett	330-1206

Support Officers

Greeters	Lois Halvorson	632-6003
	Owen Bergland	576-1396
Marshall	Leonard Beasley	471-1801
Editor	Mike Johaneson	720-971-0130
Web Page & Facebook	Randy Johnson	260-7028
Musician	Sonja Gund	473-9588
Publicity	Eunice Bluhm	495-2029
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
Financial Benefits	Kendall Kjerstad	605 939-1714

Fjellheim Management Corporation (FMC)

Directors	Karen Ravnaas	390-0621
	Paul Wiig	596-6159
	Jerry Maines	282-0908
	Owen Bergland	576-1396
Trustees	Rodger Erickson	597-2196
	Jerry Johnson	495-0253
	Terry Mapstone	264-0955

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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
Mike Johaneson, Editor
Viking Hall—Fjellheim 6-107
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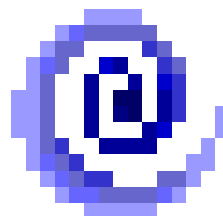


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