



FJELLHEIM 6 – 107
 Sons of Norway
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 Colorado Springs, CO 80915
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May 2016

Volume 43, #5

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 June issue is May 20

Fjellheim Goes Big For Syttende Mai

Plan to have a good time on May 14. If you bring a prospective member, you and your guest will get dinner free. This a blast from the past with good old Minnesota (ND, WI, SD, IA, etc.) hotdish and jello. Maybe a little 50s music. A short film. Some jokes. If you want to join us but cannot bring someone, the cost is \$10.00.

Nancy Allen and Linda Wennerberg, Membership Chairs sent the invitation below to prospective members. The rest is up to us. Call Karen today.

Prospective Member Invitation / Syttende Mai Celebration



You are cordially invited to attend a complimentary dinner held for individuals interested in finding out more about the Sons of Norway and to join in the celebration of our heritage. You'll have the opportunity to meet current members while enjoying a variety of dishes provided by the Viking Sisters. Join us for the festivities at the

**Fjellheim Lodge, 1045 Ford Street,
 Colorado Springs, CO
 Saturday, 14 May 2016
 At 2:00 PM.**

Reservations: Call Karen Ravnaas at 719-390-0621



Syttende Mai - Oslo— Karl Johann Gate

2016 mai

sondag	mandag	tirsdag	onsdag	torsdag	fredag	lordag
1 12:00—4:00 pm Rosemaling Viking Hall	2 9:00 am Lefse Bake Viking Hall	3 12:30 pm Cards & Games Viking Hall	4 9:00 am Board Meeting Viking Hall	5 6:30 pm Stein Fjell Meeting Loveland	6	7 12:00 pm Fjelldalen Meeting Highlands Ranch
8	9 9:00 am Lefse Bake Viking Hall 1:00 pm Vestafjell Meeting Grd Jct	10 8:30 am Hardanger CS Senior Center on Hancock	11 5 pm Book Club 5:30 pm FMC 6:00pm Pot Luck Followed by Heritage Mtg Viking Hall	12	13	14 2:00 pm Syttende Mai Celebration & New Member Promotion Viking Lodge
15	16 9:00 am Lefse Bake Viking Hall 7:00 pm Trollheim Meeting Lakewood	17 8:30 am Hardanger CS Senior Center on Hancock	18	19	20	21
22	23 9:00 am Lefse Bake Viking Hall	24 8:30 am Hardanger CS Senior Center on Hancock	25	26	27 7:00 pm Vesterheim Meeting Boulder	28
29	30	31 8:30 am Hardanger CS Senior Center on Hancock				

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!

POT LUCK POT LUCK POT LUCK
May is pot luck month. It starts at 6:00 pm.
In Colorado, that could mean anything but
we mean hotdish, salads or desserts.
Always good.

Church Ships

That is the program this month, 5/11 at 7:00 pm. Erik Collet from Fjelldalen Lodge has an informative and entertaining program on churches in Norway that have large model



sailing ships hung from the ceiling, usually above the altar. Erik has been there and taken pictures to prove it. He will tell us why they do such a thing at the meeting. MJ

President's Thoughts **Grunnlovsdagen**

Ask most people what the biggest day on the Norwegian calendar is and they would probably say the first day of the ice fishing season. Or you might ask the same people what country has the oldest national constitution in Europe that is still in use today? Of course the correct answer to both questions is Grunnlovsdagen of Norway; The Constitution Day of Norway.

The day is more commonly referred to as the Seventeenth of May or Syttende Mai. On May 17th in the year 1814 the Constitution of Norway was signed in Eidsvoll declaring Norway to be an independent kingdom. Unfortunately, Sweden was unimpressed and continued to rule Norway for another hundred years, finally granting independence in 1905.

But since when has a Norwegian ever listened to a Swede? Instead, we celebrate Syttende Mai with big parades, dances, and food, lots and lots of food. And what do Norwegians eat, you may ask? Well, back in the old country (Minnesota), we just cleaned out all of the leftovers in the refrigerator, mixed it all together, put it in a corning ware dish, and stuck it in the oven. And after some time, the dish came out of the oven hot.

A Hot-dish was born! You might be from “the old country” if you have a hot dish that can also be used to fix a crack in the ceiling.

The aspect of “thanksgiving” could easily have been forgotten in the long span of years from 1814 along with maybe the old values freedom, equality and brotherhood, and the ideological basis for the constitution recognizing the heritage and culture of Norway. The culture of Norway might even include the sharing of stories about our native couple; Ole and Lena.

Help us celebrate Syttende Mai at our Lodge on May 14th, and bring your friends, relatives, neighbors and acquaintances to enjoy an afternoon of fellowship, Norwegian humor, and hot dishes. So, while you’re listening to what happens when Lena dies, sign-up some new members, and happy Grunnlovsdagen!

-Steve Hermanson

May Birthdays

Duane Bakken	1
Marilyn M Keck	2
Lisa M Coltrin	5
Carroll O Sorensen	5
Nancy Marie Allen	6
Ethan E Coltrin	9
Lois E Halvorson	9
Eloise S Erickson	10
Hunter Hughes	12
Elijah Dvorak	15
Jonathan O Nau	15
Jack R Anderson	16
Juliannah Gavin	17
James E Hansen	20
Steven Roy Hermanson	20
Russell M Eacker	22
Linda Ann Wennerberg	23
Susan M Foust	24
Nicole Berge	26
James R Nau	27
Dorothy L Hanson	30
Candance E Lesoing	30



Card Social

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

Viking Sisters

Meeting on Thursday, May 5 at 1:00 pm at Viking Hall



Rosemaling at Viking Hall

Rosemaling classes are scheduled for May 1 from 12:00 4:00 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.



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 May is The Book Thief by Markus Zusak . It does not have much to do with Norway but it is an awfully good book Please join us on Wednesday, May 11 at 5:00pm.

SCANDINAVIAN MIDSUMMER FESTIVAL

June 24-26, 2016
Bond Park, Estes Park

Friday 4-9 pm: Contemporary Music & Dancing at the Beer Krog

Saturday 9:30-5 pm: All events

Sunday 9:30-4 pm: All events

*Fjellborg Vikings
Food, Crafts, Music, Dancing
Cultural Demonstrations
Children's Activities
Scandinavian Auto Show
Silent Auction, Raffle*

<http://www.estesmidsummer.com>

REMINDER:

BJ Mapstone and Karen Ravnaas have the Folk Art entry forms for the District 6 competition. Deadline for Folk Art entry is May 15. Our members have won in the past. Let's carry on.



Ladies Luncheon does not have a host for May 19. Call Karen Ravnaas (390-0621) if you can host the lunch. No dine-out this month. It is Memorial Day weekend.

It's Lefse Time Then

Spring Lefse baking is on. Baking starts at 9:00 am until about 11:00. We will bake May 2nd, 9th, 16th, 23rd, and June 6th & 13th. We need 1500 rounds for sale at the Scandinavian Fest.

Join us. *Lois Halverson*





Sunshine - May 2016

Happy Birthday and Happy Anniversary to everyone celebrating these special events in May. Happy Mother's Day to all our Mom's out there and remember our fallen hero's on Memorial Day weekend.

Lillian Hermanson is recovering from surgery to remove a cancerous patch on her lower right cheek. She has many stitches but Steve reports she is doing well. **Swede Knutson** fell and broke his right knee cap in February. He is recovering well and is back to our meetings and events. **Ginny Johnson** has had hernia surgery and is home recovering. She reports that she is moving slow but is doing well. We wish you all a speedy recovery and know that you are in our thoughts and prayers.

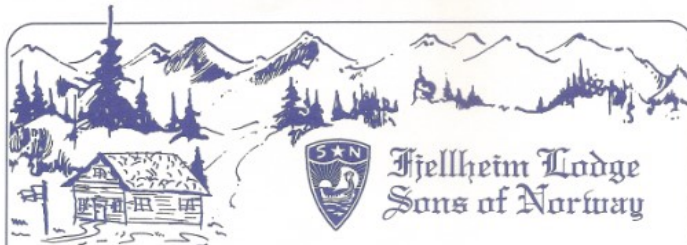
"Horticulturally, the month of May is opening night, Homecoming, and Graduation Day all rolled into one." - Tam Mossman

And a little giggle for the month: I was thinking about how a status symbol of today is those cell phones that everyone has clipped onto their belt or purse. I can't afford one. So I'm wearing my garage door opener.

Fraternally,

Karen Ravnaas – 390-0621

Below is the ad Fjellheim Lodge placed in the Dist. 6 Convention Handbook. (full page) The creator was Karen Ravnaas. Mange Takk Karen



Hilsen og Beste Onsker

Welcome to the 2016 Sons of Norway
District 6 Convention

Need Lefse? Extend your visit to include
our booth at the Scandinavian Festival in
Estes Park – June 25-26.



Sons of Norway Fjellheim Lodge 6-107

www.sonsofnorwaycs.com

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We Need Your Volunteer Hours

Cathe Berg

I think we could all agree Sunday's Frokost was a big success. The Lodge was beautifully decorated, and the food on the buffet table would put most buffets to shame.

All of this came about through the efforts of 36 SoN members who collectively put in 362 hours Friday, Saturday and Sunday to make this possible. We served 93 members, 10 of their children and 119 non-members. This is an event our community looks forward to each year.

We are required to keep track of our hours to retain our non-profit status, and show how SoN benefits its members and the community. A sign-in sheet will be made available at each organized activity.



Fjellheim Volunteers Do It Again Frokost Is A Great Success

Sissel Disbrow

Thanks to all of our super volunteers for this years' Frokost! We received so many positive comments from our guests including our food, decorations and for all of our volunteers.

These events just don't happen they are as a result of many hours of time and effort from all of you, our members and our friends. Even though we had a bit of snow on Saturday, there were many workers who came to the Lodge before 8:30 a.m. and stayed until the afternoon, all ready to do whatever it takes to make this event one of the best.

Volunteers said "what can I do, what do you need me to do" Sunday some volunteers showed up before 7 a.m. staying until 3 p.m. making sure the Lodge was shipshape. You all are the best!. Special mention goes to those volunteers who provided and donated food from waffles, to cakes, breads, rosettes, muffins, and fresh flowers. Wow, what a gang!

Many thanks!

Saturday volunteers were: BJ. Terry, LaRue, Dorothy, Karen, Inger, Sonja, George, Elaine, Lois, Dean, Rosa, Colleen, Ruth, Owen, Steve, Cathe, Jerry, Ole, Paul, Kathie and Sissel.

Sunday many of the same volunteers: BJ, Terry, LaRue, Dorothy, Karen, Inger, Margareth, Sonja, George, Elaine, Lois, Dean, Rosa, Colleen, Owen, Ruth, Paul, Everett, Carol, Russ, Cathe, Jerry, Randy, Ole, Joan, Eric, Lois, Kathie, Jackie, Jessica, Eunice, Beth, Steve, Beth, and Sissel.



“Every Member Get a Member”

SPECIAL CONTEST!!!!!! From April 2 through May 31st

As part of the current membership recruitment program for 2016 there will be a special DISTRICT CONVENTION CONTEST - the lodge that recruits the most members between April 2 and May 31 will receive \$100 at convention. This lodge contest is in addition to the existing membership recruitment program, and the same rules apply - 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 grocery gift card from the District. There is no limitation on the number of members you may recruit. To participate in this special 2-month contest copies of the membership application must be received by June 10th



Send a copy of the completed form to:

Luella Grangaard
PO Box 832
Morongo Valley, CA 92256

Tusen Takk

I want to start with a big "thank you" to all the lodges for including me in your meetings and activities. It is the best part of this job. From Barnelopet by Vestafjell and Norwegian language lessons by Trollheim and Vesterheim to Flelldalen's Norwegian genealogy, I get to participate in the best cultural programs Sons of Norway has to offer.



And then Fjellheim lets me edit the Flammen newsletter, cook fish, bake lefse and make tea, all in large quantities. I joined Sons of Norway to take advantage of the cultural programs. Thank you for making that possible.

Spring is slowly coming to Colorado. It seems to be the season for Viking Voyagers. This our children's life insurance. It is great way to introduce kids or grandkids to the value of owning life insurance. The Viking Voyager provides level term life insurance that is convertible at age 26 for up to 3 times the original death benefit.

It is available to children 17 or younger. You can get life insurance benefits of \$10,000, \$15,000 or \$25,000. The rates run from \$37 annually to \$504 for a single premium, depending on the child's age and benefit selection.

Call, text or email me for more information.

Mike Johaneson

720 971-0130 mjohaneson@gmail.com

Summer Picnic @ Bear Creek

Our annual summer picnic has been booked at the pavilion at Bear Creek for June 6. Pot luck with the lodge providing drinks. Fellowship, horseshoes, and music make this a fun day for all. More information will be distributed as we get closer to summer. MJ



FJELLHEIM - 2016 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	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	Björg 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
bevm259@comcast.net

District 6 President

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

Sons of Norway Board

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



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NORWAY

Michael Johaneson

Financial Benefits Counselor

Phone: (720) 971-0130

Email: mjohaneson@gmail.com

www.sonsofnorway.com



Patty Gooding
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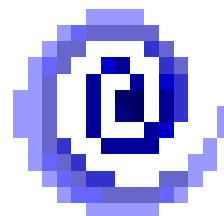
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