

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

FEBUARY 2013 Volume 40, Issue 2

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 80915

SEND ARTICLES TO YOUR EDITOR:

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Deadline for the March 2013 issue is: Wednesday, Febuary 20

PRESIDENT'S COLUMN

Well, we made it through my first meeting as President and here comes my first column in the Flammen. One of the problems of running for office is sometimes you win.

I went to Trollheim's (Lakewood) Lutefisk and Meatball Dinner last Saturday and I learned a few things. Their lutefisk was excellent - firm but done. They sprinkle bacon on top. They also have cooking pans with screens on the bottom to collect the water. I like our family style serving better than the serving line but it means we must have all of our food ready for serving all at once. Not an easy task. Next week I go to Steinfjell (Loveland) for their Anniversary Luncheon. I may learn some more.

We are hoping to provide more programs for young people. If you have an interest in starting a youth program, please let me know. We also will start dancing soon. If you have happy feet and could organize this project, your help would be greatly appreciated.

Thank you to Marilyn Keck, Virginia Nelson, Eunice Bluhm, Bjorg Mapstone and LaRue Hanson for completing the Annual Report for District 6. It includes several pages of questions, a narrative on our events and programs for the year and lots of pictures. It looks great. *Tusen Takk*.

I want recognize **Paul Wiig** for his outstanding work as President for the past two years. We have seen improvements to the building during his term. Membership has increased, new programs such as Book Club and the breakfasts have become established. Things have gone well for the Lodge these past two years and it is due to Paul's leadership. He should be proud. We are. *Tusen Takk my friend*.

We will see you at 6:00 pm on Wednesday, February 9 for Pot Luck Dinner and 7:00 pm for New Member Welcome and the regular meeting.

Míke Johaneson



February 2013

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
•				,	1	2 Leadership Meeting, Trollheim Lodge, 9:30am - 4pm Groundhog Day
3 Rosemaling - 12-4 PM, Viking Hall	4	5 Game and Card Social - 12:30 PM, Viking Hall, Ginny Johnson, 495-0253	6 Board Meeting - 9 AM, Viking Hall	7 Viking Sisters, 1 PM, Viking Hall	8 Boy Scout Day	9
10 Mother's Day - Norway	11	12	13 Book Club - 5 PM. FMC - 6 PM. Pot Luck - 6 PM. Heritage Meeting - 7 PM, Viking Hall	14 Valentine's Day	15	16
17 Rosemaling - 12-4 PM, Viking Hall	18 Presidents Day	19	20 Norwegian Language Class - 7 PM Deadline for Flammen Articles	21 Ladies Luncheon - 11:30 AM, RSVP to Rosa Strand, 598- 2624	22	23 BARNELØPET Breakfast Social - 9 AM, Viking Hall. Millie, 597-0381
Dine Out - 1 PM, Jose Muldoon's, Powers/S. Carefree	25	26	27 Norwegian Language Class - 7 PM	Public Sleeping Day		

DINE OUT DATES AND LOCATIONS FOR 2013



The time is 1:00 pm with the exception of BJ's on January 27th which is at 1:30 pm.

January 27 - BJ's @ University Plaza, North Nevada (1:30) February 24 - Jose Muldoon's off Powers March 31 - None - Easter Sunday April 28 - Mason Jar - West Side May 26 - None - Memorial Day weekend June 30 - Juniper Valley Restaurant -Hwy 115 July - None - off month August 25 - Elephant Bar, N. Academy Sept 29 - Rocco's Italian Restaurant Oct 27 - Texas Roadhouse - 8th Street

December 29 - None - Christmas holidays

November 24 - None - Thanksgiving

VELKOMMEN TIL BORDS!

weekend

JOKE OF THE MONTH

Several days ago as I left a meeting at a hotel; I desperately gave myself a personal TSA pat down. I was looking for my keys. They were not in my pockets. A quick search in the meeting room revealed nothing.

Suddenly I realized I must have left them in the car. Frantically, I headed for the parking lot.

My husband has scolded me many times for leaving the keys in the ignition. My theory is the ignition is the best place not to lose them. His theory is that the car will be stolen. As I burst through the door, I came to a terrifying conclusion.

His theory was right. The parking lot was empty.

I immediately called the police. I gave them my location, confessed that I had left my keys in the car, and that it had been stolen.

Then I made the most difficult call of all, "Honey," I stammered; I always call him "honey" in times like these. "I left my keys in the car and it has been stolen."

There was a period of silence. I thought the call had been dropped, but then I heard his voice. "Are you kiddin' me", he barked, "I dropped you off"!!!!!!!

Now it was my time to be silent. Embarrassed, I said, "Well, come and get me."

He retorted, "I will, as soon as I convince this policeman I have not stolen your car."

Yep it's the golden years



FEBUARY BIRTHDAYS

- Kris J Barnev
- 5 Tillie A Elvrum
- Gordon E Benrud
- David Allan Haugen
- Vivi L Bjornen
- Beverly R Broin 11
- 11 Karen AA Swartley
- Clarence Versluys 15
- David O Haukom 20
- 2.2. Kerry Ann Hefta
- 23 A Laurance Moe
- 23 Celeste N Osburnsen
- 25 Paul R Wiig
- Ann Kerstin Courter 26
- Elaine Hellem 27
- 28 Richard L Jacobson

HERITAGE AND YOUTH

- Nora Suntken
- 27 Jedidiah Dvorak

GRATULERER MED DAGEN!

PANCAKE BREAKFAST IN **FEBRUARY**

The February Breakfast will be Saturday, February 23 from 9:00 am to 10:30 am.

We will be serving egg casserole pancakes, sausage, bacon, fruit, juice and coffee. All for \$8.00 (\$5.00 for children).

Please call Millie Sullivan at 719 597-0381 if you plan to join us.



FEBRUARY POTLUCK

Just a reminder that our February 13th Lodge Meeting will begin at 6:00 p.m. with a potluck supper. Bring a main dish, salad, or dessert to share.

The regular business meeting will start at 7:00 p.m. following the potluck.

A special welcome to all our new members.

GAME AND CARD SOCIAL

February social will be Tuesday the 5th at 12:30 PM at the Lodge. Join us for a potluck followed by cards and games. Everyone is welcome for an afternoon of good food, fellowship and fun.

Any questions call Ginny Johnson at 495-0253.

DINE OUT



Meet us at Jose Muldoon's at Powers/South Carefree on February 24, 1PM.

Please note new time starting in February. Also a list of all the Dine Outs for 2013 can be found on page 2 of this newsletter.

LADIES LUNCHEON

Thursday, February 21, 11:30 am. The location will be announced at the next Heritage meeting. Rosa Strand is in charge 598-2624.

BOOK CLUB

The Lodge Book Club meets on the 2nd Wednesday of the month at 5 p.m.

At our February meeting we will be working on the paperwork for the Norwegian Literature portion of the Cultural Skills Program. We will also be discussing the books we've been reading independently.

In March, we will be discussing the book *Bonereapers* by Jeanne Matthews. If you would like to join us in reading *Bonereapers* you can find the book online at Amazon.com, and it's available for your Kindle and Nook e-readers.

If you have any questions regarding Book Club please contact Tillie Elvrum at 719-203-4444.

ROSEMALING CLASSES

Rosemaling classes are scheduled for Sunday, February 3rd from 12:00 to 4:00 and Sunday, February 17th from 12:00 to 4:00. The cost of each session is \$20.00.

We meet at Viking Hall. If you are interested in joining us, please call Sissel at 540-2737, Bj at 264-0955, or our teacher Cindy Bauer at 633-8260.



Thanks, Sissel and Bi

VIKING SISTERS

We will hold our first meeting of the year on Thursday, February 7th, 1 pm at the Lodge. Refreshments will be served. All women of the lodge are members of Viking Sisters and all are welcome.

We want to start planning and making items to sell at the November Boutique (in conjunction with the Lutefisk dinner). Several ideas have been brought forth and we will need help completing them. Any ideas and suggestions you may have will be welcome.

Please join us for fun and fellowship with your Vikings Sisters.

Ginny Johnson, President

GREETINGS NEW MEMBERS

At the February meeting we will celebrate our new members for the year 2012. Charlotte Coltrin, Riley Coltrin, Kristin Haug Frank, Margaret Graham Haug, Mark H. Hauschild, Troy Jahnke. Ann Kerstin Courter, Steven Roya Hermanson, Karen Jane Nielsen, Cynthia Louise Ritz. Julieanne Marie Williams, Dorothy Dawn Destree, Connie S. Kreider, Calvin Dale Utke, John and Eileen Larson, Robert Eugene Olson, Joan Ruth Magee, Dean Gilbertsen, Harlan James Williams, Dorothy Everett, David Allen Haugen, Cita L. Helseth, Chris M. Sanders, and Ruth Elaine Tkachenko.

Welcome to Fjellheim Lodge.

Shírley Stílley Membershíp Secretary

NEW YEAR - NEW IDEA

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 it's 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 Cell # 719-237-7314 Lhanson1@q.com



FMC NEWS

The New Year brings a change to the FMC Board. Thank you Agnes for serving on the Board. Paul will be replacing her. Thanks to all the Board members.

Peakview Roofing have completed their contract. With new insulation and all the abandoned sheet metal penetrations that were removed we should conserve some energy. Our insurance carrier paid for the roof.

Because rentals are down, \$2,000.00 was approved for transfer to the FMC account.

Swede



KEEP THE DATES - 2013

February 23:

Fjellheim pancake breakfast, 9 am Barneløpet - Snow Mountain Ranch

March 23:

Fjellheim pancake breakfast, 9 am

April 14:

Fjellheim Frokost, 11 am

April 27:

Fjellheim pancake breakfast, 9 am

May 19:

Fjellheim 17. mai fest

May 25:

Fjellheim pancake breakfast, 9 am

June - Date TBD:

Sky Sox Outing

June 23:

Fjellheim pancake breakfast, 9 am

August 24:

Fjellheim pancake breakfast, 9 am

September 21:

Fjellheim 40th Anniversary Dinner and Dance, 4 pm

September 28:

Fjellheim pancake breakfast, 9 am

October 26:

Fjellheim Viking Fair and breakfast

November 16:

Fjellheim Lutefisk Dinner

December 7:

Fjellheim Christmas Tea

December 15:

Fjellheim Julebord

Times and Dates Subject to Change



HEART-SHAPED CREAM WAFFLES (VAFLER)

The Great Scandinavian Baking Book Beatrice Ojakangas

- ²/₃ cup all-purpose flour
- 1 tsp freshly ground cardamom
- 3 eggs
- 1/4 cup sugar
- ²/₃ cup dairy sour cream
- 3 tbsp melted butter
- butter for brushing the iron
- powdered sugar
- jam or fresh berries to serve with the waffles
- whipped cream to serve with the waffles (optional)

The traditional Scandinavian waffle iron makes individual heart-shaped waffles. (A regular waffle iron may not be as attractive, but the waffles will taste just as good, although they may be slightly thicker and not quite so light.)

Stir flour and cardamom together and set aside. In small bowl of electric mixer, beat the eggs and sugar together at high speed for 10 minutes until mixture forms ribbons when beaters are lifted.

Sprinkle flour mixture over eggs; stir the sour cream until smooth and add to the mixture, folding until batter is smooth. Fold in the melted butter.

Place the waffle iron over medium heat and heat until a drop of water sizzles on the grid, turning over once to heat both sides. Brush the grids with butter and spoon in the batter. Bake, turning once, until golden brown, then remove from iron and sprinkle with powdered sugar. Serve immediately with tart lingonberry or other jam or fresh berries and whipped cream.

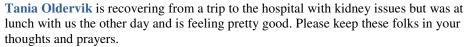
Or, bake waffles in a standard electric waffle iron as manufacturer of the iron directs.



THE SUNNY CORNER

We wish all who are celebrating birthdays and anniversaries this month a wonderful day and many memories.

Darlene Aaland is experiencing pain in her shoulder from osteoarthritis. She is not sure yet where this will go, but we wish for her some treatment that will make her feel better.



I have not heard of any other members who are under the weather. But if you know of anyone who is not well, please let me know at 390-0621.

Thought for the month: A true friend is someone who reaches for your hand and touches your heart.

Karen Ravnaas, Sunshine Director, 390-0621

LANGUAGE STUDIES BENEFIT BRAIN GROWTH

Looking to learn a second or third language? Lucky for you, foreign language study will do more than improve your communication; it will also trigger brain growth.

Researchers with the Institute for Human Development in Germany and Sweden's Karolinska Institute and the University of Umeå have discovered that just three months of intensive language learning leads to an enlargement of the hippocampus, the part of the brain that is responsible for language, memory and spatial navigation.

The study was conducted by evaluating the brains of students at the Swedish Armed Forces Interpreter Academy before and three months into completing 13-month courses in languages like Russian, Arabic and Dari. "Although you can't compare three months of intensive language studies with an entire life as a bilingual person, there's every indication that studying a language is a good way of keeping your brain fit," says Johan Mårtensson, researcher with the University of Lund in Sweden. Researchers also determined that the method and ease of learning also impacted the brains of the students. Students who found it easy to master new languages had the most significant amount of growth in the hippocampus while students who struggled more than their counterparts to master the new language had the highest increases in growth in portions of the cerebral cortex responsible for motor functions. Additionally, it is also suggested that this method of cerebral "bodybuilding" in the hippocampus may have other health benefits, such as reducing the risk of dementia and slowing Alzheimer's.

To get a leg up on learning a new language and triggering your own brain growth, check out two great language programs available to Sons of Norway members. The first one, "Norwegian in 5 Minutes a Month," consists of 37 lessons of simple phrases, written in Norwegian with English translations and pronounced by native speakers. They are all aimed at the beginner level, but they will give you a sense of what the language sounds like and how it works. The second, newer program is called "Norwegian for Reading Comprehension." As the title indicates, this program focuses on reading for general understanding, rather than speaking or writing. Norwegian for Reading Comprehension shows you how the Norwegian language works and teaches you a strategy for breaking down sentences, paragraphs and passages piece by piece. Since there's so much variation in the Norwegian language, this program includes instruction on the two different forms of the written language as well as tips about reading older texts.

To try either of these programs, just sign into the "Members Login" section of www.sonsofnorway.com.

2013: MUNCH YEAR

Last year was a big news year for Edvard Munch: "The Scream" sold at an auction for a world-recording breaking \$119.9 million to an American buyer; Norway continues to debate the location of the new proposed Munch Museum; then in August it was reported that Munch may have an American granddaughter. If all of that wasn't enough, 2013 is shaping up to be an even bigger year for the artist as a range of events and the most comprehensive Munch exhibitions ever assembled will be held to commemorate the 150th anniversary of Munch's birth on December 12.

The complete program of events for the year long jubilee are a collaborative effort between the National Gallery of Norway (Nasjonalgalleriet) and the Munch Museum and events will be centered around eight "Munch municipalities" in Norway. Each of the eight locations (Våga, Fredrikstad, Løten, Oslo, Horten, Vestby, Kragerø and Moss) are connected to Munch and are places where he lived or worked or had familial or ancestral ties. The activities planned in the municipalities range from book launches, walking tours, documentary film premiers, concerts and exhibitions. A traveling exhibition, titled "Munch on Tour," showcases Edvard Munch's famous "Self-portrait with cigarette" (1895) and will make stops in seven cities in Norway. The anniversary exhibition "Munch 150" running from June 2 to Oct. 13, 2013 will not only be the most comprehensive of all of the year's exhibits, it is also the largest Munch exhibit ever assembled, boasting 220 paintings and 50 works on paper. The exhibition will be split among two venues, the National Gallery of Norway (works from 1882-1903) and the Munch Museum (works from 1904-1944).

For more details on the many Munch events happening in Norway in 2013, visit www.munch150.no

MUNCH IN U.S.

The Munch Suite National Gallery of Art, Washington DC Jan. 6, 2013

Kjell Habbestad's composition *The Munch Suite* will be performed by Norwegian musicians together with the Orchestra of the National Gallery of Art in Washington D.C. The concert will mark the opening of the Munch 150 anniversary in the US.

Edvard Munch: Symbolism in Print North Carolina Museum of Art, Raleigh Sept. 23, 2012 to February 10, 2013

Includes 26 Munch prints displaying various printmaking techniques.

Edvard Munch: The Scream Museum of Modern Art, New York Exhibit ends April 29, 2013

A mini-exhibition of Munch paintings and prints surround the famous pastel drawing.

Reverberations: Munch, Warhol and the Multiple Image Scandinavia House, New York

April 27 to July 27, 2013

The exhibition centers on several motifs explored by Munch in print—Madonna, The Scream, The Brooch. Eva Mudocci, and Self-Portrait with Skeleton Arm— and later revisited by Andy Warhol in a little-known series of prints from 1984.

MUNCH IN NORWAY

(Additional dates and locations on www.munch150.no)

Munch 150 National Gallery of Norway and the Munch Museum June 2 to Oct. 13, 2013 Largest exhibition of Munch works ever assembled.

Photo Exhibition in Kragerø Library Kragerø bibliotek May 11 to Dec. 12, 2013 Exhibition includes reproductions of the photos Munch took while living in Kragerø from 1909 to 1915.

Miniøya Oslo June 8 & 9, 2013

Miniøya is a music and culture festival for children and youngsters. At this year's festival, children will have the opportunity to create the world's longest Munch exhibition.

Guided tours of Munch's house Åsgårdstrand June 1 to Aug. 31, 2013 Visit the first house Edvard Munch bought. It is in Åsgårdstrand, at the west coast of the Oslo Fjord.

Asger Jorn and Edvard Munch Bergen kunstmuseum Oct. 25 to Feb. 16, 2013 Edvard Munch was a major inspiration for the artist Asger Jorn. The exhibition juxtaposes Jorn's & Munch's paintings, presenting the two as artistic peers.

Edvard Munch returns to Ramme Ramme Gaard, Hvitsten Sept. 23, 2013 to Jan. 26, 2014 The pictures consist of Munch's monumental drafts for the decoration of the University Aula, with emphasis on the pictures he painted at Nedre Ramme.



Edvard Munch December 12, 1863 - January 23 1944

ENRICH YOUR FUTURE

Sons of Norway is proud to announce the official launch of its newest online venture, called **NorwayConnects.org**. This new unique virtual community was designed to be a place where students, professionals and institutions of higher education can come together for the common good of building innovation in industry and providing opportunities for international exchange. Above all, this web portal will build bridges between North America and Norway.

We hope that you'll take a moment to visit this new web portal and share it with the young people in your family. Thanks to the various experiences offered by NorwayConnects.org, we believe it will become a valuable source of information and opportunity for young people throughout the Sons of Norway network.

Scholarships and Educational Opportunities

We understand that choosing a college and figuring out how to pay for it can be some of the most difficult decisions young adults face today. To make the process easier, NorwayConnects.org is building a comprehensive list of scholarships available to young people from all backgrounds. In addition, the site highlights a variety of educational institutions that offer Scandinavian studies programs as well as international exchange programs offered throughout North America and Norway.

Jobs

NorwayConnects.org also offers a couple of resources for recent graduates and young professionals who are looking for new employment opportunities. First, it allows young people to post their résumés and highlight their background and expertise for potential employers. Second, we are developing a job board where companies throughout North America and Norway can post employment and internship opportunities.

Financial Literacy

Another benefit of using NorwayConnects.org is that Sons of Norway has developed a series of articles for young people that educates them about a variety of finance-related topics, from tips on renting their first apartment to the importance of life insurance.

Events and Volunteerism

NorwayConnects.org recognizes the importance of social and volunteer events for young people. That's why the site includes sections where users can post and view both. Users can also search for volunteer opportunities within their community.

We hope you'll take a moment to visit this new web portal from Sons of Norway and then share it with anyone you think would benefit from it. Also, if you know of a company that would benefit from NorwayConnects.org's job posting opportunities, please contact the fraternal department at (800) 945-8851 and we'd be happy to reach out to them.

In the meantime, be sure to like us on **Facebook** or follow our **Twitter feed** for additional content, articles and news information related to the site.

FJELLHEIM - 2013 OFFICERS

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



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