



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

January 2014

Volume 41, Issue 1

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:

<i>Calendar</i>	2
<i>Birthdays</i>	3
<i>Upcoming Events</i>	3-4
<i>Sunshine</i>	5
<i>2014 Lodge Officers</i>	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 80915

SEND ARTICLES TO YOUR NEW EDITOR:

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

Deadline for the February 2014 issue is:
Wednesday,
January 15

President's Column

The two big events in December were the Christmas Tea and Julebord. Both had over 160 participants. That is a lot of homemade cookies (hundreds) and tea (about 30 gallons). There were many volunteers at both events and we give them a hearty Thank You. The Chair of both events was Sissel Disbow. Armed with her binder with lists of what to buy, how to construct each food item and how to set each table, she starts months before. On the day of the event, everything seems to fall into place like magic. But it is not magic. It is detailed planning and hard work by Sissel that makes our Christmas Tea the best and our Julebord beyond comparison. Sissel, we truly appreciate all you do for this lodge. Mange Tusen Takk.

We ended the year with a healthy treasury thanks to the success of our events during the year and sales of baked goods, especially lefsa. The Board decided we should increase our rent payment to FMC from \$500 to \$900 per month. The cost to FMC to maintain the building and pay insurance keeps rising. The increased rent should allow them to budget effectively and not need to ask for more funds. The ½ hour video lectures on Viking culture at the meetings seems well received. We will start the meetings with them in coming months. Breaking up the meeting and having the officers move does not work. This should be better.

January is Officer Installation month. Dress nice for pictures. Happy New Year!

Michael Johaneson

EDITOR'S CORNER

As the new Editor of the Flammen, I appreciate all the articles and news that arrived in a timely fashion. I received several warm comments, such as: "Let me know if I can help"; "Thanks for doing this"; "Here's my article. Thanks!"; "It's a big job, thank you!" Thanks to Knut, Mike and others, we'll get this first issue done.

I had tons of new words to add to my computer dictionary, like "lefsa" and "lutefisk". Speaking of lutefisk, I do not remember having had this as a youngster growing up with my Norwegian grandparents. My family was members of Sons of Norway in New Jersey. I would go with them to the monthly lodges and have fond memories of the wonderful "spread" with fascinating things to eat. One of my best memories was my uncle playing accordion in the 5 piece band. My cousins, brothers and I knew all the dances as soon as each introduction was played. What fun and what wonderful memories!

Thank you and hats off to Knut for doing such a good job on the Flammen for so long. Also thank you to Lois Halvorson for mailing copies out and keeping up the address list for that. If you would prefer to get a mailed (hard) copy, talk to Lois about it. Remember to contribute a book of stamps if you decide to have a printed copy rather than the email copy.

Since my husband and I were missionaries with Native Americans, I have been absorbed in their culture since college. It is just since I have joined this Lodge last year that I have been learning so much about my Norwegian heritage. I've read over 20 books on Norwegian history in the past year. I love being here!

Dot Everett

JANUARY 2014

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6	7 Game and Card Social - 12:30 PM, Viking Hall, Ginny Johnson, 495-0253	8 Book Club - 5 PM. FMC - 6 PM. Pot Luck - 6 PM. Heritage Meeting - 7 PM, Viking Hall	9	10	11
12	13	14	15	16	17	18
19	20 <i>Martin Luther King Day</i>	21	22	23	24	25
26	27	28	29	30	31 <i>Chinese New Year</i>	

KEEP THE DATES - 2014 FOR ALL COLORADO LODGES

January

2 Storfjell 5th Anniversary Lefse bake
TBD Trollheim Lutefisk/Meatball
dinner

February

8 Trollheim Anniversary
22 Barneløpet - Snow Mountain Ranch

March

1 Barneløpet - Western Slope

April

TBD Vesterheim 35th Anniversary

June

22-25 District 6 Lodge Biennial Con-
vention, , Palm Springs, CA
28-29 Scandinavian Fest, Estes Park

Times and Dates Subject to Change

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

STEINFJELL - 1st Thursdays, 7 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



JANUARY BIRTHDAYS

4	Dorothy Everett
8	Wilma Nau
8	Nanette Walker Smith
9	Robert Eugene Olson
12	Cita L Helseth
14	Inger Pappas
15	Lois M Enderud
15	Gary H Barnes
20	Jewel V Sigaty
21	Maria M Zakrzewski
25	Clairette Bakken
26	Carol J Eacker
27	Bonnie J Bergland
27	Christopher Hardy
28	Jeff W Hansen
28	Meagan Oldervik

HERITAGE AND YOUTH

12	Claire Suntken
30	Maren Sofia Lyby
31	Ryley Apodaca-Eacker

GRATULERER MED DAGEN!

GAME AND CARD SOCIAL

We will have our first gathering of the new year on Tuesday, January 7 starting at 12:30 with a potluck lunch followed by cards and games. It is a fun afternoon, come and join us. There is always lots of good food and fellowship. Happy New Year - Ginny Johnson 495-0253



BOOK CLUB

Book Club will meet at January 8th at 5 p.m. before the regular lodge meeting. We look forward to having you join us. If you have any questions please contact Tillie Elvrum at 570-351-4745.

ROSEMALING CLASSES

Will resume soon.



VIKING SISTERS

Our first meeting of the new year will be Thursday, February 6. We will meet at Mimi's on North Academy just north of Woodmen Road at 1 pm for lunch and a quick meeting. All women of the lodge are members of Viking Sisters so please join us. Happy New Year. Ginny Johnson 495-0253

VOLUNTEER HOURS

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

Cleo Allgood, Volunteer hours Coordinator

HOSTS & HOSTESSES FOR JANUARY LODGE MEETING

As is our custom, members of the Board of Directors will be providing treats for the Lodge Meeting on Wednesday, January 8th. If you have any questions, please contact Ginny Johnson or Dorothy Hanson.

RETIREMENT PLANS?

Retirement plans are often among your largest assets. Unfortunately they are subject to some of the most complicated taxation; income taxes, premature distribution penalties, and estate taxes. Uncle Sam will one day get his piece of your retirement savings. This can lead to IRA implosion. You can overcome this with some careful planning and help from your Sons of Norway Financial Benefits Counselor. The choice is yours, ultimately liquidate the IRA you have spent a lifetime building or let us help you with a plan to protect your wealth and give you control. Sons of Norway wants to help you be in charge of your financial dreams.

LaRue Hanson, FBC
2523 Shalimar Dr.
Colorado Springs, Colo. 80915-1030
Office # [719-599-8546](tel:719-599-8546)
Cell # [719-237-7314](tel:719-237-7314)
Lhanson1@q.com



Elliott Henrik Holm-Johansen was born on December 4th. His weight was about 6 1/2 pounds, probably no more because he was anxious to meet his parents ahead of his scheduled Dec. 29th appearance.

When Jon-Eirik announced the birth at Stein Fjell's December meeting, he said Becky and he were kind of tired, but doing great in spite of labor lasting more than a day. However, folks were telling him that his son resembled him!!

Their address: 4458 Sunridge Drive, Loveland, CO 80538-1960. I imagine no decision has been made yet as to whether Elliott Henrik will join his Dad on skis at the Barnløpet on Feb. 22nd.

IMAGES FROM FJELLHEIM'S JULEBORD



Decorations from our Christmas Tree at the Lodge. (Thank you BJ!)



Colleen, Lois, Shirley, Sissel, and Terry preparing food (and sampling the goods)

Kathryn Louise Laux
Aug. 11, 1924-Dec. 24, 2013



Kay was born in Manfred, N. D. to Mable Elenora (Lokensgard) and Victor Fremont Hanson. She grew up in Robbinsdale, Minnesota and graduated from

high school there. She attended St. Olaf College before spending many years in Wisconsin. Retiring from her career as a medical technologist, she has lived in Colorado Springs since 1986.

She is survived by her husband Dennis Laux, daughters Kristine, Karen and Dawn, and five grandchildren. She was a member of Fjellheim Lodge and the Ninety -Nines, an international organization of women pilots.

Kay had many interests and talents. She played the clarinet in the Robbinsdale City Orchestra, was an accomplished rosemaler, and is well-known for her teaching of hardanger stitchery to Lodge and community members.

A spirited person, she piloted airplanes, went tubing on the St. Croix River, participated in tailgaters at Green Bay Packers games, and performed folk dances, all with style and verve.

We will long hold her in our hearts and memory.



Mia posing with the dolls

EXCITING NEWS! SONS OF NORWAY VIRTUAL PILGRIMAGE ANNOUNCED

Sons of Norway is eager to announce its 2014 Virtual Pilgrimage! This exciting new member benefit will be an expansion of the current Sports Medal Program and reward members for living an active lifestyle. The Virtual Pilgrimage mirrors Norway's existing Pilgrimage route from Oslo to Trondheim, a route that was once walked by King Olav Haraldsson (995-1030, canonized St. Olav in 1031) himself in the early 11th century as he spread Christianity throughout Norway.

The Virtual Pilgrimage encourages members to get out and exercise. Start a walking or running group with lodge members, take a jog around the park, walk your dog, but be sure to track each step. The new member benefit will release materials on the Sons of Norway website in January, 2014.

As you walk, you can coordinate your progress with online features and instructions to help you learn about the cultural history of the route: such as historic medieval churches, significant cities, tourist checkpoints and iconic destinations in Norway. After each walk, note your mileage, visit the Sons of Norway Pilgrimage homepage and learn about sites you passed as if you were actually trekking the miles in Norway. The 387 mile route starts in Oslo and ends at the iconic Nidaros Cathedral in Trondheim.

This journey is one of the most popular pilgrimage paths in Norway and the world. Travelers come from all over to follow the network of routes called St. Olav's Ways. Norway's regional pilgrim centers (<http://pilegrimsleden.no/en/about/pilegrimsleden-i-norge/>) provide resources and guidance for pilgrims on their journey to Nidaros Cathedral, the site of St. Olav's valiant death in the Battle of Stiklestad in 1030. As a Sons of Norway pilgrim you will start at Oslo's Medieval Park and walk through the towns of Eidsvoll, Hamar, Lillehammer, Ringeby, Otta, Oppdal, and Skaun. As you walk you will learn about significant historical and cultural sites along the way.

To learn more about the Virtual Pilgrimage and how to participate, please visit the Sons of Norway website in January.

NORWAY PREDICTED TO DOMINATE THE PODIUM IN SOCHI 2014 OLYMPICS

With about one month to go in the countdown to the 2014 Winter Olympic Games in Sochi, Russia, Norway is predicted to have its best showing at the games since its 26 medals in Lillehammer in 1994.

Infostrada, the Olympic medal prediction service, recently updated their Virtual Medal Table. Topping the 2014 forecasts with a medal count of 37 medals each are Norway and Germany, a feat—if successful—that would tie the record set in 2010 by the United States. Also in the hunt for a high medal count in 2014 are Canada and the United States with 34 and 28 medals. Infostrada has also forecasted that Norway will win 15 gold medals, which would set a new Winter Games record and top the previous record of 14 gold medals achieved by Canada in Vancouver in 2010.

Men's and women's biathlon and cross-country skiing events are expected to yield the bulk of Norway's medals while ski jumping and alpine, freestyle and speed skating round out the remaining medal count.

Predictions by Infostrada are based on performances in prior Olympic Games as well as the World Cups and World Championships. Points are awarded to the Olympic hopefuls as part of a statistical model that evaluates the competition's results, difficulty, rankings and timeliness. As additional World Cup events are completed prior to the Winter Olympics, Infostrada's Virtual Medal Table will be updated to reflect new predictions. Visit <http://vmt.infostradasports.com/> to check out the latest predictions on the Virtual Medal Table and see where each of your favorite Norwegian athletes like Aksel Lund Svindal, Tora Berger and Emil Hegle Svendsen are predicted to place on the podium.





SUNSHINE

To all of members who are celebrating special events in January 2014 - Happy Birthday and Happy Anniversary! As we start a new year, let's give pause to remember the awesome events we had in 2013. Frokost, 40th Anniversary celebration, Viking Fair, Lutefisk and Meatball dinner, Christmas Tea, Julebord, the potlucks, the monthly social gatherings, picnics, Fjord horse in the parking lot, and many other merriments that bring us together to learn of our culture and celebrate our herit-

age. What a busy year it was!. So here we are, at the beginning of a new year and we will start all over again. Get ready, set, GO!!!! Happy New Year everyone. May it be peaceful and prosperous for all.

Steve Hermanson is flat on his back – literally. Just a small turn and it got him grounded. He's taking treatments and trying to get back to an upright stance. Get well soon, Steve.

Tania Oldervik is having surgery on January 2. Please keep her in your thoughts and prayers as she goes through this process and begins recovery.

A little thought as we start the new year: *Life is too short for drama or petty things, so laugh hard, love truly and forgive quickly. Live while you are alive. Forgive now those who made you cry. You might not get a second chance.*

Happy New Year Everyone!!!

Karen Ravnaas

SCANDINAVIAN STAMP COLLECTORS CLUB

Scandinavian Collectors Club Colorado Chapter 27 is a local organization (actually a chapter of the national Scandinavian Collectors Club) with some 22 members interested in Scandinavian philately. They meet monthly at 10 am (except for a July and August summer hiatus) first Saturdays at the Rocky Mountain Philatelic Library, 2038 S. Pontiac Way,

Denver, CO 80224. If you would like more information on their meetings, please email Roger Cichorz at rcichorz@comcast.net.



The club was founded in 1935 in NYC as the Finnish-American Stamp Club, and in 1959 changed its name to the Scandinavian Collectors Club and chapters were formed. It is dedicated to the collection and study of postage stamps and postal history of the Scandinavian region and their territories. They publish a quarterly journal "Posthorn" and host a section of Scandinavian stamp literature as part of the Rocky Mountain Philatelic Library. The collection is managed by volunteers from the Denver chapter.

You may join online for \$30 a year, by going to their website at <http://www.scc-online.org>, where you can also read more about the organization.

Attached is a preliminary agenda for our January workshop at Trollheim. I'm looking forward to many of you attending. Please Reply with how many from your lodge will be attending by Mon. Jan. 6th. All Sons of Norway officers and members are encouraged to attend the annual Zone 8 workshop meeting on January 11th in Lakewood.

9:00 – 9:30 Coffee and social time

9:30 – 10:00 Welcome, “Conversation with the Founders”

10:00-10:30 Prepare, planning and preserving our Colorado Lodges

10:30 Break

10:45 - District Lodge in June, Camp Trollfjell, Barneløpet

11:30 International Lodge – What it means to be a ‘3-legged stool’

12:00 Lunch, furnished by District Six, hosted by Trollheim

1:00 Discussion groups per specific office and interest.

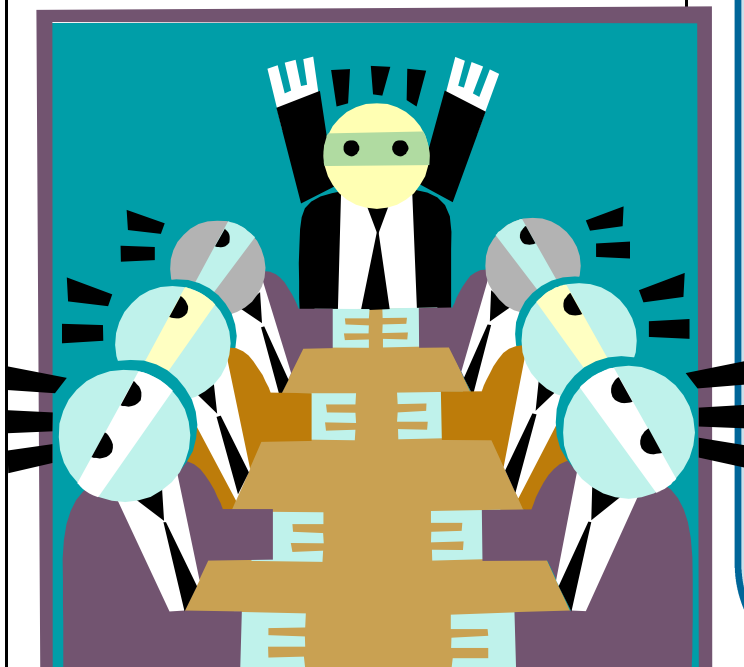
2:30 Reports, Suggestions and responses from above topics.

3:30 Adjourn

New members and officers are encouraged to attend this workshop. It has been a pleasure to be working with District President, Lyle Berge, planning this workshop. Last minute additions to this agenda will be accepted.

Tussen Takk,

Linda Ault, Zone 8 Director



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 Stilley - 475-1524

Program Directors

Social Coordinator	Kathie Godsil
Cultural Coordinator	Dean Tollefson 473-1110
Hostesses	Dorothy Hanson 599-8546 Lois Halvorson 632-6003
Sunshine	Karen Ravnaas 390-0621
Sports	Kerry Hefta 266-9429
Foundation	Caren Alvestad
Cultural Skills	Björg Mapstone 264-0955
Language Teacher	Pat Staubo 359-2570 patvoice@comcast.net
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 640-9340
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

Linda Ault 303-953-2716
lindaault@comcast.net

District 6 President

Lyle Berge 720-470-4961
bergenorsk@comcast.net

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:

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