



**FJELLHEIM 6 – 107**  
 Sons of Norway  
 1045 Ford Street  
 Colorado Springs, CO 80915  
 719-574-3717  
[www.sonsofnorwaycs.com](http://www.sonsofnorwaycs.com)  
[facebook.com/sonsofnorwaycs](https://facebook.com/sonsofnorwaycs)

Jan 2019

Volume 46, # 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>Songbooks</i>	2
<i>Pres Notes</i>	3
<i>Sunshine</i>	3
<i>Xmas Party/ Tea</i>	5
<i>Barnelopet</i>	6

**MEETING TIME:**

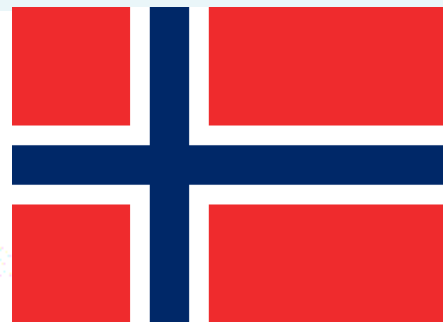
Monthly business meetings held the second Wednesday of every month (except July)

**7:00 PM**  
 Viking Hall,  
 1045 Ford Street,  
 Colorado Springs, CO

**SEND ARTICLES TO :**

Michael Johaneson  
[mjohaneson@gmail.com](mailto:mjohaneson@gmail.com)

Deadline for the February Issue is January 20



**Officer Installation/New Member Welcome**

All Sons of Norway Fjellheim Lodge members/guests are invited to the New Officer Installation for 2019/New Member Welcome Event on **Wednesday, January 9, at 7pm.**

There are many new members who have joined our Lodge in 2018 and will be sent a special invitation to this event. Please join us to give them a big welcome to our lodge. Lunch will be provided by the outgoing and incoming officers.

New officers will be installed by our Zone 8 Director, Bev Moe from Denver.



**Valentines and Fish, What a Treat!**

The walleye has been ordered for the Annual Walleye Feed/ Valentine's Dinner on February 16 at 2:00 pm. This event started as an idea of two romantic fisherman and has grown to a big event. Chefs Phil, Steve and Paul have perfected the fish dinner and with the help of many others, also provide baked potato, Cole slaw, fresh rolls, meatballs and dessert. For \$20.00, you can't find a better deal on Valentine's day. Reservation information will be forthcoming.



# 2018 januar

søndag	mandag	tirsdag	onsdag	torsdag	fredag	lørdag
		1	2 9:00 am Board Meeting Viking Hall 11:00 am Take Down Christmas Decorations	3 1:00 Viking Sisters Longhorn Steakhouse	4	5
6	7	8 12:30 Games and Cards Viking Hall 6:00 pm Language Class 1 7:00 pm Language Class 2	9 6:00 pm FMC 7:00 Heritage Mtg New Member Welcome/ Officer Installation Viking Hall	10	11	12
13	14	15 6:00 pm Language Class 1 7:00 pm Language Class 2 Viking Hall	16	17	18	19
20	21	22 6:00 pm Language Class 1 7:00 pm Language Class 2 Viking Hall	23	24	25	26
27	28	29 6:00 pm Language Class 1 7:00 pm Language Class 2 Viking Hall	30	31		

**Gerald Rowe**, our intrepid Golden member, International delegate and provider of wonderful pens, has taken on another task. He is on a mission to get the Sons of Norway songbooks reprinted. As you know, the ones we have in our lodge are tattered and need replacing but they are not in print. Below is a note he sent to SoN headquarters to get the ball rolling:

*Carrie Knudson, SON Foundation Director*

*It was nice to talk with you about the reprinting of the Sons of Norway Songbooks as a possible fundraising project just like the original issue was. The author of the songbook, Terje Solheim, did a lot of research to compose this book and make it specifically for use by the local lodges and I suggest that you contact him for information on the original publication.*

*The songbook was originally published in May, 2004 and you may not be able to find a copy in the home office any more so I would be glad to send you my personal copy along with the other information I have accumulated if you would like to have it for reference. I hope that the Foundation Board will look favorably on the reprinting of this book.*

*Gerald Rowe*

## December President's Corner

The lodge had two very successful events this December. The Christmas tea went wonderfully with all tables filled to the max thanks to Sissel Disbrow's organization. Some of the participants liked it so much that they asked to reserve tables for next year.

The Christmas party organized by Terry and BJ Mapstone was great fun and had great food (thanks to all who brought their special dishes). We also had double the entertainment by beautiful Christmas songs from Jennifer Bone (a new member and who incidentally is going to Norway and Sweden in March to record some of her music) and the great harmonizing from the 'The Riversong Quartet' a group from the CIVA charter high school in Colorado Springs. Many thanks for the wonderful music from these musicians! Eller i Norsk «Mange takk for den fantastiske musikken fra disse musikerne».

The installation ceremony for new officers will be at our heritage meeting Jan 9th. We will welcome Bev Moe, our zone 8 director, who will provide precedence for the installation ceremony. We will also welcome all new members at the same Heritage meeting Jan 9<sup>th</sup>. I look forward to seeing you all there!

Also, for those interested, the District Six Member seminar will be held on Saturday, January 19, 2019 at Trollheim Lodge, 6610 West 14th Ave, Lakewood, CO. Coffee will be available at 9:00 am, the Seminar will start at 9:30 am, and end at 1:30pm. Lunch will be served.

Following the Seminar, Trollheim will be having their general meeting with a special presentation about the his Draken Viking ship voyage from our very own Dana Ferguson. IF you missed his presentation in October this is a good chance to catch it again. Godt nytt år! Og har det bra til neste gang fra 'President's Corner'



### Sunshine Report - January 2019



**Happy Birthday** to everyone celebrating birthdays in January! Can you believe it – another new year is here! May each of you have a wonderful and blessed 2019.

We hope all members are well and healthy at the beginning and throughout our new year. I haven't heard of any news but if you know of someone I should send a card to, please let me know at the phone number below. Thanks for a great 2018 and wishing you the best in 2019.

Speaking of the passing of time - *Some people try to turn back their "odometers."* Not me. I want people to know 'why' I look this way. *I've traveled a long way and some of the roads weren't paved.*

*Godt nytt år!*

Fraternally, Karen Ravnaas – 390-0621



## January Birthdays

### Gratulerer med dagen

Daniel Eugene Pyhtila	3
Dorothy G Everett	4
Billy Maddox	6
Nanette Walker Smith	8
Cita L Helseth	12
Claire Suntken	12
Inger Pappas	14
Gary H Barnes	15
Lois M Enderud	15
Ruth Elizebeth Young	16
Julie E Furstenau	18
Maria M Zakrzewski	21
Cynthia Laurie Pechacek	22
Clairette Bakken	25
Carol J Eacker	26
Christopher Hardy	27
Rebecca E Tamblyn	27
Jeff W Hansen	28
Meagan Oldervik	28
Maren Sofia Lyby	30
Ryley Apodaca-Eacker	31

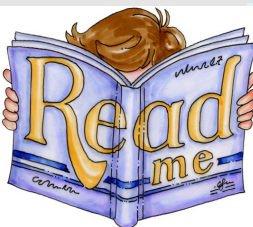


### Card Social

Card Social will be Tuesday, **January 8** with a potluck lunch at **12:30 pm** at Viking Hall followed by visiting and cards. Everyone is welcome

### Viking Sisters

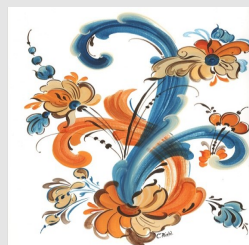
The next meeting of Viking Sisters will be Thursday, **January 3 at 1:00 pm** at the Longhorn Steakhouse on Powers and Barnes for lunch. Contact Ginny Johnson if you would like to join us. 719 495-0253. Remember, all women of the Lodge are Viking Sisters and you are welcome to come to lunch.



**Book Club** usually meets every second Wednesday of the month at **5:00 pm** at Viking Hall. For January, we are taking the month off.

### 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 440-3992



### Norwegian Language Class

Language Class meets Tuesdays at Viking Hall. The first class starts at 6:00 pm. The second class begins at 7:00 pm. They start up again on January 8

The first class uses the textbook *Sett i gang 1* and is led by Cindi Keller and Jean Luce. The second class uses *Sett i gang 2* and is led by Anastacia Hackett and Erik Tjelmeland. To join us, go to [settigang.com](http://settigang.com) and order the textbook for the class you wish to join.

## Sons of Norway Calls for 2019 Scholarship Applications

The Sons of Norway Foundation awards 25 scholarships to promising students each year. The programs promote cultural exchange and support higher education to help students follow their dreams.

Although application deadlines vary from Jan. 15 to March 1, 2018, it is not too early to think about applying for support for the 2019-2020 school year. [Learn more](http://www.sofn.com/foundation/scholarships/) and [apply for scholarships](http://www.sofn.com/foundation/scholarships/) offered in 2019 through the Foundation funds. <https://www.sofn.com/foundation/scholarships/>





12/16/2018 1:46 pm



12/16/2018 2:28 pm

### Christmas Party 2018.

A party for family and friends (the table pictured on the right was for one family). Thanks to Bjorg and Terry, the food was wonderful, decorations were festive and we got sing around the Christmas tree. The pot luck gave us some of the best dishes and desserts of the season. The entertainment by Jennifer Bone and the Riversong Quartet was above and beyond. Needless to say, a good time was had by all.

A special thanks to all who set up the tables and cleaned up afterwards. These unsung heroes make an event like this possible. Tusen Takk.



12/16/2018 4:52 pm



12/16/2018 1:30 pm

### Christmas Tea

Another Grand Event by Sissel and the crew of hostesses. 185 guests were served multiple cups of tea and dainty sandwiches and desserts by the tireless hostesses.

Each of the 23 tables was decorated in a unique Christmas theme. The afternoon was capped off with Christmas carols. A great day.



12/01/2018 1:41 pm



12/01/2018 2:04 pm



12/01/2018 1:42 pm



## Things to Remember:



- As per YMCA regulations, no walking or snowshoeing on groomed trails
- Participants need to provide their own skis or rent at the Nordic Center
- Cross-Country ski rentals are available through Snow Mountain Ranch Nordic Center, 888-573-9622, or check your local rental establishment
- Ski trail access provided free
- Bring sunglasses and sunblock for the children
- Carpooling is encouraged
- Walk-ins welcome – come early!
- Make reservations early if you plan to stay overnight in Grand County

Hosted by Sons of Norway District Six  
[www.sofn.com](http://www.sofn.com) & [www.sofn-district6.com](http://www.sofn-district6.com)

Fjellidalen Lodge – Denver	6-162
Fjellheim Lodge – Colorado Springs	6-107
Stein Fjell Lodge – Loveland	6-114
Trollheim Lodge – Lakewood	6-110
Vesterheim Lodge – Boulder	6-118
Storjell Lodge – Grand Lake	6-169

Sponsored by



## 2019 Schedule

### Legett Hall, Snow Mtn Ranch

Same day walk-ins	9:00 a.m.
Check in begins:	9:30 a.m.
Ski Lessons:	10:00 – 11:00 a.m.
Barneløpet Event	11:15 a.m.
Post-Event Reception	12:30 - 2:00 p.m.
Close at	3:00 p.m.

Sons of Norway's Barneløpet is a FREE event open to boys and girls of all skill levels. It's an event where the whole family can get involved. Parents, grandparents and other spectators can line up at the finish banner to cheer the skiers on with cowbells and flags.



All skiers receive a beautiful gold medal!

### Post-Event Reception

Skiers and their families are invited to a free after-ski Barneløpet reception. The host lodges will serve a light lunch and beverage.



And they are off!

## Information and Questions

### For Lodging

Snow Mountain Ranch  
 YMCA 888-613-9622

Granby Chamber of  
 Commerce  
 970-887-2311

Grand Lake Chamber of  
 Commerce  
 970-627-3372

Colorado Zone Director  
 for Sons of Norway  
 Bev Moe  
 720-746-9755  
[bevm259@comcast.net](mailto:bevm259@comcast.net)

Barneløpet Coordinator  
 Jon-Eirik Holm-Johansen  
 970-413-0433  
[tvchiro@gmail.com](mailto:tvchiro@gmail.com)

Barneløpet Registration  
 Lois Hodne  
 P.O. Box 394  
 Tabernash, CO 80478  
 303-795-6695  
[hiloie@aol.com](mailto:hiloie@aol.com)



### **SKI FOR LIGHT 2019**

Event at Snow Mountain Ranch, Granby  
**January 27—February 3, 2019**

Arrival at DIA on Sunday, Jan 27, 2019  
Departure at DIA on Sunday Feb 3, 2019  
**Volunteers are needed at both DIA and  
Snow Mountain Ranch**

DIA volunteers contact:  
JoAnn Kison 970-581-2348  
jkison@comcast.net

Snow Mountain Ranch volunteers  
Diane Molter 303-288-6014  
gmbviking09@live.com

### **Financial Moment**

This January will mark the 124th Anniversary of the Sons of Norway organization. Many things have changed since the beginning, just as many things will continue to change in the future.

However, one thing that hasn't changed is that Sons of Norway is a Fraternal Insurance Company and as such, provides highly competitive products to our members. These products help reach financial goals of you, our members, while still holding on to the grassroots ideas of our founding fathers.

Let's all continue to work together to ensure Sons of Norway continues to grow. Please contact me with any questions. I'd be happy to do a complimentary financial review.



*Kendall  
Kjerstad  
Financial  
Benefits  
Counselor  
605 939-1714*

### **FJELLHEIM - 2019 OFFICERS**

#### **Board of Directors**

President	Kerry Hefta	266-9429
Counselor	Steve Hermanson	520-0303
Secretary	Annastacia Hackett	306-8870
Asst Sec	Mike Johaneson	720 971-0130
Treasurer/Finance	Terry Mapstone	351-5644
Membership Sec	Kathie Godsil	229-9289

#### **Program Directors**

Sunshine	Karen Ravnaas	390-0621
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
	Sara Berge	495-2134
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	351-5644

#### **Colorado Zone 8 Director**

Beverly Moe 720-746-9755  
[bevm259@comcast.net](mailto:bevm259@comcast.net)

#### **District 6 President**

Luella Grangaard 760-363-7704  
[morongo2@verizon.net](mailto:morongo2@verizon.net)

#### **Sons of Norway Board**

Mary Beth Ingvaldstad 707-987-2404  
[mbingvoldst@aol.com](mailto:mbingvoldst@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  
1045 Ford Street  
Colorado Springs, CO 80915



Please cut stamp for Tubfrim

207 Whisper Lane  
Grand Junction, CO 81503

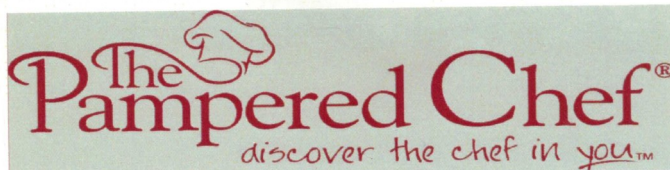


SONS OF  
NORWAY

**Kendall Kjerstad**  
*Financial Benefits Counselor*

Business: (970) 697-1114  
Cell: (605) 939-1714  
kjerstadkendall@yahoo.com

[www.sonsofnorway.com](http://www.sonsofnorway.com)



**Nanette Walker Smith, Consultant #746504**  
Monument/Palmer Lake/Larkspur, Colorado

CELL/TEXT | 719-464-7466  
EMAIL | [n\\_w\\_smith\\_24@outlook.com](mailto:n_w_smith_24@outlook.com)  
WEB | <http://tinyurl.com/nws-pchef>

SMØRBRØD

SCANDINAVIAN

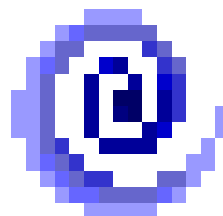
SANDWICHES, VICTUALS & LIBATIONS

2727 N.CASCADE AVE, COLORADO SPRINGS, CO  
INFO@SMORBRØD.COM +1 719-634-2727

SMØRBRØD.COM BUY 10 FOOD ITEMS GET 1 FREE

**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