



FJELLHEIM 6 – 107
 Sons of Norway
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March 2015

Volume 42, #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 April issue is March 20

Fjellheim Welcomes New Members

We have the following new members in 2014. Gerald Rowe, Patricia Rowe, Gunvold Kjolstad, Lisa Coltrin, James Nau, Jonathan Nau, Arne M. Severson, Todd Taskerud, Owen Byram, Tristan Byram, Valerie Lundy, Gail Gudmestad, Bjorn Gudmestad and Alyssa R. Smith. Pictured below are Valerie, Gerald, Pat, Bjorn, Gail and President Steve.



Springfest for New Members



March 21, Viking Hall, 4:00 pm.

The time and place are set, all we need is a bunch of people who want a fun afternoon. Our first annual Springfest will feature a short clip on the Joy of being in Sons of Norway, followed by table discussions about Fjellheim Lodge, then a meal and entertainment by the SongSpinners. The program will be free to potential members and those members who bring them.

Our objective is to sign up new members. We will take reservations at the March 11 meeting or by emailing

mjohaneson@gmail.com

2015 MARS

Sondag	Mandag	Tirsdag	Onsdag	Torsdag	Fredag	Lordag
1 12:00—4:00 Rosemaling Viking Hall	2	3 12:30 pm Card Social Viking Hall	4 9:00 am Board Meeting Viking Hall	5 1:00 pm Viking Sisters Viking Hall	6	7
8	9	10	11 5 PM Book Club 6 PM FMC 7 PM Heritage Mtg Viking Hall	12	13	14
15	16	17	18	19 11:30 Ladies Luncheon New Chinese Kitchen-4795 Barnes Road	20	21 4:00 New Member Springfest Viking Hall
22	23	24	25	26	27	28
29 12:00 Rosemaling Viking Hall 1:30 Dine Out Zio's Italian	30	31	1 9:00 am Board Meeting Viking Hall	2	3	4



A St. Patrick's Day poem:

*May love and laughter light your days
and warm your heart and home.*

*May good and faithful friends be
yours, wherever you may roam.*

*May peace and plenty bless your world
with joy that long endures.*

*May all life's passing seasons
bring the best to you and yours!*

Karen Ravnaas

2015 Ladies Luncheon Schedule

Ladies lunches are the third Thursday of the month and are at 11:30. Each month will have a hostess who will select the location and take reservations, unless indicated below:

March 19 New Chinese Kitchen, 4795 Barnes Rd; Millie Sullivan -Hostess; 597-0381
 April 16 Uwe's German Restaurant; Lois Halverson-Hostess 632-6003
 May 21 Location TBD; BJ Mapstone-Hostess
 June 18 Senor Manuel's; Karen Ravnaas-Hostess; 390-0621
 July None
 August 20 Location and Hostess TBD; any volunteers?
 Sept 17 Location and Hostess TBD; any volunteers?
 October 15 Location and Hostess TBD; taking a volunteer...
 November, December – None

2015 Last Sunday Dine Out Schedule

March 29 Zio's Italian Restaurant
 April 26 South Side Johnnie's
 May 31 Rock Bottom (Powers)
 June 28 Stagecoach Inn
 July None
 August 30 Edelweiss
 September 27 Golden Bee @ the Broadmoor
 October, November, December – None
 All dinners will be @ 1:30 p.m. See you there!

President's Thoughts

Blarney Stone vs. Runestone

"Top of the morning to you." I guess maybe one day out of the year on March 17th I can speak such words. But during the rest of the year, I find it much easier when getting up in the morning just to say "Uffda". I also find it very simplistic that all one has to do to be Irish, is to just wear something green on this date called St. Patrick's Day.



But yet I suppose that each of us do indeed have some Irish in our blood as the result of our Vikings invading Ireland during the 9th & 10th Centuries. And as we all know, if it were not for the Vikings discovering America, after they were through with Ireland, we would all still be living in teepees and eating cornmeal instead of lutefisk.

And as our Norwegian Heritage has grown through the centuries, we as descendants provide festivities such as eating a cold breakfast that we call Frokost. This will happen on April 19th, as a celebration to welcome the season of Spring. If you have ever wanted to have a traditional Bunad (the national dress/costume), we are hosting a Bunad Workshop to give everyone the opportunity to make their own Bunad during the week after our Frokost. And starting on the first Monday of April you have a chance to learn the art of making Lefse, and every Monday morning thereafter. All of these wonderful events and activities will lead up to the 201st annual celebration of the Norwegian Constitution Day known as Syttende Mai on May 17th.

But, I know that some of you will be celebrating with the Irish this month, and that's okay. Just make sure that you stick a piece of Lefse somewhere in that article of green clothing.

-Steve Hermanson

Dennie E. Laux
Sep 20, 1931-Jan 9, 2015



Dennie was born in Grand Chute, Wisconsin, to Joseph and Margaret Laux. He attended school in Appleton, Wisconsin, graduating in 1949. He enlisted in the Army in that year and by the winter of 1950, was serving very near the Yalu River in the far north of Korea. After Chinese troops entered the war, he served valiantly in the break-out and march from the Chosin reservoir to Hungnam, well known for its difficulty under the most despairing and miserable conditions. He served with distinction in Company C of the 11th Field Artillery Battalion, receiving 3 Bronze Stars for his actions.

He was a printer by trade and married Kay in 1989. They were active in our Folk Dance group and served as Lodge Marshals for several years. Dennie did a lot of heavy lifting for the Lutefisk dinners held at Benet Hill for over 30 years.

He is survived by daughters Kristine, Karen and Dawn and five grandchildren.

We remember with appreciation and affection this quiet, gentle man whose service to our country we learned only after his passing.

Thank you for your service!

Frokost Meny

Authentic Norwegian Breakfast

Sunday, April 19, 2015

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

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: \$18.00
Non-members: \$20.00

Children 12 and under: \$8.00
Children not requiring a seat: Free

RSVP by April 15, 2015. Make checks payable to Sons of Norway.
Send checks to Kathie Godsil, 4415 Flat Top Place,
Colorado Springs, CO 80923, Phone: 719-266-9592

Hello Members and Lefse baking crew.

We will start making Lefse April 6th for Frokost and the Scandinavian Festival. Frokost is April 19th, the Scandinavian Festival at the end of June. We need 2,000 rounds for the Festival making an early start necessary for completing our goal.

We will stay with Monday morning baking @ 9:00 A.M. We will not bake the Monday after Frokost, will bake the 6, 13, and 27th of April to continue Mondays in May and whatever we need in June, Thanks to everyone who can help.
Lois



HAPPY BIRTHDAY TO YOU

Dean E Tollefson	1
Eileen P Larson	2
Rory L Foresman	3
Robert Gavin	3
Drew Wiest	3
Amanda Oldervik	7
Arne Mark Severson	7
Debi Melanie Fornero	10
Alan Wayne Flolo	11
Dean Gilbertsen	14
Avery Oldervik	14
Kristi J Erdal	17
Darlene B Aaland	18
Delores M Gagnon	18
Kari Malene Jahnke	18
Owen E Bergland	23
Gunvald J Kjolstad	24
Karen K Ravnaas	24
Tove E Palmer	25
Charles R Redwing	29
Abby Allgood	31



Card Social at 12:30 pm. On March 3. Good food, fellowship and fun. Please join us for a potluck lunch and cards. Ginny Johnson 495-0253

Viking Sisters

will meet Thursday, March 5, 1:00 pm, at Viking Hall. Hope to see many "sisters" there.



Rosemaling Classes at Viking Hall

Rosemaling classes are scheduled for Sunday, March 1st from 12:00 until 4:00 and Sunday, March 29th from 12:00 until 4:00. 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.



Summer + Kids = Camp

If you or your children or grandchildren are thinking about camp for this summer, we suggest you check out this web page: <http://sofn6.org/arv/camp-trollfjell/>.

Camp Trollfjell and Trollfjell Folkehøgskule are Sons of Norway, District 6 (western states) programs that provide fun and a great way to learn Norwegian culture.

Book Club meets every second Wednesday of the month at 5:00 pm at Viking Hall. Our facilitator is Dot Everett. Our book for March is Betrayed by Donnell Ann Bell, a local author. Please join us on Wednesday, March 11 at 5:00pm.



You Too Can Have a Bunad!

Sue Sutherland from Ely, MN (a favorite summer vacation place) will teach a class in Bunad Embroidery/ Construction on April 23-26 here at Viking Lodge.

Classes will meet from 9:00 to 5:00. Instructional fee is \$250. If you are interested, call Sue at 218-365-7745 or

Bunadbutikken@hotmail.com



The Girl Scouts really appreciate your group coming to our Thinking Day-Norway celebration yesterday. Your group made it the most memorable Thinking Day we have ever had. Thank you so much. Everyone in my family was talking about what a marvelous time they had. The girls had a great time too.

--Aneida Slomski



Clockwise from top left: Bjorg leading the Girl Scout Promise in Norwegian, Ole and Paul teaching Norske songs, Ruth, Lois and Cleo help the girls prepare and present lefse, Agnar (Wayne Doyle) presents Viking history and then demonstrates combat, Caren reads the Runes, Valgarde (Brian Cooper) gives hands-on lessons in wire weaving. Thanks also to Steve and Mike and Karen Nielson and the Idavellr Vikings.

March Sunshine Article

To all who are celebrating March birthdays and anniversaries: may ye have a Happy Birthday and Happy Anniversary. This month, we celebrate St. Patrick's Day when everyone becomes Irish for a day. And with Spring around the corner, we begin to see longer days that lift the doldrums of winter. Oh yeah!!!!

Two former members have passed and we mention them here for those who remember them. Richard Tygerson died on June 4, 2013 in Oklahoma. This was only 3 months after his wife Doris passed away. Doris was remembered in the Flammen at that time, but we didn't receive word about Rich until his name was in the February Viking magazine. We remember Rich fondly as he was always ready to provide a bit of entertainment with his harmonica. If you wish to read his obituary, please see <http://kincannonfuneralhome.com/2013/06/richard-andrew-tygerson/>

Former member Verna F Skabo passed away February 3, 2015. At the last meeting, Ole told us of her North Dakota roots and the time she was a member of the lodge. Please keep both these former members in your thoughts and prayers.

Fraternally, Karen Ravnaas, Sunshine Director, 390-0621

CALL FOR EXTRAS

A filmmaker named Marcus Lucas is making a mini-feature film called "Reconcile" here in Colorado and is looking for extras of Norwegian heritage. The film has to do with the Invasion of Norway.

Mr. Lucas is filming a memorial scene taking place in the 1980's and would like to involve about 30 Scandinavians in typical Norwegian outfits as extras. In addition, he has two speaking parts for women and a young girl between 16 and 25 that speak Norwegian. Shooting of the scene will most likely take place on the 7th or 8th of March at Chautauqua in Boulder. Food will be provided.

Here is a link to the video that explains the film:
www.gofundme.com/reconcile

Telephone # 310.633.3020
lucasloft@gmail.com

Fjellheim Well Represented at Zone Training

Six of our members gave up their Saturday, Jan 24 to learn more about Sons of Norway programs and share ideas with leaders from the other six Colorado lodges. Smiling after a fine lunch are Lyle Berge, BJ Mapstone, Mike Johaneson, Kathy Godsfil, Steve Hermanson and Sissel Disbrow.



New Financial Benefits Counselor Announced

I am the editor so you would think I would find space on the front page to announce my new adventure as your Sons of Norway Financial Benefits Counselor. Front page or not, I am excited about this position because our insurance products are very good and I get to share them with Sons of Norway members.

My job is to help you understand the Sons of Norway products so you can make good choices. Call me at 720 971-0130 so we can set up a time for personal, confidential discussion.

Mike Johaneson

FJELLHEIM - 2015 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	Laurie Hauschild	660-1105
Treasurer/Finance Chair	Larry Moe (temporary)	
Membership Secretary	Shirley Stilley	475-1524

Program Directors

Social Coordinator	Kathie Godsfil	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
Marshall	Dave Haugen	599-0810
Editor/Photographer	Michael Johaneson	720-971-0130
	mjohaneson@gmail.com	
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	Cleo Allgood	598-1982
Financial Benefits	Michael Johaneson	720 971-0130

Fjellheim Management Corporation (FMC)

Directors	Karen Ravnaas	390-0621
	Paul Wiig	596-6159
	Doug Haug	632-4284
	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

Beverly Moe 720-746-9755
bevm259@comcast.net

District 6 President

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

Sons of Norway Board Lyle Berge 720-470-4961
bergenorsk@comcast.net

**ALL PHONE NUMBERS HAVE 719 PREFIX
 UNLESS OTHERWISE IS NOTED**

Sons of Norway
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Mike Johaneson, Editor
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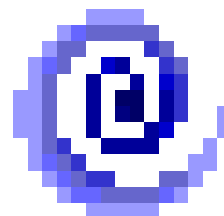
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