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OCTOBER/NOVEMBER 2009

Volume 36, Issue 10/11

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) at 7:00 PM at Viking Hall, 1045 Ford Street, Colorado Springs, CO 80915

DO YOU WANT TO CONTRIBUTE AN ARTICLE?

Send it to your editor:
 Knut Lyby
 5520 Sample Way
 Colo. Spgs. CO 80919
 kmlyby@msn.com
 Phone: 536-0647

October
November

BREAKFAST AND BAZAAR
October 3, 8am-2pm
at Viking Hall

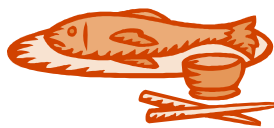
Breakfast cost is \$5.00

Bazaar includes crafts, art, vendors, Scandinavian items, baked goods, plants. Proceeds to benefit Sons of Norway Foundation

FURTHER INFORMATION-PHONE
351-3554, (Eunice) or 465-2444 (Marilyn)

LUTEFISK & MEATBALL DINNER

November 14th, 6:00pm,
Viking Hall



Lutefisk with Butter/Cream Sauce, Norwegian Meatballs, Steamed Potatoes, Peas and Carrots, Cranberry Sauce, Lefse, Riskrem for Desert, Coffee (of course)

Tickets: \$18.00- 12 & up (members); \$20.00 (non-members); \$8.00- ages 5-12

For sale in our lobby: Lutefisk, Lefse, Herring & Lingonberries, Baked goods and Gift Items.

**For reservations call Virginia Nelson at 719-591-7083
 Non-members will be placed on a waiting list until Oct. 26**

Scandinavian Christmas Tea, December 5th, Viking Hall.
See you there! Details on p. 4.

October 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Viking Sisters - 1pm	2	3 BAZAAR - 9am - 12 pm, Viking Hall
4	5 Baking Day - 9am, Viking Hall. Kathy Oldervik, 596-6927	6 Game and Card Night - 12:30 PM, Viking Hall	7 Norwegian Class - 7:00 PM Board Meeting - 7:00	8	9	10
11	12 Baking Day - 9am, Viking Hall. Kathy Oldervik, 596-6927	13	14 Lodge Meeting - 7:00 PM, Viking Hall	15 Ladies Lunch - 11:30 AM. Uwe's, 31 Iowa Ave. Lois Halvorson, 632-6003	16	17
18	19 Baking Day - 9am, Viking Hall. Kathy Oldervik, 596-6927	20	21 Norwegian Language Class - 7:00 PM	22	23	24 Stein Fjell Lutefisk Dinner - 4 and 6 pm, Greeley.
25 Dine Out. Location TBD. Contact Bj and Terry Mapstone, 264-0955	26	27	28 Norwegian Language Class - 7:00 PM	29	30	31 Happy Halloween!

November 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3 Game and Card Night - 12:30 PM, Viking Hall	4 Norwegian Class - 7:00 PM Board Meeting - 7:00	5 Viking Sisters - 1pm	6	7
8	9	10	11 Lodge Meeting - 7:00 PM, Viking Hall	12	13	14 Lutefisk and Meatball Dinner - 6:00pm, Viking Hall
15 Storfjell Institution - 1pm, Church of Eternal Hills, Tabernash, CO.	16	17	18 Norwegian Language Class - 7:00 PM	19 Ladies Lunch - 11:30 AM. Black Bear Café, 975 N. Acad. Blvd. Marilyn Keck, 465-2444	20	21
22	23	24	25 Norwegian Language Class - 7:00 PM	26 Happy Thanksgiving	27	28
29 Dine Out	30					

MEMBER BIRTHDAYS

OCTOBER

- 2 Richard Tygerson
- 3 Ellen May
- 4 Joan Corder
- 5 Adelle Steinseifer
Dan Dane
- 7 Gloria Mitchell
- 11 Marianne Moore
- 13 Doris Olson
Marjorie Lindskog
- 16 Jill Johnson
- 19 Kathryn Oldervik
- 20 Ann Hjelmstad
- 23 Emma Josephine Greek
- 24 Kenneth Tucker
Sonja Gund
- 27 Virginia Nelson
- 31 Agnes Barilovich
Timothy Vanek

NOVEMBER

- 3 Elizabeth Skrukrud
Melvin Strand
- 13 Knut Lyby
- 14 Kimberly Roseland Greenfield
- 18 Beverly Skrukrud
- 20 Edith Rodvold
- 21 Elsie Kuns
- 22 Lawrence Miller
- 28 Swede Knutson
- 30 Lynn Larsen

HERITAGE & YOUTH

OCTOBER

- 14 Madison Ben
Hailey Wendt
- 18 Samantha Wieggers
- 22 Taylor Houston
Andrew Jackson
- 26 Leandra Thresher
- 27 Will Berge
- 29 Maddie Hyde
- 30 Trevor Bervik
- 31 Madeleine Erickson
Sissel Erickson

NOVEMBER

- 8 Tennyson Holloway
Bjorn Lindholm
- 11 Nathan Eacker
- 12 Karston Barney
- 20 Cal Botten
- 22 Michael Sugar
- 23 Rachel Botten
- 28 Maegan Farist
- 29 Damien Galindo
Chelsea Panos
- 30 Kristi Gladem

GAME AND CARD SOCIAL

The next two game and card nights are Tuesday, October 6th and Tuesday, November 3rd at Viking Hall.
We are back to our regular meeting time at 12:30pm.



A pot luck dinner followed by cards and games. Hope to see you there.

If you have any questions, please call Grace Johnson at 632-4885.

LADIES LUNCHEON

October 15, 11:30 AM - Uwe's German Restaurant at 31 Iowa Ave. Contact: Lois Halvorson - 632-6003.

November 19, 11:30 AM - Black Bear Café at 975 N. Academy Blvd. Contact: Marilyn Keck - 465-2444.



As always, men are welcome to join us at their own table.

SUNDAY AFTERNOON DINE OUT

October 25 - Location TBD - Call Bj and Terry Mapstone for more information - 264-0955.

November 29 - Location and host/hostess TBD.

CULTURAL

For the cultural event at our October 14th meeting we will be privileged to have a presentation on Finnmark, Norway's northern most fylke, by Bjørg and Terry Mapstone.

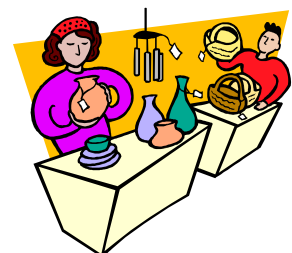
A special thank you to Eunice Bluhm for her informative report on her trip to China this summer at the September meeting.

We would also like to give a super thank you to those who bring treats for the meeting.

Lyle Berge and Sissel Disbrow

BREAKFAST AND BAZAAR OCT. 3, 8AM-2PM at VIKING HALL

Y'all come --- this is our October social. Please come and enjoy a delicious breakfast, have fun and meet the visitors to our Lodge. If you have baked goods, "white elephants", casseroles, muffins which you would like to deliver on an earlier day to the Lodge, please phone Eunice (351-3554), Marilyn (465-2444) or Robin so that we can arrange a time when the building is open. Thanks for signing up to help and for all your support for this great project. There is still room for a couple more vendors too.



Eunice Bluhm
Foundation Director

SCANDINAVIAN CHRISTMAS TEA

Mark your calendars for December 5th, 2 p.m. for this Lodge Holiday event. This is a great beginning to the Christmas Season and we are looking forward to our members and guests attending the tea. Scandinavian treats will be served, along with tea sandwiches and rice cream. A program will be presented, door prizes will be awarded. June Peterson will be taking reservations, space is limited! A bargain for ten dollars!

Sissel Disbrow



SOCIAL NEWS

Our August Ice Cream and a Movie Social was a great success! We had a good turnout and I think everyone enjoyed the movie "Norway: Quest for the Viking Spirit". "Thank you Ginny and Jerry Johnson and helpers." The ice cream was delicious!

The September Anniversary Pot-Luck Social will be on the 19th. Congratulations to Fjellheim on this 36th year!! Thank you all for your contributions to our Lodge!

On October 3rd we will have a Breakfast-Bazaar-Crafts Day. Eunice Bluhm, our Foundation Director has planned a wonderful event. If you are able to contribute baked goods or craft items, that would be much appreciated. Eunice is also hoping for help with setup and cleanup. Give her a call at 719-495-2029 and give her your support!!

Our Lutefisk and Meatball Dinner will be on November 14th. Many of you have already signed up to help but we could use a few more assistants for the serving line and for cleanup on Sunday. Call Bj at 719-264-0955 if you have any questions.

Thanks!
Bj

GRATULERER

STORFELL INSTITUTION

Storfjell Lodge, #169, has reached our magic number of 40+ to be instituted. We plan to have this occasion on Sunday, November 15th. We invite you to join us in making lefse at 1PM at Church of the Eternal Hills in Tabernash, and then later that same day we will have our institution with a dinner. The location and time for the dinner is still being planned and we will advise everyone as soon as the final plans are made.

LUTEFISK DINNER BAKE SALE



This year there will be a Bake Sale at the Lutefisk and Meatball Dinner. For this purpose we are planning to bake a few varieties of traditional Norwegian cookies in our Lodge kitchen.

Three baking days are scheduled for October 5th, 12th and 19th at 9:00 AM. Basic supplies will be provided by the Lodge. Bring your krumkake irons, sandbakkels tins, etc.

If you are interested in participating, please call Kathy Oldervik at 596-6927 for more information. If you are working on your Cooking Cultural Skills, this is a great opportunity to learn a few tips. If you just want to learn how to bake some authentic Norwegian cookies, please join us. The coffee pot will be on!

Bj

NOMINATING COMMITTEE

At the September business meeting, Kathy Oldervik, Rory Foresman and Bj Mapstone volunteered to take on the responsibility of the nominating committee for Fjellheim Lodge. Their job will be to fill the slate of officers for 2010.

Please consider the possibility of serving on the Board. We need a full slate by the business meeting in October. Call Kathy O., Rory, or Bj.

FOR YOUR CALENDAR

October 6, 2009, 7:00 PM
Holy Shepherd Lutheran Church
9th and Kipling
Lakewood, CO

Fjelldalen Lodge 6-162 invites members and guests to a program by Captain Norman Midthun of Minneapolis, MN. Captain Norm joined the Norwegian Air Force in Canada at age 17. He served in the World War II and will share his experiences with Colorado Sons of Norway. His presentation comes highly recommended.

RECEPTION will follow. For information call:
Newland's 303-973-8097
Barbara Robb 303-443-9158

STEIN FJELL LODGE 30TH ANNUAL LUTEFISK AND MEATBALL DINNER

Saturday October 24, 2009. Dinner seatings at 4:00 and 6:00 pm at Our Savior's Lutheran Church at 1800 21st. Ave in Greeley. Adults - \$15, children ages 4 to 10 - \$6. The event includes butikkk with Scandinavian gifts and baked goods for sale.

For information and ticket sales call Marian and Ras Erdal at 970-225-9035.

FMC

Thank you to Kay and Dennis Laux for donating a Webber Grill to the Lodge.

The parking lot will be repaired, resealed and restriped this fall.

Swede



THE SUNNY CORNER

There is no sunshine news to report. If you know of someone who needs a little extra sunshine in their life, please let me know.



*Myra Hansen
Sunshine Director
578-1336*

2009 SOCIAL CALENDAR

October 3 Breakfast - bazaar, crafts day
November 14 Lutefisk/Meatball Dinner
December 5 Christmas Tea
December 19 Family Christmas Party



Attention: We need someone fill the position of Social Coordinator or Director. If you are interested, please contact any Board member.

NEWSLETTER RELEASE FOR OCTOBER 2009 SONS OF NORWAY:

The great recession of our times seems to be leveling off a bit if you listen to the experts. Many have suffered portfolio losses of 40% and worse, we have seen the first quarter of this year as a time of recouping. Were you one of those people that said, "I'm getting out of the risk business as soon as things level off a bit."? The time is now. Your Sons of Norway Financial Benefits Counselor can show you how to actually replace some of the wealth you have lost with our Nordic Elite II (life insurance), and to put your hard earned dollars into a safe and guaranteed place that will give you peace of mind from this point forward.

Sons of Norway knows that many people are concerned about reducing taxes and having money grow without market risks, our annuity can provide that for you. Other benefits are the avoidance of probate with these funds and the flexibility of accessing the money as needs arise.

LaRue Hanson
2523 Shalimar Dr.
Colorado Springs, CO 80915-1030
E-mail Lhanson1@msn.com
Office 719-599-8546
Cell 719-237-7314

OLE AND LENA JOKE

Lars, the bartender, asked Ole, "Do ya know da difference between a Norwegian and a canoe?"

"No, I don't," answered Ole.

"A canoe will sometimes tip," explained Lars.

FOOD BANK DONATIONS

With our Lodge funds being as limited as they are, it has been suggested that as an alternative to giving a yearly cash donation to charities, we start donating to a local food bank on a monthly basis. If each of our members brings a can of food or other non perishable food item (please check expiration dates) to our monthly meetings, place them in a box and during the meeting we draw the name of a food bank from a compiled list and make a monthly donation. If you know of an organization that might need our help, perhaps a church, please bring it to the attention of a Board member.

We will need someone to co-ordinate this program and additional volunteers to weigh the food items, keep record of the weigh and make the deliveries. If you would like to help, call Kathy Oldervik at 596-6927.



MUTTON STEW

From The Norwegian Kitchen
Ingredients:

- 1 Tbsp. butter
- 700 g (1 1/2 pounds) boneless lamb shoulder meat, sliced or in chunks
- 1/4 medium cabbage, in thin wedges
- 1/4 small rutabaga, sliced
- 1 large carrot, in chunks
- 15 cm (6" length) leek, in chunks salt
- 2 tsp. grated fresh ginger
- 1 tsp. ground black pepper
- 2 dl (3/4 cup) water
- 2 1/2 Tbsp. butter
- 3/4 dl (1/3 cup) flour
- vinegar
- sugar

Melt the butter in the bottom of a pot. Add the meat, then the vegetables. Sprinkle with salt, ginger and pepper. Pour water over mixture to cover. Bring to a boil and skim well. Lower heat and simmer, shaking the pot now and then so the meat won't stick, until the meat is tender, 60-75 minutes. Melt the butter and stir in the flour. Gradually add to cooking liquid (meat and vegetable mixture). Season with salt, pepper, vinegar and sugar. Arrange meat and vegetables on a platter. Serve with sauce and boiled potatoes.

AN INTER-LODGE CONTEST ANNOUNCED!

The District 6 Membership Contest encourages you to achieve lodge growth by recruiting new members aged 50 and younger by May 31, 2010. The prizes are based on percentages, so every lodge has the same opportunity for success. Good luck to all.

Win Many Times

1) The winning lodges will receive a prize and recognition at the District Convention in Modesto in June, 2010.

2) The prize may be utilized within your lodge as a raffle prize, and the lodge "wins" again by earning money from the raffle sales. (The prize may be used however the lodge desires.)

3) Efforts in this promotion may also qualify for the organization wide Fall Recruitment Blitz (now through year end - see July Resource).

4) Individuals recruiting new dues paying members will be entered into the drawing for the "Norwegian Experience."

5) The lodge wins again by increasing your membership and gaining valuable new members.

HELPFUL HINTS:

1) Convert Heritage members turning 16 into Unge Venner, either free under a family membership or as a reduced dues paying member. (Only dues paying Unge Venner qualify for the Fall Blitz.)

2) Encourage members to purchase gift memberships for their children and grandchildren.

3) Contact International Studies departments at colleges and universities.

4) Recruit at community events, church, work, and even shopping. Wear Sons of Norway logo items, rosemaled T-shirts, Norwegian flag pins, etc. outside of your lodge meetings. Order Sons of Norway bumper stickers and decals and use them.

5) Recruit middle aged and older members, too. They might have children and grandchildren.

Sons of Norway, District 6 Membership Committee

Lyle Berge, chairman, and your seven Zone Directors

SONS OF NORWAY MEDIA LENDING LIBRARY

Whether you're looking for some new music to play at your next lodge meeting, or a Norwegian film to watch over the weekend, the Sons of Norway Media Lending Library has what you're looking for!

One of the highlights of the Media Lending Library is a film, called "Reprise", which can best be described as a story of youthful exuberance contrasted with the perilous unpredictability of life. It's a mature, fast-moving story about two main characters, Phillip and Erik, whose only goal is to become famous authors in their own right. With grainy footage and quick-cut editing, the film really captures the less-than-Hollywood reality of life for young people trying to live out their dreams.

Or, if a comedy is more to your liking, maybe you should check out "Elling," a story about the title character and his friend, Kjell Bjarne, a gentle giant living in a state-funded apartment and receiving a stipend from the government. The pair find oddball ways to cope with society, striking up the most peculiar friendships in the most unlikely places.

If you'd like to check out either of these films, or want to learn more about what the Sons of Norway Media Lending Library has to offer, call (800) 945-8851.

HALLOWEEN IN NORWAY

Celebrating Halloween is a new tradition Norway. As recently as the 1990s the holiday was almost unheard of. When "It's the Great Pumpkin, Charlie Brown" was translated to Norwegian the Great Pumpkin became the Old Man of Olsok. There are many theories as to how Halloween came to the country. Some believe that American candy companies marketed it, while others believe that it had something to do with American comic books. Nevertheless it looks like Halloween is here to stay.

The celebration in Norway resembles that in the US with a few exceptions. Children say "knask eller knep" or "dig eller deng" and both phrases have about the same meaning as "trick or treat." Sometimes the "trick" part is taken a little too seriously. It's not unusual to read about vandalism or egging after the holiday and many Norwegians find it annoying to have so many people coming to their doors. Because the holiday is relatively new, the Norwegian newspaper Aftenposten printed a few tips on how to celebrate properly, among them:

- Only October 31st is Halloween. (evidently there's been a problem with people trick-or-treating for days afterwards)
- Adults should accompany the smallest children.
- Only visit neighbors and friends to avoid making people angry.

2009 OFFICERS

Board of Directors

President Rory Foresman — 640-7280
rory@xpretail.com

Vice President

Counselor **OPEN**
Björg Mapstone — 264-0955
bjorgmapstone@comcast.net
Secretary Marilyn Keck — 209-5805
Asst. Secretary Virginia Nelson — 591-7083
Treasurer Laurance Moe — 260-9490
Asst. Treasurer Bill Hill — 719-544-1321
Membership Sec. Kathy Oldervik — 596-6927

Program Directors

Social Coordinator **OPEN**
Cultural Programs Sissel Disbrow — 540-2737
Lyle Berge — 720-470-4961
Cultural Hostess Dorothy Hanson — 599-8546
Sunshine Director Myra/Jim Hansen — 578-1336
Youth Director Louella/Dan Gavin — 522-1462
Sports Director LaRue Hanson — 599-8546
Foundation Director Eunice Bluhm — 495-2029
Language Teacher Patricia Staubo — 635-7985

Support Officers

Greeters Owen Bergland — 576-1396
Jerry Maines — 282-0908
Marshals Dennis/Kay Laux — 570-6105
Editor Knut Lyby — 536-0647
kmlby@msn.com
Musician Sonja Gund — 473-9588
Publicity Coordinator Sissel Disbrow — 540-2737
Historian Virginia Nelson — 591-7083
Photographer Sissel Disbrow — 540-2737
Librarian Sonja Gund — 473-9588

Viking Sisters

President Grace Johnson — 632-4885

Fjellheim Management Corporation (FMC)

Directors Agnes Barilovich (2009) — 574-5653
Chuck Sullivan (2009) — 597-0381
Inger Pappas (2010) — 596-7618
Swede Knutson (2010) — 473-3297
Karen Ravnaas (2011) — 390-0621
Espen Jansen (2011) — 265-1789
Trustees Terry Mapstone (2009) — 264-0955
Michael Johaneson (2010) —
303-663-3251
Jerry Johnson (2011) — 495-0253

Committees/Special Activities

Auditors Dean Tollefson — 473-1110
June Peterson — 599-3235
Marge Berg — 576-1253
Finance Chairman Michael Johaneson — 303-663-3251
Adopt-A-School Sissel Disbrow — 540-2737
Tubfrim Ginny Johnson — 495-0253
Volunteer Hours Cleo Allgood — 598-1982
Field Representative LaRue Hanson — 599-8546

Colorado Zone 8 Director

Diane Molter — 303-288-6014
lakeviewviking81@live.com

District 6 Vice President

Lyle Berge — 720-470-4961
Bergenorsk@comcast.net

Sons of Norway
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