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JANUARY/FEBRUARY 2010

Volume 37, Issue 1/2

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) 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

JANUARY

Breakfast Social
 January 16th - 9 am
 Viking Hall
 Cost \$ 8.00

Reservations to Millie Sullivan at 597-0381

FEBRUARY

MEMBER APPRECIATION
 LUNCHEON

SUNDAY FEBRUARY 28TH

Social Hour: 12.00pm - Lunch: 1:00pm

Please join us as we celebrate and show appreciation for our Fjellheim 6-107 Lodge members

Members Free
 Non-members: \$10.00

For reservations please call Virginia Nelson: 591-7083 by February 24th

January 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Godt Nytt År!	2
3 Undeck the Hall, 10 AM, Viking Hall	4	5 Game and Card Night - 12:30 PM, Viking Hall	6 Norwegian Language Class - 7:00 PM Board Meeting - 7:00	7 Viking Sisters - 1PM	8	9
10	11	12	13 Lodge Meeting - 7:00 PM, Viking Hall	14	15	16
17	18	19	20 Norwegian Language Class - 7:00 PM	21 Ladies Lunch - 11:30 AM	22	23
24	25	26	27 Norwegian Language Class - 7:00 PM	28	29	30
31 Dine Out						

February 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2 Game and Card Night - 12:30 PM, Viking Hall	3 Norwegian Language Class - 7:00 PM Board Meeting - 7:00	4 Viking Sisters - 1PM	5	6 Zone 8 Leadership Conference, Trollheim Lodge
7	8	9	10 Lodge Meeting - 7:00 PM, Viking Hall	11	12	13
14	15	16	17 Norwegian Language Class - 7:00 PM	18 Ladies Lunch - 11:30 AM	19	20 Barneløpet, Snow Mountain Ranch, Winter Park
21	22	23	24 Norwegian Language Class - 7:00 PM	25	26	27
28 Dine Out						

MEMBER BIRTHDAYS

JANUARY

2	Curtis Aaland
3	Craig Eustice
4	Susan Lewis Eleanor McLeod
6	Jamie Allen James Oldervik
8	Nanette Smith
11	Wilma Nau
14	Inger Pappas
15	Gary Barnes Lois Enderud
18	Lee Eldridge Alex Parra
19	Elmer Routh
20	Jewel Sigaty
21	Maria Zakrzewski
22	Allen Kuehn
25	Joan Bakken
26	Carol Eacker
27	Bonnie Bergland
30	Beverly Lessard

FEBRUARY

1	Kris Barney
6	Stephanie McCall
8	Vivi Bjornen Anne Leonard
11	Beverly Broin
19	Espen Jansen Dan Gavin
20	David Haukom
21	Ladyhawk Freeman-Clark
22	Kerry Ann Hefta Clarence Osleson
23	Ina Guyer Celeste Osburnsen A. Laurance Moe
24	Earl Helseth
25	Paul Wiig
27	Elaine Hellem
28	Richard Jacobson
29	William Hill

HERITAGE & YOUTH

JANUARY

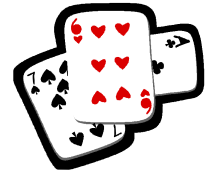
8	Meghan Kuehn
18	Holli Johnson
25	Melissa Davis
30	Maren Lyby
31	Ryley Apodaca-Eacker

FEBRUARY

3	Alexander Bervik
15	Charles Wurzer
18	Leland Bishop

GAME AND CARD SOCIAL

The next two game and card nights are Tuesday, January 5th and Tuesday February 2nd at Viking Hall at **12:30pm**.



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

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

LADIES LUNCHEON

The next dates for the luncheons are Thursday, January 21 and Thursday February 18. More information will be announced at the next business meetings.



SUNDAY AFTERNOON DINE OUT

The dates for the upcoming Dine Outs are Sunday, January 31 and Sunday, February 28. More information will be given at the next business meetings.

SCANDINAVIAN CHRISTMAS TEA

Our first annual Scandinavian Christmas Tea was a huge success!! We had 160 reservations with a waiting list. Our profit was \$1466.00! There are many members and friends who worked so hard to make this tea successful. Without the help of all of you, events such as this would not happen.

Our table hostesses included Bjorg Mapstone, Lois Halvorson, Eleanor McLeod, Cathe Berg, Kathy Oldervik, Agnes Barilovich, Eunice Blum, Sonja Gund, Sarah Ostrem, Virginia Nelson, Ginny Johnson, Millie Sullivan, Marilyn Keck, Nancy Allen, Marie Berggren, Ruth Wiig, and Marianne Reisinger. These ladies were responsible for a table of eight guests and this included decorating, furnishing dishes, and serving tea and goodies to her table guests. From June Peterson, our reservation chairperson, to Tom Quinn our tea maker, to Inger Pappas who decorated our door prize baskets, to Betty McIntyre who worked tirelessly in our kitchen, and to all of our cookie and food bakers - we thank you!!

Thanks to our First Lutheran ladies who entertained us with their humor and wit, and to Lu Moen who shared her vocal talents, our thanks to all of you who so warmly supported us.

Sissel Disbrow
Christmas Tea Chairwoman

JOKE OF THE MONTH

Two men debate whether Hawaii is pronounced:
"HaVaii" or "HaWaii."

They ask a passerby, who answers "Havaii."

"Thank you," says the satisfied first man.

"You're welcome," replies da Norwegian

DISTRICT 6 ZONE 8 COLORADO SONS OF NORWAY LEADERSHIP/MEMBERSHIP CONFERENCE

Saturday, February 6, 2010 9:00 am to 3:30 pm
at Trollheim Lodge Hall, 6610 W 14 th Ave. Lakewood, Co 80214

First we have Coffee..

International, District, Zone Updates and Upcoming Events
Barneløpet, Ski for Light, District Meeting and International Convention.
Estes Park MSF, H.R.European Festival. Kretsstevne, New Lodge updates.

A Word from our Sponsor

Lunch....Provided by District 6

Breakout sessions. A. Membership R & R,
B. Programming Resources Forum
C. Working Together & Fundraisers
D. How to be an Effective Delegate
E. Past Presidents Club Meeting

Coffee Break and Social, Closing remarks

Rsvp to GRNBViking09@live.com

Thank you for your attention. Reminder ALL MEMBERS WELCOME!!!

Diane Molter,
Zone 8 director

FOUNDATION NEWS REPORT FOR 2009

Fjellheim members are to be congratulated for their support of activities to raise money for our SON Foundation which oversees funding for disaster relief and educational endeavors. I'll recap some of our efforts. Thanks to Sonja Gund for the idea of collecting money from those hoping to acquire her "antique" piano bench. BJ Mapstone was the winner--wonder where the bench is now? Thanks to Rosa Strand for helping with a raffle to share mouth-watering cookies and the secret family recipe to match.

Our Breakfast, Bazaar and Craft Show brought in visitors from the community as well as members. The blanket for the raffle was donated by Cheri and Hunter Hughes and won by Gloria Eastman. The lap quilt was donated by Lori Hamline and won by Doug Haug. Marilyn Keck helped with advertising, taking calls and wherever needed. Many commented on the delicious breakfast (comprised of mostly donated items). We were lucky to have a variety of vendors, artists and crafters. Thanks to all who baked for breakfast and for our lodge tables, set up and took down tables, rented tables, donated items to be sold, washed dishes, greeted, prepared plates, served, cashiered, cleaned, advertised, bought raffle tickets, came to eat breakfast and to socialize, and all the other things which you pitched in to do so willingly to make the day a success. We cleared about \$1044 on our Breakfast, Bazaar and Craft day. This was a joint undertaking with the lodge as a whole so we share the profits. Considering all our projects, our total contribution for the year to the SON Endowment Fund for the Foundation was well over \$600. Thank you to everyone for your concern, hard work and participation.

Eunice Bluhm
Foundation Director for 2009

UN-DECK THE HALL

We will be taking down the Christmas decorations at Viking Hall on Sunday, January 3rd. If you have the time, please join us at 10:00AM to pack up the trees, garlands, and wreaths that have made our Hall so festive throughout the holiday season. Lunch will be provided. Hope to see you there.

Øj

FROM YOUR FINANCIAL BENEFITS COUNSELOR

It's that time of year again, the hustle and bustle of the holidays are upon us. Here are a few things you can receive help with from your Sons of Norway reps.:

1. Charitable giving, get the most bang for your buck
2. Gifts to family, life insurance on self and family members, the gift that keeps giving
3. Fund or start IRA's
4. Reposition assets for growth and safety
5. Schedule a review with your Sons of Norway Financial Benefits counselor

You'll feel better and ready to face the New Year after you accomplish the above list. Then there's that other list; shopping, cards, parties, company and lodge functions.

Merry Christmas to all and I want you to know how much your support means to me. Thanks!

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

FROM YOUR NEW SUNSHINE DIRECTOR:

First I would like to say a big – Mange Tusen Takk - to Myra for all her years of service as Sunshine Director. She provided many birthday greetings, cards, flowers, and sympathies to numerous Fjellheim members and families over the years. Her dedication has been above reproach and she set a very high standard for me to follow. Thank you Myra and best wishes to you.

Gerd Forsa is ill and is receiving treatment at home in Norway. I am sure she would appreciate hearing from her friends at Fjellheim. Her address is:

Gerd Forså
Aspenvegen 11
9408 Harstad
NORWAY

Please keep her in your thoughts and prayers.

Going forward, please send your news on births, anniversaries, illnesses, and interesting Sunshine information you would like to share, to Karen Ravnaas. My home phone is 719-390-0621 and my personal e-mail is KRavnaas@aol.com. Most of you know I don't spend a lot of time in my own personal e-mail and computer because I sit in front of a computer all day at my job. However, I promise to be diligent and open it on a regular basis! And no – I don't text (need a cell phone to do that!) and I don't tweet or have a Facebook account – enough already!!!

A belated Merry Christmas to all and to all, a Happy New Year. May 2010 be filled with promise and prosperity.

Your new
Sunshine
Director,
Karen



THE SUNNY CORNER



I do not have any Lodge news to share. I did want to let you know that I am stepping down as Sunshine Director. My schedule is getting increasingly busy now that the kids are getting older. I have enjoyed my years in this position. My replacement will be **Karen Ravnaas**. Thank you for letting me serve you, and I wish you all good health and much happiness.

Myra Hansen

FAREWELL ANNE!

Our dear member Anne Beahler will soon be leaving Colorado Springs. Anne is a charter member of Fjellheim Lodge and for the past thirty six years has been an active participant in Lodge activities. She was the Editor of the Flammen for several years. She kept the mailing list and posted the news-letters. In addition, she filed a copy of every Flammen published. Anne served as Lodge Assistant Secretary and Secretary. She started our Library and was Librarian for several years.

Besides these official positions, Anne organized pot-luck meals, set up mid-morning coffees and “little lunches” at retreats, and supervised the table setting at the Lutefisk Dinners at Bennet Hill. She organized the first Frokost held in our Lodge. Anne coordinated the coupon program which resulted in the Lodge silverware collection. She also worked with our Bingo program.

Anne and her husband Lee were members of the Scandinavian folk dance group. They were also in charge of planning mountain hikes during the summer months.

Her service has been such that at our Lodge 30th Anniversary, Egil Aschim, the organizer of our Lodge, traveled from the east coast to present a dozen roses to Anne. Noting that he was a faithful reader of our newsletter, he praised her for her outstanding service to our organization, from the beginning and continuing consistently to the present.

Anne has been a compassionate friend to her fellow Lodge members and a faithful volunteer for Sons of Norway and Fjellheim Lodge. Anne we thank you with all our hearts .This isn't goodbye but rather “until we meet again”. We'll all miss you! Take good care! Ha det godt og lykke til!

SOCIAL NEWS

December was a busy month! Our Scandinavian Christmas Tea on the 5th was a huge success. Sissel and her committee transformed our dining room into a spectacular tea parlor. Each table was beautifully set and decorated. The assortment of delicious sandwiches, soup, cakes, cookies, riskrem and tea were lovingly prepared and presented to our guests. The entertainment was just right. A great time was had by all! The Family Christmas Party will be on the 19th. We are all looking forward to the feast and the fellowship with our Lodge friends and family.

In January we will present Breakfast at the Lodge. The cost for the meal will be \$8.00. Hope to see you all there. The February Social will be a Member Appreciation Luncheon on February 28th. Social time will start at 12:00 with the meal to follow at 1:00. This event is free for our members and \$10:00 for non-members.

Bj

JAN/FEB 2010 PRESIDENT'S MESSAGE

Happy 2010! I hope that you and yours had a joyful Christmas. Well, I am back for another run as your Lodge President and count on your help to make this year fun and productive.

Viking Hall was decorated for Christmas on November 29th and it looks very festive! Thanks to everyone who helped we got the job done, including a fine lunch, in four hours. We had the assistance of four eager and helpful Heritage members. Special thanks to Meagan, Amanda and Trevor Oldervik and Brock Allen. We will take down and pack up the decorations on Sunday, January 3rd at 10:00. We will provide a little lunch and hope to see you there.

Our Scandinavian Christmas Tea was a tremendous success! Congratulations to Sissel and Company!! We had a splendid afternoon of delightful food and wonderful entertainment.

In spite of the cold weather, we held our December business meeting. It was announced that we have sent contributions to ten organizations that touch the lives of many of our members. We thank Care and Share, El Paso Search and Rescue, Fountain Valley Senior Center, Goodwill Industries of Colorado Springs, Heartbeat, Huntingtons Disease Foundation, Juvenile Diabetes Research, Memorial Hospital Art Therapy Program, Pikes Peak Hospice, and Silver Key Senior Services for their continuing good work in our community. The pre-meeting pot-luck was wonderful thanks to Dorothy and Lois and all who contributed to the meal.

Our Flammen deadline comes before the Christmas Party on the 19th. I know that a lot of planning and preparation is being put into making this a festive event. Some of our most treasured cultural traditions are those associated with Christmas. Many things fade with time, but at Christmas those memories are crystal clear. We remember how the tree was decorated, the heavenly aromas coming from the kitchen, and Norwegian music and stories. The sharing of our cultural background and traditions is the reason that we participate in Sons of Norway. As you read this newsletter, Christmas of 2009 will be another memory.

Some time within the next few weeks our dear friend Anne Beahler will be leaving Colorado Springs. She will be moving to the state of Washington to live with her daughter Chris. After all these years, it will be next to impossible to say goodbye so we'll say "until we meet again". We wish them a safe journey! Thank you, Anne, for all your years of service and friendship. Ann and Chris will be attending our Lodge meeting on January 13th before they head out on their road trip out West. Come and share a piece of cake and a memory or two with Anne.

I would like to express the Lodge's special thanks to all of last year's Officers, Directors, Support Officers and Committee Chairs for your participation and support. It takes all of us contributing where we can in order to continue to operate. I would like to extend a warm welcome and thanks to everyone who has volunteered to serve in 2010.

We will have the first Board meeting of 2010 on January 6th. This will be a joint meeting of the 2009 and 2010 Board members. At our lodge meeting on the 13th, we will have our Installation ceremony.

Please join us for Breakfast on January 16th at Viking Hall. (See the ad. on the front page)

On Sunday February 28th we will have our Member Appreciation Luncheon. This event is free for members. Please join us as we honor our dedicated volunteers. (See the ad. on the front page).

See you all soon!
Bj

P.S. There will be a Zone 8 Membership/Leadership Conference on Saturday, February 6th at Trollheim Lodge in Lakewood from 9:00 am -3:30 pm. All are encouraged to attend.

Barnløpet will be on February 20th at the YMCA Snow Mountain Ranch.



SONS OF NORWAY FOUNDATION

Congratulations to LaRue Hanson and family as they won the "Santa Skier" that was raffled off at the December 9th meeting/potluck. Even though weather kept many members at home, the Foundation raised \$24.00! Thanks to all who contributed to this worthy cause.

At the January 13th meeting, the "White Pig" will be once again be accepting donations at the coffee table to benefit our Sons of Norway members in need. Every little bit helps. (\$1.01 was given to the "Pig" in December) Please be generous in depositing your spare change into him.

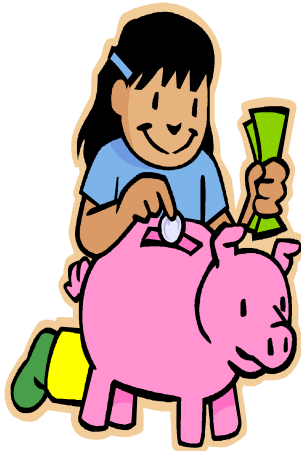
The Sons of Norway Foundation at the National Headquarters is sponsoring "A Coin a Day the Foundation Way" throughout 2010. Giving just \$.25/day into the Coin Bank adds up (averaging \$7.50/month for 10 months = \$75.00---including Foundation Month in October 2010). If our members at Fjellheim Lodge could make a commitment to support this event for 2010, educational scholarships, funds for outreach programs, and grants promoting Norwegian heritage and culture will be helping all the Sons of Norway members, their children and grandchildren.

Here's what we can do: There will be flyers to wrap around your empty soda cans (Coin a Day Bank) that will be distributed at the square table as you come into the hall (there will be a Coin A Day sign displayed):

1. To the first six members who pick up their flyers, they will receive a Day Bank with \$.25 inside to begin their donation
2. Flyers will be given to all SON members who plan to give each month
3. When the Bank is full, make a check to cover the amount, payable to Sons of Norway Foundation and give to Nancy Allen, your Foundation Director, who will mail all checks to Headquarters. She will be at the monthly meetings to receive your contribution.
4. Your donations are tax deductible.

Again, your financial support is appreciated. It's a wonderful feeling to take care of our own Sons of Norway members and their families. Let's make 2010 a successful year for Sons of Norway!

Nancy Allen



2010 OFFICERS

Board of Directors

President	Björg Mapstone — 264-0955 bjorgmapstone@comcast.net
Vice President	Kathy Oldervik — 596-6927
Counselor	Rory Foresman — 640-7280
Secretary	Marilyn Keck — 465-2444
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	Cleo Allgood — 598-1982 Elaine Hellem — 471-8552 Betty McIntire — 635-5294
Cultural Programs	Sissel Disbrow — 540-2737 Lyle Berge — 720-470-4961
Host/Hostess	Dorothy Hanson — 599-8546 Ginny Johnson — 495-0253 Karen Ravnas — 390-0621
Sunshine Director	Louella/Dan Gavin — 522-1462
Youth Director	Kerry Hefta — 266-9429
Sports Director	Nancy Allen — 310-2466
Foundation Director	Patricia Staubo — 635-7985
Language Teacher	

Support Officers

Greeters	Owen Bergland — 576-1396 Ken Halvorson — 632-6003
Marshals	Ole and Joan Bakken — 632-3892
Editor	Knut Lyby — 536-0647 kmlyby@msn.com
Musician	Sonja Gund — 473-9588
Publicity	Eunice Bluhm — 495-2029
Historian	Virginia Nelson — 591-7083
Photographer	LaRue Hanson — 599-8546
Librarian	Sonja Gund — 473-9588

Viking Sisters

President	Grace Johnson — 632-4885
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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 Ravnas (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 Millie Sullivan — 597-0381
Finance Chairman	Michael Johaneson — 303-663-3251
Adopt-A-School	Roseann and Rory Foresman — 640-7280
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
GRNBViking09@live.com

District 6 Vice President

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

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HOLMENKOLLEN RACES TO MEET DEADLINE

Christmas has come early to organizers of the Nordic World Championships, which will be held in Oslo in 2011. They've convinced several major Norwegian companies to sponsor the huge and expensive event, as they race to get the new Holmenkollen Ski Jump ready in time. After months of bad news -- from stunning budget overruns for the new ski jump and concerns about finding sponsors -- the organizers can relax at least a little bit during the Christmas holidays. They could even watch the last part of the main structure of the ski jump being hoisted into place late last month.

"I'm incredibly proud and glad that three of Norway's biggest and most influential companies have joined the World Championships team," Åsne Havnelid, chief of Oslo 2011, told newspaper *Aftenposten* on Friday.

Statoil, Norway's largest company, has agreed to be the event's main sponsor, committing EUR 2 million (around NOK 17 million) to support Oslo 2011. Industrial concern Aker Solutions and Norway's biggest bank, DnB NOR, have also committed large sums to be major sponsors but Havnelid won't say how much they'll contribute.

Oslo 2011 will also get NOK 65 million from the international ski federation FIS to host the Nordic World Championships in 2011. Havnelid said it's important, though, to have sponsor income to fund activities before and after Oslo 2011.

Statoil, which earlier sponsored Norway's alpine skiing team, will also get broad exposure as a sponsor. The World Championships, a Statoil spokesman noted, are "much more" than an Oslo event, with potential for international television coverage.

Construction of new facilities at Holmenkollen continues at a high tempo, with crews working day and night to get the site ready for trials in mid-March. Local authorities in Oslo must decide by January 10 whether the main Holmenkollen Ski Jump can be used by then. Work on the smaller Midstuen jump nearby has been pushed forward so that organizers can have a back-up alternative.

The old Holmenkollen Ski Jump dated from 1939 and had been modified as many as 15 times since, mostly in connection with the 1952 Winter Olympics when they were held in Oslo. The landmark was torn down to give way to a new jump that would meet new requirements tied to a World Championship.

The project has been marred by budget overruns and worries over the tight construction deadline. Environmentalists have also complained about damage, some of it unwitting, to local forest areas caused by bulldozing. Some neighboring homeowners also have reported damage to their houses caused by blasting, and the city is required to make and finance repairs.



PHOTO: Sven Goll

(Story written December 18, 2009)

Views and News from Norway/[Sven Goll](#) and [Nina Berglund](#)