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MAY/JUNE 2010

Volume 37, Issue 5/6

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

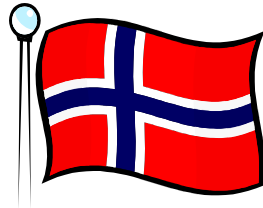
SEND ARTICLES TO YOUR EDITOR:

Knut Lyby
 5520 Sample Way
 Colo. Spgs. CO 80919
 or to: kmlyby@msn.com
 Phone: 536-0647
Deadline for the August/September issue is July 15th

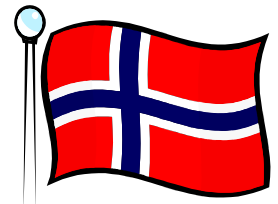
MAY

17 MAI CELEBRATION

Norway's Constitution Day



Sunday, 16 May
 1:00 PM at Viking Hall
 Adults: \$10.00
 Children (5-10): \$5.00
 Under 5: Free



There will be games for children of all ages
 A picnic lunch will be served

Please call **June Peterson: 599-3235**
 for reservations by **12 May**

JUNE

SKY SOX BASEBALL AND DINNER



Tuesday 29 June at 6:00 PM
 Game starts at 7:05 PM

Sky Sox will be playing The Portland Beavers

Adults \$20.00
 Children 12 and under \$13.00
 Parking is \$2:00



Dinner is Buffet Style all you can eat BBQ Pulled Pork, BBQ Chicken, Hamburgers, Hot Dogs, Baked Beans, Potato Salad, Potato Chips, Cookies and assorted Pepsi Products

RSVP by 18 June to Dean Tollefson , 719-473-1110
 1110 McArthur Ave. Colorado Springs, CO 80909
 Please make checks payable to Sky Sox

**WE'LL BE AT SPRINGS SPREE
 MEMORIAL PARK, JUNE 19-20**

May 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5 Norwegian Language Class - 7:00 PM	6 Viking Sisters - 1PM Game and Card Night - 5PM, Viking Hall	7	8 Spring Work party, 9 AM, Viking Hall
9	10	11	2 Lodge Meeting - 7:00 PM, Viking Hall	13	14	15
16 17 mai Family Picnic - 1:00 PM, Viking Hall	17	18	19 Norwegian Language Class - 7:00 PM	20 Ladies Lunch - 11:30 AM, Applebee's, 495 Garden of the Gods	21	22
23	24	25	26 Norwegian Language Class - 7:00 PM	27	28	29
30 Dine Out - 1:00 PM, Stagecoach Inn	31					

June 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Game and Card Night - 12:30 PM, Viking Hall	2 Norwegian Language Class - 7:00 PM Board Meeting - 7:00	3 Viking Sisters - 1PM	4	5
6	7	8	9 Lodge Meeting - 7:00 PM, Viking Hall	10	11	12 Vestafjell's 20th Anniversary Dinner, see p.4 for more info.
13	14	15	16 Norwegian Language Class - 7:00 PM	17 Ladies Lunch - 11:30 AM, Lettuce Head, 2917 Galley Rd.	18	19 Springs Spree, Memorial Park, Colorado Springs
20 Springs Spree, Memorial Park, Colorado Springs	21	22	23 Norwegian Language Class - 7:00 PM	24	25	26 Midsummer Festival, Estes Park
27 Midsummer Festival, Estes Park Dine Out - 1:00 PM, TGI Friday's	28	29 Sky Sox Game and Picnic - 6:00 PM, Security Service Field	30 Norwegian Language Class - 7:00 PM			

MEMBER BIRTHDAYS

MAY

1	Ole Bakken
	Penny Dokken
2	Marilyn Keck
6	Marie Allen
	Nancy Gishwiller
8	Ann Janitell
	Gwendolyn Becker
9	Lois Halvorson
12	Olav Gonsholt
	Richard Erickson
16	Jack Anderson
20	James Hansen
22	Russell Eacker
24	Susan Foust
25	Chris Beahler
27	Mary Haukom
30	Candance Lesoing
	Dorothy Hanson

JUNE

4	Lorraine Sorensen
5	Matthew Disbrow
8	Marlowe Sorge
	Michael Johaneson
12	Charles Sullivan
16	June Peterson
	Rosa Strand
23	Diane Lindholm
29	Mildred Sullivan

HERITAGE & YOUTH

MAY

9	Ethan Coltrin
12	Hunter Hughes
14	Isabeau Hall
15	Dallas Wendt
26	Nicole Berge
	Daniel Gladem

JUNE

1	Caleb Broin
4	Paul Kuehn
	Ryan Hollenbeck
14	Madison Marriott
	Taylor Berge
18	Taylor Brevik
22	Lilli Hansen
23	Reece Apodaca-Eacker
24	Mary Hansen
27	Krista Robinson
29	Charles Hansen

GRATULERER MED DAGEN
ALLE SAMMEN!!

GAME AND CARD SOCIAL

Note change in date and time for May: Thursday May 6th at 5pm due to the Lodge being rented on the 5th. In June we will meet on our regular time and date.



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

May 20th, 11:30; Applebee's, 495 Garden of the Gods. Hosted by June Peterson - 599-3235.

June 17th, 11:30; Lettuce Head, 2917 Galley Rd. Hosted by Eleanor McLeod - 632-5693.

July 15th, 11:30; Miramont Castle, 9 Capitol Hill Ave, Manitou Springs. Hosted by Grace Johnson - 632-4885.



As always, men are welcome at their own table.

SUNDAY AFTERNOON DINE OUT

May 30th, 1pm, Stagecoach Inn, 702 Manitou Ave., Manitou Springs. Hosted by Marilyn Keck, 465-2444.

June 27th, 1 pm, TGI Fridays, 7061 Commerce Center Dr (I-25 and Woodmen). Hosted by June Peterson - 599-3235.

CULTURAL INFO

During the May 12 meeting we will honor our connections to Norway, including your time spent there for Syttende Mai, Sankt Hans Aften and other trips. We ask that all members please bring your pictures, personal memories, comments to share these with the members of our Fjellheim lodge.

On June 9th we will have a super video presentation taken from the Hurtigruten trip which went from Bergen northward and above the Arctic Circle. "The World's Most Beautiful Voyage" will be presented by Jo Kirkenaer. He is a member of Vesterheim in Boulder as well as the regional president of the Rotary Club. Jo is a long-term member of Sons of Norway, having transferred from Vista, CA and prior to that from the east coast.

Special Thank you to Dorothy Hanson as she continues to line up our special food hosts for these evenings.

Zone 8 is working on plans to hold a Kretsstevne this September, possibly in our area of Colorado. More details will be available soon.

Lyle Berge and Sissel Disbrow

KEEP THE DATES

Sunday, August 22 - social to be named
Sunday, September 26 - Anniversary Event
Sunday, October 17 - social to be named
Saturday, November 13 - Lutefisk Dinner
Saturday, December 4 - Christmas Tea
Sunday, December 19 - Family Christmas Party



SPRINGS SPREE 2010 – JUNE 19-20

Now that the members attending the April 14th Business Meeting agreed that we have a food vendor booth at Springs Spree as a fundraiser, there is lots of work to do.

First let me explain what Springs Spree is. This year is the 33rd annual Springs Spree, the Spring/Summer festival in Colorado Springs and the city's oldest community celebration. Springs Spree offers activities, entertainment, food, and fun for all ages. Springs Spree is an outdoor event and is one of the biggest and most popular weekends of the summer – attendance can reach 60 – 70,000 people.

Partaking in this event will be two-fold. First it will bring the Sons of Norway out into the community and second as a fundraiser for Fjellheim. The funds raised will be used for the maintenance and up keep of Viking Hall as the recession has hurt the rentals and with no Bingo funds the income just isn't there anymore.

In order for this event to be successful, it will take the effort of every member of Fjellheim. Be it by making 8" lefse and/or krumkake at home or attending baking days at the Lodge. Or if you can do neither – monetary donations would be greatly appreciated to help defray the cost of the ingredients. We feel we will need at least 2,000 pieces of each.

We are planning to sell pølse i lumpe (which is a hot dog wrapped in a lefse), meatballs either wrapped in a lefse or just in a cup, lefse with butter and sugar, krumkake and vaffler. There will also be demonstrations of making lefse, krumkake and vaffler.

We will need lots of help to man the booth on the days of the event. There will be a sign up roster at the May 12th meeting listing specific positions. If you can't attend the meeting, please call me and I will gladly sign you up. Also, call me if you plan to attend baking days at the Lodge – the days haven't been determined yet, but by the time you get this newsletter they will be. If you plan to make a monetary donation, please make the check out to Sons of Norway and mail it to me.

Here is hoping I hear from a number of you.

Kathy Oldervik
1702 Baylor Dr. Colorado Springs, CO 80909
719-596-6927

VESTAFJELL'S 20TH ANNIVERSARY

20th Anniversary Celebration for Vestafjell Lodge 6-146, Western Slope.

Saturday June 12, at Covenant Presbyterian Church, 237 32 Road, Grand Junction.

1:00 PM Registration and social time with appetizers.
2:00 PM Celebration begins.
3:00 PM Roast Beef Dinner with all the trimmings.
5:00PM Celebration ends.

Tentative cost: \$12.00 per person.

For more information, contact Barb Firth, Planning Committee Chair
Home: 970 245 5649. Email: bfirth5@msn.com

FMC REPORT

In order for FMC to pay the bills it had to ask for \$2000.00. That was approved.

Several water leaks were repaired. The water pressure regulator was replaced. The number two reach in cooler has been repaired. The Lodge inventory was completed by the Trustees.

Our Spring clean up date is May 8th at 9:00. We plan on replacing the bar ceiling tile per Health Inspector. Some trees need to be trimmed and the general outside clean up. The picnic tables and the rear steps could use a coat of paint. The down spout splash guards need to be secured. Also a window blind to hang.

Maybe you know of something else that could be done!

Thanks, Swede

FROM YOUR FINANCIAL BENEFITS COUNSELOR

Now that everyone has gathered their tax information together for filing taxes it may be a good time to look at your investment return.

Sons of Norway has a guaranteed Annuity that may be a good option for your portfolio.

Triple Interest Tax Advantage.

- Interest earned on your principal
- Interest earned on your interest
- Interest earned on money that otherwise would have been paid in taxes

LaRue Hanson –
Financial Benefits Counselor
2523 Shalimar Dr.
Colorado Springs, CO 80915-1030

Office# 719-599-8546
Cell # 719-237-7314
E-mail Lhanson1@msn.com

SONS OF NORWAY COLORADO SPRINGS IS NOW ON FACEBOOK

Thanks to Randy Johnson, Sons of Norway Colorado Springs is now on Facebook. It will be updated with our events and festivities on a regular basis. If you have any information to submit, please contact Randy.

Randy Johnson
(719) 260-7028
randy@hallan.com

DIRECTORY CHANGES

Additions – New Members

Erickson, Marjorie E.
1615 Querida Dr.
Colorado Springs, CO 80909
719-597-2196
teacupmejs@aol.com

Brevik, Peder
73 Sherri Dr.
Colorado Springs, CO 80911
719-266-2128

Reinstated Member:

Gladem, Irene T.
2601 E. Crawford St.
Apt. 604
Salina, KS 67401-1791

Changes:

Taskerud, Tyler
2652 **Front** Royal Dr.
Colorado Springs, CO 80919
638-4536

Miller, Lawrence C.
704 Fountainhead Blvd.
Apt. 13
Grand Junction, CO 81505-8648

Tygerson, Richard
2933 Laurel Cir.
Altus, OK 73521-1272

Opsal, Tillman
76 Wild Rose Dr.
Canon City, CO 81212
719-214-9153
TC_djopsal@yahoo.com

Please call me with changes
Kathy
596-6927

THE SUNNY CORNER



Happy Birthday and Happy Anniversary to all those celebrating in May and June. Hope your days are filled with fun and love of family and friends.

Several members have had surgery and are now recovering: Russ Eacker, Dorothy Hanson, Ginnie Johnson, and Ole Bakken. Get well soon and take care. We are all thinking of you and wishing you the best.

Members have also lost loved ones in the past month or two. Russ and Carol Eacker's son passed away from a brain tumor. June Peterson's brother and sister, both in North Dakota, have passed on. Please keep these kind folks in your thoughts and prayers.

Until we meet again, a few thoughts: "**Work** like you don't need the money, **Live** like there's no tomorrow, **Love** like you've never been hurt, **Sing** like nobody's listening, and **Dance** like you do when nobody's watching."

Karen Ravnaas
390-0621

SONS OF NORWAY FOUNDATION

Congratulations to our President, BJ Mapstone, as the winner of the March Easter Rabbit raffle at last month's monthly meeting. The raffle raised \$ 36.00 for the Foundation. Thanks again to all who participated. Your donations are helping your fellow Norway members for grants, scholarships, and those members experiencing hardships from natural disasters (floods, fires, etc.).

April raffle: The April 14th SON meeting, featured an old shoe style planter with an ivy plant growing from the opening at the top. This will be a great addition to one's indoor plants or can be placed on one's patio or sun deck. Nancy Allen, your Foundation Director, accepted donations (one ticket for \$.50, three tickets for \$1.00), from 6:30pm and throughout the meeting until the drawing before refreshments. The winner of this prize was Robin (Hall Manager); she said she doesn't do well with plants and awarded this "shoe" to Marge and Rodger Erickson. She'll visit the Erickson's and enjoy the view of the planter on their patio/deck. Congratulations---\$56.00 was raised for the Foundation!

May raffle: May 12th will feature a beautiful centerpiece of artificial flowers/fruit to place on one's table or to use as decoration in one's home. Lois Halvorson will be taking donations for this raffle, so please show your support. Thank you.

June raffle: June 9th meeting, will be raffling a custom-made "UFF DA" apron sewn by Cathie Berg, a SON lodge member. This is a wonderful all purpose apron and displays a Norwegian "attention-getting" phrase. Nancy will be at this meeting to conduct this raffle for the Sons of Norway.

"A Coin A Day the Foundation Way" national fund raiser for the Sons of Norway will be collecting the \$ 7.00/month donation for the first quarter --- that's \$21.00. Lois will be accepting your checks, made out to Sons of Norway Foundation, at the May meeting. Donations are tax deductible. Nancy will send the checks via mail to national headquarters in Minneapolis, MN. Thank you.

To celebrate Sons of Norway Foundation month in October, a breakfast and craft fair fund raiser will be conducted on Saturday, Oct 2 with tentative times from 9am-2pm. This will be a joint effort with our "maintenance men" providing breakfast and Foundation helpers from the lodge organizing the craft fair. More on this event in the next Flammen newsletter.

Nancy Allen
Foundation Director

ESTES PARK SCANDINAVIAN MID-SUMMER FESTIVAL JUNE 26-27, 2010

Estes Park is gearing up to celebrate their annual Scandinavian Midsummer Festival, which will take place Saturday June 26 and Sunday June 27, from 9:30 am to 5 pm Saturday, and 9:30 to 4 pm on Sunday. It is being held downtown at Bond Park, located at the intersection of E. Elkhorn (Rt. 36) and MacGregor.

The festivities begin around 9:30 am Saturday with the raising of the Maypole, followed at 10 am by a Grand March entrance. Costumed representatives from each of the Scandinavian countries enter the park carrying their national flag, and present it to the accompaniment of the national anthem of that country. Dancing and live music continue throughout the day. There are colorful dance performances, and attendees also have the opportunity to learn some simple Scandinavian dances taught by the Foresman family.

The Fjellborg Viking Re-enactors are coming back with their recreated tent village, and museum quality reproductions of chests, tools, carvings, weapons and armor. They will be demonstrating various Viking craft and combat skills.

At 10 am Sunday morning there will be a short church service at the park, with musical accompaniment by several of the festival performers, followed immediately by more music and dancing.

The park is filled with vendors selling Scandinavian food, baked goods, decorations, and crafts of all kinds. The Vesterheim Lodge Demonstration Tent will have a combination of workshops and/or demonstrations in wood-carving, hardanger and bondesøm embroidery, spinning, weaving, Icelandic lace knitting, and a children's knitting lesson. There will be Rosemaling and Dalamaling painters who will be showing their woodenwares. Rosemaling is the traditional folk painting of Norway, and Dalamaling of Sweden. Finnish folk painting can be seen at the Finlandia booth.

Items donated by local merchants and vendors are auctioned off at the silent auction booth. Icelandair is again donating round-trip tickets for two for our raffle.

For more information, a schedule of events, or photos, visit www.estesmidsummer.com.
Submitted by Cathy Allen, Festival Director. 303-449-9596

IN MEMORIAM - Odven Aakre, 1917-2010

Word has been received here of the passing of our member Odven in Naples, Florida on January 17, 2010. He had been living in Florida for a number of years for health reasons. He was a graduate of Pacific Lutheran and had worked for School District 11 as a school psychologist for a number of years before retiring. He has been a loyal supporter of Pacific Lutheran through the years and active in his community in Florida as health permitted. His wife Maxine predeceased him in 2002. He is survived by his sister Ada Haug, a niece Marilyn Haug, and nephews John and David Aakre of Washington State.

We remember Odven for his positive attitude and willingness to serve the Lodge in its various activities, most notably our annual Lutefisk Dinner. We always enjoyed his company and the camaraderie that occurred during Lodge activities.

Reflection brings good memories.

KUDOS TO LARUE HANSON

The Sons of Norway Marketing Team includes 80 active Financial Benefit Counselors. The annual contest is a reward trip which includes this working holiday. There were 19 qualifiers in 2009 from their production report which is based on a combination of life insurance and annuity sales. As number ten (10) on this list, LaRue and Dorothy spent the first week of March in Hawaii with the other winners and Len Carlson, Director of Agencies.

Comments from Ken Thul, Advanced Financial Consultant, in the monthly Salutt newsletter states that 2009 produced more than two million Total Production Credits. "Although the company Sons of Norway is a not for profit fraternal insurance and benefit society, make no mistake, the insurance company part of Sons of Norway is for profit!"

Lyle

IN MEMORIAM Helen Simpson, 1920-2010

Helen was born in Villisca, Iowa to Arthur and Anna Selley, and was married to William Simpson in 1941. She was a homemaker and teacher who lived in Red Oak, Iowa and Omaha, Nebraska before moving to Colorado Springs. She is survived by her son William D. Simpson of Colorado Springs as well as by numerous grandchildren, great-grandchildren, and other relatives. She was preceded in death by her husband William D. and her son Stephen K. Simpson.

Helen holds a special place in the hearts of the members of Sons of Norway. We were touched by her kindness and interest in others. A gracious person with a touch of elegance, she was always well-dressed, had a ready smile, and cultured manners. As a member of the Viking Sisters, she was very active in support of the Lodge, volunteering to serve where needed.

She warmed our hearts. We remember her fondly with appreciation.

MAY, JUNE & JULY PRESIDENT'S MESSAGE

Spring has arrived with the usual leafing out of trees, greening of lawns, bulb flowers making their spectacular splash of color and, of course, a snow storm or two.

We have had a busy year so far. Our Membership Appreciation Luncheon in February was great. We presented commemorative pins and special certificates and thanked all of our members for their many contributions to SON and Fjellheim. Beef sandwiches au jus on home made bread were prepared by Kathy and Lois.

Corned Beef and Cabbage was on the menu at our March social as we celebrated an old Viking holiday, St. Patrick's Day. The meal was wonderful and the entertainment equally so. Well known celebrity Tom O'Boyle played piano during our meal and then shared many interesting facts and funny stories, some of which highlighted the historic connection between Norway and Ireland.

April and springtime means "Frokost" at Fjellheim. We had a fantastic event this year for 225 hungry guests. We were very pleased to have several members from other Colorado Lodges with us. I heard many comments about the wonderful assortment of delicious food. Kudos to Sissel Disbrow and her committee. Frokost is an event that our community looks forward to every year and one we hope to continue.

All of these events were brought to you by some very dedicated members who always say yes even before the request for help.

Cleo Allgood and Elaine Hellem, your Social Directors have stepped right up to the challenge of organizing our social calendar. Please volunteer to help them in some way with upcoming socials. Our Cultural Directors Sissel Disbrow and Lyle Berge have presented interesting programs at our Lodge meetings. If you have any suggestions for a short program, give one of them a call. Get in touch with our Vice-President/ Membership Secretary Kathy Oldervik with any names of potential new members.

The Lodge has had a couple of successful Saturday Breakfast events with more to come. The breakfast events have quickly become a very informal and comfortable gathering of lodge members and friends with good food and fellowship that is sometimes hard to find in the hustle and bustle of our larger events. Kudos to Mike Johaneson and his crew for making this happen.

Cleanup day at Viking Hall is scheduled for May 8th.

May 16th will be the day to celebrate Norway's Constitution Day. Join us at Viking Hall for our 17 Mai Festivities.

Fjellheim will be participating in the Colorado Springs Springs Spree on June 19-20th. We will have a food booth at which we will demonstrate and sell lefse, Norwegian waffles and krumkake. We hope to introduce or perhaps re-introduce ourselves to the community. Kathy Oldervik will be our chairperson and will fill you in on the particulars. We will need many, many volunteers to make this a successful and enjoyable event.

We will be going out to the ballpark on June 29th for a game and buffet dinner. Please plan to attend as we round off the first half of 2010 watching America's game played by our own Colorado Springs Sky Sox.

Have a great summer!

Bj

2010 OFFICERS

Board of Directors

President	Bjørg 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 Ravnaas — 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 Ravnaas (2011) — 390-0621 Paul Wiig (2011) — 596-6159
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
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District 6 Vice President

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

Sons of Norway
Bi-Monthly Newsletter
Knut Lyby, Editor
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Colorado Springs, CO 80915

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18TH ANNUAL CONSECUTIVE BARNELØPET AND SKI - ORIENTEERING 2010, SNOW MOUNTAIN RANCH, YMCA AT WINTER PARK

Uller, the Norse God of winter was looking out for us and this great event. Just a week or so prior to this event, there was minimal snow in the meadow where kids are supposed to start and finish. For some, this single great event is one filled with enthusiasm and familiarity and for others it was a totally new, but inspiring experience. The Fraser valley and Snow Mountain Ranch where in badly need of snow, but boy did it arrive just in time. Albeit keeping a few skiers from the Front Range away, the freshly fallen snow assured the kids and adults in attendance had yet another day to remember. The 18th annual Barneløpet and ski-orienteeing event kicked off in light snow conditions, but by the time the skiers crossed the finish line their medals were sparkling in bright sunshine. This year's event was visited by our District 6 president, Janie Kelly and her husband Pat. They had a grand time ringing the cow bells, handing out Norwegian flags and medals in true Olympic fashion. In the midst of cow bells, "*Heia rop*" and photo flashes all skiers received a Norwegian flag and a newly designed Sons Of Norway medal.

Thanks to Dennis and his one-man grooming crew, John, from the Nordic Center and YMCA for making this year's courses enthralling as usual. In good tradition, the kids had options to race in 5K, 2.5K and 1K distances. This year we had a good mix of skiers finishing early from all distances. The courses proved to be a great match for the young and novice skiers as well as the speed demons!

Thanks to Rocky Mountain Orienteering Club for returning to this event again with great success. After the main event, there were 20 kids in total who challenged themselves in ski-orienteeing, in very snowy conditions. Thanks Craig, JP and Jan!

A special thank you to the following Fjellheim members for their enthusiastic participation and dedication with marshalling and refreshment set-ups: **Kerry Hefta, Bjorg and Terry Mapstone**. Also thanks to: other lodge members for providing refreshments for the post race ceremony. A great thanks to District 6 president, Janie and Pat Kelly for traveling from California for Barneløpet and presenting the participants with medals and flags.

Our skier attendance was down from last year, heavy consistent snow showers in Denver and the mountains Friday thru Sunday kept a fair share away. We registered 76 kids for the event this year, however, there are still only a small number of SON members or heritage members who participate. It must be each lodge's high priority to promote this event internally. As a free and healthy event for families, our goal as a lodge and district must be to increase participation throughout our young membership.

If you have comments, general feedback or ideas on how to improve upon this event please let me know! *Tusen takk til all for deltagelse and looking forward to 2011!*

Lyle Berge, District officer; Diane Molter, Zone director; Jon-Eirik Holm-Johansen, Coordinator