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 FJELLHEIM 6 – 107, Sons of Norway
 1045 Ford Street
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OCTOBER/NOVEMBER 2010

Volume 37, 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

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 December issue is November 15.

OCTOBER

BREAKFAST AND CRAFT BAZAAR

Viking Hall – Saturday, October 2, 2010

Breakfast 9:00 -11:00 AM
 (Pancakes, bacon, sausage, fruit, coffee and juice)
 \$8 – adults \$6 – kids
 Craft Bazaar 9 am-3 pm. Handmade crafts, jewelry, pottery, flowers, baked breads, white elephant items. Raffles

LINDESNES ACCORDION CLUB

Viking Hall - Sunday, October 10, 2010
 They will present one performance on October 10th at 2:00 pm.
 Entrance - \$10.00 including desert and coffee.
 For reservations call Kathy Oldervik at 719-596-6927

NOVEMBER

LUTEFISK & MEATBALL DINNER

Saturday, November 13
First Seating 1:00 PM
Second Seating 5:00 PM
Viking Hall

Lutefisk with Butter/Cream Sauce, Meatballs, Steamed Potatoes, Vegetables, Cranberry Sauce, Lefse, Desert and Coffee

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

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

For reservations call Virginia Nelson at 719-591-7083

SCANDINAVIAN CHRISTMAS TEA

Saturday, December 4 at 2:00 PM, Viking Hall. See page 4 for more information

October 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2 Breakfast /Bazaar - 9:00 AM - 3:00 PM, Viking Hall
3	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 Lindesnes Trekkspill klubb - 2:00 PM, Viking Hall	11	12	13 Lodge Meeting - 7:00 PM, Viking Hall	14	15	16 Steinfjell's Lutefisk Dinner, Greeley
17	18	19	20 Norwegian Language Class - 7:00 PM	21 Ladies Lunch	22	23 Scandinavian Ball (see insert)
24 Movie "Night" - 2:00 PM, Viking Hall How to train your Dragon	25	26	27 Norwegian Language Class - 7:00 PM	28	29	30
31 Happy Halloween! Dine Out						

November 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
7 Storfjell - Community Lefse Bake, Taber- nash	8	9	10 Lodge Meeting - 7:00 PM, Viking Hall	11	12	13 Fjellheim's Lutefisk Dinner - 1:00 PM and 5:00 PM, Viking Hall
14	15 December Newsletter Deadline	16	17 Language Class - 7:00 PM	18	19	20
21	22	23	24 Language Class - 7:00 PM	25 Happy Thanksgiving!	26	27
28 Deck the Halls - 10:00 AM, Viking Hall	29	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
- 23 Emma Josephine
Greek
- 24 Kenneth Tucker
Sonja Gund
- 27 Virginia Nelson
- 31 Agnes Barilovich

NOVEMBER

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

HERITAGE AND YOUTH

OCTOBER

- 14 Madison Ben
Hailey Wendt
- 18 Samantha Wiegers
- 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

GRATULERER MED DAGEN
ALLE SAMMEN!!

GAME AND CARD SOCIAL

PLEASE NOTE NEW TIME - THIS WILL BE OUR NEW MEETING TIME THROUGH MARCH.

Tuesday, October 5, **12:30 PM**, Viking Hall
Tuesday, November 2, **12:30 PM**, Viking Hall

A pot luck meal followed by cards and games. Hope to see you there. If you have any questions, please call Grace Johnson at 632-4885.



LADIES LUNCHEON

Thursday, October 21, 11:30 am at Senor Manuel Mexican Restaurant at 4660 N. Nevada (just North of Garden of the Gods/Austin Bluffs). Please call Gwen Becker at 382-4977 for information.



There will be no luncheons in November or December due to the Holidays.

As always, men are welcome at their own table.

SUNDAY AFTERNOON DINE OUT

October - Russ and Carol Eacker will be organizing an enjoyable meal at a location that has yet to be determined on October 31st. You can contact them at 633-5193 for more information.

There will be no Dine Outs in November or December due to the Holidays.

CULTURAL INFO

For our October business meeting we will learn more about the Sons of Norway Foundation. Nancy Allen will talk about the many scholarships and grants and other areas of outreach the Foundation has to offer.

In November we will honor all of our Veterans in our membership. We will hear from our veterans about where and how they have served our military.

In December Sissel will facilitate a presentation about our Norwegian heritage and we will learn how our members grew up with celebrating Christmas "the Norwegian way".

Lyle Berge and Sissel Disbrow
Co-cultural Directors

KEEP THE DATES

Saturday, October 2 - Breakfast/Bazaar
Sunday, October 10 - Lindesnes Trekkspill Klubb
Sunday, October 24 - Movie "Night", Viking Hall
Saturday, November 13 - Lutefisk Dinner
Saturday, December 4 - Christmas Tea
Sunday, December 19 - Family Christmas Party
Saturday, February 26 - Baneløpet, Snow Mountain Ranch - Winter Park (date still tentative)



SOCIAL NEWS

The August Ice Cream and a Movie social was a fun event. In addition to ice cream with all sorts of toppings, we had hot dogs on homemade buns. Fjellheim Lodge 107 will celebrate our 37th Anniversary on September 26th with a special luncheon. The meal will feature baked ham and scalloped potatoes.

On October 2nd we will have our Breakfast and Bazaar event. The Committee has great plans in store for your enjoyment.

On October 10th at 2:00PM, Fjellheim Lodge will host a performance of the Lindesnes Trekkspillklubb (Accordion Club). This talented group of 25 musicians from Lindesnes, Norway is on a limited engagement tour in the US and this will be the one and only performance in Colorado. The \$10.00 ticket includes desert and coffee.

Have you seen the animated movie "How to Train Your Dragon"? We will be showing it at Viking Hall on October 24th. Bring your children or/ grandchildren for a fun afternoon. We will start the show at 2:00PM.

Our annual Lutefisk and Meatball dinner will be on November 13th. This year we will offer two seatings, which will allow us to accommodate more guests. The first seating will be at 1:00PM and the second at 5:00PM. In addition to this change, we will serve our meal family style. We are in need of volunteers so please sign up to help us present a super event for our members and the community.

Our Christmas Tea will be on December 4th. Mark your calendars!!

We will finish our 2010 Social Calendar with our Family Christmas Party on December 19th. We will have a traditional Norwegian meal and the Song Spinners will present a musical program.

NOMINATIONS FOR 2011

It is time to start the election process for Officers and Directors who will guide our Lodge in 2011. Your current Board will serve as the Nominating Committee this year. They will compile a slate that will be presented to the membership at our October Lodge meeting. Elections will be held at our November Lodge meeting. If you have any interest in volunteering for a specific position, please approach any Board members with a self nomination or submit a name of someone to consider.

DECK THE HALL

We will decorate Viking Hall for the Christmas season on Sunday, November 28th at 10:00 AM. Please come out and help to spruce up the Hall with trees, garlands and wreaths. A little lunch will be served.

SCANDINAVIAN CHRISTMAS TEA

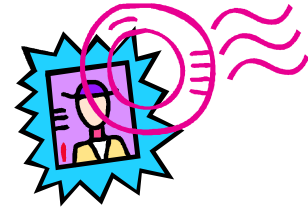
Mark your calendars for December 4th, 2 p.m., for this special Lodge Holiday event. This is a great beginning to the Christmas Season and we are looking forward to our members and guests attending. Homemade Scandinavian holiday treats will be served along with holiday tea. There will be a program and door prizes will be awarded. Please call June Peterson, 719-599-3235, for reservations, call early as space is limited! A great bargain for twelve dollars!

Sissel Disbrow

TUBFRIM

Thank you to all who have been clipping stamps this year. In May a box, weighing 12 pounds 10 oz was sent giving us twelve chances to win a trip to Norway. Another box is being prepared, hopefully to be sent by the end of the year. If you have any stamps at home please bring them to me by the December meeting. Remember - no non-profit or bulk mail stamps are wanted and if you can, please keep the foreign stamps separate. Thank you again for all your help.

Tubfrim Chairperson,
Ginny Johnson



FROM YOUR FINANCIAL BENEFITS COUNSELOR

Things to do before year end:

1. Enjoy friends and heritage with Sons of Norway
2. Have a FREE financial review from your Financial Benefits Counselor
3. Join a class at the Lodge
4. Apply for Viking Voyager for grandkids Christmas gifts
5. Go to fall dinners and festivals
6. Plan charitable gifts
7. Start Estate Planning
8. Open Roth IRA account or add to one
9. Review life insurance
10. Call your Financial Benefits Counselor

Remember, we are your Fraternal Benefit Society, think of us first for your financial, cultural and heritage needs.

LaRue Hanson
2523 Shalimar Dr.
Colorado Springs, CO 80915
Home 719-599-8546
Cell 719-237-7314

THE SUNNY CORNER



Happy Birthday and Happy Anniversary to all those celebrating in October and November. We all wish you many happy returns of the day and hope that your special day is filled with the love of family and friends. Don't forget the cake!

Darlene Aaland has been diagnosed with cancer and on Thursday, September 9, started with chemotherapy treatments. We are all thinking of you and wishing you the strength to beat this beast.

I have not been informed of any other members who may not be well so if you know of someone, please call me @ 390-0621 so I can announce it at our next meeting. This way we can keep all our precious members in our thoughts and prayers.

We have recently lost our friend and member, Curt Aaland. Please keep Darlene and her family in your thoughts and prayers.

Until we meet again, a few thoughts: *"I Believe...That heroes are the people who do what has to be done when it needs to be done, regardless of the consequences....That maturity has more to do with what types of experiences you've had and what you've learned from them, and less to do with how many birthdays you've celebrated....That even when you think you have no more to give, when a friend cries out to you - you will find the strength to help....That the happiest of people don't necessarily have the best of everything; they just make the most of everything."*

Mange Tusen Takk, Karen Ravnaas
390-0621

SONS OF NORWAY FOUNDATION

Fall is just around the corner, and we've had a beautiful Summer season to enjoy this year. Before you know it, October will be here. Two important events are happening in October for the Sons of Norway Foundation.

Be sure and come and enjoy a great Breakfast and Craft Bazaar at the Viking Hall on Saturday, October 2 from 9am-3pm. Breakfast (\$8 for adults, and \$6 for children) will include pancakes, bacon, sausage, fruit, coffee and juice. Vendors will have their handmade crafts on display for you to purchase (early Christmas presents?) A special table will display delicious homemade mini-loaf breads made by our SON ladies that will be on sale for \$2.50 each. There's also a White Elephant table where many treasures will be sold and the proceeds will financially support our Fjellheim Lodge and the SON Foundation. If you have an item in your home that you'd like to donate to the White Elephant table, please bring it to the Viking Hall on Friday, October 1, between 9am-11am and give to Marilyn Keck or Eunice Bluhm, who will have it on the table on Saturday, October 2. There will also be raffles throughout the day. Each vendor will be donating an item to be raffled during the day, starting at 10am. At 1:30pm, a beautiful and comfortable Fall quilt made by Marilyn Keck will be raffled, and at 2pm an attractive crocheted beige round (fits 42-44 inch diameter table) tablecloth, donated by Nancy Allen, will be given to the winner with the lucky number drawn. Tickets for all the raffles will be two tickets for \$1.00. This should be an enjoyable time for all! Please come and support your SON Fjellheim Lodge!

Since October is Sons of Norway Foundation month, the other event will be from our members who have saved their donations to the "A Coin a Day the Foundation Way" to bring their checks made out to Sons of Norway at the October 13th meeting. Nancy Allen will be there to collect your checks and send them off to SON Headquarters in Minneapolis, Minnesota. If you have been saving monthly, it amounts to \$70, but give what you can---any amount is appreciated. Funds will be used for grant programs to support exchange of cultural resources in promoting Norwegian heritage in our community, for scholarships for our children, and helping our people who have been affected by natural disasters.

Congratulations to Paul Wiig and Darlene Aaland, who each won a gorgeous African violet plant and container (donated by Dorothy Hanson and Sonja Gund) at the August meeting. The raffle raised \$48.00 for the Foundation. Congratulations also to Ole Bakken, who won the spalted maple wooden bowl at the September meeting, which brought in \$19.00 for the Foundation.

The October 13th meeting will have an unusual copper/brass lunch pail purchased in Turkey for the Foundation raffle. The November 10th meeting will have a surprise item to raffle, so come to the SON meetings and support the Fjellheim Lodge6-107, and your Sons of Norway Foundation.

Nancy Allen
Foundation Director

IN MEMORIAM



Curtis Orville Aaland

January 2, 1929—September 3, 2010

Curtis was born in Oldham, South Dakota to Christopher and Ruth Aaland and had seven sisters and two brothers. Raised on a farm in Carthage, he served in the Army from 1950-1952 and married Darlene

Walker in Colorado Springs in 1953. He was a custom home builder and definitely a man's man-- piloting his own plane, and enjoying hunting, fishing, the outdoors and other manly arts. He is survived by his wife Darlene, son John Aaland, daughters Joan Dacus, Rae Marie Aaland, and Robin Brown, numerous grandchildren and great grandchildren, and two sisters. He was a devoted member of Our Savior's Lutheran Church and Fjellheim Lodge of Sons of Norway.

Curt was a stalwart member of our Lodge. He was always ready to help and was a fixture in the serving line at our annual Lutefisk Dinners at Benet Hill. He visibly enjoyed seeing the festive crowd coming in to participate in this event. He spent a great deal of time and effort as captain of a bingo team which made a huge financial contribution to our Lodge. Being an excellent craftsman, he designed and built a system of gates used to direct and control traffic in the lodge building. It wasn't as extensive as Disneyland's, but it was much more attractive. He enjoyed game and card night and entertained others with his wit and humor.

As a connoisseur of fine Norwegian food, he disdained narrow strips of lefse. Curt wanted the whole round which is how he had it as a child and youth—Amen and Hurrah for that!

He was a kind, gentle person who reached out to others. He provided care and transportation to ailing members of our group in their time of need. His good humor and pleasant company will warm our hearts as we hold him in memory.

Our sympathy to the family.

LUTEFISK AND LEFSE LOSE OUT TO PIZZA

Norway is known for its unusual ethnic foods like *lutefisk* (cod preserved in caustic soda) and *lefse* (like a tortilla, but made from potatoes), but some new statistics suggest the national dish is actually frozen pizza.

The brand introduced in Norway a few decades ago, called *Grandiosa*, remains stunningly popular among Norwegians. It commands half the market in Norway, where no less than 48 million frozen pizzas are sold every year. That's roughly 10 times the total population of the country.

The numbers were presented by the company producing Norway's *Pizza Grandiosa*, Stabburet, during a recent food festival in Stavanger. Norway's biggest pizza chain, Peppes, sells around 4 million pizzas a year, of the fresh (not frozen) variety.

One local chef who's not a big fan of frozen pizza, Sven Erik Renaa, links its popularity to a what he thinks is a misconception that it's quick and easy to serve.

"I can make a proper dinner in a quarter of the time it takes to warm up the oven and cook a frozen pizza," Renaa told newspaper *Aftenposten*.

Views and News staff

From www.newsingenish.no

DIRECTORY CHANGES

New Member:

McCallum, Timothy P.
6405 E. Buttercup Dr.
Apt C-12
USAF Academy, CO 80940-1326
timothy.mccallum@usafa.af.mil

Changes:

Barnes, Gary
1889 W. Queen Creek Rd.
Apt. 2029
Chandler, AZ 85248-3094

Broin, Beverly
2816 Elm Meadow View
Colorado Springs, CO 80907

Dane, Dan H.
2140 Eddington Way
Colorado Springs, CO 80916

Erickson, Stasia
2205 Sage Grouse Ln.
Colorado Springs, CO 80951-4705

Jackson, Joan
3688 Parkmoor Village Dr.
#3631B
Colorado Springs, CO 80917-5206

Miller, Lawrence C.
704 Fountainhead Blvd.
Apt. B
Grand Junction, CO 81505

Opsal, Tillman C.
27611 County Highway 83
Battle Lake, MN 56515

Rygg, Paul C.
2314 N. Chelton Rd.
Colorado Springs, CO 80909

Williams, June B.
2605 Patriot Hts.
Colorado Springs, CO 80904

Suspended/Cancelled Members:

Owen, Richard
Christensen, Harold E.
Johnson, Dennis M.

Please call me with changes
Kathy
596-6927

OCTOBER/NOVEMBER PRESIDENT'S MESSAGE

It was good to see many of you at our Ice Cream and Movie Social in August. It was a very relaxing afternoon as we enjoyed hotdogs on homemade buns and ice cream with toppings, lots of toppings. It was so much fun that we're going to do it again on October 24th. This time we will present the animated movie "How to Train Your Dragon". Come for the fun and fellowship!

The Zone 8 Kretsstevne, or Gathering of the Clan will have taken place on the 17-19th of September. I hope many of you were able to attend.

Our Anniversary Luncheon on September 26th will be a celebration of our 37th year as Fjellheim 107. The customary delicious meal has been planned for your enjoyment. I look forward to seeing everyone there.

In September we start the process of selecting the Officers and Directors who will serve in 2011. The current Board will serve as the Nominating Committee and will present a slate of Officers and Directors at the October Lodge meeting. If you are interested in a position, you are invited to self nominate. Please bring any possible nominations to the attention of a current Board member. We will have elections in November.

On October 10th we will host a performance of the Lindesnes Trekkspillklubb (Accordion Club) from Lindesnes, Norway. This will be their only performance in Colorado on their limited engagement tour in the US. Please plan to attend and bring friends and neighbors to this special event.

The annual Lutefisk and Meatball Dinner is coming up on November 13th. We need many volunteers to make this event run smoothly. Please be generous with your time and sign up when the Volunteer Job List comes your way.

Christmas Tea and our Family Christmas Party will round out the year. We have lots to look forward to!

Bj



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
Sunshine Director	Karen Ravnaas — 390-0621
Youth Director	Louella and Dan Gavin — 522-1462
Sports Director	Kerry Hefta — 266-9429
Foundation Director	Nancy Allen — 310-2466
Language Teacher	Patricia Staubo — 635-7985

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

Crystal Sundet — 720-283-8592
crystobel@hotmail.com

District 6 President

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

**Sons of Norway
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LINDESNES ACCORDION CLUB - OCTOBER 10TH



The Lindesnes Accordion Club from Lindesnes, Norway will be in Colorado Springs in October.

They will present one performance at Sons of Norway's Viking Hall on October 10th at 2:00 pm.

This group of 25 musicians will entertain you with wonderful traditional accordion music.

The cost will be \$10.00 and will include desert and coffee.

Seating is limited.

For reservations call Kathy Oldervik at 719-596-6927.