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 FJELLHEIM 6 – 107, Sons of Norway
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AUGUST/SEPTEMBER 2009

Volume 36, Issue 8/9

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

AUGUST

SEPTEMBER



ICE CREAM AND MOVIE SOCIAL



Sunday, August 23 at 2 p.m.
 Viking Hall

\$4.00 adult, Children 5-10 \$2.00, under 5 free

We will be watching an hour long movie called "Norway: Quest for the Viking Spirit" by Richard Bang, the father of modern adventure travel. His goal is to find out if modern Norway is a result of its Viking heritage or a reaction to it.

Reservations to Jerry and Ginny Johnson, 495-0253 by August 19.
 Checks to 8755 Burgess Road, CS 80908, made out to Sons of Norway

FJELLHEIM ANNIVERSARY POT-LUCK

19 September 2009
 Viking Hall

Social hour 4:00-5:00 PM

Meal 5:00 PM

Adults \$5.00, Children 5-10 \$3.00, under 5 free

You are invited to Come and celebrate the 36th Anniversary of Fjellheim Lodge. Commemorative year pins will be presented.

The cost of the meal will be for meat items and dessert which will be prepared by this event's kitchen committee. Please help to fill out the menu by bringing your favorite dish to share.

Reservation deadline is Wednesday, 16 September.
 For reservations please call June Peterson, 719-599-3235

August 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4 Game and Card Night - 5 PM, Viking Hall	5 Norwegian Class - 7:00 PM Board Meeting - 7:00	6 Viking Sisters - 1pm	7	8
9	10	11	12 Salad Supper - 6:00 PM. Lodge Meeting - 7:00 PM, Viking Hall	13	14	15
16	17	18	19 Norwegian Language Class - 7:00 PM	20 Ladies Lunch, 11:30 AM, Adams Mtn. Café, Manitou Springs, Bev Broin	21	22 Storfjell 6-169 Pig Roast - 1:00 PM, Granby, CO
23 August ice cream/ movie Social - 2:00 PM, Viking Hall	24	25	26 Norwegian Language Class - 7:00 PM	27	28	29
30 Dine Out - 2:00 PM, Paravicini's, W. Colo. Ave. Marilyn Keck, 465-2444	31					

September 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Game and Card Night - 5 PM, Viking Hall	2 Norwegian 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
13	14	15	16 Norwegian Language Class - 7:00 PM	17 Ladies Lunch - 11:30 AM, Firehouse BBQ, Old Colorado City, Dorothy Hanson	18	19 Anniversary Social - 4:00 PM, Viking Hall
20	21	22	23 Norwegian Language Class - 7:00 PM	24	25	26
27 Dine Out - 1:00PM, Mason Jar, W. Colo. Ave. Karen Ravnaas, 390-0621	28	29	30 Norwegian Language Class - 7:00 PM			

MEMBER BIRTHDAYS

August

- 4 Eunice Sonsteli Bluhm
- 8 Dennis Lundmark
- 9 Daniel Mattson
- 11 Kay Laux
- 12 Ilene Mortenson
- 16 Virginia Johnson
- 17 Denise Bishop
- 18 Elsie Gonsholt
- 19 Beverly Disch
Catherine Berg
Myra Hansen
- 20 Everett Snead
June Williams
- 23 Duane Hyland
Louella Gavin
- 27 James A. Hansen
- 29 Harvey Karlsen

September

- 2 Paul Rygg
- 3 Cleo Allgood
- 6 Joyce Gustafson
- 7 Rodger Erickson, Sr.
- 8 Karla Roth
- 9 Vivian Tucker
- 10 Carol Palmen
- 11 Joan Jackson
- 13 Carol Hilton
Ingrid Grove
Kenneth Halvorson
Shane Jahnke
- 15 Berniece Ankeney
Martha Hawkinson
- 16 LaRue Hanson
- 20 Dennis Laux
- 21 Herbert Tangen
- 24 Lucille Moe
- 25 Ruth Wiig
- 26 Gerd Forsa
- 27 Marianne Reisinger
- 28 Glenn Enderud
- 29 Sissel Disbrow
- 30 Helen Mattson
Mary Brooks

Heritage & Youth

August

- 5 Jack Rice
- 22 Riley Coltrin

September

- 14 Charlotte Coltrin
- 29 Henry Wurzer
- 30 Zachery Johnson

GAME AND CARD SOCIAL

The next two game and card nights are Tuesday, August 4th and Tuesday, September 1st at Viking Hall. We are changing the time to **5 pm** for the summer. In October we will go back to the 12:30pm meeting time.



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

Thursday, August 20 we will meet at Adams Mountain Café at 110 Canon Ave. in Manitou Springs. Reservations are being taken by Bev Broin at 593-2231.



In September we are meeting on the 17th at Firehouse BBQ at 817 W. Colorado Avenue. Please make reservations by calling Dorothy Hanson at 599-8546.

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

SUNDAY AFTERNOON DINE OUT

August Dine-Out will be held Sunday, August 30, 2009 at 2 p.m. We will meet at Paravicini's Italian Bistro, 2802 West Colorado Avenue in Old Colorado City. Reservations may be made to Marilyn Keck; 465-2444, or E-Mail at marilynkeck55@yahoo.com.

September's dine out will be at the Mason Jar on W. Colorado Ave. on September 27th at 1 pm. Call Karen Ravnaas at 390-0621 by September 20th for reservations .

CULTURAL

We will share information about the fourteen Cultural Skills program during the August 12th meeting, as well as identifying the five Youth Cultural Skills offered through Sons of Norway. These are open to all members both through the local lodge and as an individual participant. Hardanger Embroidery is one of these skills and Instructor Kay Laux will be presenting awards to her students who qualify for this recognition.

A special mange takk to Ole Bakken who presented an informative program about his relationship with his Telemark ancestry during the June lodge meeting.

Lyle Berge and Sissel Disbrow

AUGUST BUSINESS MEETING AND SALAD SUPPER

The August 12th Lodge Meeting will begin at 6:00 p.m. with a Salad Supper. Please bring a salad, meat and cheese tray, or dessert to share. Bread will be provided.

If you have questions, please call Dorothy Hanson, 599-8546.

SOCIAL NEWS

Hope you are all having a good summer!

Frokost in April was a huge success! Sissel and her committee did an outstanding job in planning, preparing, and presenting a wonderful meal. The Lodge looked very festive with lots of flags and other Norwegian decorative items.

17 Mai was celebrated with carnival games and a barbeque at the Lodge. There was plenty of food and fellowship and a good time was had by all. Thanks to all who helped to make it a special event.

On June 12th, a band of Vikings from our Lodge went to a baseball game and buffet meal at Sky Sox Stadium. About halfway through the game there was a huge thunderstorm which caused a delay. Luckily we were under cover, the storm passed, the game resumed and the Sky Sox won. There was also a terrific fireworks display after the game. Thanks, Dean!

Our St. Hans Aften Picnic at Bear Creek Park was also a smashing success! We had beautiful weather, a great pavilion near the playground and a wonderful selection of side dishes to go with our grilled hot dogs and hamburgers. We enjoyed a stroll around the grounds answering questions about Norway that Knut had posted on the trees. Good thing it was multiple choice! Kris and Kristi won. Thanks to our hosts Karen R. and Knut.

On the afternoon of Sunday August 23rd we will be showing a movie called "Norway: Quest for the Viking Spirit" The movie begins with scenes from the beautiful Lofoten Islands. You will see the Viking Ship and Fram Museum in Oslo, then be transported to Tromsø, Alta (my home town), Kirkenes, Trondheim, Bergen and more. Throughout the movie the theme of the adventuresome Vikings and their desire to look beyond the visible horizon, to share in new cultures, and their willingness to explore is shared with the viewer. It's a terrific movie! Ice cream and cookies will be served. Our Hosts will be Ginny and Jerry J.

Our Anniversary Social in September will be a Potluck Supper on Saturday the 19th. Social hour will start at 4:00 with the meal to follow at 5:00. The kitchen committee for this event will prepare some meat items and dessert. We ask our members to bring a dish to share.

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PLAN AHEAD FOR OCTOBER FUN

We are looking at October 3 for our BREAKFAST-BAZAAR-CRAFTS DAY. Please keep thinking about "white elephant" items or baked goods you could contribute and crafts/other articles you might sell. Thanks to all who have already indicated a willingness to help. We are open to suggestions. (If you know of any conflicts on the October 3 date, please let me know.)

Eunice Bluhm
Foundation Director



FOR YOUR CALENDAR

Scandinavian
Christmas Tea
5 December at 2:00
PM.



Keep this date open and watch for more details.

MEETING DAY AND TIME CHANGE??

At our June Lodge meeting, we touched briefly on the possibility of changing the day and time of our monthly Lodge meetings from Wednesday evening to Sunday afternoon.

This will be a topic on our agenda at the August Lodge meeting.

**Would a Sunday meeting be good for you?
Should we try it for a month or two?**

Please plan to attend the Lodge meeting on August 12th.

Don't forget that we will have a salad pot-luck at 6:00 with the meeting to follow at 7:00.

Øj

FROKOST PROFIT

Our 2009 Frokost profit was \$2012 dollars!

We served 230 guests!

Our increased profit was attributed to more guests, to increased food donations, and to all the volunteer hours provided by our members and friends. It's great to be a part of this wonderful organization.

We look forward to 2010!

Sissel

FOR YOUR CALENDAR II

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

STORFJELL LODGE, 6-169 PIG ROAST

2nd annual Pig Roast on Saturday, August 22nd It will be held in an old barn and grounds next to the Colorado River in the Arapaho National Recreation Area (east of Hwy. 34 approximately 15 miles north of Hwy. 40 in Granby, CO) The picnic will start at noon, with eating at 1:00 PM. The cost of \$12 per person to cover barn rental, pig plus utensils and products.

There are outlets, but no refrigerator. Storfjell members will furnish coffee, lemonade and water. You may bring beer, pop or wine if you wish. Each family unit is asked to bring a side dish.

The maximum group size is 80 people, so send in your check early to Storfjell Lodge c/o Muriel Johnson, P.O. Box 35, Grand Lake, CO. Reservations preferred by August 1st in order to order accurate size pig. If you include email address, specific directions will be sent to you. This is a beautiful river location and we sincerely hope you will join us for a fun day.

If you have further questions, please email Muriel at
kmjohn@earthlink.net

THE SUNNY CORNER



This was a sad summer with the deaths of two long time members, **Joyce Kuehn** and **Irma Osleson**. Both were familiar faces around the Lodge and hard workers, and we will all miss them. Our deep sympathy goes out to both families. Our sympathy also goes out to Mel and Rosa Strand who's son recently passed away.

I have not heard of any ill members and hope that everyone is healthy. Enjoy the rest of your summer.

Myra Hansen
Sunshine Director
578-1336

2009 SOCIAL CALENDAR

August 23 Ice Cream Social and Movie
September 19 Anniversary Potluck Dinner
October 3 Breakfast - bazaar, crafts day
November 14 Lutefisk/Meatball Dinner
December 19 Christmas Party



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

FROM LARUE

With the uncertainty of our economy and some of our corporations not always reporting their true financial status you may be looking for a guaranteed safe place to invest or diversify some of your investment dollars. Sons of Norway has the answer for that with plans that not only guarantee your principle dollars, but also guarantee your rate of return. With several options to withdraw your funds when needed, you can set your account up from a monthly withdrawal all the way to a life-time income that you can not outlive.

If you would like more information on this just give me a call.

LaRue Hanson, Financial Benefits Counselor
2523 Shalimar Dr.
Colorado Springs, CO 80915-1030
Office 719-599-8546
Cell 719-237-7314

OLE AND LENA JOKE OF THE MONTH

Ole lay dying in his bedroom.

He began to revive as he smelled the aroma of fresh lefse wafting through the house. Ole managed to gather is strength and crawled out to the kitchen. Just as he reached for a sample of Lena's lefse she slapped his hand and said;

"No Ole, don't you know dat's for da funeral"

From www.uffdahhh.com

BE AN ACTIVE MEMBER

Be an active member,
the kind that would be missed;
Don't be just contented,
that your name is on the list.

Do attend the meetings,
and mingle with the crowd;
Don't just stay at home,
and crab both long and loud.

And take the time to visit
a member who is sick;
Don't leave the work for just a few,
and gripe about the clique.

There is quite a program scheduled,
that means success, if done;
And it can be accomplished,
with the help of everyone.

So attend the meetings regularly,
and help with hand and heart;
Be an active member,
and take an active part.

Think this over, Member,
are we right or are we wrong?
Be an active member,
DON'T JUST BELONG!

IF YOU HAVE MISSED OUR
RECENT MEETINGS, SOCIALS, OR
CULTURAL EVENTS...
WE HOPE TO SEE YOU BACK SOON!

AN INTER-LODGE CONTEST ANNOUNCED!

The District Six Membership Committee announces a District Six membership contest for all lodges. Prizes for 1st, 2nd, 3rd place will be awarded during our District Lodge Convention in June, 2010. Winning lodges will be those with the highest percentage gain of new members aged 50 & younger who join during the period of June 1, 2009 through May 31, 2010.

And then — The local winner may use their award as a local lodge fundraiser or as a prize drawing.

Lyle

IN MEMORIAM

John J. Sampson
January 19, 1919 –
April 23, 2009



John Joseph Sampson was born on January 19, 1919 to Syvert Warness and Margaret (Flatebo) Sampson on a farm in Akron, Colorado. He was promoted to his Heavenly Home on April 23, 2009 at an age of 90 years. He had degrees from the University of Colorado and Creighton Medical School as well as certificates of specialized training from several professional institutes and residencies, mainly in ophthalmology.

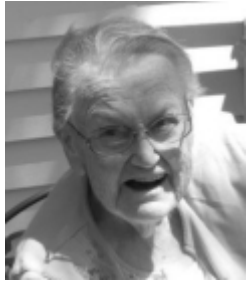
He started the Aniseikonia Clinic Glockner Hospital (now Penrose St. Francis) and through the years was on the staff of Penrose, Memorial, and St. Francis Hospitals. He was a member of many prestigious medical and Ophthalmological societies. He was a veteran of World War II and was awarded the Bronze Star for his service during the Battle of the Bulge.

He is survived by his wife, Shirley (Golden) Sampson, his son and family, Jim and Patricia Sampson; grandchildren Katey, Sarah, Rebekah; and great granddaughter Emily as well as several nieces and nephews. A celebration of his life was held at The First Evangelical Free Church on May 2, 2009.

Dr. Sampson was a strong presence in the Sons of Norway just as he was in the other activities of his life. We enjoyed the hearty greetings, the warm smile, and the twinkle in his eye that was always a part of meeting him. In the early days of the Lodge, he entertained us with pictures of scenery and encounters with relatives taken on a trip to Norway. Of particular interest was a unique pleasure boat designed and launched by a relative who was obviously well-versed in boat building.

John cut an attractive figure in his national costume and he served many years as a host at our annual Lutefisk Dinner, greeting and welcoming our guests and making them comfortable. And, he always volunteered his children and grandchildren to help with the dinner which they did most graciously. We will miss him at the dinner table and at other occasions of jovial conversation. He warmed our hearts.

We extend our sympathy and care to the family.



IN MEMORIAM
Joyce B. Kuehn
September 15, 1931 –
May 28, 2009

Joyce B. Kuehn, age 77, a resident of Colorado Springs since 1972, passed away on May 28, 2009 at the Pikes

Peak Hospice Residence. She was an Army wife, homemaker, devoted mother, grandmother, and great grandmother.

Joyce Beverly Olson was born on September 15, 1931 in Minneapolis, Minnesota to the late James and Anna (Dyrdahl) Olson. She graduated from Litchfield High School in 1949 and married Luverne A. Kuehn on December 10, 1950 in Hector, Minnesota. She traveled all over the globe with the Army and her husband until his retirement in 1975.

Joyce was a member of the Sons of Norway and Stratmoor Hills United Methodist Church. She held officer positions in the local Sons of Norway lodge and a representative to several District 6 conferences for the Sons of Norway. Joyce was a founder of the Professional Association of United Methodist Church Secretaries, and was a member of Widows Friends, the Security Craft Guild, Fountain Valley Senior Citizen, and Red Hat Society. Joyce enjoyed crafts but especially enjoyed the time she spent with her family and friends.

She is survived by her children: Allen (wife, Cyndi) Kuehn of Grand Junction, Colorado; Steven (wife, Linda Ruth) Kuehn of Rochester, Minnesota; Denise (husband, Rudy) Bishop of Frogmore, South Carolina and Kevin (wife, Jane) Kuehn of Colorado Springs, Colorado. She is also survived by her sisters: Ardyce Flugstad of Citrus Heights, California and Marcia (husband, Pat) Leight of Garden City, Kansas; and her seven grandchildren and a great grandson. She was preceded in death by her parents and her loving husband, Luverne in 1985.

A Celebration of Life was held on Tuesday, June 2, 2009, with a reception following at the Sons of Norway Lodge. The scattering of her cremated remains took place at the Shrine of Remembrance "America the Beautiful" Rose Gardens. Memorials may be made to "LOVE for Therapeutic Riding" P.O. Box 1883, Beaufort, South Carolina 29901.

Blessed be her memory.

2009 OFFICERS

Board of Directors

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

Vice President

Counselor Bjørg 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

kmlbyby@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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ARE YOU FOLLOWING SONS OF NORWAY?

Are you on Twitter? How about Facebook? Are you blogging or posting videos to YouTube? Sons of Norway is and we'd love for all members and lodges to be a part of our online community.

Twitter:

If you're interested in getting Sons of Norway updates while you're on the go, consider joining us on Twitter. By going to twitter.com/sonsofnorway you can follow along with us at events, learn about new resources and be alerted to new posts over at the Sons of Norway blog. The best part is you can follow us on your computer or via cell phone so you never have to miss out on the latest from Sons of Norway!



Sons of Norway Blog:

Since last summer Sons of Norway has been blogging about everything from Norwegian language to news items of interest to members. Go to sonsofnorwayblog.blogspot.com to read more and see what Sons of Norway is up to.

Facebook:

Did you know there are more than 40 groups on Facebook that are dedicated to Sons of Norway? Some pages are for specific lodges and districts, while others are for the organization as a whole. Just log into your Facebook page and search for "Sons of Norway" to see all the different groups available to members.

Join us today!

We're really excited about all of these new social networks because they have great potential for bringing members together in the celebration of Norwegian heritage and culture. That's why we want to invite all members to join us and help build a strong online community. If you're already on Twitter or Facebook, join the Sons of Norway network today! If you haven't taken the plunge yet, check it out and learn more about these exciting new ways to be part of Sons of Norway.