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DECEMBER 2008

Volume 35, Issue 12

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

# CHRISTMAS PARTY

SATURDAY, DECEMBER 20TH

5:00-6:00 PM

Social Hour and craft time for children

6:00 - 7:00 PM

Pork Roast Dinner

7:15 PM

Musical Program by the Songspingers followed by singing around the Christmas tree and a visit by Santa



Children 10 and under - free

\$15.00 adults



Phone Reservations to  
 Ginny Johnson - 495-0253  
 Deadline for reservations - December 13th

# December 2008

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2 Game and Card "Night" - 12 noon, Viking Hall	3 Holiday Lunch - 11:30 Norwegian Class - 7:00 PM Board Meeting - 7:00 PM, Viking Hall	4	5	6
7	8	9	10 Norwegian Class - 7:00 PM Lodge Meeting - 7:00 PM, Viking Hall	11	12	13
14	15	16	17 Norwegian Class - 7:00 PM	18	19	20 Family Christmas Party - 5:00 PM, Viking Hall
21 Dance Practice, 4 PM, Viking Hall	22	23	24 God Jul!! 	25 Merry Christmas!! 	26	27
28	29	30	31			

# January 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 	2	3
4	5	6	7 Norwegian Class - 7:00 PM Board Meeting - 7:00 PM, Viking Hall	8	9	10
11	12	13	14 Norwegian Class - 7:00 PM Lodge Meeting - 7:00 PM, Viking Hall	15	16	17
18 Dance Practice, 4 PM, Viking Hall	19	20	21 Norwegian Class - 7:00 PM	22	23	24
25	26	27	28 Norwegian Class - 7:00 PM	29	30	31

## MEMBER BIRTHDAYS FOR DECEMBER



- 1 Ruth Iverson
- 4 Elaine Olson
- 6 Spencer Holland
- 9 Anne Berger
- 11 Donald Ankleby  
Erin Hansen
- 13 Jerry Maines
- 14 Phyllis Eldridge
- 17 John Peterson
- 25 Bjorg Mapstone
- 26 Kathlyn Steinke
- 28 Anna Snead
- 29 Melissa Lyby  
Patricia Staubo

## HERITAGE & YOUTH MEMBERS

- 1 Jacob Botten
- 4 Jemma Fadum  
Sara Messuri
- 14 Orlin Orlopp
- 16 Connor Bu
- 21 Hannah Botten  
Lanaya Parmenter
- 25 Shane Coltrin

Gratulerer med dagen alle sammen!!!



## GAME AND CARD NIGHT

### NOTE - time change

The next game and card night will be December 2, 2008 at 12 noon.

A potluck lunch followed by cards and games. Hope to see many of you there.

Contact Grace Johnson if you have questions - 632-4885.



## VIKING SISTERS AND LADIES HOLIDAY LUNCHEON

We will be meeting at the Fine Arts Center at 30 W. Dale Street for our Holiday Lunch on Wednesday December 3rd at 11:30 am. All women at the Lodge are welcome as well as the men.



For reservations, please contact Grace Johnson by November 30th at 632-4885.

## SUNDAY AFTERNOON DINE OUT

More information about a possible Final Dine Out for the year will be given at the December 10th Business Meeting.

## DANCE PRACTICE

Dance practice is held on the 3rd Sunday of the month at 4 PM, at the Lodge. Everyone is welcome to join us. Bring comfortable shoes.



Thanks, Rory

## CULTURAL PROGRAM FOR DECEMBER

Can you name the seven kinds of cookies that many Norwegian cooks traditionally bake for Christmas? What do you know about the Julebukken? When does the Julebukken come for a visit? Would you like to hear about the tradition of putting up the Julenek? Who eats the Christmas porridge? What is a Julenissen? What happens on Lille-julaften?

These and other Christmas traditions will be a part of our cultural program for the December business meeting. Come and hear more interesting tidbits of "Christmas in Norway".

Sissel Disbrow, Lyle Berge  
Coordinators



## SOCIAL NEWS

Our Musical Evening on October 19th was a wonderful Social. Foundation Director Eunice Bluhm invited several talented acts for our musical entertainment. The Serendipity Peak Dulcimer Club played many lively selections. Timothy and Ethan Coltrin, two of our Heritage members, fiddled their way into our hearts. Eunice Bluhm, Ole Bakken and Lorraine Stejskal, with Sonja Gund on piano, sang for us. Carlene Peters was our flight attendant on an amusing journey. The Lapskaus dinner and dessert were wonderful. Many thanks to Eunice Bluhm and Cheri, Kathy Oldervik, Virginia Nelson, Bj Mapstone, Chris Beahler, Rosa Strand, Joyce Kuehn and her family, Millie Sullivan, and Darlene Aaland.

Lutefisk 2008 is history. With help from past chairpersons and advice and support from many others, we slugged our way through another dinner. Hope you all enjoyed yourselves! Sincere thanks to the following stalwart members: Ole Bakken, Lois and Ken Halvorson, Darlene and Curtis Aaland, Russ and Carol Eacker, Bonnie and Owen Bergland, Joyce and Gus Gustafson, Joyce Kuehn, Virginia and Barbara Nelson, Millie and Chuck Sullivan, Mike Johaneson, Rory and Roseann Foresman, Karen Ravnaas, Dennis and Kay Laux, Elaine and John Hellem, Anna Snead, Everett Snead, LaRue and Dorothy Hanson, Cleo Allgood, Vivian Johnson, Jerry and Ginny Johnson, Lyle Berge, Kathy Oldervik, Jamie Allen, Emma Oldervik, Marianne Reisinger, Knut Lyby, Inger Pappas, Agnes Barilovich, Eunice Bluhm, Eleanor McLeod, Swede Knutson and Dean Tollefson. If I missed your name it was because my list was not complete but your help was greatly appreciated. Thank you all!!!

We still have lutefisk, lingonberries and herring for sale. They will be available at the December meeting or call me at 264-0955 if you would like to make a purchase.

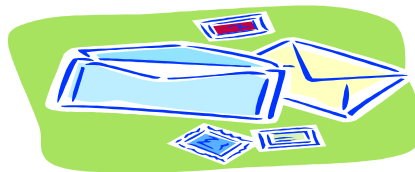
The December Social will be our Family Christmas Party on December 20<sup>th</sup>. Please plan to attend with your family and friends.  
Bj

## TUBFRIM

Thank you to all who have clipped stamps this year, your help is very much appreciated. Approximately 14 pounds have been sent to Norway this year with another box soon ready to go. Remember - metered mail, bulk mail and non-profit postage are not useful so do not include them. Also, if you would keep foreign stamps separate it would be helpful.

Also, if possible, a half inch around the edge while clipping is appreciated.

Thank you again.  
Tubfrim Chairperson,  
Ginny Johnson



## DECK THE HALL!

We will be decorating Viking Hall on November 30th, the Sunday after Thanksgiving, at 10:00. Please help us to spruce up the Hall for the Holidays with some garland, wreaths and a couple or three Christmas trees. Join the fun! (Rumor has it that there will be a little lunch.)

## FAREWELL! JOYCE

Our dear member Joyce Kuehn will be leaving Colorado on December 13<sup>th</sup>.

Joyce has been a member of Fjellheim Lodge since 1984. During that time she has held many positions including: Editor of the *Flammen*, Secretary and interim Treasurer. She has been cashier at many Lutefisk dinners, graciously taken reservations for many social events and has been an active member of the Viking Sisters.

Joyce will be moving to live with her daughter Denise Bishop on Helena Island, South Carolina. All our best wishes, Joyce! We will miss you!



## TABLES WANTED

FMC is in the process of purchasing new tables for our Lodge to replace our old, heavy and wore out rectangular ones. Memorial contributions from Lee Beahler's funeral has made this purchase possible.

At this time, we are able to get 14 tables, but we do need more. If you are able to donate any money to help us, it would be greatly appreciated.

The new tables will be round and much lighter than the current ones. They will seat between 6 and 8 people.



## FROM YOUR FIELD REP

It is better to give than to receive.

Many of us feel this way by giving of our time to our families, Lodges, churches and other groups or individuals we deem needy or worthy. Creating an estate for your family or charitable group can help in the future for those you support now.

The Holidays are upon us and so are end of the year tax deadlines. What do these two have in common? Charitable giving! Many of us give to charity because doing good feels right, for some it is a moral obligation and yet for others it may be from a life changing experience and they are doing good in return. The added benefit to charitable giving is a potential tax break for your kindness. It's hard to say if people give more this time of year because of the Season or because of the taxman, no matter, generosity and philanthropy help many needy organizations.

Sons of Norway can help you maximize your gift and continue your legacy even after you are gone. Contact your Financial Benefits Counselor and we can make a lasting difference in the lives of others.

Seasons Greetings 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  
E-mail [Lhanson1@msn.com](mailto:Lhanson1@msn.com)  
Office 719-599-8546  
Cell 719-237-7314



## THE SUNNY CORNER SOLSKINNS HJØRNET



Our member **Char Knutson** is undergoing treatments for tumors. Although she is still struggling with her medical problems, we all send her warm wishes and hope that she will soon be well. I do not know of any other members in need, but call me with Sunshine news.

*Myra Hansen*  
Sunshine Director  
578-1336

## GULF STREAM HERE TO STAY

The Gulf Stream, that almost mythical flow of warm seas that makes Norway and a few other Nordic countries livable, isn't about to disappear any time soon. New research contradicts earlier theories that it might.

Climate researchers have re-examined studies that indicated the Gulf Stream was weakening. It's long been a source of warmer seas flowing north through the Atlantic, and it also sends colder waters south.

The Gulf Stream flows roughly from the east coast of South America, around the Gulf of Mexico and across the Atlantic, where it heads north, east of Ireland, over towards Norway and around Iceland, before heading due south again.



The Danish Meteorological Institute (DMI) reports that several observations in recent years suggested the circulation of the Gulf Stream had weakened, possibly because of global warming. Studies, the institute noted, had suggested that the flow of cold water south was down by half.

A group of researchers from Denmark, the Faeroe Islands, Germany and Norway thus started paying closer attention to the Gulf Stream, and now they're releasing conclusions that can leave climate researchers breathing a sigh of relief.

"It hasn't only been possible to show that the currents instead have maintained a surprisingly constant strength during the last 50 years, but we can also point out where earlier signs of weakness were misleading," said Steffen M Olsen of DMI.

The researchers have studied new and historic measures of the Gulf Stream's strength over the undersea ridges between Iceland and Greenland.

Olsen cautioned, however, that changes may still occur. "We can't rule that out," Olsen wrote in an article publishing the group's findings. The risk of a collapse in the warm circulation of the Atlantic just "isn't as probable in the near future as we had feared."

## 'SKÅL' MOST POPULAR WITH BEER

Beer remains the drink of choice in Norway, but wine continues to steadily gain popularity. New figures from Norwegian state statistics bureau SSB show that consumers in Norway prefer beer when it comes to drinking alcoholic beverages.

The average Norwegian bought around five bottles of wine, 30 half-liters of beer and one bottle of liquor during the first three months of the year. The biggest increase was seen in wine sales. A total of 15.7 million liters of wine were sold in Norway during the first quarter, up 4.7 percent from the same period last year.

Since 1996, wine sales in Norway have nearly doubled, while beer sales have increased around 10 percent.

State health officials estimate that 10 percent of the population in Norway is behind half of all alcohol consumption in the country. More than 50,000 persons drink alcohol amounting to a half bottle of liquor every day.

Going out for a traditional half-liter glass of beer has gotten expensive this summer, though. Recent surveys found prices for a half-liter as high as NOK 85 (USD 17), with about 17 kroner going to the brewery, 8 kroner to the state in taxes and the remainder to the serving establishment.

*Aftenposten English Web Desk/NTB*



## Matlyst Monthly

### Vanilla Wreaths (Smørkranser)



Ingredients:  
3/4 cup and 1 tbsp butter  
2/3 cup sugar  
1 egg  
1 3/4 cup flour  
1/2 tsp. baking powder  
1 tsp. vanilla sugar

Cream butter and sugar until light and airy. Add remaining ingredients. Chill. Force through cookie-press to make about 1/2 inch wide and 4 3/4 inches long bars. Form into wreaths. Place on parchment covered cookie sheet. Bake in preheated 350 Fahrenheit oven and bake until light golden. Cool on rack.

*From Authentic Norwegian Cooking by Astrid Karlsen Scott*

## LITT PÅ NORSK... JUL

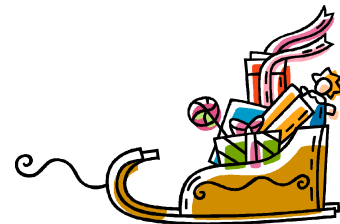
“Det ville være en skam å lengte etter sommeren så lenge det er jul i huset,” ifølge norsk folketro. Her er noen juleord – kan du gjette hva de betyr? Mange ligner de engelske ordene, og mange begynner med jul- så ta hensyn til ordets ende.

advent  
**barn / barne**  
hilsen  
**jul**  
julaften  
**julegave**  
julegrøt  
**julepynt**  
juletre  
**sanger**  
slektninger  
**småkaker**  
snø  
.

## A LITTLE IN ENGLISH... CHRISTMAS

“It’s a shame to dream of summer at Christmas time,” according to the old Norwegian proverb. Here are some Christmas words – can you guess what they mean? Many resemble the English equivalents, and many start with “jul-“ meaning Christmas, so pay attention to the end of the word.

advent  
**child / children**  
greeting  
**Christmas**  
Christmas Eve  
**Christmas present**  
Christmas porridge  
**Christmas decorations**  
Christmas tree  
**songs**  
relatives  
**cookies**  
snow



## PERSONALIZED PLATES FINALLY COME TO NORWAY

Nearly forty years after they debuted in places like California, personalized license plates can soon start adorning cars in Norway. Some Norwegians are already calling them an "ego trip," others think they'll just be plain fun.

Norway is coming a bit late to the game, and not without controversy. Some egalitarian-minded Norwegians, who don't always value those who stick out in a crowd, have been skeptical to the idea.

But when it became clear that the state could generate more needed revenues by producing such plates, and that public opinion was against her, they changed their tune. Highway officials are now working on a new data system that, when introduced next year, likely will allow Norwegians to create and order their own personalized plates.

Motorists will need to pay extra to do so. That in turn can bring in more money for needed highway projects.

It remains unclear how much the extra fee will be for personalized plates, but newspaper *Aftenposten* reported it likely will be around NOK 300 (about USD 40). Earlier reports have speculated it will be much more.

The plates also will stay with the motorist ordering them, not with the car itself. That's a change from the current system in Norway.

It hasn't yet been decided how many numbers or letters can be used on a plate. Today's maximum is seven. Motorists are fairly free to let their imaginations run wild, but state officials won't allow any phrases that can be considered offensive.

*Aftenposten English Web Desk*



## 2008 OFFICERS

### Board of Directors

President	Bjørg Mapstone — 264-0955 bjorgmapstone@comcast.net
Vice President	Rory Foresman — 640-7280 roryforesman@msn.com
Counselor	Kathy Oldervik — 596-6927
Secretary	Marilyn Keck — 209-5805
Asst. Secretary	Virginia Nelson — 591-7083
Treasurer	Millie Sullivan — 597-0381
Asst. Treasurer	Bill Hill — 719-544-1321
Membership Sec.	Kathy Oldervik — 596-6927

### Program Directors

Social Coordinators	Cathe Berg — 282-0908 Cleo Allgood — 598-1982
Cultural Skills	Char Knutson — 473-3297
Cultural Programs	Sissel Disbrow — 540-2737 Lyle Berge — 303-344-4196
Cultural Host&Hostess	Joyce Gustafson — 475-2449
Sunshine Director	Myra 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	Ruth/Paul Wiig — 596-6159
Editor	Knut Lyby — 536-0647
Musician	Sonja Gund — 473-9588
Publicity Coordinator	Sissel Disbrow — 540-2737
Historian	Virginia Nelson — 591-7083
Photographer	Sissel Disbrow — 540-2737
Librarians	Renee Henry — 382-5882 Sonja Gund — 473-9588

### Viking Sisters

President	Grace Johnson — 632-4885
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### Fjellheim Management Corporation (FMC)

Directors	Craig Eustice (2008) — 578-9646 Karen Ravnaas (2008) — 390-0621 Agnes Barilovich (2009) — 574-5653 Chuck Sullivan (2009) — 597-0381 Inger Pappas (2010) — 596-7618 Swede Knutson (2010) — 473-3297
Trustees	Jerry Johnson (2008) — 495-0253 Terry Mapstone (2009) — 264-0955 Michael Johaneson (2010) — 303-663-3251

### Committees/Special Activities

Auditors	Penny Dokken — 226-1247 June Peterson — 599-3235 Marge Berg — 576-1253
Finance Chairman	Al Wonstolen — 303-688-4633
Adopt-A-School	Carol Palmen — 494-0999
Tubfrim	Ginny Johnson — 495-0253
Volunteer Hours	Cleo Allgood — 598-1982
Field Representative	LaRue Hanson — 599-8546

### Colorado Zone Director

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

### District 6 Vice President

Lyle Berge — 303-344-4196  
Bergenorsk@comcast.net

**Sons of Norway**  
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#### **PRESIDENT'S MESSAGE- DECEMBER 2008**

October and November have been busy for all of us at Fjellheim Lodge. Hope you all had a wonderful Thanksgiving! I missed a couple of meetings in October and want to thank Rory Foresman for taking over in my absence.

Our October Social was an evening of delightful musical performances. Thanks to our Foundation Director Eunice Bluhm for organizing the Sunday evening event. The Serendipity Peak Dulcimer Club was wonderful! Eunice Bluhm, Ole Bakken and Lorraine Stejskal., with Sonja Gund on the piano, entertained us with song. Timothy and Ethan Coltrin, two of our heritage members, are terrific fiddle players! Thanks to everyone who helped with the Lapskaus meal and dessert. The profits for the evening went to Sons of Norway Foundation.

Svein Hamland and his students from Skogn, Norway were our guests for a few days in the first week of November. Rory Foresman and Knut Lyby coordinated the details for Fjellheim. They found host families and arranged for some meals at the Lodge. We truly appreciate the participation of the host families and thank them for their time and flexibility. The students presented a fine program for us including dancing and music. The pot-luck meal was outstanding!

Our Lutefisk and Meatball Dinner on November 8<sup>th</sup> was a great success! Good meal, good friends, great evening! Terry and I had a wonderful time working with so many hard working dedicated volunteers. As always, the Friday evening meatball session was as much fun as it was work. Saturday was frantic and festive. Sunday was "What a relief!" Thanks so much to all who participated.

Happy Thanksgiving! We will be decorating Viking Hall for the Christmas season at 10:00 on November 30<sup>th</sup> the Sunday after Thanksgiving. Please help us to deck the Hall. Fa la la la la la la la! Lunch will be served!

Our December Lodge meeting will be on December 10<sup>th</sup> with a pot-luck starting at 6:00. Hope to see you all there!

I have wonderful news! Grace Johnson has given us a very generous contribution. She would like us to use her gift for charitable donations from our Lodge. We will be sending out checks to Care and Share, El Paso County Search and Rescue, Goodwill, Heartbeat, Huntington's Research, Memorial Hospital Art Therapy Program, Pikes Peak Hospice, Silver Key, Juvenile Diabetes Research Foundation and Fountain Valley Senior Center for their continuing good work. Thank you so much, Grace!!

The Fjellheim Family Christmas Party will be on December 20<sup>th</sup>! Invite your family and friends to celebrate with us. There will be activities for the children and entertainment for all. See you there!!

I have been your president for the last two years and have enjoyed the time spent in the thick of things. Thank you for the opportunity to stretch my abilities. It has been a great experience! Thanks for your help and encouragement. I ask you all to support the 2009 Officers and Directors. Get involved in special events and activities. Cherish your heritage and pass it on!

From Terry and myself, God Jul and Happy New Year!  
Bj