

The Fjellheim Flammen



*Fjellheim Lodge 6-107 Sons of Norway
1045 Ford Street, Colorado Springs, CO 80915
719-574-3717*

www.sonsofnorwaycs.com

February 2026

Volume 45 Issue #1

The Mission of the Sons of Norway is to promote and preserve the heritage and culture of Norway, to celebrate our relationship with other Nordic countries, and to promote quality insurance and financial products to its members.

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Monthly heritage meetings are held on the second Wednesday of every month.

(except July)

6:30 pm, Viking Hall, 1045 Ford Street,
Colorado Springs, Colorado 80915

Valentine's Day Walleye Fish Fry



**Viking Hall, 1045 Ford Street
Colorado Springs, CO 80915**



Saturday, February 14, 2026 @ 2:00 pm

Menu

Walleye, Pulled Pork
Baked Potato, Cole Slaw
Fresh Rolls, Dessert

Dinner Reservations: Seated is limited

	# Attending	Cost	Total
Members		X \$22.00 =	
Non-Members/Guests		X \$25.00 =	
Student: age 10 - 16		X \$12.00 =	
Children under 10		X \$ 0.00 =	
		Grand Total =	

Your Name _____

Telephone No: _____ E-mail _____

Please include your phone number and email in case we need to contact you. Thank you.

Payment Options: (Check your option below)

- Make your check out to *Sons of Norway* and mail it to:
Karen Ravnas, 5295 Water Dipper Road, Colorado Springs, CO 80911-3479
- Cash, Visa, Mastercard: pay at the door.

Note: Mail reservations to arrive no later than **Wednesday, February 11, 2026.**

After that date, call Karen at 719-390-0621 for space availability and reservations.

Notes/Special Requests:

Send your Flammen Newsletter input to:

Erik Tjelmeland
norsk75usa@gmail.com

Submission deadline for the
March issue is February 20th

February 2026 President's Message

Hello friends, I, Mark Wedo, am honored to serve as your new president of Fjellheim Sons of Norway Lodge. This community has always been a place where culture, tradition, and connections thrive, and I'm committed to building on that legacy. Together, we'll celebrate our heritage, welcome new voices, and create opportunities for everyone to feel at home. I look forward to learning from each of you and working side by side to make our shared vision a reality.



14 January 2026 Heritage meeting Master of Ceremonies, Bjørge Mapstone, handing over the gavel to our newly elected President, Mark Wedo

Just a little about me. I grew up on a small farm in Northeast Iowa in a traditional Norwegian family, where there was plenty to do. Of course, we all had to learn how to make lefse, go to church, and, yes, finish eating the lutefisk on our plates. After high school, I decided to join the United States Air Force to serve my country, and I spent 24 years traveling around the world. The military was good to my family and me, and it paid for my bachelor's, master's, and MBA degrees. After the military, I became a defense contractor, doing the same work I did there—working on deep-space satellites.

I've been very fortunate and honored to be married for 48 years to my wonderful wife Cathy, whom many of you have come to know. We have two boys: Nicholas, who is married and has two wonderful children living here in Colorado Springs, and Christopher, my youngest son, who is married and lives in Baltimore, Maryland, with five wonderful children.

As your new President, I will do my best and encourage your ideas for celebrating our traditions and culture. One of my goals is to discover new and creative ways to involve more of our members in small but meaningful ways. We will continue holding our Heritage meetings, making lefse, and hosting many other special events and dinners.

I'm excited for the year ahead and look forward to talking with each of you. I appreciate the support from so many of our members, and I want to thank and recognize the numerous volunteers who make this organization what it is today.

Finally, I want to thank Terry Mapstone for his leadership as our past President and for his mentorship to me over the past two years. I look forward to seeing more of you at our special dinners and events and to a fantastic 2026.

Mark Wedo



2026 Composite Fjellheim Meeting and Event Schedule

(February updates)

Event	Next Upcoming Date(s)	Time	Place, Topic, and/or Instructions
Card Social and Potluck	Tuesday, 3 February Tuesday, 3 March <i>(1st Tues of the month)</i>	12:30 pm	Viking Hall <i>Potluck first and then cards!</i>
Fjellheim Board Meeting	Wednesday, 4 February Wednesday, 4 March <i>(1st Weds each month, no July mtg)</i>	2:00 pm	Viking Hall
Fjellheim Management Corporation (FMC) Meeting	Wednesday, 11 February Wednesday, 11 March <i>(2nd Wed each month, no July mtg)</i>	5:30 pm	Viking Hall
Pre-Heritage Meeting Potluck	Wednesday, 11 February Wednesday, 11 March <i>(2nd Wed each month, no July mtg)</i>	6:30 pm	Viking Hall
Heritage Meeting	Wednesday, 11 February Wednesday, 11 March <i>(2nd Wed each month, no July mtg)</i>	7:00 pm	Viking Hall <i>11 Feb - A Surprise</i> <i>11 Mar - Viking Clothing. See enclosed announcement.</i>
Valentine's Day Fish Fry	Saturday, 14 February	2:00 pm	Viking Hall <i>Cost is \$25; limit of 125 people. Reservations: Karen Ravnaas 719-390-0621 or see the flyer in the Flammen.</i>
Fjellheim Book Club	Monday, 16 February Monday, 16 March <i>(3rd Mon each month)</i>	2:30 pm	Viking Hall <i>Contact Linda Ross at 719-271-3439 or via her email: LRLR1028@gmail.com.</i>
Norwegian Language Classes	Monday, 16 February Monday, 23 February <i>Every Mon of the month</i> <i>Projected annual end date: 18 May</i>	3:30 pm - Advanced 4:30 pm - Intermediate 5:30 pm - Adv Beginner 6:30 pm - New Beginner	Viking Hall <i>Contact Erik Tjelmeland at 719-205-2539 or via his email: norsk75usa@gmail.com</i>
Spring Tea	Saturday, 21 March	2:00 pm	Viking Hall <i>Cost is \$25; limit of 125 people. Reservations: Kathie Godsil, 719-229-9289, or see the upcoming flyer in the Flammen.</i>
Frokost	Saturday, 11 April	11:00 am to 1:00 pm	Viking Hall <i>Cost is \$25 for members, \$27 for non-members. Limit of 150 people. Reservations: see the upcoming Flammen flyer or contact Karen Ravnaas directly at 719-390-0621</i>
Clan Gathering	Saturday, 16 May	TBD	Sterne Park, Lakewood, Colorado <i>"Syttende mai ferie" (17th of May celebration)</i> <i>Details TBD</i>

2026 Composite Fjellheim Meeting and Event Schedule

(February updates)

Event	Next Upcoming Date(s)	Time	Place and Instructions
Old Colorado City Farmers' Market	6 June to 10 October <i>Sundays during this time period</i>	9:00 am to 2:00 pm	Bancroft Park, Old Colorado City, Colorado Springs, CO <i>Details to follow.</i>
SON District 6 Convention	12 - 14 June <i>Friday through Sunday</i>	TBD	Sacramento, California <i>A side trip to Camp Norge to be included on the 12th with details to follow.</i>
Scandinavian Midsummer Festival	27-28 June ' <i>Saturday-Sunday</i>	TBD	Civic Green Park, Highlands Ranch, Colorado <i>Sponsored by the Scandinavia Alliance of Colorado</i>
Fjellheim Summer Picnic & Potluck	Sunday, 21 June	12:00 noon	Bear Creek Regional Park, Colorado Springs, Colorado <i>The Lodge provides drinks, utensils, and enjoyment. Reservations: Karen Ravnaas 719-390-0621 or see the upcoming flyer in the Flammen.</i>
Fjellheim Heritage Meeting Soup & Salad Dinner	Wednesday, 12 August	6:00 pm	Viking Hall <i>See the upcoming flyer in the Flammen.</i>
Backyard BBQ	Saturday, 15 August	noon to 3:00 pm	Viking Hall <i>The Lodge will provide BBQ meat; please bring potluck dishes. We will have cornhole, but if you want board games, bring your favorites.</i>
Fjellheim Annual Anniversary Fish Fry	Saturday, 12 September	2:00 pm	Viking Hall <i>Cost: \$25, contact Karen Ravnaas 719-390-0621, see the upcoming flyer in The Flammen.</i>
Fjellheim Viking Fair	Saturday, 17 October	TBD	Viking Hall <i>Point of Contact: Eunice Bluhm, Details TBD</i>
Trollheim Christmas Fair	Fri – Sat, 6-7 November	TBD	Trollheim Lodge, Lakewood, Colorado <i>Details TBD</i>
Lutefisk and Meatball Dinner	Saturday, 14 November	1:00 & 4:00 pm servings	Viking Hall <i>Reservations: Karen Ravnaas 719-390-0621 or see the upcoming Flammen flyer.</i>
Traditional Norwegian Julebord	Saturday, 12 December	1:30 pm - social 2:00 pm - dinner	Viking Hall <i>The Lodge will provide the main course and potluck for salads, sides, desserts, etc. Details TBD.</i>
Fjellheim Rosemaling Classes	A Saturday event <i>Specific dates TBA</i>	11:00 am to 3:00 pm	Site TBA <i>Cost is \$25 for members and \$27 for non-members. Limit of 150. Reservations with Karen Ravnaas 719-390-0621 or via the upcoming Flammen flyer.</i>



Sunshine Report – February 2026

Happy Valentine's Day!



Happy Birthday and Joyous Anniversary to all of you who are celebrating these events in February!

Name	Birthday Date	Name	Birthday Date
Kris J. Barney	1	Griffin James Allen Wedo (youth)	18
Peggy Rodarmel	4	Lyne Mann Lundquist	19
David Allan Haugen	7	David O. Haukom	20
Richard Mark Fisher	8	Nils Pedersen	21
Vivi L. Bjornen	8	Kerry Ann Hefta	22
Jennifer Bostow	13	Celeste N. Osburnsen	23
Jessica Bostow	13	Denise Renea Lambert	25
Clarence Versluys	15	Paul R. Wiig	25
Mark Edward May	18	Jeffrey Hidek	27

Clairette “Joan” Bakken passed away on January 12, 2026. Joan was a charter member of Fjellheim Lodge and dedicated decades as an active member and volunteer. She was a joy to be around and meant the world to her husband, Ole. They are now reunited. Joan's memorial service will be held on Friday, February 6, 2006, at 12:30 pm at The Springs Funeral Services, 3115 East Platte Avenue. Following her service, there will be a reception at Viking Hall, 1045 Ford Street, Colorado Springs, from 2:00 to 4:00 pm. Please keep her family and friends in your thoughts and prayers. Joan's memorial tribute will appear in next month's *Flammen*.

Kathy Wedo's mother passed away on January 10, 2006. Our thoughts and prayers are with Kathy, Mark, and their family.

Eunice Bluhm has been sick with pneumonia and is now recovering at the Center at Cordera, where she is receiving therapy and rehabilitation to restore her strength. Cheri reports that her spirits are high and she is doing well. Our thoughts and prayers are with you, Eunice.

Dorothy and LaRue Hanson are hanging in there! Dorothy had hip surgery in November and is doing well. LaRue is feeling the effects of not being as young as he wants to be and is doing okay! (Aren't we all!) Thank you, Ginny, for sharing the good news.

Cathe Berg and Jerry Maines report that they are doing well after several health issues this past year, including Jerry's shoulder surgery and Cathe's hospital visit. The good news is that they are healthy and enjoying life positively!

Phil Cable's hip surgery *is* scheduled for March 18, 2026. We wish him a successful operation and a speedy recovery.

If you know any Lodge members who are having issues, please contact Karen Ravnaas at 719-390-0621 or Kravnaas@aol.com with updates on any of our members!

Announcements

Fjellheim Scandinavian Spring Tea

Every year, we eagerly anticipate hosting this beloved gathering. It's one of our most popular events and always sells out, so we truly hope you can join us this year. Guests will enjoy live music, creating a warm, festive atmosphere.

Each table is uniquely decorated with its own theme. Below are photos from last year's event to give a preview of what to expect.

We encourage you to bring your spring bouquet and wear your favorite 'tea' apparel.



Scandinavian Spring Tea

hosted by **Fjellheim Lodge - Sons of Norway**
1045 Ford Street, Colorado Springs, CO



Saturday, March 21, 2026
2pm
\$25.00 per person

RSVP Required - Space is limited
to RSVP - Contact Kathie 719-229-9289

Payment info -
Make checks payable to Sons of Norway
Mail to -
4415 Flat Top Place
Colorado Springs, CO 80923



Double McGuffin Band, featuring Wayne Wilkinson.



Our first book will be **Sixteen Trees of the Somme** by Lars Mytting. It is a well-crafted Norwegian mystery about WWII and has been translated into over 20 languages. We will be reading the English version. It is a story about the fate of the two brothers, Sverre and Einar Hirifjell, who choose opposite paths during WWII. [We will discuss this book on Feb 16 at 2:30 pm at the Fjellheim Viking Hall](#), and it is open to all active SON members.

Other upcoming books on the list include: *The Viking Battalion* by Olaf Minge, *The Resistant Girls* by Mandy Robotham, *The 12th Man / We Die Alone* by Jan Baalsrud, and *Nordic Sherlock Holmes Mysteries* by Karen Fossum.

Currently, we have four members and enjoy discussing a wide range of relevant Scandinavian topics that appeal universally. **Come join us!**

The Fjellheim Culture Program

Adam Lawrence, our new Fjellheim Cultural Director, would like to survey our lodge to see if any members are interested in speaking during the cultural portion of our Heritage monthly meetings. You are also welcome to suggest your own topics, such as your family's specific connection to Norway—photos are encouraged. Please contact me at 757-710-7656 or adamlawrence711@gmail.com if you are interested in helping us expand our members' knowledge on any subject. Adam is also happy to assist you in creating your presentation slide deck and/or video(s) if you're not familiar with that process. Here are some of our proposed subjects and information for this calendar year.

<p>«Ja, vi elsker dette landet»</p> <p>A brief that will cover the history of the Norwegian National Anthem and a singing tutorial on proper pronunciation.</p> 	<p>The Sovereign Wealth Fund, the Transition from Vikings to Oil:</p> <p>How did Norway evolve from a poor fishing nation into one of the world's wealthiest countries by responsibly managing its North Sea oil for future generations?</p> 
<p>Nefatafl, The Viking's Version of Chess:</p> <p>A tutorial on how to play the Viking version of chess, with boards provided for a quick round of play amongst the audience.</p> 	<p>The Far Frontier, when Greenland was a Norwegian province:</p> <p>This will discuss the ancient history of Greenland, the discovery by Erik the Red, Erik Thorvaldsson, and the mysterious disappearance of the Viking settlements in the 1300s.</p> 
<p>Janteloven, The Guiding Light for Norwegian Behavior:</p> <p>A brief overview would describe the Nordic code that values humility and community over individual achievement.</p> 	<p>“Koselig,” The Norwegian Secret to Finding Joy in the Simplicity of “Small Things”:</p> <p>This brief explores the quintessential Norwegian concept of “Koselig”, a holistic sense of “coziness”, e.g., a warm fire on a winter night, that goes beyond contentment to encompass how Norwegians find warmth, social connection, and a deep attachment to both the outdoors and the well-being/security of their homes.</p> 

In addition, Adam, Daniela, and family members also have ideas on the following topics that could be interesting:

Norwegian Architecture, Past and Present: by Daniela Lawrence

Architecture of Viking Long Ships & How These Vessels Navigated Rivers and Oceans: by Gunnar Lawrence (An aspiring Navy Captain)

Badstue, The Norwegian Sauna: What does it mean to experience a sauna, its prevalence in Nordic culture and health benefits.

"Step Into The Viking Wardrobe" on March 11th at our Heritage Meeting

Join us as we welcome Caitlin Horton (formerly known in the reenactment world as Sigrid Jonsdotter) for an engaging look into the history of Viking clothing. Caitlin will share her expertise on how the Viking trading empire influenced their preference for silk and bright colors, and she will even explain why local reenactors often choose linen over traditional wool in our warmer climate.

This engaging 30-minute presentation includes live dress forms and a display table featuring jewelry, period footwear, and examples of nålbinding (an ancient precursor to knitting). Whether you're interested in the status symbols of that era or the intricate "embroidery stitches of the past," you won't want to miss this chance to see history brought to life.



Sons of Norway District, Zone, Colorado State, and National News

All members of our Colorado Sons of Norway lodges are cordially invited to the annual

ZONE 8 MEETING & LEADERSHIP CONFERENCE

Trollheim Lodge Hall
6610 W. 14TH Avenue
Lakewood, CO

Saturday, February 7, 2026 • 9:00 a.m.—2:00 p.m.



District 6

AGENDA

- 8:00 a.m. Doors open for coffee and set up
- 9:00 a.m. Continental breakfast ♦ Coffee/social ♦ Check-in
- 9:30 a.m. Roll call
Updates: Sons of Norway International ♦ District 6 ♦ Zone 8 ♦ Event calendars
- 10:30 a.m. Kendal Kjerstad, FBC
- 11:00 a.m. Upcoming big events: Ski for Light ♦ Barneløpet 2026 ♦ Scandinavian Midsummer Festival
- 12:00 p.m. Working lunch: Teri Morken—Photo Circle; Johanna Loury—Camp Norge.
Diane Molter—District 6 Meeting in Sacramento 2026
- Lunch is sponsored by District 6, but to attend, you must RSVP to zone8@sofn6.org or Gmbviking09@live.com, so we have a count for the food.**
- 12:45 p.m. Leaders and Officers Conference
- 1:30 p.m. Any additional or unfinished business
- 2:00 p.m. Close

Trollheim's "Joan's Butikk" will be open for shopping.



Dear members,

Please join us for an All Member meeting to discuss the following topics on **Monday, February 9 from 11am – 12:30 pm Central time:**

- 2026 District conventions
- How to become a delegate
- Membership survey results
- Overall changes in membership numbers
- Changes in membership numbers between the ages of 30-50
- Getting involved in your lodge and district

To register for the meeting on February 9 at 11 am Central time, click this button:

[Register for Meeting Here](#)

Due to the large number of people invited, please email questions by **Tuesday, February 3** to fraternal@sofn.com.

The History of Norwegian Sweaters

February 4, 2026, 6:00 to 7:00 PM Pacific Time

Vesterheim Zoom presentation for Sons of Norway, District Six

Explore the history of different Norwegian sweater styles, including Setesdal, Fana, Marius, and Olympic. Laurann Gilbertson will also explain the symbolism behind some patterns and colors used in modern sweaters. Be sure to encourage your audience to wear their favorite sweater or take a broader look at Nordic knitting in A History of Norwegian Knitting.

Registration Link: sofn6.org/vesterheim-norwegian-sweaters/



The Fjellheim Educational Corners by Erik Tjelmeland

Barnehjørnet = The Kids Corner

In February, we will all hopefully celebrate Valentine's Day with someone special, but many people are unaware of the traditional customs each culture brings to this meaningful day. What should we teach kids about Valentine's Day? It's about all types of love. Love can be between friends, family members, and even oneself, especially amid social media despair. Explain that it's not just about giving and receiving gifts but about expressing appreciation and kindness.

Among Norwegians, "Valentine's Day is known as Valentinsdagen or Alle Hjerters Dag (All Hearts' Day). It is a simple, heartfelt holiday that often involves children, focusing on friendship, kindness, and small gestures rather than intense romantic pressure. Here are a couple of children's videos (click on the pictures) that explain the origin of Valentine's Day and how other countries celebrate it.



Det unge voksne verdenshjørnet = The Young Adult World's Corner

When it comes to being a worldly "Ambassador of Love," Norwegian-born Karine Hagen embodies this role. She is the Executive Vice President of Viking Cruise Line and has written a series of books about her Labrador, Finse, who is used to teach children about geography, history, and diverse cultures. Karine has also learned seven languages. With this background, she has embraced a wide variety of global cultures and celebrations, including Valentine's Day. This video (click on the Parthenon) offers her unique perspective on the love and romance she has encountered during her travels around the world. Enjoy!

For all Elvis Presley fans, the next video (second picture to the right) will be a treat, featuring Norwegian born Angelina Jordan Astar singing her version of the love ballad "Now or Never." She performed this song in front of a huge crowd at Fredriksten Castle in Halden, Norway, in 2017 when she was only 11. Now 20, her music career began at age 7 after winning Norway's Voice competition in 2014.

At age 13, she was a finalist on America's Got Talent in 2020, where she shared her life story and her "crush" on Simon Cowell (click on the 3rd picture).

Angelina is now performing for sold-out audiences at the International Westgate Theater in Las Vegas, Nevada. Her future looks very bright, but she always stays connected to her ethical values the mutual love of her family, especially her Iranian grandmother, Mery.



This February marks the 102nd year of the modern Winter Olympic Games. It will be celebrated again this year in Milano-Cortina, Italy. Affectionately, Norway has a love affair with these games and has the historical hardware to prove it. Norway, with a population of 5.5 million, leads every nation in total medals (405) and in all categories of gold, silver, and bronze medals. This year is likely to continue the trend, considering the results of the 2025 World Championships.

The question always arises: why is Norway so successful? Much analysis has been dedicated to this, but most agree it begins with the typical Norwegian's passion for outdoor living. It is rooted in a culture of "Friluftsliv," meaning "free air living." Additionally, there is an ingrained national skiing and skating culture that prioritizes fun and encourages participation in a wide range of sports. This success is also built on a society that promotes physical activity—not just for Olympic athletes but for everyday people. This love for sports and the desire to be the best have also extended to the Summer Olympics, as seen in world champions like Jakob Ingebrigtsen with gold performance in the 1500 and 5000 meter runs, the 2020 400-meter hurdles champion, Karsten Warholm, and the 2024 Olympic decathlon champion Markus Rooth.

Who are these guys in their "fashionable" Valentine Heart Slacks?



Answer: They are the Norwegian men's curling team with their pink heart pants. From left to right, Christoffer Svae, Torger Nergard, Thomas Ulsrud, and Havard Vad Petersson of Norway compete in the Curling Men's Round Robin Session 1 held at Gangneung Curling Centre on February 14, 2018, in Gangneung, South Korea. They were silver medalists at the 2010 Winter Olympics in Vancouver.

It is reported that Norway will host another Valentine spectacle at the 2026 Winter Olympics in Milano Cortina, Italy. **The video above highlights the fashion trend** that sparked interest in the sport across the fashion world and the public, beginning with the 2010 Olympics. Click the picture above to watch with Norwegian close captioning as a bonus. Who said curling is boring, especially since Norway is a top-tier nation in both the Olympics and the World Championships?

Lastly, here is a video in Norwegian with closed captions in both Norwegian and English. Hopefully, it will give viewers a Norwegian perspective on Valentine's Day. (Again, click on the picture.)

You Folks have a Great Valentine's Day and maybe you are game wearing these pants with your date.



Directory and Advertisements

2026 Fjellheim Board Offices <i>Feb 2026 update</i>	Office Holder	Phone Number
Board of Directors		
President	Mark Wedo	719-291-6387
Vice President/Membership Committee	Kerry Hefta	719-266-9429
Counselor	Terry Mapstone	719-254-0955
Secretary	Karen Ravnaas	719-390-0621
Treasurer	Kathie Godsil	719-229-9289
Program Directors		
Social Coordinator	Kathie Godsil	719-229-9289
Cultural Coordinator	Adam Lawrence	757-710-7656
Sunshine Report	Karen Ravnaas	719-390-0621
Hostesses (3)	Kathie Godsil	719-229-9289
	Beverly Beasley	719-471-1801
	Vacant	
Cultural Skills	Vacant	
Foundation	Vacant	
Sports Coordinator	Vacant	
Support Officers		
Greeters (2)	Hazen & Sonja Thomas	719-475-0429
Marshalls (2)	Leonard Beasley	719-471-1801
	Dave Haugen	719-599-0810
Flammen Editor	Erik Tjelmeland	719-205-2539
Historian	Denise Lambert	530-206-6878
Librarian	MJ Berg	719-659-4567
Musician	Denise Lambert	530-206-6878
Leading Photographer	Kelly Garrett	602-618-2343
Publicity	Eunice Bluhm	719-495-2029
Web Page/Facebook	Susanne Arens	719-593-1449
Web Page/Facebook backup	Kerry Hefta	719-266-9429
Committee/Special Activities		
Auditor	John Larson	719-570-0043
Volunteer Hours	Karen Ravnaas	719-390-0621
Fjellheim Management Corporation (FMC)		
Director/President	Terry Mapstone	719-351-5644
Director/Secretary/Treasurer	Karen Ravnaas	719-390-0621
Director	Newell Nesheim	720-202-3161
Director	John Larson	719-570-0043
Director	K. Max Canestorp	719-685-4583
Director	Norman Pechacek	719-574-1938
Director	Adam Lawrence	757-710-7656
Director	Vacant	
Director	Vacant	

Sons of Norway Monthly Newsletter

Erik Tjelmeland, Editor

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1895-2020

Colorado Zone 8 Director: Diane Molter, GRNBViking09@live.com, 303-288-6014

District 6 President: Lis Barca, president@sofn6.org

SON International Board: Luella Grangaard: luella.grangaard@sofn6.org

SON Insurance & Financial Agent: Kendall Kjerstad. 970-978-1634, 970-697-1114