

Freedom  
Fraternity  
Progress



# Trollheim News

Greetings to all members!

I hope you come through the cold and snowy weather in good condition. Weather contributed to some cancellations: first our January general meeting to install lodge and TBC officers and to install 10 new members has been rescheduled for the February 15th general meeting--2pm sharp! Please attend, drink coffee, and enjoy social time over delicious treats and with good company!

The Zone 8 Leadership Conference, organized by Diane Molter, was also postponed; the new date will be shared with lodge officers and appointees when Diane reschedules it.

Our Trollheim's annual Lutefisk/meatball dinner was a success on February 1st. I hope you all enjoyed it as I sure did "YOU BETTCHA!" Many thanks to all the volunteers from planning, grocery shopping, set up, food prep & serving and cleanup. These events are only possible with generous volunteers chipping in!

Please see the Zone 8 Barneløpet flyer included in this newsletter. For those that like the mountains and to ski, mark your calendar for February 22, 2025 and enjoy your day with other skiers! To help us with that event, contact Diane Molter whose contact information is inside. Stay well and warm as we start Trollheim's 52nd year! Fraternally,

President, **Perry Monkeliën**

**Trollheim News**  
**February 2025**  
**Volume 52 Issue 2**

Trollheim Lodge 6-110  
Sons of Norway  
6610 W 14<sup>th</sup> Ave.  
Lakewood, CO 80214  
303-232-1700 (messages)

**President:** Perry Monkeliën  
[pdmonkeliën@gmail.com](mailto:pdmonkeliën@gmail.com)  
303-699-1073



# Calendar of Events 2024/2025



Barbara Hessel	1
Annette Kvamme	1
John Martin	1
Lois Doeksen	2
John Kinnamon	5
Suzanne Christian	6
Jane Janssen	6
Karin Rohleder	9
Adrian I Lewis	10
Sophia Lamas	11
Joy Folkvord	12
Carla Olson-Kite	12
Andrew Osborne	12
Cheryl Amdahl	13
Jacqueline Bland	13
Jan Mason	13
Bjorn Dahl	16
Ann-Charlotte Nording	16
Emma Roberts	16
Mike Coon	19
Albert Ehret Jr	19
Barbara Bessesen	20
Ruth Peterson	20
Kirsi St Marie	21
June Blanchard	25
Doug Wheeler	25
Barbara Pedersen	27
Lawrence Freng	28

## February

- 1 Lutefisk and Meatball Dinner 2pm
- 3 Board Meeting 12 noon
- 4 Rental High Country Chorus
- 8 Genealogy Trollheim Library 10am-12
- 11 Rental High Country Chorus
- 15 General Meeting 2pm Installation of Officers. Dessert/snack potluck
- 18 Rental High Country Chorus
- 22 Barnelopet – Contact Diane Molter to volunteer or participate  
[grnbviking09@live.com](mailto:grnbviking09@live.com)
- 25 Rental High Country Chorus
- 26 Vesterheim Museum Presentation 7pm  
Zoom link: <https://sofn6.org/vesterheim-trunks-hands-hearts/>

## March

- 3 Board Meeting Noon
- 4 Rental High Country Chorus
- 8 Genealogy Class in the library 10am-Noon
- 15 General Meeting 2pm. Installation of Officers
- 11 Rental High Country Chorus

**ATTENTION! Please attend the February 15, 2025 at 2 pm to receive your 5, 10, 15, 20, 25, 30, 35, 40 or more-year membership pin!**

*Calculate this number based on the date you became a SON and/or Trollheim member. You can look it up easily at [sofn.com](http://sofn.com) using your log on and once in, click on your profile to find it. Regardless, attend to celebrate our mutual membership milestone!*

Also during this potluck dessert/savory snack meeting, we will install **10 new members, and we will honor members who passed in 2024.**

Mark your calendar now for February 15 at 1:45 pm to set up dessert/snacks and to be ready for the 2pm meeting. Did you know that February is Trollheim Lodge's anniversary? That's why we have various activities during the February general meeting, such as the 5-year increment membership acknowledgments and installing new members. While enjoying potluck snacks and desserts, we will watch Barb Hessel's program about the primstav calendar.

## Scholarship News!

Scholarships are available in the amounts of \$500-\$1,500. Applications are accepted only until March 31, 2025. For more information and a form, contact Joan Johnson: (Scholarship Director) phone/text: 720-326-6015. Email: [jei.jay48@gmail.com](mailto:jei.jay48@gmail.com)



# Sunshine

**Joan Ellen Johnson** recently fell and injured her arm. She is currently in a sling. As one of our kitchen managers, she assures us the Lutefisk dinner will not be affected. We wish Joan a fast recovery!

**Gail Green's** parents Marvin and Jean Jacobsen celebrated their 71st anniversary January 16. Jean is a member of the Son's of Norway Lodge, Fargo, ND. We send Congratulations and Wow!

## Joel Bernhard Sigdestad, MD

Joel Bernhard Sigdestad, MD of Littleton, Colorado died on December 6, 2024 at the age of 82. Joel was born in Fargo, North Dakota. Joel received his Doctor of Medicine in 1968 from the University of Minnesota. Joel proudly enlisted in the US Army in 1967. After completing his medical internship, he served in Schweinfurt, Germany. Joel completed his surgical residency at Fitzsimmons Army Medical Center in 1975. He went on to serve at Fort Carson in Colorado Springs. He also served in the Army Reserves and retired as a Lieutenant Colonel.

In 1997, Joel fulfilled his childhood dream of going to Africa where he served in his first medical mission in Tanzania. His wife Barbara and daughter Karin accompanied him on that inaugural trip with Joel working alongside his daughter Karin in the operating room and climbing Mount Kilimanjaro. Joel returned to Tanzania 21 more times on medical mission trips always taking time to go on safari and spend time in the local communities. He cherished bringing his children and other family members on these trips. Joel touched many lives around the world.

Despite Joel's busy career, he always found time for his children: Kristen, Joe and Karin. He enjoyed outdoor activities with all of them. He especially enjoyed taking them out for ice cream. He loved cheering his grandchildren on at sporting events and attending grandparent's day at school. Joel and Barb loved getting away to their cabin with family and friends.

Joel was a lifelong Lutheran and active member of St. Philip Lutheran Church in Littleton, CO where he was active with the men's Bible Study and men's breakfast. Joel generously donated to those in need through his church and many other organizations.

Joel will be remembered most for his kind heart, warm smile, love of jokes, caring for people all around the world – and especially for his love of ice cream.

**President:** Perry Monkeliem  
303-699-1073  
[pdmonkelien@gmail.com](mailto:pdmonkelien@gmail.com)

**Vice-President:** Bruce Bailey  
720-732-7791  
[bruce.baila@comcast.net](mailto:bruce.baila@comcast.net)

**Treasurer and Office Manager:**  
Connie Bartram  
303-467-3299  
[ceec4@msn.com](mailto:ceec4@msn.com)

**Secretary:** Karalou Mattern  
303-918-9673  
[karaloumattern@msn.com](mailto:karaloumattern@msn.com)

**Financial Secretary:** Barb Hessel  
303-989-4496  
[hesselbh@comcast.net](mailto:hesselbh@comcast.net)

**Membership:** Taryne Jensen

**Cultural Director:** Louise Bath  
(303) 819-8194  
[lbath25@comcast.net](mailto:lbath25@comcast.net)

**Sports/Rec Director:** Diane Molter  
970-364-8013  
[grnbviking09@live.com](mailto:grnbviking09@live.com)

**Greeters:**  
Curt Barner [curtdonna@comcast.net](mailto:curtdonna@comcast.net)  
Suzanne Eugster  
[suzanneeugster@gmail.com](mailto:suzanneeugster@gmail.com)

**Marshall**  
Pat LaMoe [patlamoe@msn.com](mailto:patlamoe@msn.com)

**Website:** Elisha McDowell  
(719) 671-3551  
[elishamcdowell.work@gmail.com](mailto:elishamcdowell.work@gmail.com)

**Sunshine:** Juliann Jenson  
202-494-3181  
[jkjenson@comcast.net](mailto:jkjenson@comcast.net)

Trollheim Lodge donates \$50 to the Scholarship fund in remembrance of each departed member.

# Trollheim Christmas Party 2024!

**Foundation and Scholarship Director:** Joan Johnson  
720-326-6015  
[iej.jay48@gmail.com](mailto:iej.jay48@gmail.com)

**Auditor:** Dani East  
303-981-5835  
[danieast57@gmail.com](mailto:danieast57@gmail.com)

**Newsletter Editor:**  
Dawn Nelsen  
303-898-6853  
[dawnnelsen@gmail.com](mailto:dawnnelsen@gmail.com)

**Trollheim Building Corporation (TBC)**  
President: John Gunderson  
Vice-President: Arne Jorgensen  
Treasurer/Rentals: Michael Homan 303-888-2934  
Secretary: Connie Bartram  
Summer Cleanup: Charlie Martin

**Joan's Norske Butikk**  
Manager: Bruce Bailey  
[managnorskebutikk@gmail.com](mailto:managnorskebutikk@gmail.com)

**Crew:**  
Syrena Plakke  
Dani East  
Cheryl Amdahl  
Mary Kilgannon  
Penny Sargent

Janet Cunningham proudly shares her Scandinavian family textiles to the Dameklubb women at the January meeting.



## Free Children's Cross Country Ski Event

### BARNELØPET

1.0 Km, 2.5 Km & 5.0 Km for ages 0 -16

Saturday, February 22, 2025



Snow Mountain Ranch ~YMCA~ Granby,  
Legett Hall

Sponsored by Sons of Norway

- Register at [www.barnelopez.com](http://www.barnelopez.com) or at 9:30 a.m. on the day
- Check in at 9:30 AM, Introduction XC Class 10:00-11:00 AM, Event begins at 11:15 AM
- Free ski rentals at YMCA Nordic Center
- After event reception with refreshments
- For further information contact co-coordinators:  
Lois Hodne at (303) 324-1880, [loishodne@gmail.com](mailto:loishodne@gmail.com)  
or Jon Eirik Holm-Johansen  
(970) 412-0433, [tvchiro@gmail.com](mailto:tvchiro@gmail.com)

Register here



# *Trollheim's Annual Tea*

featuring

## Norwegian Textiles

Sons of Norway,  
Trollheim Lodge  
6610 W. 14th Ave.  
Lakewood, CO 80214

Saturday, April 26, 2025

1:00 - 3:00

\$30 per person

Please join us for tea, tasty  
treats and gentle conversation



RSVP by: **April 16, 2025** Make checks payable to: Sons Of Norway

### **Trollheim Annual Tea**

Fill out this form and mail it, with your check, to Barb Hessel,  
953 S. Holland St. Lakewood, CO 80226. Phone: 303-522-0800

**Make checks payable to Sons of Norway.**

Name \_\_\_\_\_

Email Address \_\_\_\_\_ # Of Guests \_\_\_\_\_

Phone Number \_\_\_\_\_ Total Amount: \$ \_\_\_\_\_

Seating Request \_\_\_\_\_



If you've ever wondered what the genealogy group is all about, here is an inside peak!

Sons of Norway  
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