

September 2025
Volume 52, Issue 8

Freedom
Fraternity
Progress



Trollheim News

Greetings to All Members!

I hope everyone had a relaxing and enjoyable Summer. We had a virtual tour of Norway at our August General Meeting. **Louise Bath** showed great pictures of Norway (especially of rosemal paintings) with very interesting commentary. She also provided the lodge with a book on Munch paintings.

We are into Trollheim's busy autumn schedule starting with the Walleye Fish Fry on Sept 13th, see the flyer for more information. It's always the most delicious dinner so get your tickets ASAP.

*****If you would like to volunteer to help with the event, please call Joan Johnson (720-326-6015) or Michael Homan (303-888-5934).*****

At our September 20th General Meeting at 2pm we have a special speaker, Mitch Utterback, who is an expert on Norwegian Resistance in WWI. His presentation focuses on the destruction of the Heavy Water Plant and the saboteurs' escape. Do not miss this exciting story!

Our Cultural Skills classes (including Rosemal painting, Genealogy and Lefse Academy) are ready to resume. The Genealogy class begins Sep 13th in the library at 9:30am. Call **Kirstin Lewis** or **Laria Lovec** to sign up for the rosemal classes to help us know the level of interest to continue with the class. **Louise Bath** is starting a beginner Rosemal Class on Sunday afternoons on Oct 5th. Our Lefse Academy is on Oct 11th. Look for information in the October newsletter. Joan's Butikk is open each Sat 9:30-1:30 with special items for you to buy. Stay cool and I hope to see you at the Walleye Fish Fry and general meeting!

Fraternally, Perry Monkelien

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

President: Perry Monkelien
pdmonkelien@gmail.com
303-699-1073



Trollheim Calendar of Events 2025

September



Severt Kvamme	2
Marcus Johnshoy	4
Peyton Anderson	5
Jacquolyn Groe	5
Virginia Bigelow	13
Dawn Nelsen	13
Crystal Olson	15
Diane Molter	16
Julia Blair	19
Kari Syrena Plakke	19
Ronald Taylor	19
Karalou Matern	20
Bjorn Borgen	22
Daniel Fossen	23
James Burgin	26
Kari Jorgensen	26

- 1 - Lodge rental - evening
- 7 - Al Ehret Celebration of Life/Memorial at 1pm; Open House follows. RSVP to cjehret333@gmail.com
- 8 - Board meeting - 12noon
- 9 - Lodge rental - evening
- 13 -Walleye Dinner- 5pm
- 13 -Genealogy 9:30-12noon in Trollheim library
- 16 -Lodge rental - evening
- 20 - General meeting - 2pm. Potluck desserts and snacks
- 23 -Lodge rental – evening
- 27 - Lodge rental & Weekend Pie Bake: Thurs - Sat weekends of September 27th and October 4th

- 30 -Lodge rental - evening

October

- 2- Lodge rental - evening
- 6- Board Meeting – 12noon
- 7- Lodge rental - evening
- 9- Lodge rental - evening
- 11 -Genealogy – 9:30am – Noon, Library, Lefse Academy
- 14 -Lodge rental - evening
- 16 -Lodge rental - evening
- 18 -General Meeting 2pm dessert and snack potluck

SCHOLARHIPS AWARDED! **Siri & Charlie Martin** (Juliann's children) were awarded \$1,000 each to aid in their continuing studies at St. Olaf and Tulane respectively! Keep up your studies and report back at a future meeting!

Upcoming Rosemaling Classes!

Sep 6th, 13th, 20th & 27th join **Laria Lovec** for intermediate Gudbrandsdal from 9:30-1:00. The cost is \$48 for the class/\$15 materials fee. We will be painting a square canvas and a round wood disk.

Oct 4th & 11th join **Louise Bath** for Scandinavian horses from 9:30-4pm. \$48 for the class plus materials fee. We will paint 3 dimensional horses from carpenter **Mike Lusk**.

Nov 15th, 22nd, Dec 6th & 12th join **Kirstin Lewis** to paint Gnome candle sticks in acrylics from 9:30-1:00. \$48 plus a materials fee.

Drop in OPEN Studio dates Oct 18th, Oct 25th, Nov 1st, Nov 29th, Dec 20th from 9:30-1:30. The studio fee is \$5.00 a day.

Watch live rosemaling demonstrations by **Kirstin** and get your holiday shopping done at the Trollheim Craft Fair on November 7th and 8th from 10-3pm. Entry fee is \$3.00 per person. Kids under 12 free.

Kristen Lewis (850)896-0769, **Laria Lovec** lariasart@gmail.com

Louise Bath lbath25@comcast.net





Sunshine

Earl & Connie Bartram spent all of June traveling. They spent the first week in New York City getting an in-depth tour of 911 (highly recommended), seeing a Broadway musical and a late-night show taping, as well as walking throughout Central Park. Next, they spent a week in Iceland, enjoying waterfalls, snow-fields, and continuous lava fields. Finally, they spent a couple weeks in the UK, noting how different English language sounds there compared to American English. Trip highlights included London's sites, Scotland's Northern Highlands and the Isle of Skye. Connie grew tired of UK fish and chips, while Earl enjoyed the traditional English breakfasts at their hotels. Despite all the walking they did during the trip, neither of them lost weight—Uffdah!

Cheryl Amdahl is recovering from the foot reconstruction surgery she had in May. She still cannot put weight on her foot without support and will begin physical therapy soon. It's been a long journey for Cheryl and she appreciates prayers and well wishes for a speedy recovery. She will also need surgery on her other foot later this year.

Taryne Jensen recently traveled throughout Norway, including Bergen, the Flam railroad, and Oslo. She reported seeing some beautiful scenery and dined on Norwegian delicacies. We look forward to hearing more about the trip along with pictures! **Juliann Jenson** took a similar journey across Norway in May but should have taken the train instead of borrowing a friend's car. Let's just say Norwegians take speeding very seriously and issue hefty tickets for just going a *few* kilometers over the limit!



From June 2-15, **Louise Bath** and **Kirstin Lewis** went on a Vesterheim Folk Art Study Tour in Norway. They started in Kristianson and continued to Porsgrunn, Kongsberg, Rauland, Vestlia Resort, Ål, Lillehammer, and Oslo. Highlights of the tour took place in many museums, including the Vest Telemark Museum, Ål Kulturhus, the Gunderson Collection at Vestlia Resort, Maihaugen at Lillehammer and the Oslo Folk Museum. They also saw the iconic Heddal Stave Church, Bjerkebæk (the home of Sigrid Unset, Nobel laureate and the author of Kristin Lavransdatter), and the Munch Museum in Oslo. It was a fabulous trip!



At the August 16th General meeting, **Louise Bath** shared her experiences of her trip to Norway. She included several photos including the Heddal Stave Church at Notodden and Vest outside of Telemark Museum.

President: Perry Monkeliem
303-699-1073
pdmonkelien@gmail.com

Vice-President: Bruce Bailey
720-732-7791
bruce.baila@comcast.net

Treasurer and Office Manager:
Connie Bartram
303-467-3299
ceec4@msn.com

Secretary: Karalou Mattern
303-918-9673
karaloumattern@msn.com

Financial Secretary: Barb Hessel
303-989-4496
hesselbh@comcast.net

Membership: Taryne Jensen
(303) 668-8112
Taryne1@msn.com

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

Sports/Rec Director: Diane Molter
970-364-8013
grnbviking09@live.com

Greeters:
Curt Barner curtdonna@comcast.net
Suzanne Eugster
suzanneeugster@gmail.com

Marshall
Pat LaMoe patlamoe@msn.com

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

Sunshine: Juliann Jenson
202-494-3181
jkjenson@comcast.net

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

Foundation and Scholarship Director:

Joan Johnson
720-326-6015

iej.jay48@gmail.com

Auditor:

Dani East
303-981-5835

danieast57@gmail.com

Newsletter Editor:

Dawn Nelsen
303-898-6853

dawnnelsen@gmail.com

Trollheim Building Corporation (TBC)

President: Ron Taylor

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

managernorskebutikk@gmail.com

managernorskebutikk@gmail.com

Crew:

Syrena Plakke

Dani East

Cheryl Amdahl

Mary Kilgannon

Penny Sargent

Photographer/Historian:

Gail Greene

msureddragon@aol.com

Publicity:

Penny Sargent

a54penny@gmail.com

Hello Everyone,

In the past you have contacted me about teaching Norwegian Rosemaling classes but I have only been giving intermediate or advanced classes. I am now teaching beginning classes on Sunday afternoons at Trollheim Lodge if there is sufficient interest. Class two would be Nov. 2,9,16,23. Cost is \$50 for 4 classes plus cost of materials

About myself- I have been rosemaling for 35 years and earned a Vesterheim Gold Medal in Rosemaling in 2017. Vesterheim is the Norwegian -American Museum in Decorah, IA. I have travelled to Norway 4 times to study rosemaling, the latest was in June this summer. I teach on Zoom and in person to many Norwegian rosemaling associations across the US.

I am now offering beginning classes to increase interest in the Greater Denver area in the art of Norwegian Rosemaling...and you don't have to be Norwegian to love this art form!

I hope to hear from you! **-Louise Bath**



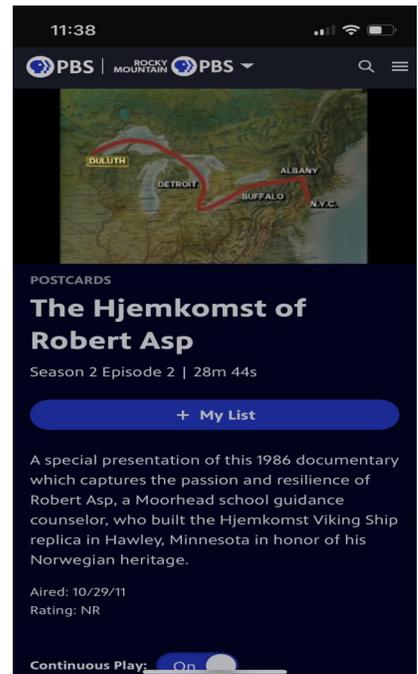
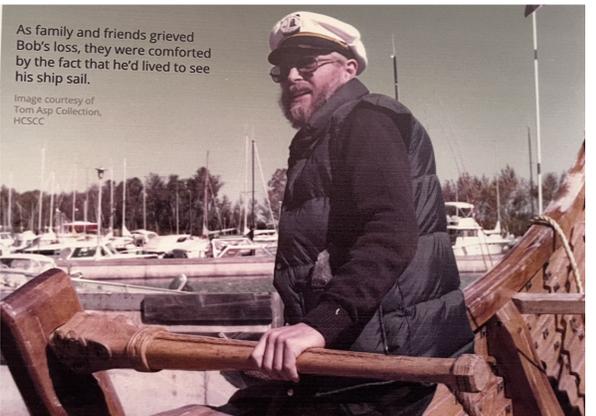
Must see October Meeting

My presentation in October at the General meeting is about the journey of the Hjemkomst Ship, building of the ship and the journey to Oslo.

This is personal to me since Robert Asp was our Counselor at my Junior High School and his daughter (who sailed on the trip) was one of my classmates from Moorhead MN High School.

-Gail Greene

These horses will be painted Oct 4th & 11th





Trollheim's Annual Walleye Fish Fry



*Saturday, September 13, 2025
1700 hours (5:00 PM)*

*Trollheim Lodge 6-110
6610 West 14th Avenue, Lakewood, CO*

We will take the first 120 paid reservations.

Contributions

*Adults \$30.00
Under 12.... \$10.00*

Menu

*Walleye fillet
baked potato, coleslaw
pickled beets, roll, dessert*

Come early and shop at Joan's Norsk Butikk

Please RSVP before September 3, 2025

Make checks payable to: Sons Of Norway

You may call Barb (303.522.0800) to check on availability. Fill out the form below and mail it with the payment and a **stamped, self addressed envelope** to:
Barb Hessel, 953 S. Holland St., Lakewood, CO 80226



Walleye Fish Fry

Name _____ # Adults(@ \$30) _____

Email _____ # 3 to 12 (@\$10.00) _____

Phone _____ Total Amount \$ _____

Seating Request? _____

(Optional)

**Shop Joan's Norsk Butikk
Saturdays 9:30-1:30 for all your
Norwegian goodies!**





If you haven't signed up to learn rosemal painting, what are you waiting for?

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