

Freedom
Fraternity
Progress

January 2026
Volume 53, Issue 1



Trollheim News

Greetings to All Members!

I hope you had a most joyful Christmas and a very Happy New Year. I also hope none of you caught the flu bug that I had a few weeks ago. I'm OK now.

We had a great Christmas Party on December 20th with a fun display of our favorite Norwegian sweaters, and we especially loved the music by the Chavez family. They even played the Norwegian song for dancing around the Christmas tree. It was lots of fun!

In early December, Trollheim was invited to represent Norway at the Thornton Winter Festival. **Diane Molter, Louise Bath, Michael Homan** and myself represented the Trollheim Lodge by handing out information while making new friends.

January is here and we'll have our next General Meeting on January 17th at 2pm. A fun program is planned that includes celebrating Pat LaMoe's Centennial birthday.

Our annual Lutefisk Dinner is set for January 31st at 1pm (see the flyer). We serve the most amazing Lutefisk, so don't miss it. Joan's Norsk Butikken had good sales in November and December. Bruce and staff look forward to helping you find the Scandinavian item you need when they reopen January 24, 2026. Again I hope you all stay well and enjoy a great 2026!

Fraternally,

Perry Monkelien, President

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 2026

January



*HAPPY
JANUARY
BIRTHDAYS!!*

James Edward Aarvig
Patricia LaMoe
Karen Feste
Debbe Knutson
Amy Martinson
Steve Svenningsen
Robert Svenningsen
Robert Hansen
Dennis Mark Orr
Richard Rosene
Sonja Engebretson
Jeff Hammer
Paul Aaker
K Curtis Barner
Cyndy Sample
Hunter Holmgren
Bonnie Johnshoy
Mark Menghini
Thora Ruth Aarvig
Sue Peterson

- 4 - Beginning Rosemaling 1:30-4pm
- 5 - Board meeting 12noon
- 6 - Lodge Rental evening
- 10 - Beginning Rosemaling Telemark style 9:30am- 1pm
- 10 - Genealogy 9:30am – Noon in library
- 11 - Beginning Rosemaling 1:30-4pm
- 13 - Lodge Rental evening
- 17 - Beginning Rosemaling Telemark style 9:30am-1pm
- 17 - General meeting 2pm. Program TBD- Dessert/snacks potluck
- 18 - Beginning Rosemaling 1:30-4pm
- 20 - Lodge Rental evening
- 24 - Beginning Rosemaling Telemark style 9:30am-1pm
- 31 - Beginning Rosemaling Telemark style 9:30am-1pm
- 31 - Lutefisk Dinner 1pm

February

- 1 - Beginning Rosemaling 1:30-4pm
- 2 - Board Meeting 12noon
- 3 - Lodge Rental evening
- 5 - District 6 Leadership Meeting 9:30am-1:30pm
- 8 - Beginning Rosemaling 1:30-4pm
- 10 -Lodge Rental evening
- 14 -Genealogy 9:30–12noon, Library
- 15 -Beginning Rosemaling 1:30-4pm
- 17 -Lodge Rental evening
- 20 -General Meeting 2pm. Program TBD, Dessert/snack potluck
- 21- Barnelopet – Kids ski free at Granby YMCA– infant to age 16
- 24 -Lodge Rental evening
- 25 -Beginning Rosemaling 1:30-4pm
- 28 -Cooking Academy Norwegian Cookies

March

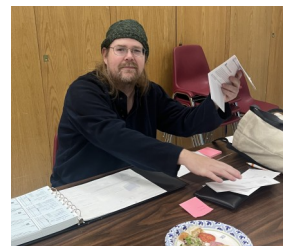
- 2 - Board Meeting 12noon
- 7 - Intermediate/Advanced Rosemaling Solje Box 9:30-1pm
- 8 - Beginning Rosemaling 1:30-4pm
- 14 -Genealogy 9:30am-12noon, Library
- 14 -Intermediate/Advanced Rosemaling Solje Box 9:30-1pm
- 15 -Beginning Rosemaling 1:30-4pm
- 20 -General Meeting 2pm. Program TBD, Dessert/snack potluck
- 21 -Intermediate/Advanced Rosemaling Solje Box-9:30-1pm
- 22 -Beginning Rosemaling 1:30-4pm

April-

- 6 - Board Meeting 12noon
- 11- Genealogy 9:30 – 12noon, Library
- 11- Dameklub Tea
- 18- General Meeting 2pm. Memorial service & pin presentation. Dessert/snack potluck



Thank you Michael Homan for managing the Trollheim Lodge rentals. You are appreciated!





Sunshine News

Pat LaMoe is turning 100 on January 3rd! She and her son are planning to celebrate in January with Pat's various church and fraternal groups (including Trollheim). Let's share stories with Pat about her life and Norway. Please attend and join the celebration on January 17th at 2pm. In addition to potluck snacks, we will enjoy kransekake.

Penny Sargent has recovered from a foot infection and is happy to no longer wear the boot!

Jackie Groe's mother recently passed away after living a full life of over 100 years in Minnesota! Our deepest sympathies Jackie.

A BIG THANK YOU FROM THE TROLLHEIM BOARD!

The Trollheim Board extends a huge thanks to you who keep the lights on and our lodge thriving: the lodge and TBC board members who perform their duties with excellence; Bruce/Joan's Norsk Butikken crew; the special event crews; the general meeting crew; the cultural crews for genealogy, rosemaling classes, & baking academies; and to Michael for managing the HCC rental; to Gail for photography/scrapbooks; and the Bartram's for their ongoing custodial time. Thank you for your support.

Scandinavian Heart Art

Monday, January 26, 5:30–7pm

Kremmling Library Community Room

Join us for an evening of Scandinavian-inspired creativity led by **Jane Janssen**, a member of the Sons of Norway! You'll explore traditional art forms with a heart-themed twist in preparation for Valentine's Day.

Instagram

The Trollheim Lodge Instagram page is up and running - check it out and follow at Trollheim Lodge #6-110. Siri and Charlie Martin are posting about lodge events and basic Norwegian items of interest. If you have anything you'd like to have added to the page, contact: sirimartin619@comcast.net

Reminder that Sons of Norway is an Insurance Company

To purchase, update and/or discuss financial needs, contact:

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207 Whisper Lane, Grand Junction CO 81503
(970) 697-1114 kjerstadkendall@yahoo.com

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Sunshine: Juliann Jenson
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jkjenson@comcast.net

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

Foundation and Scholarship Director: Joan Johnson
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iej.jay48@gmail.com

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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

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

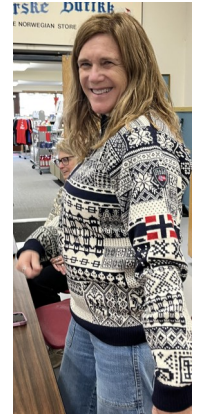
Photographer/Historian:
Gail Greene
msureddragon@aol.com

Publicity:
Penny Sargent
a54penny@gmail.com

Sweaters, Sweaters & Sweaters!



Curt & Donna Barner



Heather Messerly



Anne Wormley



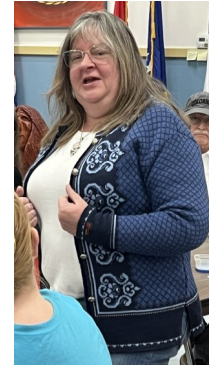
Gail Greene



Chavez Family musicians



Pat Lamoe



Agnes Omholdt & Ellen-Omholt-Gindorf.



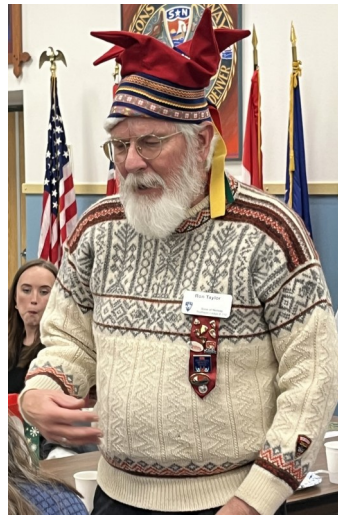
Daniel Ondrejko shows off the Dale Sweater he and his wife received in Norway on a Family History research trip



Barb Hessel prepares for the Dameklubb Tea April 11th with a bunad theme. She's also selling tickets for the Lutefisk dinner held at the Lodge January 31st.



Diane Molter



Fit for a King! Ron Taylor shares his story about his family's sweater



Perry M and Louise Bath



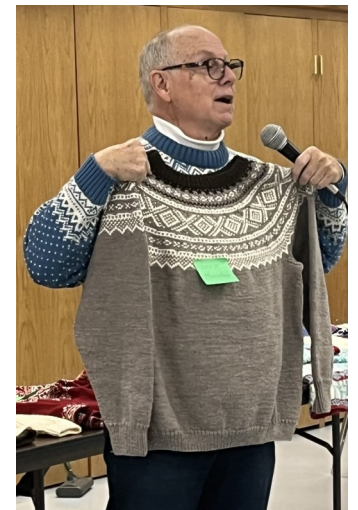
Karalou Mattern



Severt and Mary Kvamme



Pat Hughes



Perry Monkelien



Beginning Rosemaling Class



Join Kirstin Lewis for a beginning rosemaling class in the Telemark Style. This four day class is on January 10th, 17th, 24th and 31st from 9:30-1:00 at the Trollheim Lodge. Class cost is \$48 for the for the class. No supplies? No worries! A beginner kit costs \$40 and includes all the supplies you need to get started! Contact Kirstin Lewis at 850-896-0769 to reserve your spot!



ROSEMAL TABLE, CHAIRS & HUTCH NEED A GOOD HOME

Linda Demarche is downsizing and is looking for a home for her Norwegian furniture pieces - a table, chairs, and hutch. If an interested: ldemarche@vistard.com or (303) 905-6664.



Free Children's Cross Country Ski Event

BARNELØPET

Saturday, February 21st, 2026

Leggett Hall

Snow Mountain Ranch YMCA, Granby

1 km, 2.5 km & 5 km for ages 0 – 16

Check-in at 9:30am Event begins at 11:15 am

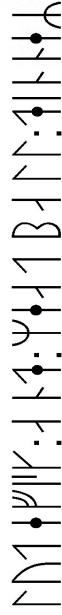
Free ski rentals at YMCA Nordic Center

After-event refreshments

Info and Registration at www.barnelopet.com

Sponsored by Sons of Norway District Six & the Colorado Lodges

TROLLHEIM LODGE
6610 W. 14th Ave.
Lakewood, CO 80214



LUTEFISK AND MEATBALL DINNER



Saturday, January 31, 2026 1:00 pm
12 years and over: \$30 3 - 12: \$17

PLEASE RSVP EARLY!

Reservations must be in by January 23, 2026

RSVP by: Jan. 23, 2026. Make checks payable to: Sons Of Norway

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.

Please include a self-addressed and stamped envelope

Name _____ #Adults(@\$30) _____

Email Address _____ #3 - 11 (@\$17) _____

Phone Number _____ Total Amount: \$ _____

SEATING REQUEST (Optional) _____



DAMEKLUBB CHRISTMAS

15 ladies celebrated the holidays at Louise Bath's home. Of course, we had PLENTY OF DELIGHTFUL FOOD and BEVERAGE and played the lively and fun game of "steal a gift!" Tusen takk Louise for hosting us again!

Sons of Norway
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