



February 2026
Volume 53, Issue 2



Trollheim News

Greetings to All Members!

To catch you up on Trollheim Board business, we will be saving the lodge \$10,000 this year by finding the “right fit” insurance agent and insurance. We also are buying an umbrella liability insurance policy. Regarding other costs, we cannot control utility costs which keep rising. In fact, paying for utilities and insurance has required the board to draw from the reserves that were built up during the bingo fundraising years. We anticipate this trend to continue.

PLEASE SHOP! Our retail store, Joan’s Norsk Butikken, is overstocked with holiday coffee mugs and Christmas cards. The board approved to put these specific items on 25% sale until the inventory is significantly reduced or gone! Please help and buy your Christmas gifts and cards early, be ready for 2026!

I’m continuously grateful that we have dedicated volunteers that keep our lodge vibrant and active. Such activities included celebrating Pat LaMoe’s 100th birthday—her photo is below. Special thanks to **Connie and Earl Bartram** for planning/decorating this fun event.

The newsletter has information about participating in many lodge and SON activities in February and March. Take advantage of these opportunities.

Stay warm and in good health. Fraternaly,

Perry Monkelien, President

Photo: Earl Bartram, Pat LaMoe & Perry Monkelien



Freedom Fraternity Progress

Trollheim News
February 2026
Volume 53 Issue 2

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

February



Barbara Bessesen
June Blanchard
Jacqueline Bland
Suzanne Christian
Bjorn Dahl
Lois Doeksen
Joy Folkvord
Lawrence Freng
Barbara Hessel
Jane Janssen
John Kinnamon
Annette Kvamme
Adrian Lewis
John Martin
Jan Mason
Andrew Osborne
Barbara Ann Pedersen
Ruth Peterson
Karin Rohleder
Kirsi St Marie
Doug Wheeler

- 1 - Beginning Rosemaling 1:30-4pm
- 2 - Board Meeting 12noon
- 3 - Lodge Rental evening
- 7 - 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. 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 10am-12noon

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
- 28 –Int/Advanced 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

May

- 4 - Board Meeting 12noon
- 5 -Genealogy 9:30-12noon Library
- 6 - General Meeting 2pm Snack and dessert potluck
- 17 - Syttende Mai

The Program for February will be shown on the new television at the Lodge. Huge thanks to **Diane Molter**, our SON District 6 Representative, for donating it to the Lodge. It will be located near the doors to the kitchen, which is a convenient spot to gather. We have large collection of Norwegian themed CD Programs that we have not easily been able to use before , so this is a great addition to the Lodge.

At the March general meeting. Louise Bath and Kirstin Lewis will present a program on their June 2025 Vesterheim Folk Art Tour to Norway. The Tour started in Kristiansand, travelled up through Telemark, then east to Lillehammer and ended in Oslo. They toured museums, churches and much more! They returned with many photos and memories to share. This program will give you a greater appreciation of the wonderful folk Art Heritage of Norway!





Sunshine News



Congratulations **Pat LaMoe**! She has accomplished 31 active years with the Trollheim Lodge at age 100. Besides being an accomplished seamstress, she has managed to hostess at The Olive Garden Restaurant until her mid 90s. Pat, husband Omar and several generations of her immediate family have strong affiliations with the military. Since she has a love of traveling to Europe, she has traveled to Germany's Khristkindlmarkt several times and plans to go again in 2026 . Happy future adventures into your next century!

A Grand 100th Celebration for Trollheim Member Pat LaMoe

Nearly 30 members attended the January 17th meeting to celebrate **Pat LaMoe** who reached 100 years! To make it special for Pat, we decorated the lodge in white and red (she remarked, "that's the Danish flag colors!") and included 12 yellow and 12 red roses (her favorites), toasted with aquavit (provided by Amy Jo and a toast led by Heather) and enjoyed kranssekake (from Amy Jo Martinson, Fort Collins) for a traditional Norwegian celebration! While Pat is Danish and German, her Norwegian husband Omar, led them to their "social home" at Trollheim Lodge 31 years ago. Pat said she enjoys everything Norwegian--she noticed the lox, sandbakkles, and other Norwegian specialties on the potluck table. Pat also shared that she just renewed her drivers license for 5 more years! Pat truly felt honored and thanked every attendee. Pat, we are so blessed to have you at Trollheim! Tusen takk!

Reminder that Sons of Norway is an Insurance Company

To purchase, update and/or discuss financial needs, contact:
Kendall Kjerstad, Financial Benefits Counselor,
207 Whisper Lane, Grand Junction CO 81503
(970) 697-1114 kjerstadkendall@yahoo.com

President: Perry Monkliem
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
303-522-0800
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

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

Photographer/Historian:
Gail Greene
msuredragon@aol.com

Publicity:
Penny Sargent
a54penny@gmail.com



Rosemal with Louise Bath

Beginning Rosemaling classes continue at Trollheim on Sundays in February from 1:30 -4:30 with Vesterheim Gold Medalist Louise Bath. Contact Louise to learn Telemark Style Rosemaling. Newcomers are welcome! These classes continue on March 8, 15, 22 & 29. Cost is \$48 plus a \$20 starter fee.

A separate class, by Louise Bath, is a Hallingdal Style Box featuring a Norwegian girl on a Unicorn, surrounded by Hallingdal scrolls. The front features two birds on scrolls. This class meets March 7, 14, 21 & 28 from 9:30am- 1:00pm in the Trollheim Viking Room. Cost is \$60 plus cost of the wooden box.

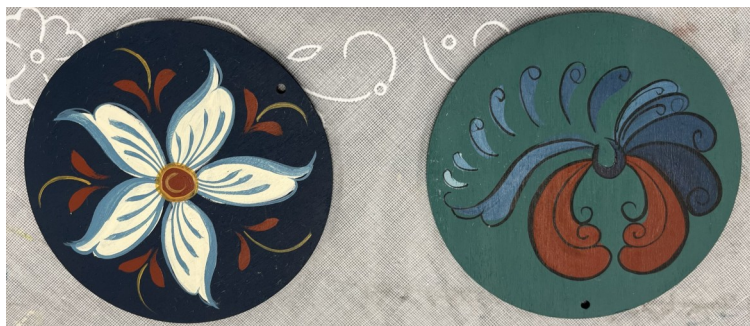


Louise will also be teaching other classes in February and March. For the Vesterheim Norwegian American Museum, she is teaching a class based on the rosemaling of Ole Olsen Heimvegsåsen who painted in Nord Trøndelag around 1800. In March, Louise is teaching an Os class for Rosemaling Coast to Coast on a Fjordicorn. Contact those organizations for information.



Rosemal with Kirstin Lewis

Painting Telemark ornaments, Kirstin Lewis teaches beginner Rosemaling class. Kirstin followed her mother's footsteps (Jennifer Lewis) and has been painting Rosemal since 2014. Louise Bath was her first teacher.



For class information please contact Louise at

lbath25@comcast.net

303-819-8194

FOLK DANCING

I heard that someone recently expressed an interest in learning to folk dance. Dance is great for exercise, both physical and cognitive, as well as for expanding one's social relationships. There are many opportunities for dance in and around Denver. Below I've listed a few area folk dance groups that are active in the region:

Scandia

Monday nights, 7:30-9:30 (or 10:00)

Sodal Hall at The Avalon

6185 Arapahoe Ave. Bolder, CO

Contact: Larry Utter larry.utter@gmail.com

Denver Area Folk Dance (DAFD)

First three Thursday nights, 7:30-10:30; \$5/night

Cameron United Methodist Church

1600 S Pearl St, Denver, CO

Note: DAFD meets at Cameron during the winter months, mid-Oct thru mid-May. Summer months, mid-May thru mid-Oct, DAFD meets *every* Thursday night, 7:00-10:00, at the Washington Park Boathouse (cost is a free-will offering). Contact: Maureen Peck maureenpeck99@gmail.com

Boulder International Folk Dance (BIFD)

Friday nights, 6:30 (beginners-1st hour), then 7:30-11:00; \$5/night

Sodal Hall at The Avalon

6185 Arapahoe Ave. Boulder, CO

Contact: Nancy Crawford ncrawford303@gmail.com

There are other dance opportunities available beyond those listed here as well. For more information contact:

Turnverein 1570 N Clarkson St, Denver; (303) 831-9717, and

The Avalon in Boulder hosts many forms of dance beside folk and Scandi dancing (303) 440-8303).

I hope this information will lead some folks to look into the world of folk dance enough to give one (or more) of these a try. It just might change your life. And if you have further questions, stop by Joan's Norske Butikk sometime and we'll talk dance.

Bruce Bailey, Manager: Joan's Norske Butikken

Swedish Folk Dance Club

Wednesday nights, 7:30-8:30; about

\$14/month

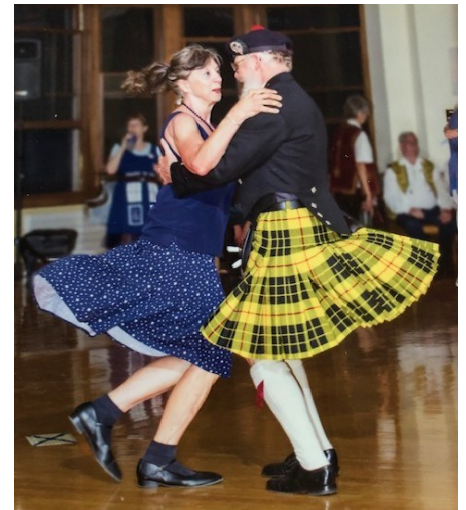
Eastridge Recreation Center

9568 S University Blvd. Highlands

Ranch, CO

Contact: Virginia Johnston

gincj@comcast.net



Instagram

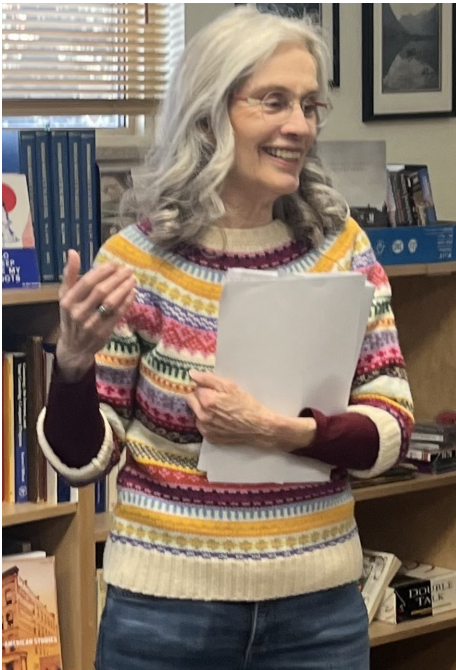
The Trollheim Lodge is now on Instagram - follow us at [@trollheimlodge](https://www.instagram.com/trollheimlodge). This account posts up-to-date photos and information about lodge events and activities. To join Instagram, download the app from the App Store (iOS or Apple) or Google Play Store (Android) or visit [instagram.com](https://www.instagram.com) on a desktop. Tap "Sign Up" or "Create New Account," enter your email/phone number, create a username and password and follow the prompts to add profile details.

Please contact Juliann Jenson (jkjenson@comcast.net) or Siri Martin (Sirimartin619@gmail.com) if you have something specific you would like posted!

JANUARY TROLLHEIM GENEALOGY MEETING

Trollheim Genealogy meets on the 2nd Saturday of each month September-May at 9:30-12noon in the Trollheim Library. Everyone is welcome. We share ancestor and immigrant stories, recount recent trips to Norway, learn to use genealogical research tools and increase our knowledge of Norwegian history and culture.

Our January meeting focused on research tools: blogs and lags [pronounced logs and officially called bygdslag]. Four Norwegian genealogy blogs were identified by web address and the various useful sections of each were demonstrated. In addition, the class members explored the geographic Norwegian interest groups known as lags for the Norwegian origins of their own American-Norwegian ancestors. Lag websites have various resources to assist in researching ancestors from Norway. Some class members are members of the lag for their ancestors' home in Norway.



Esther Mills (left) shared Blogs (what we should know) and "Lag" Links with the Saturday Trollheim 6-110 Genealogy class.



Perry Monkeliën (right) shared his experiences with his Landingslag membership. He helped the class navigate through websites and links to find regions on maps from where families migrated.

By popular vote of the patrons of the Fraser Valley Library, this was their favorite sweater from the Sons of Norway Trollheim Lodge

"WE ♥ SWEATER WEATHER"

December 2025 Scandinavian Sweater Display.

Our thanks to the Fraser Valley Library for inviting us to share with you our beautiful



Proudly brought to you by:



Community Partnership Grant

Ski For Light

Feb 1st - 8th at Snow Mountain Ranch YMCA Granby. Go to sfl.org or info@sfl.org

To volunteer with greeting and hospitality at DIA for arriving and departing participants, guides and dogs contact JoAnn Kisson at jkisson@comcast.net. On site volunteers at Granby Snow Mountain Ranch are most welcome - contact sfl.com. For information on signing up to participate or to volunteer as a ski guide- contact sfl.org.

Ski for Light started in Colorado in 1975, credited to Olav Pedersen (member of Trollheim Lodge) and is celebrating its 51st year. The program promotes and supports visually and mobility impaired adults through cross country skiing and hiking events. Annually there are regional organizations across North America hosting programs as well as the "big" international event. Equally important is the cross over and interconnection with events like the Birkiebineiner and ParaBirkie in Norway.

All Colorado Lodges Members and Leaders Conference

February 7th at the Sons of Norway Trollheim Lodge 6610 W. 14th Ave, Lakewood, CO 80214

8am Coffee and social

9:30 – 10:30am Business meeting.

Roll call and reports from International, District 6 and District 6 Meeting (aka The Convention). JoAnna and Mark Loury- Camp Norge. Ski for Light and Barnelopet. Information on Frozen Dead Guy Festival, Scandinavian Midsummer Fest, other upcoming events. Lodges updates and events. How can we support and participate?

10:45 to 11:15 Kendall Kjerstad- FBC

11:15- 11:45 Teri Morkin D6 PRO- photo circle and Lodge information in Newsletters, the Viking and more.

12- 1pm Working lunch with officers and members breakout sessions

Lunch is sponsored by District 6 - MUST RSVP if you plan to eat sponsored lunch(for count), at zone8@sofn6.org or grnbviking09@live.com.

1pm - 1:30 pm - Any additional and unfinished business. .

ALL Sons of Norway members and guests are welcome to join us for this fun event, meet and greet, share ideas and skills, spend time with new and familiar SONS friends!

Norwegian Knitting—Some Sweater Designs & a Little Bit More



Norwegian sweaters are recognized around the world as one of the most iconic symbols of Norway. Three of the most beloved sweater styles are the *Setesdal Lusekofte*, the *Fanagenser* and the *Mari- usgenseren*.

On Thursday, February 12th, Trollheim member **Jane Janssen** will present “Norwegian Knitting—Some Sweater Designs & a Little Bit More.” She will speak about characteristics of these styles of sweaters, as well as some history of knitting in Norway. This Kremmling

Library Senior Lunch & Learn event will start with lunch at 1pm. Lunch is free but reservations are required due to space limitations. For more information or to make reservations, go online to:

<https://gclid.librarycalendar.com/event/senior-lunch-and-learn-8619>



Free Children's Cross Country Ski Event

BARNELØPET

Saturday, February 21st, 2026

Legett 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

YOU ARE CORDIALLY INVITED TO

Bunader i Vår

(Bunads in Spring)

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

Saturday, April 11, 2026

1:00 – 3:00

\$30 per person

Please RSVP by April 1, 2026

Please join us for tea, tasty
treats and gentle conversation

Joan's Norske Butikk will be open.

RSVP BY APRIL 1, 2026

fill out the form below and send to Barb Hessel or call at (303) 522-0800

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.

PLEASE INCLUDE A SELF-ADDRESSED STAMPED ENVELOPE

Name _____

Email Address _____ # Of Guests _____

Phone Number _____ Total Amount: \$ _____

Seating Request _____



Dameklubb Luncheon at Jamie's Mexican Restaurant.

Diane, Connie, Barb H, Louise, Karalou, Penny, Jackie, Ruth, Gail, Syrena