

March 2026
Volume 53, Issue 3



Trollheim News

Greetings Members,

I hope you all are well and warm as the seasons change. I invite you to attend our next general meeting, March 20 at 2pm. Trollheim members Louise Bath and Kirstin Lewis will tell of their travels with the 2025 Vesterheim Folk Art Study Tour. This will be an excellent and personal presentation. Please bring a dessert or savory snack to share for potluck.

Response requested: *Do you want to be a delegate to the SON District 6 Convention in Sacramento CA?* Read details inside newsletter if you are interested.

Our lodge remains active with the leadership of dedicated members presenting ongoing and occasional activities:

- * The Cooking Academy making Norwegian cookies was a lot of fun and very tasty.
 - * The Rosemaling and Genealogy classes are doing very well and are always looking to expand participants.
 - * Scholarship application deadline is March 31st . See newsletter about applying.
 - * The Dameklubb Annual Tea is April 11 th at 1 pm. How to get your tickets and the deadline are detailed in the newsletter flyer. The tea typically sells out so buy your tickets soon. Don't miss this event which comes with high praise!
 - * Joans Norsk Butikk is open every Saturday 9:30-1:30. The current sales items are:
 - o Rosemaled plates, boxes, and more at 15% off.
 - o 2026 calendars at 25% off.
 - o Be sure to come in and shop in our beautiful Norwegian/ Scandinavian store.
- See you at the Lodge!
Perry Monkelien, President

Freedom Fraternity Progress

Trollheim News
March 2026
Volume 53 Issue 3

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

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



Trollheim Calendar of Events 2026



Theodore Birkland
Rudolf Bratt
Rick R Brentrup
Nina A Ehlers
Mike L Ellickson
Gail Greene
Jessica Ann Hardy
Marlene Hueske
Dianne Sauder Jacobsen
Eric Haakon Kvamme
Perry A Monkelien
Cassandra B Moreau
Carolyn G Perley
Linda Ault
Donna M Robinson
Carol A Satersmoen
Roxanne L Singler
Paul C Thompson
Jessica L Turner



March

- 2 - TCB Meeting 11-12noon. Board Meeting 12noon.
- 3 - Rental, evening
- 7 - Intermediate/Advanced Rosemaling Solje Box 9:30-1pm
- 8 - Beginning Rosemaling 1:30-4pm
- 10 - Rental, evening
- 14 -Genealogy 9:30am-12noon, Library
- 14 -Intermediate/Advanced Rosemaling Solje Box 9:30-1pm
- 15 -Beginning Rosemaling 1:30-4pm
- 17 -Rental, evening
- 20 -General Meeting 2pm. Program. Bath/Lewis share trip to Norway, Dessert/snack potluck. Deadline for convention interest
- 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
- 7 - Rental, evening
- 11- Genealogy 9:30 – 12noon, Library
- 11- Dameklub Tea
- 14 - Rental, evening
- 18- General Meeting 2pm. Memorial service & pin presentation. Dessert/snack potluck
- 18 -Rosemal Magnets Class with Kirstin
- 21 -Rental, evening
- 28 -Rental, evening

May

- 3 - Board Meeting 12noon
- 4 -Rental, evening
- 5 -Genealogy 9:30-12noon Library
- 12 -Rental, evening
- 16 - General Meeting 2pm Snack and dessert potluck
- 17 - Syttende Mai Celebration TBD
- 19 -Rental, evening
- 26 -Rental, evening
- 20 -General Meeting 2pm. Snack & Dessert potluck

"La oss leve" ... A Lodge Favorite

1. Det hender ofte at livet gir små slag og motgang som kanskje svir. Det finns en mening med alt som skjer, men harde ord, de bare ødelegger mer.

Refreng:

La oss leve for hverandre
 og ta vare på den tid vi har.
 La oss leve for hverandre,
 livet selv kan gi det rette svar.

2. Hvem kan forklare, og gi et svar på alle spørsmål vi ofte har? Hvis man kan glemme å være steil, går det an å lære av hverandres feil.

1. We never know what our lives will bring. There may be hardship, there may be pain. But there's a meaning to everything, if we forget harsh words, we have the world to gain.

Refrain:

Let us live for one another
 every moment of the night or day.
 Let us live for one another.
 We are going to have a better world that way.

2. Who can explain life, or what's in store? So many questions, where shall we turn? We have our friendships, and who needs more? From one another there's so much that we can learn.



Sunshine News

Happy birthday to **Ruth Peterson** and **Barb Bessesen** who had their 90+ birthdays on the same day in February! Barb was available to celebrate at the lodge during the general meeting. She enjoyed seeing everyone, the hugs, and the delicious potluck snacks and desserts.

Connie and **Earl Bartram's** 37 yr old daughter **Crysta** had a stroke from a blood clot in her brain--what a shock and scare for their family. Fortunately, Crysta has shown remarkable healing and progress in use of her left arm and left hand. The Bartram's thank everyone who prayed for Crysta — the prayers were answered--and they thank everyone who keeps praying for Crysta's full recovery. BTW, Crysta is already ready to go as she missing basketball and gymnastics!

A HEARTFELT " VELKOMMEN " TO OUR NEW & REINSTATED MEMBERS

***Connie Carson** ***Daryl Berg** ***Jennifer Berg**

BE A DELEGATE TO THE SONS OF NORWAY (SON) DISTRICT 6 CONVENTION

Contact President **Perry Monkeliën** or any other board member (named in your monthly newsletter) **no later than March 15, 2026**, of your interest to represent Trollheim Lodge 6-110 as a voting delegate at District Six's convention. Official delegates play an important role conducting Sons of Norway decisions during the convention, therefore, are required to be in attendance for the entire Saturday & Sunday sessions. Based on our lodge's total membership, we have 6 delegates and 6 alternate delegate positions. The event will be in **Sacramento CA-- June 11-14, 2026**. Trollheim will pay \$280/ delegate for the delegate package. Delegates bear the costs of travel, hotels/lodging, and eating meals not included in the package. Soon the website will have specific hotel and other information at 2026.sofn6.org. Past attendees have enjoyed learning about the entire SON organization, meeting members from other lodges within and outside of CO and having a few hours of downtime during the 3 day event. Let us know your interest!

Reminder that Sons of Norway is an Insurance Company

Thank you Kendall for attending Zone 6 Leadership Conference and for updating us about your role in insurance with SON.
Kendall Kjerstad, Financial Benefits Counselor
(970) 697-1114 kjerstadkendall@yahoo.com

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pdmonkeliën@gmail.com

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Taryne1@msn.com

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lbath25@comcast.net

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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
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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
Bev Moe

Photographer/Historian:
Gail Greene
msureddragon@aol.com

Publicity:
Penny Sargent
a54penny@gmail.com



From Wood to Work of Art: Telemark Rosemaling in Lakewood

by **Kirstin Lewis**

At Trollheim Lodge, nine beginner students recently gathered to discover the enchanting world of Telemark Rosemaling in a 4-week

class taught by **Kirstin Lewis**. Our focus was the creation of two flat, round wooden ornaments—a classic project that showcases the rhythmic, asymmetrical beauty of the Telemark style. Originating in the 1700s in the valleys of Telemark Norway, this specific regional style is defined by its elegant asymmetrical "C" and "S" scrolls and vibrant flowers.

As beginners, the students learned how to master the brush control needed to make the designs flow around the ornaments. We discussed how traditional artists used these colorful motifs to decorate everything from entire rooms to large trunks, and small household items, bringing warmth to the Norwegian home. By the end of the session, each student painted their wooden ornaments into personal pieces of heritage, successfully bringing a touch of Norwegian history to life right here in Colorado.

Upcoming Classes/Open Studio

We will have Open Studio on April 4th & 18th, from 9:30-1:00. Bring your unfinished objects (UFO's) and \$5 Studio fee.

Join us at Trollheim Lodge on April 25th (9:30am – 3:30pm) to explore the vibrant Os style of rosemaling taught by **Kirstin Lewis**. Hailing from the Hordaland region near Bergen, Os is beloved for its whimsical flowers, symmetrical layouts, and bright colors that offer a cheerful contrast to the other styles of rosemaling. In this one-day class, we will use acrylics to paint canvased refrigerator magnets, a perfect small-scale project for mastering this energetic style. The cost is \$20 for the class plus a \$5 supply fee; please bring your acrylic brushes and lunch for midday break.

ANNUAL PRESENTATION DATE CHANGE

Our annual ceremony, which includes the presentation of 5-year increment pins, cultural skill pins and member memorial acknowledgment, will be held on Saturday, April 18th at our regular scheduled time of 2:00pm. This event is normally held in February, but with our unpredictable winter weather, changing to April will hopefully make it easier for more members to attend. Thank you for understanding. For those of you who may qualify for a cultural pin please contact your mentor directly or Taryne Jensen at Taryne1@msn.com.

GENEALOGY

The Sons of Norway February Genealogy Class explored how even beginners can put Artificial Intelligence (AI) to work in research. The session, led by member **Monta Lee Dakin**, emphasized that AI can decipher old handwriting, translate foreign-language records, organize large sets of data, summarize dense and jargon-filled documents, and even help turn research into clear family stories with timelines and historical context. Attendees were encouraged to experiment with popular tools such as ChatGPT, Claude, Gemini, and Perplexity. We learned to start with simple, focused questions (“prompts”) and to think of AI as a fast, flexible assistant that still requires careful review and traditional genealogical standards of proof. AI is rapidly evolving, and experts predict it will soon be woven into everyday genealogy tools delivering better handwriting recognition, smarter research aids, and acting almost like a trusted coworker at your research desk.

Please join us on the 2nd Saturday of each month, September- May, in the Trollheim library at 9:30am. Beginners are always welcomed as are those more advanced in genealogy. It’s a fun group that offers hot coffee and snacks while listening to talks about Norwegian heritage and learning how to find Norwegian ancestors. **Monta Lee**

SCHOLARSHIPS

Trollheim Lodge 6-110 offers scholarships to members to members who continue their education at a nationally accredited post-secondary program. Scholarships may be available in the amounts of \$500-\$1,500. Applications will be accepted January 1 - March 31, 2026. Note the deadline of March 31st! For information and application contact Joan Johnson, Scholarship Director: 720.326.6015, jei.jay48@gmail.com

INSTAGRAM

The Trollheim Lodge is now on Instagram - follow us at @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)

Thank you to the people who made the Lutefisk Dinner 2026 a success!

Lutefisk Cooking Trolls left to right: Elizabeth Riley, Karalou Mattern, James Mulvey, Connie Bartram, Joan Johnson & Michael Homan



Right: Cold Food Preparation Trolls L-R : Michael Homan, Joan Johnson, Gail Greene, Louise Bath



(Left) Cleaning Trolls: Earl and Connie Bartram making the lodge attractive and vacuuming the atrium.

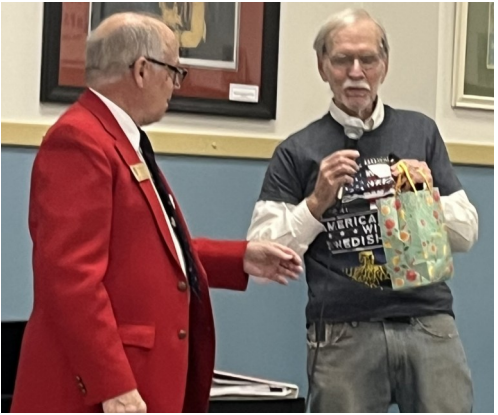


(Right) Master Lutefisk Chef, Michael Homan



President Perry Monkelién presents a door prize to John Anduri who was one of three door prize winners at Trollheim Lodge Lutefisk Dinner. John shared with us that he is 73 years old and is a 50 year cancer survivor.

September 28, 2013, Walleye Fish Fry Dinner



Right: Rollback memories of Harlan Hagen, Elizabeth Lydia and Bev Moe



Diane Edwards

ABOUT DIANE

"In my paintings I look for the small details, the remarkable differences in the landscape which tend to make it more individualistic. I want to bring to the viewer's attention the most unusual, the colorful in the plain, dull landscape that most people will never notice or even acknowledge until seeing it in a painting."

"My greatest challenge is in convincing the viewer that those beautiful colors and that variety of detail really do exist, but in a different form than they usually see them. Interwoven with the beauties of the natural landscape are the small pieces of colorful shapes, lines, edges and form that one rarely sees until an artist illuminates it."

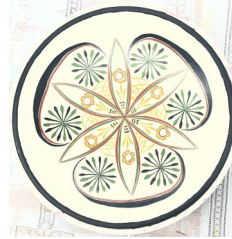
"My joy in life is in finding the mediocre, the obscure and transforming them into a beautiful, satisfying scene."

Diane Edwards is a versatile artist who paints in oils, watercolor, and pastels. She has a B.S. and M.A. in Art and Education and was an Adjunct Professor of Art at Aims Community College in Loveland. She teaches advanced students in oil, watercolor, and pastel painting in her home studio.

Having lived on the Great Plains of North Dakota and in the San Luis Valley of Colorado she paints the landscapes and terrain of those areas that she loves. Her paintings are filled with the warmth of the flowing rivers, rocks and colorful geology of New Mexico, Colorado, and North Dakota. She works to share her affinity with the landscape with the viewer, enabling them to enter into the warmth of color and unusual qualities of light in our ever-changing landscapes. her work can be seen at Meko's Gallery, Art on Mountain Gallery or in her home studio in Fort Collins.



Diane Edwards taught an engaging class exploring the Viksdal rosemaling. She had reference photos to look through and provided several patterns for us to use. The style has a limited color palette: black, green, yellow, Red, and white. The teardrops are unique to the Viksdal style, too. All in all, it was an excellent class! Tusen takk, Diane!



Laria Lovec painting Viksdal Rosemaling pieces during Diane Edwards Rosemaling classes at Trollheim Lodge

Thank you--Al Ehret

Seventeen years of dedicated instruction of Rosemaling at Trollheim

Al, you are admired for your love of the Norwegian Folk Art called Rosemaling or rose painting. It all transpired when Al found a small box that his mother had rosemaled in her younger years. Al immersed himself in finding information on this subject. He took classes at the Tole Hut in Wheat Ridge, then at Vesterheim in Decorah, Iowa. Not only did he return with the knowledge of the painting aspect, but also the history and origination of rosemaling. At first, the Folk Art of Norway, "rosemaling," prospered in the USA but then it lost its flavor and is just now returning to the scene in the USA and Japan. Al studied intensely with Ellingsgard, Arseth, Kvalheim, Karen Jensen, and many well known instructors of Rosemaling.

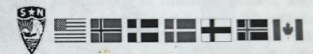
After many years of instruction, Al decided to pass on his knowledge to those interested in the Folk Art of Norway in classes ran for 8 weeks in the spring and 8 weeks in the fall. The Viking room at Trollheim became a "buzz" of students (boys & girls) in both a morning and an afternoon class. Al spent 8 hours each Saturday teaching 18 students how to rosemal. There were hurdles that we as students endured—change. We were taught 1st to paint with oils, then because of health reasons, Al changed our paints to acrylic. At first, there was much resistance, frowns and remarks of "not me, I am going to continue with oil paints," but Al, our instructor, won and we switched to acrylic. Our next hurdle was making our own designs/patterns... that was an uff da! Again Al won. We were amazed by the talent within each of us. Al encouraged us to try harder and we, the students, were very proud of our creative designs. We were taught how to blend and shade with acrylic paint which was very difficult, but achievable.

Al crossed the Atlantic three times with his mind set to absorb the rosemaling of the old masters. In 2003, we traveled to the area of Luster, where we spent the night at Elveseter. Al was found sitting on the floor in front of a trunk (kiste) painted in 1700 by Hans Glitenberg, studying the design and the palette, taking photos to present to his class at Trollheim. In 2006, we traveled once again to

Norway on a "Rosemaling Tour" guided by Nils Ellingsgard, visiting him and Sigmund Arseth. We drowned ourselves in the old rosemaling of the Hallingdahl valley, viewed with flashlight and stooping at the entrance to view rosemaling in cabins with dirt floors and rosemaled ceilings. Museums in Hamar and Bergen were also in our curriculum. The 3rd time to Norway was to visit with famous Valdres rosemaler, Eli Sælid, Ron, Norway. We also spent the day with Sigmund Arseth at his studio in Heggenes, Norway.

Well Al, we want to extend a "thank you" for all your dedication as an instructor with much patience, a true friend, a great sense of humor, and your knowledge of making "weak" coffee. There comes a time when we must shift gears and place ourselves in neutral. Enjoy your family and retirement, embrace your talent. We will miss you.

Bev King



Our 33rd Annual Stein Fjell Lodge Sons of Norway

Lutefisk & Meatball Dinner

Items include Lutefisk, white sauce/struter, Meatballs, vegetables, potatoes, sweetener hoves & pickles, berring, lingonberries, lefe, scandinavian cookies, rickren, roffen-lemnede

...In Loveland at:

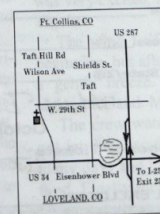
Faith Church
2707 N. Wilson Ave.
Loveland, CO 80538



Saturday October 20, 2012

Dinner Seatings: 4:00 p.m. & 6:00 p.m.

Adults ...\$18.00 Children ages 5 to 12...\$8.00



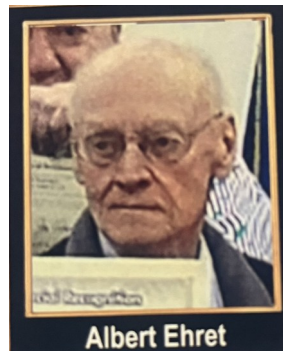
Event includes: Butikk (Bazaar) with Scandinavian Gifts and Baked Goods for Sale

For Information & Ticket Sales

Ft. Collins...Marian & Ras Erdal... (970) 225-9655
Greely...Midge Parkes (until Oct. 16)... (970) 556
...Mari Lynn Loustalet (from Oct. 17)... (970) 338
Loveland...Barb Nolin... (970) 647-7641
Longmont...Kris Bakich... (303) 774-8383
Windsor...Kristi Quindan... (970) 686-8414
Brighton / Ft. Lupton...John Everson... (303) 624-1517



Al Ehret



Albert Ehret

Al Ehret who had several beautiful Rosemaling pieces was the first Rosemaling instructor at Trollheim Lodge



Sons of Norway
District Six Convention 2026
June 11-14 | DoubleTree in Sacramento, CA

2026 Folk Art Exhibition

We invite our members to showcase what they have created in our expanded Norwegian Folk Art Exhibition. Whether you are an expert or a beginner, we welcome the opportunity to admire your work.

Entries must be made by the entrant and may not have been exhibited at a previous District Six Folk Art Exhibition. More than two items per person may be accepted if space allows.

The following categories have been featured at previous conventions:

- Rosemaling
- Chip carving
- Weaving
- Hardanger
- Knitting
- Norweave
- Diamantsom
- Digital/Virtual Cultural Program (eligible for the OLAF AWARD)
- Figure carving including spoon carving. – Acanthus Carving or Relief Carving
- Bentwood/tine box or other woodworking
- Crocheting
- Tatting
- Other media w/Norwegian theme: Photography, Painting, Felting, Kolrosing
- Other traditional Needlework

The Traditional Norwegian Folk Art Exhibit is a meaningful and cherished part of our conventions. This year, we are proud to also highlight submissions from participants of Camp Oldfjell, our adult folk art program held at Camp Norge. If you have taken a class or refined your craft there, we encourage you to share your work.

Let's not forget our youth. Young people up to age 18 are invited to display their work as well. Many are learning and creating through our Language and Heritage Camps at Camp Norge, as well as through lodge programs. Lodges are encouraged to coordinate with their delegate to arrange transportation of their lodge's entries.

All entrants will receive a "Tusen Takk" certificate. A "People's Choice" ribbon will be awarded in both the Adult and Youth divisions based on convention attendees' votes.

Note: Folk Art entries may be offered for sale during the exhibition. Items for sale must include a listed price on the entry label.

Visit the website for Folk Art Exhibition Guidelines, for entry information, and forms.

We look forward to seeing your creativity on display in Sacramento.



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 _____



The Planning Committee for the Tea Party themed “Bunads” to be held April 11th at Trollheim Lodge.

Sons of Norway
Trollheim Lodge 6-110
6610 W 14th Ave
Lakewood, CO 80214