

The Fjellheim Flammen



Fjellheim Lodge 6-107

Sons of Norway

1045 Ford Street, Colorado Springs, CO 80915

719 574-3717

www.sonsofnorwaycs.com

April 2021

Volume 48 Issue #04

The mission of Sons of Norway is to promote and to preserve the heritage and culture of Norway, to celebrate our relationship with other Nordic countries, and to provide quality insurance and financial products to its members.

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Monthly heritage meetings are held the second Wednesday of every month (except July).

7:00 pm

Viking Hall, 1045 Ford Street

Send Articles to :

Kerry Hefta
khefta@comcast.net

Deadline for the issue is April 20th

FROKOST MENU

AUTHENTIC NORWEGIAN BREAKFAST

Sunday, April 18th, 2021
11 am & 2 pm Seatings
Fjellheim Lodge, Sons of Norway
Viking Hall
1045 Ford Street
Colorado Springs, CO 80915

Honey Ham	Pickled Herring	Salmon Mousse
Roast Beef	Sardines	Shrimp Salad
Salami	Smoked Salmon	Potato Salad
Liver Sausage	Scrambled Eggs	Cucumber Salad
Pork Roast	Deviled Eggs	Cole Slaw
Head Cheese	Tomatoes	Cardamom Bread
Gjetost	Lingonberries	Juleskake
Jarlsburg	Waffles	Coffee, Tea & Juice
Swiss Cheese	Fresh Fruit	Apple Cake
Bondost	Picked Beets	Flat Bread
Tomato Aspic	Sweet & Dill Pickles	Lefse

Lovingly prepared for you by your fellow lodge members who wish you a hearty

VELKOMMEN TIL BORDS!

MEMBERS \$20 CHILDREN 12 & UNDER \$10
NON-MEMBERS \$25 CHILDREN NOT REQUIRING A SEAT NO COST

RESERVATIONS & PAYMENTS BY APRIL 10, 2021
SEE FORM IN FLAMMEN



Presidents Corner

Hello Spring & Happy Easter!

I have been anxiously waiting for April to arrive! We are planning our first in person Heritage Meeting this month since November. I am excited to see you all in person and look forward to visiting with you. Please also mark your calendars and plan to attend Frokost (our Norwegian Breakfast) on April 18th. Details are included in this Flammen, including reservation & ala-cart forms. The reservation deadline is April 10th. See you soon! Becky

Fraternally Becky



2021 April Heritage Meeting and Frokost Is ON!!

El Paso County has gone to Yellow which has lifted a lot of restrictions. That means we are able to have our monthly Heritage meetings starting on April 14th and Frokost on April 18th. The Rosemaling group is also planning two events in April. We may have an additional 'surprise' for Syttende Mai too, please check your upcoming May Flammen for that! Our annual picnic at the Bear Creek Pavilion has been reserved for 20 Juni. See you there on June 20th, Father's Day, 2021

And, of course, the Fjellheim board will meet April 7th at 2 pm. All members are welcome to attend.

Masks and social distancing are still required for all events!

Fjellheim Event Calendar for Spring 2021

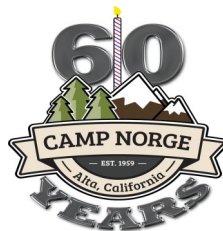
Event	Date	Time	Place
Board Meetings	April 7, May 5, June 2	2 pm	Viking Lodge
Heritage Meetings	April 14, May 12, June 9	7 pm	Viking Lodge
FMC Meeting	April 14, May 12, June 9	6 pm	Viking Lodge
Frokost	April 18 th	11 am and 2 pm	Viking Lodge
Rosemaling * see below for details	April 10th and 24th	Noon to 4 pm	Viking Lodge
Fjellheim Picnic	June 20	Noon	Bear Creek Park

Rosemaling Update



We are planning to re-sume rosemaling instruction in April. We will have classes at the Lodge on the 10th and 24th April, from 12:00 – 4:00. The cost is \$20.00 for each session.

If you are interested in attending please call our instructor Cindy at 719-330-1275 or BJ at 719-440-3992.



Youth Half Camperships Available for District Six Members

The District provides ½ camperships to youth in our district for Camp Trollfjell ages 8-13 and Trollfjell Folkehøgskule ages 14-17. Camp is held at the Recreation Center Camp Norge, Alta, CA. This year Trollfjell Folkehøgskule will be from June 27-July 10, 2021 and Camp Trollfjell will be from July 11-24, 2021. The amount of the half camperships for 2021 is \$450.00. The application form is available on the District Six Website. All applications must be received by May 1, 2021. Please send the applications to District Six Campership Committee c/o Luella Grangaard, PO Box 832, Morongo Valley, CA 92256 or e-mail to morongo2@verizon.net
It is time to sign up for 2021 camp!!!

FROKOST - AN AUTHENTIC NORWEGIAN BREAKFAST

Here we are – 2021! We have planned our first big event for the year – **FROKOST**. To meet guidelines for seating, there will be 2 servings:

- ◇ **April 18, 2021, 11:00 am – 12:30 pm**
- ◇ **April 18, 2021, 2:00 pm – 3:30 pm**

The menu has been determined and will be lovingly prepared by your fellow lodge members.

Reservations will be limited to 60 members and guests per seating. To make your reservations, please complete and send the below form for the dinner with your check made out to: Sons of Norway, 1045 Ford Street, Colorado Springs, CO 80915. If you have questions, please contact Karen @ -719-390-0621.

Name: _____ Phone #: _____

Address/e-mail address: _____

Notes: _____

	Number	Cost	Total
Members		\$20.00	
Non-Members		\$25.00	
Children 12 and under		\$10.00	
Children – no seat req		\$ 0.00	

Grand Total _____

Please circle desired serving time above and RSVP by **April 10, 2021**. Note: Checks will be held until close to the event in the case we need to return them.

Norwegian/Norsk Trivia

Question: Where is the world's most northernmost outdoor swimming pool?

Answer: Tromsø, Norway

Spørsmål: Hvor er verdens nordligste utendørsbasseng?

Svar: Tromsø, Norge



Frokost A La Carte Menu

An Authentic Norwegian Breakfast

Sunday, April 18th, 2021

Fjellheim Lodge, Sons of Norway

1045 Ford Street, Colorado Springs, CO 80915

\$20.00 per person

Please complete *one form per person* by checking the foods you wish to have with your dinner. We will package the meals which you will be able to *pick up between Noon and 3:30 p.m. at the Lodge*. Meal delivery will be made upon request only.

Make checks payable to Sons of Norway and send to address above.

Name: _____ Phone # (_____) _____

E-mail Address: _____ Notes: _____

Mail to arrive by April 10 to: **Sons of Norway, 1045 Ford Street, Colorado Springs, CO 80915**

Bread, Meats, and Eggs	C H E C K	Seafood, Pickled Items, and Sal- ads	C H E C K	Cheeses and Sweets	C H E C K
Cardamom Bread		Salmon Mousse		Head Cheese	
Flat Bread		Smoked Salmon		Gjetost	
Julekake		Sardines, Plain		Bondost	
Lefse		Mustard Sardines		Jarlsberg	
Assorted Breads		Pickled Herring		Swiss Cheese	
Honey Ham		Pickles: Dill/Sweet		Waffles	
Roast Beef		Pickled Beets		Lingonberries	
Pork Roast		Shrimp Salad		Apple Cake	
Salami		Potato salad		Assorted Norwegian Cookies	
Liver Sausage		Cole Slaw			
Scrambled Eggs		Cucumber Salad			
Deviled Eggs					



Sunshine Report – April 2021



Happy Birthday and Happy Anniversary to all who are celebrating these special occasions during April 2021. Happy Easter and Happy Spring to all!

Irene Gladem, 95, died March 1, 2021 in Salina, KS. Our sincerest condolences go out to Irene's family and friends. Cards can be mailed c/o DuAnn and David Peterson, 2373 Hillside Dr, Salina, KS 67401. See memorial further back in the Flammen.

KC Alvestad, 39, son of Fjellheim member Caren Alvestad, passed away suddenly and unexpectedly in his Pueblo home on February 21, 2021. He was born June 8, 1981 in CA and came to call Pueblo home. He is survived by his wife Shawnee, and mother, Caryn. His full obituary can be seen at <https://www.roselawnpueblo.org/obituaries/Kc-Alvestad/#!/Obituary>

Quote for the month: "A small green frog on a big brown log; A black and yellow bee in a little green tree; A red and yellow snake by a blue-green lake - All sat and listened to a red bird sing, "Wake up, everybody, It's spring! It's spring!"

Fraternally, Karen Ravnaas, Sunshine Director Phone (719) -390-0621



Irene Gladem is second to the left in the front row in this picture from the Caribbean Scandinavian Dance Cruise in the mid 90's.

Front: Ron/Judy Muraida, **Irene/Marty Gladem**, Back: Mary Beth/ Carl Pelter Ingvaldstad, Swede/ Char Knutson.



Scholarship Opportunities for District Six Youth

District Six offers up to 3, \$1,000 scholarships per year for students ages 16-23. These scholarships are available for students attending an accredited post-secondary school or training institution. The deadline for this scholarship is May 1, 2021.

District Six offers a \$1000 scholarship to the Concordia Skogfjorden Language Camp. The deadline for this scholarship is May 1, 2021.

Applications are available on the District Six website at www.sofn6.org. Please send completed applications to c/o Luella Grangaard, PO Box 832, Morongo Valley, CA 92256 or e-mailed to moorongo2@verizon.net.

In addition there are many scholarships offered by the Sons of Norway Foundation at www.sofn.com.

Please take advantage of this District Six Member opportunity.



In Loving Memory

Irene T. Gladem



6-8-1925 - 3-1-2021

Irene T. Gladem, 95, passed away March 1, 2021 in Salina, Kansas. She was born on June 8, 1925 to Iver and Tillie Bygland in rural Albion, Nebraska. She graduated from Albion High School in 1942, taught school for a couple years, then began nurses training at Sioux Valley Hospital School of Nursing where she graduated in 1947 and then worked as a Registered Nurse.

Irene married Martin D. Gladem on September 16, 1951 at Immanuel Zion Lutheran Church in Albion, Nebraska. They had 3 children, DuAnn, Jim and David. After moving to Colorado Springs, Irene continued her nursing career at the Colorado Springs Day Nursery. Irene's interests were many and varied and included baking desserts (according to DuAnn, especially cherry pies), gardening, seamstress, researching the history of the Navigator's Glen Erie and the historical building, and traveling where one trip involved flying on the Concorde to Europe. Irene was involved at Ascension Lutheran Church, Girl Scouts, and was an active community volunteer in Colorado Springs.

Martin and Irene were active members of Fjellheim Lodge, Sons of Norway, joining on 4-9-1978; Irene was a Golden Member. Her strong interest in Genealogy kept her busy researching and developing her family history back many, many generations.

Ole says: "Irene was an elegant lady who played an active role in our Lodge for many years. As the spouse of the Lodge President and the Bingo Manager, she worked beside Martin to organize and conduct Lodge events. She was particularly active in fund raising events. Loving socializing and singing, she holds a special place in our hearts."

Mary Beth Ingvaldstad has continued to communicate with Irene and recalls the following: "Carl PETER's and my favorite memory of Irene and Marty is going on our Caribbean Scandinavian Dance Cruise in February 1995. We had such a good time. Marty and Irene were in our Folk Dancing group, under the tutelage of Leo and Bev Broin, together with the Muraidas. The Gladem's and Knutson's hit the midnight buffet every night. Gladem's really seemed to have a wonderful time and I am so glad because shortly thereafter she had her stroke. It was so tough on Marty who visited her every day in the facility where she had to live. Then....they moved, and Marty passed. Irene and Marty meant so much to Fjellheim Lodge as we did to them. Great people who were loved by all."

In 1995, Irene suffered a devastating stroke which made many of her former activities a challenge. In June 2000, Martin and Irene left their much-loved Colorado Springs home and moved to Salina, KS. She was determined to pursue her interests. She authored booklets on both her parents and her mother-in-law and shared her genealogy knowledge with her family. She spent hours on her computer reading about different topics.

Irene was preceded in death by her husband, Martin of 49 years in 2001, her parents, 2 brothers, and 4 sisters. She is survived by her children, DuAnn (Dr. David) Peterson, James (Carolyn) Gladem, and David (Rose) Gladem. She had 9 grandchildren and 7 great grandchildren.

Full obituary can be found at <https://www.salina.com/obituaries/story-obituaries-2021-03-04-irene-t-gladem-obl-4577994001>

April Birthdays

Tyrone L Steen	1
Kristine H Brindle	3
William M Meagher	5
Joan Ruth Magee	9
Jane E Johnson	11
Cynthia A Snell	11
Vickie Lee Bross	12
Jared A Peterson	15
Norman Andrew Pechacek	16
Jennifer J Forbes	22
Gregory A Meier	23
Arthur Arens	24
Erik Melvin Tjelmeland	24
Marjorie E Erickson	27
Randy M Johnson	27
Carlton J Johnson	30

Heritage and Youth

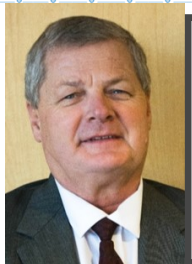
Kolben Erdal Barney	2
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Happy Belated Birthday to

Dean Tollefson, Owen Mach,
And Miles Hommel.



Downloaded from Dreamstime.com



Kendall Kjerstad

*Financial
Benefits
Counselor*



FJELLHEIM - 2021 OFFICERS

Board of Directors

President	Becky Tamblyn	271-3631
Vice-President	Kerry Hefta	
Counselor	Kerry Hefta	266-9429
Secretary	Randi Babcock	377-0336
Treasurer/Finance	Terry Mapstone	351-5644
Membership	Kathie Godsil	266-9592

Program Directors

Sunshine	Karen Ravnaas	390-0621
Cultural Coordinator	Jean Luce-Hagen	661-7667
Social Coordinator	Kathie Godsill	266-9592

Support Officers

Greeters	Lois Halvorson	632-6003
	Cleo Allgood	598-1982
Marshall	Leonard Beasley	471-1801
	David Haugen	599-0810
Editor	Kerry Hefta	266-9429
Web Page & Facebook	Randy Johnson	260-7028
Musician	Sonja Gund	473-9588
Publicity	Eunice Bluhm	351-3554
	Randy Johnson	260-7028
Librarian	Sonja Gund	473-9588
Viking Sisters	TBD	

Committees/Special Activities

Auditors	Dean Tollefson	473-1110
	Ole Bakken	632-3892
	Sara Berge	495-2134
Financial Benefits	Kendall Kjerstad	605 939-1714 or 970-697-1114

Fjellheim Management Corporation (FMC)

Directors	Karen Ravnaas	390-0621
	Jeff Calvin	331-8575
	Paul Wiig	596-6159
	Jerry Maines	282-0253
	John Larson	570-0043
Trustees	Terry Mapstone	351-5644
	Jerry Johnson	495-0253

Colorado Zone 8 Director Beverly Moe 720-746-9755
bevm259@comcast.net

District 6 President Luella Grangaard 760-363-7704
morongo2@verizon.net

Sons of Norway Board Mary Beth Ingvaldstad 707-987-2404
mbingvaldstad@aol.com

Sons of Norway

Monthly Newsletter

Kerry Hefta, Editor

Viking Hall—Fjellheim 6-107

1045 Ford Street

Colorado Springs, CO 80915



Please cut stamp for Tubfrim

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