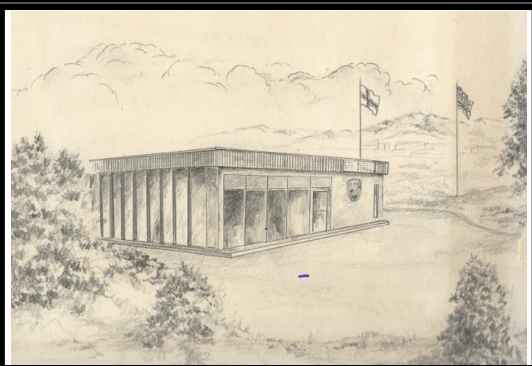


# The Fjellheim Flammen



*Fjellheim Lodge 6-107*

*Sons of Norway*

*1045 Ford Street, Colorado Springs, CO 80915*

*719 574-3717*

*www.sonsofnorwaycs.com*

**August 2022**

**Volume 40 Issue #07**

The mission of Sons of Norway is to promote and 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).**

**6:30  
pm**

**Send Articles to :**

**Kerry Hefta  
khefta@comcast.net**

**Deadline for the September  
Issue is August 20th**



**S P  
U I  
M C  
M N  
E I  
R C**

On June 19th, Fjellheim had a big turnout for the annual summer picnic at Bear Creek Park. The food was great as always and the company just can't be beat! And we got a group photo out of the deal too!



## Fjellheim Event Schedule for Late Summer/Early Fall 2022

Event	Date	Time	Place
Board Meetings	<b>Mon: Aug 8,</b> Wed: Sept 7, Oct 5	2:00 pm	Viking Lodge— <i>Note date change in August!</i>
Heritage Summer Salad Pot Luck	Wed: Aug 10	6:00 pm	Our Annual Salad Supper before the August Meeting
Heritage Light Supper	Wed: Sept 14, Oct 12	6:30 pm	Viking Lodge, We'll eat and socialize first!
Heritage Meetings	Wed: Aug 10, Sept 14, Oct 12	7:00 pm	Viking Lodge, Business and Cultural meetings begin
FMC Meeting	Wed Aug 10, Sept 14, Oct 12	5:30 pm	Viking Lodge, note earlier time
Card Social and Potluck	Tues: Aug 2, Sept 6, Oct 4	12:30 pm	Viking Lodge
Lefse Baking	Dates starting in Aug TBD	9 am	Viking Lodge—Watch for emails
Lefse Sales at Bancroft Park in Old Colorado City	Sat: Jul 23, Jul 30, Aug 6,	7 am to 1 pm	Bancroft Park, 24th Street between Colorado Ave. and Pikes Peak Ave, Colorado Springs, Co—see page 4 in this issue for more details
Rosemaling	TBD	TBD	Viking Lodge, please call Cindy at (719) 330-1275 or BJ at (719) 440-3992 for more information and possible dates
Beginning Norwegian Classes	<a href="#">Sommerferie</a>	**	Viking Lodge—email Erik Tjelmeland: <a href="mailto:norsk75usa@gmail.com">norsk75usa@gmail.com</a>
Intermediate Norwegian	Summer Break	**	See you in September! <a href="#">Vi ses i september!</a>
Anniversary Fish Fry	Sat: Sept 17	2:00 pm	Viking Lodge—More info next month
Viking Fair—Bazaar and Breakfast	Sat: Oct 22	9 am to 2 pm	Viking Lodge—info in later editions
Lutefisk and Meatball Dinner	Sat: Nov 12	1 pm and 4 pm	Viking Lodge—info in later editions
Christmas Tea	Sat: Dec 3—TBD	2 pm	Viking Lodge— still TBD
Julebord—A Christmas Dinner	Sat: Dec 17	2 pm	Viking Lodge—info in later editions



**Don't forget the Summer Salad  
Potluck  
Get Together  
August 10, 2022, 6 pm**

**Save the Date**

**Anniversary Fish Fry**

**September 17, 2022 @ 2:00 pm. Cost \$22;**

**MENU**

Walleye

Another entree for those who do not eat fish

Baked Potatoes, Coleslaw, Fresh Rolls, & Dessert

**Reservations: Karen Ravnaas 719-390-0621**

### Card Social and Potluck

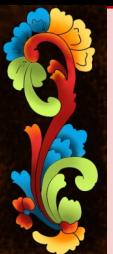
The Card Social will have a potluck lunch at 12:30 followed by cards and socializing on Tuesday, Aug 2nd at Viking Hall.

Come join us for a fun, relaxing afternoon. Contact Ginny Johnson if you have questions - 719-495-0253.



**Rosemaling Update** If you are interested in attending please call our instructor **Cindy at (719)-330-1275** or **BJ at (719)-440-3992** for class info and let them know you plan to attend. Each class is around 4 hours in length and has a \$20.00 fee

Please call because dates are changeable...







## Sunshine Report

### August 2022



*Happy Birthday and Happy Anniversary* to all who are celebrating these special occasions during August 2022.

*Bev Broin* is home. She has family to care for her and outside help to fill in.

*Thought for the month:* "Whilst August yet wears her golden crown, Ripening fields lush-bright with promise; Summer waxes long, then wanes, quietly passing - Her fading green glory on to riotous Autumn." - Michelle L. Thieme, *August's Crown*

If anyone knows of news that needs to be reported, please let me know. Thanks.

*Fraternally, Karen Ravnaas, Sunshine Director, 719-390-0621*

### August President's Corner

We are having a great time this summer! Thank you to Lois for finding another opportunity to sell our fabulous lefse!

We are setting up and selling at the Farmer's market in Bancroft Park on Saturdays. Stop by and say hello! And, volunteer!!

Soon we will need to make more lefse for our fall events, so watch for a new Lefse schedule!

Hope everyone is enjoying the summer and I look forward to seeing you soon!

*Fraternally Becky T*

To the right is a picture of our booth at the Old Colorado City Farmers Market in Bancroft Park. We've had two successful weekends so far. See you there!



### CULTURAL CORNER



Here's the plan for our cultural programs at the heritage meetings for the next two months of 2022 from our illustrious Cultural coordinator Jean Hagen Luce.

**August's** program for the heritage meeting is a debrief of the Mesa convention by the convention delegates (note check page 4 and 5 in this issue for pictures and written reports).

In **September** Kendall Kjerstad is planned to speak, he is our zone 8 Financial Benefits Counselor. Kendall will speak about SOFN insurance, and other SOFN financial products available to us members. And there will also be a lodge anniversary cake.

*For the rest of the year Jean has several ideas in mind for future programs but what would you, the membership, like to see? Please, contact Jean if you have some ideas for the heritage program.*

*Her contact email is [jeanluce777@gmail.com](mailto:jeanluce777@gmail.com)*





Lefse sellers on July 16, 2022 showing off their wares.

Left to right: Carol Hackett, Lois Halvorson, BJ Mapstone, Kerry Hefta, Karen Ravnaas and Bev Beasley

## Lefse Sales at Bancroft Park

Are you ready for some summer socializing? Here is your opportunity to remedy that yearning!

We will be selling lefse at the Old Colorado City Farmer's Market. For the past two Saturdays, we have been at Bancroft Park selling lefse (to replace Estes Park Scan Fest sales), meeting many wonderful people, and having a great time. Did I mention that we are also having great sales and everyone is pleasantly surprised at the taste of this flat bread?

And if you want to join us, there are three more opportunities scheduled: July 23 & 30 and August 6. We have two sessions to sign up for: 7am to 10 am for setup and sales, and 10 am to 1:30 pm for sales and tear down.

## SOFN District 6 Convention Recap in Pictures



Above. Our Delegates in action at the convention: Middle Row left is Karen Ravnaas, Sissel Disbrow and Jean Luce, Front row is Gerald Rowe, Becky Tamblyn, Mike Johaneson and past zone 8 director Bev Moe



Above: Our 2022 Fjellheim Delegation: Top Clockwise is Becky Tamblyn, Mike Johaneson, Sissel Disbrow, Karen Ravnaas, Jean Hagen Luce and Gerald



Left: Millie Sullivan's rosemaling display



Right: Carl and Mary Beth Ingvaldstad, both in bunads. Mary Beth is the current District 6 International Director

Below: Mike Johaneson, Becky Tamblyn and Karen Ravnaas enjoying a laugh







# **SONS OF NORWAY, DISTRICT SIX 2022 CONVENTION,**

**JUNE 2-6, 2022, MESA, AZ**



## **KAREN RAVNAAS—FJELLHEIM DELEGATE REPORT**

What a convention! Not only was it fun to catch up with old friends and meet new friends, but we got a lot of business done. Bob Sather was elected President for the next two years, Lisa Barca was elected Vice-President, Mary Beth Ingvaldstad continued on as International Director until she retires when Luella Grangaard will take over, and Zone 8 Director is Dianne Molter. And a hardy **Tusen Takk** to Bev Moe for the awesome Director she has been – **Job Well Done, Bev.**

Prior to the business portion of the convention, workshops were offered in Music, Genealogy, Literature, Marketing our lodge, Communications, Generational Differences, and Newsletter hints and stuff. Also, any stamps collected will no longer go to Tubfrim but rather to the Postal History Foundation in Tucson, AZ where they are sorted by subject matter and are available to schools and other organizations for history classes. Our delegation was well represented at these meetings, and you will hear more on that at the next Heritage Meeting.

*Then the real fun began.* Resolutions were presented and most were clarifications and updating/consolidation and were passed. Connie O'Brien, Director of Fraternal Development was the keynote speaker and stressed our need for change and that we can't do things the way we have always done them. Going forward, International Convention will be held in the virtual world. Gerald Rowe was elected to be the Zone 8 delegate to the upcoming international convention.

The Folk Art exhibition offered many wonderful items, and we were represented by Mike Johaneson, Anastacia Hackett and Millie Sullivan's family. We received many kind comments and Mike has his own story to tell you about this! The cookies were a hit once again. Thank you to all who helped make our cookie donations for the convention.

Personally, thank you to the Lodge for electing me as your delegate. I learned so much and hopefully those of us who were there will find value in this information and make our Lodge a better place while

***"Celebrating Our Roots".***



Left: Anastacia Hackett's knitting display

Center: Mike Johaneson's carving display

Gerald Rowe, in white standing, and Karen Ravnaas, in red seated, at the convention!



## **GERALD ROWE—FJELLHEIM DELEGATE REPORT**

It was nice to get together again and meet the District Six and International officers and other delegates after 4 years. For this convention there are three areas I have been involved with that I want to report on.

I had previously asked Mary Beth Ingvaldstad if she would like to have copies of the Fjellheim Song Book for her Music and Cultural Skills Session. She told me that it would be very helpful to have them. I sent 2 boxes of 25 books (50 books) so that everyone in the class could have one. They were used to sing the Norwegian songs, and everyone could take the songbook home to their lodges.

At the previous District Six convention in 2018 Fjellheim introduced a resolution (R7) about Lodges who are unable to attend the District Six convention being able to use the internet instead of attending the conventions. A District Six committee was formed, and it was determined that it was not feasible with the technology of that time. Technology has advanced rapidly over these last 4 years and indeed the International Convention will meet 'Virtually' for the first time this year. Two years from now perhaps this technology will be available to District Six for the next convention.

District Six formed an Education Fund several years ago for support of vocational training that does not require a college degree. There is a great need for this type of training that requires classroom education, supervised work and practical experience to qualify for these highly skilled jobs. The Fjellheim Board has decided to support this work by donating \$1000.00 to the Education Fund.

Election of Delegates for the International Convention is done by caucus of each zone. The zone 8 caucus includes Fjellheim, and I was elected to be an International Delegate for the 2022 International Convention to be conducted by the International Board of Directors 'Virtually' over the internet. This is a great honor to me and Fjellheim Lodge to be represented at the highest level of the Sons of Norway International Organization.

## Fjellheim Norwegian Classes

Did you ever want to deepen your Norwegian heritage or your understanding of what its culture, history, and future entails? A great place to start is learning the “code”, i.e., a language that is spoken by 5.3 million natives and understood by another 13.2 million Danish and Swedish conversing brethren. Fjellheim SON Lodge will be offering 3 levels of Norwegian language classes, each Tuesday starting this September 6th. Exact times of each level to be determined.

Erik Tjelmeland and Bjørg Mapstone will be moderators of this program. Come join us and learn in the fellowship of your lodge members. It is a fun tuition free program and is truly a great benefit of your SON membership. If you have any questions, please contact Erik at [norsk75usa@gmail.com](mailto:norsk75usa@gmail.com).





## August Birthdays

Candice Gladson	Aug 2
Phillip L Cable	Aug 3
Tillman C Opsal	Aug 3
Denise Selleck	Aug 4
Eunice C Bluhm	Aug 4
Alyssa R Smith	Aug 5
Steven John Lien	Aug 6
Cathrine Y Berg	Aug 10
Virginia "Ginny" Johnson	Aug 16
Elsie M Gonsholt	Aug 18
B June Williams –100	Aug 20
Sara J Berge	Aug 21
Kristin Brown	Aug 26

## Heritage and Youth

Madison J Smith	Aug 21
Avery G Lawyer	Aug 26



### Norwegian Idioms

Det er ugler i mosen.

Translation: There are owls in the moss.

Meaning: There is something suspicious going on.

You use this expression when there is something not quite right or when someone has a hidden agenda and is trying some secretive plan. It describes hidden danger.



*Kendall Kjerstad*

*Financial Benefits*

*Counselor*

605 939-1714



## FJELLHEIM - 2022 OFFICERS

### Board of Directors

President	Becky Tamblyn	719-271-3631
Vice-President	Kerry Hefta	719-651-2677
Counselor	Kerry Hefta	719-266-9429
Secretary	Karen Ravnaas	719-390-0621
Treasurer/Finance	Terry Mapstone	719-351-5644
Membership	Kathie Godsill	719-229-9289

### Program Directors

Sunshine	Karen Ravnaas	719-390-0621
Cultural Coordinator	Jean Hagen Luce	719-661-7667
Social Coordinator	Kathie Godsill	719-266-9592

### Support Officers

Greeters	Lois Halvorson	719-632-6003
	Cleo Allgood	719-598-1982
Marshall	Leonard Beasley	719-471-1801
	David Haugen	719-599-0810
Editor	Kerry Hefta	719-651-3677
Web Page & Facebook	Randy Johnson	719-260-7028
Musician	Sonja Gund	719-473-9588
Publicity	Eunice Bluhm	719-351-3554
	Randy Johnson	719-260-7028
Librarian	Sonja Gund	719-473-9588
Viking Sisters	TBD	

### Committees/Special Activities

Auditors	Dean Tollefson	719-473-1110
	Ole Bakken	719-649-3478
	Sara Berge	719-495-2134
Financial Benefits	Kendall Kjerstad	605 939-1714 or 970-697-1114

### Fjellheim Management Corporation (FMC)

Directors	Karen Ravnaas	719-390-0621
	Paul Wiig	719-596-6159
	John Larson	719-570-0043
	K. Max Canestorp	719-685-4583
	Norman Pechacek	719-574-1938
	Cynthia Pechacek	719-574-1938

Trustees	Terry Mapstone	3719-51-5644
	Jerry Johnson	719-495-0253

Colorado Zone 8 Director Diane Molter 303-288-6014  
[GRNBViking09@live.com](mailto:GRNBViking09@live.com)

District 6 President Robert Sather  
[president@sofn6.org](mailto:president@sofn6.org)

Sons of Norway Board Mary Beth Ingvaldstad 707-987-2404  
[mbingvaldst@aol.com](mailto:mbingvaldst@aol.com)

Sons of Norway

Monthly Newsletter

Kerry Hefta, Editor

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Please cut stamp for Tubfrim

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