

The Fjellheim Flammen



Fjellheim Lodge 6—107

Sons of Norway

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August 2019

Volume 46. #7

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

Or Mike Johaneson
mjohaneson@gmail.com

Deadline for the September issue is August 22nd

Cripple Creek 'Musical' Day Trip



Butte Theater



Thursday, Aug 8th,

9:00 am - 4:00 pm

Meet at 9:00 am at Safeway, 3275 W Colorado Ave, to carpool to Cripple Creek.

Meet after 11:00 am at Lombard's Double Eagle for lunch, 442 E Bennett Ave.

The Butte theater production of "Grease" will start at 1:00 pm. We will leave shortly after 12:30 for the theater, 139 E Bennett Ave.

We need to have the number of people attending the play no later than August 1. So those of you who want to go but haven't signed up yet, please call Kerry Ferguson @ 203-8321.



2019 august

søndag	mandag	tirsdag	onsdag	torsdag	fredag	lørdag
				1	2	3
4	5	6 12:30 pm Games & Cards Viking Hall	7 6:30 pm Board Meeting Viking Hall	8 Cripple Creek Theatre "Grease" 1 pm	9	10
11	12	13	14 5:30 pm FMC 6:00 Heritage Mtg Salad Potluck- Viking Hall	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

She's an OLE, Meet a Future Graduate of St Olaf College, Class of 2023

Congratulations to Arielle Bakken, sometime Server at Lutefisk Dinners and a senior at Coronado High School, she will be attending St. Olaf College next fall. She is the recipient of a Dean's Scholarship from the College. She received the President's Academic Award and recognition of academic achievement in Science, Social Science, English, and French at the awards ceremony at Coronado High School recently.

Note: Arielle is the granddaughter of lodge members Ole and Joan Bakken. We wish her well in her college adventures and also in dealing with the winters at Northfield, Mn where St Olaf College is located!



August Presidents Corner

Ahh real summer is back again after a cool June. And it was definitely cool at the Scandinavian Midsummer Festival in Estes Park the fourth weekend in June. Despite this our sales were good, not least of all because Becky Tamblyn decided to sell warmed up singles of lefse. Warm lefse with butter was WAY more appealing for people on a drizzly day than buying a frozen bag of lefse and it showed on our sales. Becky wrangled the crew well and we were busy the whole time but not overwhelmed. And a great time was had by all. Thanks to Becky for taking on this task!

Everyone enjoyed the June picnic which was graced by a short rain shower. For more see the writeup on page 5.

The June meeting was fun with Norwegian Bingo thanks to Mike Johaneson and Margrethe Smith for doing the calling.



Has everyone gotten their place for 'Grease' on August 8th. See the flyer on the front page for additional details and we'll see you there!

Remember the August heritage meeting is a salad potluck and we are planning to eat at 6 pm with the meeting at 7 pm. Anastacia Hackett will be there to give a presentation and/or demonstration of Norwegian knitting (Strikker).

See you all soon!!

Fraternaly yours!

Kerry Hefta



August Birthdays

Philip Lynn Cable	3
Tillman C Opsal	3
Eunice C Bluhm	4
Alyssa R Smith	5
Todd Taskerud	5
Steven John Lien	6
Cathrine Y Berg	10
Christopher F Adams	13
Virginia M Johnson	16
Elsie M Gonsholt	18
Everett Snead	20
B June Williams	20
Sara J Berge	21
Madison J Smith	21
Avery G Lawyer	26

Card Social - Tuesday, August 6th 12:30 pm potluck followed by cards. Everyone is welcome.

Questions?? please call Ginny Johnson 495-0253



Viking Sisters -Viking Sisters will meet Thursday, September 5th. 1 pm at Viking Hall, All women of the lodge are welcome.



Norwegian Language Class

Language Class will resume meeting on September 3 and on following Tuesdays at Viking Hall. The first class starts at 6:00 pm. The second class begins at 7:00 pm.

The first class uses the textbook *Sett i gang 1* and the leader is TBD. So if you want to volunteer please let us know.

The second class uses *Sett i gang 2* and is led by Erik Tjelmeland. To join us, go to settigang.com and order the textbook for the class you wish to join.



Rosemaling Classes at Viking Hall

All skill levels are welcome. The cost for each 4 hour session is \$20.00. Please call Cindy Bauer at 633-8260 or Bj Mapstone at



Woodcarving Adventures

Please talk to Terry, BJ or Mike if you are interested.

Congratulations to Anastacia Hackett for her Blue (and Red) Ribbons!

She received both ribbons for her knitting entries at the El Paso County Fair.



On June 16th, 30+ people came to Bear Creek Park to celebrate Father's Day, Midsummer (eller "Sankt Hans Aften" i Norsk), and summer in general. The food was delicious, the day was relaxing, and the games were some fun!! Thanks to all who brought the potluck lunch, the games, and the laughter.



Sunshine Report – August 2019



Happy Birthday to everyone celebrating birthdays in August! Whew! Summer has finally kicked in! We hope you are all enjoying your days of sun and warmth.

Darlene Aaland is home recovering from the shoulder replacement and heart attack. She says she is weak but getting stronger every day. **Ginny Johnson** is recovering from a heart procedure and doing okay. **Joan Magee** fell while on her daily walk; she sprained her wrist and was very sore, but she is also recovering and doing well.

Millie Sullivan has gotten over the pneumonia and has her good days and bad, but she keeps on "keeping on" as does **Chuck**.

Helen Mattson, charter member, passed away on May 31, 2019. Helen was born in Sandefjord, Norway, and died in Virginia. Services were held July 15th at the First Presbyterian Church, Colorado Springs. See separate section for additional information.

This issue's inspiration is: "Summer, after all, is a time when wonderful things can happen to quiet people. For those few months, you're not required to be who everyone thinks you are, and that cut-grass smell in the air and the chance to dive into the deep end of a pool give you a courage you don't have the rest of the year. You can be grateful and easy, with no eyes on you, and no past. Summer just opens the door and lets you out." — **Deb Caletti, Honey, Baby, Sweetheart**

Fraternally, Karen Ravnaas - 390-0621

Sissel does it Again!

We at the Fjellheim Lodge were delighted to receive this 'Thank You' letter from the Whidbey Island Nordic Lodge in Coupeville, Wa. Their president Bran Peterson was especially thankful for the advice provided by Sissel Disbrow helping them prepare for their first Frokost. We at the Fjellheim Lodge know that Sissel is the force behind not only our Frokost in April but all our Anniversary dinners and of course the Christmas Tea.



Dear President Hefta;

I am writing to express my appreciation to you and your Lodge for the assistance provided to the Whidbey Island Nordic Lodge in Coupeville, WA. I had noticed in your newsletter a notification of your Frokost celebration and I thought it might be something our Lodge could do. I made inquiry through your website email and received two responses almost immediately. I was put in contact with Ms. Sissel Disbrow and received an email from her. What a wonderful, delightful person. Your Lodge is very fortunate to have someone like her as a member.

I have been in contact with Sissel for several months, and through several emails and several mailings and photos, she has provided me with all the guidance and materials I needed to stage Frokost at our Lodge.

We held our event on Saturday May 18, 2019. This year it was free to our membership and we had about 60 people participate. The reaction was overwhelmingly positive.

Thank you, your Lodge, and especially Sissel for everything you have done to aid us in this endeavor.

Tusen takk



Brian Petersen, President
Whidbey Island Nordic Lodge. #2-164

Gerald and Pat Rowe want to thank everyone for their kind thoughts and prayers for our recovery from our hospitalization(s). Gerald was first in the hospital to have surgery to restore the circulation in his right leg and had a long and painful recovery because of the large and deep incision that required special care from the Penrose hospital wound care clinic. After Gerald's recovery Patricia became sick with a painful abdominal infection that put her in the hospital for a week for treatment that continued at home while she regained her strength. We both now are recovering at home and doing well. We have not been coming to lodge meetings because we are no longer comfortable driving at night. We miss you all and hope to be seeing you again sometime soon.



Gerald & Pat Rowe

IN MEMORIAL

Helen Mattson

Sep 30, 1933 - May 31, 2019

Helen was born in Sandefjord, Norway the daughter of Halvor and Olga Holtskog. Her husband Daniel predeceased her in 2012. She is survived by sons Roy, Glenn, and Bruce and their families; "adopted" son Dan Taylor; 9 grandchildren and 8 great-grandchildren.

She was a very active person in her church and in Sons of Norway. She was one of the Norwegian born ladies who were charter members and who did so much to contribute tone and flavor to our Lodge which continue today. An outstanding hostess, she presented unforgettable Santa Lucia celebrations in her home.

We remember her fondly and send our sincere condolences to the family.

From Duane 'Ole' Bakken



Kendall Kjerstad
Financial Benefits
Counselor
605 939-1714



FJELLHEIM - 2019 OFFICERS

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Viking Sisters	Ginny Johnson	495-025

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Sons of Norway

Monthly Newsletter

Kerry Hefta, Editor

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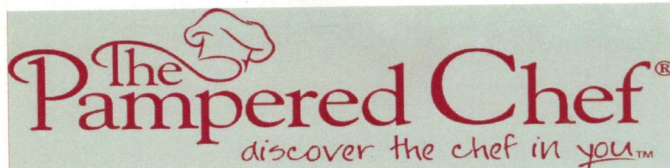
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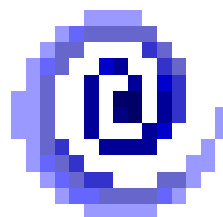


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SPIRAL BODY MASSAGE THERAPY

Caren Alvestad R.M.T., C.N.M.T



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