

# The Fjellheim Flammen



*Fjellheim Lodge 6—107*

*Sons of Norway*

*1045 Ford Street, Colorado Springs, CO 80915*

*719 574-3717*

*www.sonsofnorwaycs.com*

**December 2019**

**Volume 46. #12**

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**

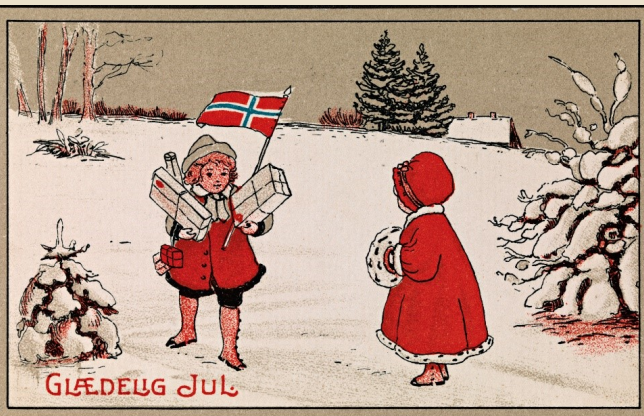
**Viking Hall, 1045 Ford Street**

## Send Articles to :

**Kerry Hefta**  
**khefta@comcast.net**

**Or Mike Johaneson**      **mjo-**  
**haneson@gmail.com**

**Deadline for the January issue is December 22nd**



## Christmas Buffet

Fjellheim Lodge  
1045 Ford Street, Colorado Springs

**Saturday, December 21, 2019**

**Social time 2:30 pm**

**Meal at 3:00 pm**

We have an extensive and delicious menu planned for your enjoyment. Join us for fun and fellowship as we celebrate our Scandinavian heritage.

**Members: \$20, Non-Members: \$22, Children 5-12, \$8**

**For reservations please call Karen Ravnaas at 719-390-0621 by Dec 18, 2019**

**5295 Water Dipper Rd., Colorado Springs, CO 80911**

**Make checks payable to Sons of Norway**

**Make your reservations early. Seating is limited.**

# December 2019

søndag	mandag	tirsdag	onsdag	torsdag	fredag	lørdag
<b>1</b>	<b>2</b>	<b>3</b> Noon Cards and Games. 6 & 7 pm Norwegian Language Class Viking Hall	<b>4</b> 2 pm Decorate Viking Hall 6:30 pm Board Meeting Viking Hall	<b>5</b>	<b>6</b>	<b>7</b> 2 pm Christmas Tea
<b>8</b>	<b>9</b> 1 pm Viking Sisters Viking Hall	<b>10</b> 6 & 7 pm Norwegian Language Class Viking Hall	<b>11</b> 5:30 pm FMC 6 pm Pot Luck 7 pm Heritage Mtg Viking Hall	<b>12</b>	<b>13</b>	<b>14</b>
<b>16</b>	<b>16</b> 8:30 am Lefse Viking Hall	<b>17</b> 6 & 7 pm Norwegian Language Class Viking Hall	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b> 2:30 pm Social 3:00 pm Julebord Viking Hall
<b>22</b>	<b>23</b>	<b>24</b> Christmas Eve	<b>25</b> Christmas Day	<b>26</b>	<b>27</b>	<b>28</b>
<b>29</b>	<b>30</b>	<b>31</b> New Years Eve				

## Upcoming Events Viking Hall

January 2 2020 6:30 pm—Board meeting moved to Thursday after New Years day.  
January 4, 2020 10 am—Undecorate the Lodge!  
January 8, 2020 7 pm- Heritage Meeting, Installation of officers and welcoming of new members.  
February 15, 2020 2 pm—Fish Fry  
April 19, 2020 11 am—Frokost

## Other Upcoming Events

Jan 25, 2020 Sat 9:30-1:30 ZONE 8 Member Seminar.  
Trollheim Lodge, Lakewood.Co  
Feb 9, 2020 Ski for Light, Casper Wy  
February 22, Barnelopet, Snow Mountain Ranch YMCA  
June 18-21 2020, District 6 Convention , Mesa Arizona

## December Presidents Corner

*GOD JUL OG GODT NYTTÅR TIL ALLE!*

We had a busy November getting ready for Lutfisk. Besides the usual preparations Lois had to add some extra Lefse days because of the inclement weather in October. Apparently nobody takes vacations in November so we had a couple of well attended sessions and magically we had enough for the Lutfisk dinners. If you couldn't make those dates there is one more Lefse day Dec 16th. Hopefully there won't be snow that day!

The November Heritage meeting provided even more heritage because members brought in Norwegian items, memorabilia, stories and history to show and tell. Everyone enjoyed browsing the items and asking about what they meant. That's Julie Harris to the right showing weaving from a Vesterheim class and knitting. By the way, ask Cathy Berg sometime about her cousin Victor and learn a little about Norwegian WWII history. The December heritage meeting will be a early potluck at 6 pm followed by a Christmas Sing-a-long lead by our very own musician Sonja Gund and songstress Eunice Bluhm.



We had a very successful Lefse Dinner on Nov 16th. We were able to book 'Mike and Marge' shown left, to provide musical accompaniment to the evening setting. Tusen takk to everyone who helped make the Fjellheim Lutfisk dinners a success again as always.

Next up is our annual Scandinavian Tea on Dec 7th which is already **Sold Out!!** This year by it was full by November 10th. Kathie Godsil who is taking the reservations is busily putting in anyone who is on the waiting list she can but she can't take in any more. However if you want to participate and haven't signed up it's best to ask the chair Sissel Disbrow about how you can volunteer. Volunteering for this event is magical!

Julebord is December 21st, and it's also expected to fill up. Karen Ravnaas is taking the reservations and she reported that she has only 40 seats left on Nov 21st! Bj and Terry Mapstone are coming up with a wonderful menu and there will be music for this event as well. I hope to see you all there.

Don't forget that decorating the hall is Dec 4th at 2 pm. We are doing that later so that board members don't have to make two trips to the hall. We will probably order pizza in-between. On Jan 4th 2020 at 10 am we will take it all down again.

We will have the annual Fjellheim Officer Installation at the Heritage meeting Jan 8th 2020. Bev Moe the zone 8 director will be here to oversee the installation (that's her to the right at our Lutfisk Dinner) It's always fun to reconnect with her. I will be stepping down and will be replaced by co-presidents Becky Tamblyn and BJ Mapstone. Please welcome them to their new (and not so new) leadership positions. We also still need a secretary for the board so please volunteer, it's not too late!

2020 is also the District 8 convention in Mesa Arizona June 18-21. Fjellheim will probably be allotted 6 delegates and you do not have to be on the board to be selected so please consider going! It's fun and educational.

*Fraternally yours Kerry Hefta, Fjellheim President*





Nancy Allen with the last piece of Lutefisk!

Special recognition goes to those spent much of the week getting ready – Ginny Johnson for registration and seamless check-in, Lois for buying, cooking and serving most of the food, BJ and Terry for helping with every task, Carol for food prep of every kind, Dave, Max and Jerry for set-up and clean-up to the very end, Karen the potato peeler and cashier, Kathie, Jess, and Jen for washing pots, pans and silverware for six hours and Monica, Steve, Dave and Phil for taking a risk and making the best lutefisk in the state.



Bjorg Mapstone and Margarethe Smith singing the Norwegian table prayer before serving

And then there is Randy, who in addition to keeping the water pitchers full and staying to the end for clean-up, has changed the way we message this traditional dinner by using Facebook and the Web. This how we got most of our patrons. He just does a great job.

We should also remember the twenty-five members who make lefse on Mondays so our guests can indulge in this treat.

Until next year, eat well. *Mike Johaneson*

P.S. I booked the accordion players for next year. Both seating's!!



Above : Full house at the Lefse Dinner

Below : Most of the Lutefisk Dinner Cooking Crew : Terry Mapstone, Lois Halvorson, Phil Cable and Monica Anderson



## December Birthdays

Liam Schneider	2
Einar J Wulfsberg	2
Douglas P Haug	5
Spencer L Holland	6
Marlys A Meagher	6
Lynn Rice	6
Harvey Williams Bucholtz	7
Rosanne M Foresman	7
Ellen Hardy	7
Debra Nau	7
Shirley Jean Stille	9
Margaret Suntken	9
Ellen K Barry	10
Donald C Ankley	11
Beverly Ann Beasley	12
Jerry W Maines	13
Rita Marie Bucholtz	14
Alexander Kamrud	16
Trond Ostrem	17
John H Peterson	17
Debi M Wolfe	17
Mason Allen	22
Brenda Bostow	22
Lynn Moore	23
Bjorg Mapstone	25
Kathlyn J Steinke	26
Caren A Alvestad	27
Joan Diane Dacus	30
Cheri Ann Hughes	30



Download from  
Dreamstime.com

Illustration  
Illustration (Dreamstime.com)

**Card Social** - December 3, 12:30  
with potluck followed by visiting and  
cards. Everyone is welcome.



**Viking Sisters** – We will meet on Thursday  
January 9th at 1 PM at Viking Hall. All women of  
the lodge are invited.

Questions?? please call Ginny Johnson 495-  
0253

## Woodcarving Adventures

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



if

## 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 440-3992



## LEFSE TIME

It's 8:30 am Dec 16th! Be  
ready to roll so that we  
have enough for Juleord..  
See you all there! Lois



## BARNELOPET – 28th Annual Barneløpet

Leggett Hall at the YMCA SNOW MOUNTAIN  
RANCH has been reserved for February 22,  
2020. Check in 9:30 am

Deadline to pre-register is February 15, 2020  
with: Lois Hodne at 303-795-6695 or email  
hiloie@aol.com Ski instructors and Marshalls  
please let Jon-Erik know you can volunteer -  
tvchiro@gmail.com

For lodging: Snow Mountain Ranch YMCA 303-  
443-4743



## *Sunshine Report – December 2019*



*Happy Birthday!* to everyone celebrating birthdays in **December!**

**Doris Lake** passed away on October 27, 2019. Marje Erickson read a beautiful eulogy at the November meeting and we thank her for the lovely remembrance of Doris. Our condolences go to Doris' family and friends. Please keep them all in your thoughts and prayers.

"Happy, happy Christmas, that can win us back to the delusions of our childhood days, recall to the old man the pleasures of his youth, and transport the traveler back to his own fireside and quiet home!"

- Charles Dickens

*Fraternally, Karen Ravnaas - 390-0621*

**Karen Ravnaas 390-0621**



*Karen Ravnaas and Margethre Smith manning the cashier box for the Viking Sisters bazaar at the Lutefisk Dinner*

*Fraternally, Karen Ravnaas - 390-0621*

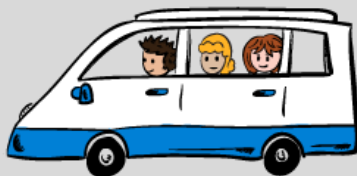
### **Ride Share**

If anyone is interested in Ride shares to and from the Viking Hall please contact

Kerry Hefta 719 651 3677

I do have volunteer drivers willing and able to drive from the Patty Jewett and Garden of the Gods areas.

Please CALL we want to see you at the meetings!!



### *Calling for 2019 Photos*

During the year, many of you have taken pictures on your phone. Please go through your photos, find the very best ones, and send them to me for inclusion in the 2019 History Book. I would really appreciate your input.

The photos can be sent to [KRavnaas@g.com](mailto:KRavnaas@g.com)

Thank you very much!!!

## Who's That Jumping on Priekestolen?



It's our Lutfisk Chef Monica Anderson on the famous rock cliff outside of Stavanger Norway. April 2019



*Kendall Kjerstad*  
*Financial Benefits*  
*Counselor*



### **FJELLHEIM - 2019 OFFICERS**

#### **Board of Directors**

President	Kerry Hefta	266-9429
Vice President	Dana Ferguson	332-4665
Counselor	Steve Hermanson	520-0303
Secretary	Annastacia Hackett	306-8870
Asst Sec	Mike Johaneson	720-971-0130
Treasurer/Finance	Terry Mapstone	351-5644

#### **Program Directors**

Sunshine	Karen Ravnaas	390-0621
Cultural Skills	Björg Mapstone	440-3992
Book Club	Dot Everett	330-1206

#### **Support Officers**

Greeters	Lois Halvorson	632-6003
	Owen Bergland	576-1396
Marshall	Leonard Beasley	471-1801
Editor	Mike Johaneson	720-971-0130
Web Page & Facebook	Randy Johnson	260-7028
Musician	Sonja Gund	473-9588
Publicity	Eunice Bluhm	351-3554
Librarian	Sonja Gund	473-9588
Viking Sisters	Ginny Johnson	495-025

#### **Committees/Special Activities**

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

#### **Fjellheim Management Corporation (FMC)**

Directors	Karen Ravnaas	390-0621
	Paul Wiig	596-6159
	Jerry Maines	282-0908
	Owen Bergland	576-1396
Trustees	Rodger Erickson	597-2196
	Jerry Johnson	495-0253
	Terry Mapstone	351-5644

#### **Colorado Zone 8 Director**

Beverly Moe 720-746-9755  
[bevm259@comcast.net](mailto:bevm259@comcast.net)

#### **District 6 President**

Luella Grangaard 760-363-7704  
[morongo2@verizon.net](mailto:morongo2@verizon.net)

#### **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

Viking Hall—Fjellheim 6-107

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WEB | <http://tinyurl.com/nws-pchef>



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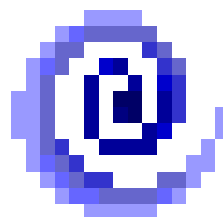
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