

# The Fjellheim Flammen



*Fjellheim Lodge 6-107*

*Sons of Norway*

*1045 Ford Street, Colorado Springs, CO 80915*

*719 574-3717*

*www.sonsofnorwaycs.com*

**Mai 2023**

**Volume 41 Issue #05**

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**

**Viking Hall, 1045 Ford Street**

## Send Articles to :

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

**Deadline for the June Issue is May 20th**



*10th Mountain Hut Division marching in winter. Photo Credit: Colorado Snow Sports Museum and Hall of Fame*

## World War II: Viking Battalion at Camp Hale, Colorado

The 99th Infantry Battalion (Separate) was created in August, 1942. (The designation "Separate" was used because the battalion was not attached to a specific regiment, even though it was part of the First Army.) It was explicitly made up of men who had emigrated from Norway to the US, were descendants of Norwegian emigrants, or were Norwegian sailors who were at sea when the Nazis invaded Norway. These soldiers also had to be able to speak Norwegian. The "Viking Battalion," as it was often called, was then sent to Camp Hale, Colorado in December of 1942 for specialized training in mountain maneuvers under severe weather conditions with the now-famous 10th Mountain Division. Alpine and Nordic skiing, ice climbing, and winter

camping were some of the skills that the soldiers were taught. They spent about nine months in rigorous training at elevations of 9,000 feet or greater, often with packs on their backs weighing 70-90 pounds. The unit was originally intended to take part in an assault to liberate Norway, but plans were changed. Instead, they were sent to fight in France, Belgium, and Germany. After V-E Day, they finally made it to Norway where they were assigned to help with disarming the Nazi forces who were in Norway after the surrender.

**10th Mountain Memorial Day Ceremony May 29 at Tennessee Pass, Colorado** The 10th Mountain Division Foundation will host the 65th Annual Memorial Day ceremony on **Monday, May 29 at 11 a.m.** at Tennessee Pass, Colorado. The public is invited. Coffee and donuts will be served starting at 10 AM. Bleacher seating will be provided. The program will include a keynote speaker, laying of wreaths and readings including Profiles of the Fallen. See the website for more detailed info: [65th Memorial Day Ceremony Monday, May 29 - 10th Mountain Foundation](https://www.10thmdiv.org/65th-Memorial-Day-Ceremony-Monday-May-29-10th-Mountain-Foundation)

CO 80461. Contacts: --Jack Breeding, 10th Mountain Division Foundation Living History Display Group and Ceremony Chairman: [j.breeding@10thmdf.org](mailto:j.breeding@10thmdf.org), (303) 898-4566

Nancy Kramer, 10th Mountain Division Foundation Chairman: [n.kramer@10thmdf.org](mailto:n.kramer@10thmdf.org), (970) 846-2969

**INFO FOR  
10TH MOUNTAIN  
MEMORIAL DAY  
CEREMONY  
MAY 29**

## LOCATION:

The summit of Tennessee Pass on US Highway 24, between Leadville and Minturn, Colorado, at the 10th Mountain Division Monument.

## SCHEDULE:

11 a.m. – ceremony begins  
12:30 p.m. or after the ceremony concludes – optional lunch at Ski Cooper in Leadville

## Fjellheim Event Schedule for Spring 2023

Event	Date	Time	Place
50 <sup>th</sup> Anniversary Development Group	Wed May 3, June 7th	Noon	Viking Lodge, Open to all interested parties
Board Meetings	Wed: May 3, June 7th	2 pm	Viking Lodge
FMC Meeting	Wed: May 10, Jun 14th	5:30 pm	Viking Lodge, note earlier time
Heritage Light Supper	Wed: May 10, Jun 14th	6:30 pm	Viking Lodge, We'll eat and socialize first!
Heritage Meetings	Wed: May 10, Jun 14th	7:00 pm	Viking Lodge, Business and Cultural meetings begin
Card Social and Potluck	Tues: May 2, Jun 6th	12:30 pm	Viking Lodge
Advanced Norwegian	Tuesdays	3:30 pm	Viking Lodge—email Erik Tjelmeland: <a href="mailto:norsk75usa@gmail.com">norsk75usa@gmail.com</a>
Beginning Norwegian		5:30 pm	
Intermediate Norwegian		4:30 pm	
Trollheim Syttende Mai	Sat May 6	Noon	Trollheim Lodge, 6610 W 14th Av Lakewood Co, 80214 Reserve by April 29th with Barb Hessel (303) 989-4496 Flyer on page 6
Lefse Baking	Tuesdays : May 2, 9, 16, 23 and 30, and June 6 and 13	9 am	Viking Lodge
FMC Cleanup Day	Sat May 13	9 am	Viking Lodge (Outside work mostly) Call Terry (719) 440-3992
Rosemaling	Sat May 13	11 am to 3 pm	Viking Lodge Please call <b>Cindy at (719)-330-1275</b> or <b>BJ at (719)-440-3992 to confirm</b>
Syttende Mai Fest (Celebration)	Sat May 20	Noon to 5 pm Parade at 12:30 pm	Hosted by Fjelldalen Lodge Sterne Park, 2001 W Shepperd Ave, Littleton CO Flyer on page 5
Fjellheim Annual Picnic	Sat Jun 17	Noon	Bear Creek Park, Info next month
Estes Park Scandinavian Festival	Fri –Sun, June 23-25	Fri: 4-6 pm Sat: 9:30 am - 6 pm Sun 10 am-4 pm	Bond Park, Downtown Estes Park, Co
Fjellheim's Fiftieth Anniversary Celebration	Sat Sept 16th	3 pm –7pm	Viking Hall, Happy Hour, Catered Dinner, Music and Dancing
Viking Fair	Sat Oct 21	9 am to 2 pm	Viking Hall

 **Ready to Roll? Lefse Baking is every Tuesday in May at 9 am.**



Two Happy Bakers!! Carol Hackett and Ginny Johnson

### **Potluck and Cards Tuesday May 2, 2023**

Please join your friends on the first Tuesday in February for a pot luck lunch followed by cards. See you then!



### **Viking Fair will be here before we know it.**

Please save the date—October 21–3rd Saturday of the month. There will be plenty of fun, food, vendors with many unique items, raffles, crafts, Nordic heritage items, a beautiful Scandinavian venue and much more. If you are downsizing and have items to donate for our raffle or heritage tables, please let me know (Eunice Bluhm -phone 719 351-3554) or bring along to Viking Hall when you come for an event or meeting.



More information to follow. Velkommen. Y'all come.

**Rosemaling is May 13, 11 am to 3 pm** If you are interested in attending please call our instructor **Cindy at (719)-330-1275** or **BJ at (719)-440-3992** to get any change to dates and times and let them know you plan to attend.

Each class is around 4 hours in length and has a \$20.00 fee for each session.





## Sunshine Report — May 2023

**Happy Birthday and Happy Anniversary** to all who are celebrating these special occasions during May 2023.

**Happy May Day to all. And, Gratulerer Med Dagen, Norge!**

**Randy Johnson** is still in hospice and has moved to Morning Star Assisted Living, 5355 Centennial Boulevard, Colorado Springs, CO 80919. He welcomes visitors and cards to brighten his day.

**Cleo Allgood** has been diagnosed with cancer and is in hospice care. She has moved to Melody Living and is in her own apartment @ 7600 Sandy Rock Point, #242, Colorado Springs, CO 80924. She is not receiving visitors but please send cards to show your love and support. Her daughter, Becky, can be reached @ 719-310-2538.

*Please keep our members in your thoughts and prayers.*

**Uff da!** My brother 'turned' 70 in April and as I was looking for something profound to send him, I came across this statement: *Life can be unfair. One moment you are 20 in the '70s....the next, you are 70 in the '20s!*



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

**CULTURAL CORNER** - Two new members, Janice and Faye Rostvit (pictured right), held a Gospel concert at our April Heritage Meeting. They have performed and will continue to perform all over the country (and Norway too) in many venues. We're lucky to have them in our lodge. Thanks Janice and Faye. The performance was fabulous!

For the May cultural presentation we are working on getting a speaker through Zoom on our new system. Let's see how that works out. We do have access to more people through Zoom, since it's not a quick trip from Denver. If not maybe a Vesterheim video? Ideas are always welcome.

For the June Cultural Presentation we'll do a show and tell presentation. You could bring craft items, bunads, genealogy presentations, family stories, pictures etc. and talk about them with other members. Takk!



### MAY PRESIDENT'S CORNER

Hello all, a big shout out of thanks to all who helped made the very successful Frokost on April 16th happen. We had over 150 guests. Whoo!

May 17th is Syttende Mai (Norwegian Constitution Day). The Trollheim lodge in Lakewood is hosting an event May 6th and you can also celebrate with the Fjellaldalen Lodge from Highlands ranch on Saturday May 20th at Sterne Park in Littleton. Flyers are on on page 5 and 6 Expect a large congregation of Nor-skies at either event. It's a good occasion to wear your bunad or Norwegian sweater.

We'll continue with lefse baking every Tuesday this May. We start selling lefse at the Bancroft Park Farmers Market most Saturdays throughout the Summer.

We're continuing to plan the 50th anniversary soiree for our lodge which is scheduled for Sept 16. Details will be out soon. Members please keep the date on your calendar.



*Fraternally, Becky T*  
Fjellheim Lodge President

### MAY EDITOR'S CORNER

Sadly as you may know Randy Johnson who was our Facebook and Website Editor is VERY ill and cannot continue his digital tasks. In the interim I have taken over his Facebook task and website jobs. However, I am also the Flammen editor and overall it's more time at the computer than I able to want or able to do.

So, I'm asking if anyone would like to take over the website tasks or alternatively take over the newsletter editor job (which I've been doing for 4 years) and then I'll step into the Facebook and Website duties. Please let me know if either would interest you. Randy did a stellar job on the website and Facebook publishing and it has helped us be known in the community and the state. We don't want to lose that aspect of information about our lodge.

Let me know if you're interested.

Fraternally Kerry Hefta

Fjellheim Editor and Fjellheim Lodge Vice President

My email is Khefta@comcast.net





# FROKOST Recap and Photos...We had 150 guests over two sittings who went home happy and satisfied with their afternoon. Another successful event under our belts!

**Tusen takk til alle frivillige som har jobbet så hardt for å gjøre dette så bra!**

(translation: A thousand thanks to all the volunteers who worked so hard to make this event great!)



Top Right: Dessert Table



Left: Eunice Bluhm's grandkids enjoying the festivities.

Left Middle: seated to the left is Mitch Utterback a visitor from Vesteheim in Boulder ( Mitch will give a talk in October about the heavy water attack in WWII in Norway) to the right is Cheryl and Phil Cable with Terry Mapstone listening in.

Below Right: Guests at the Forkost buffet table.



Above: Newell Nesheim with Ginny and Jerry Johnson

Right: Canadian-born longtime member, Eunice Bluhm, left, and Ellie Silk right discuss their Scandinavian roots

Far Right: Gerald and Pat Rowe right with Bev Moe and her guest





Sons of Norway  
Fjelldalen Lodge #6-162  
Highlands Ranch, Colorado



"Mountain Valley"

# SYTTENDE MAI CELEBRATION

Norway's Constitution Day  
Sponsored by Fjelldalen Lodge # 6-162



**Saturday, May 20, 2023**

**12:00 noon to 5:00 pm**

**Parade Starts At 12:30**

**Hot Dog Line Opens After Parade**

Donations of \$20 for adults, Children 12 and under \$5

**Please RSVP** to [publicity@fjelldalen.com](mailto:publicity@fjelldalen.com) by May 15th, You can send a check to Fjelldalen Lodge % Don Speas, 6392 S Reed Way, Littleton CO 80123, or pay as you sign in, or use "ZELLE" to [treasurer@fjelldalen.com](mailto:treasurer@fjelldalen.com)

Join us at Sterne Park, 2001 W Shepperd Ave, Littleton CO 80120 (South Shelter). Go South on Bemis St off Littleton Blvd to Shepperd Ave, turn East. Look for the Norwegian Flag and Fjelldalen's canopy.

Bring your lawn chairs so we won't be crowded.

**Please RSVP** to [publicity@fjelldalen.com](mailto:publicity@fjelldalen.com) so we have a good count on how much FOOD to get!!!!

## Menu

**Pølser**

(Hot Dogs)

**Lefse**

**Røkt laks**

(Smoked Salmon)

**Potetsalat**

(Potato Salad)

**Syltet sild**

(Pickled Herring)

**Geitost**

(Goat Cheese)

**knekkebrød**

(crispbread)

**Hjerte Vafler**

(Heart Waffles)

**Tyttebær**

(Lingonberries)

**Iskrem kjegler**

(Ice Cream Cones)

**Kaffe**

(Coffee)

**Limonade**

(Lemonade)



## *Syttende Mai Celebration RSVP*

**Saturday May 20, 2023 at 12:00**



Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Address: \_\_\_\_\_

City/State/Zip: \_\_\_\_\_ Email: \_\_\_\_\_

# of Adults @ \$20.00 ea. \_\_\_\_ # of Children @ \$5.00 ea. \_\_\_\_ Total Enclosed \$ \_\_\_\_\_

**RSVP by May 15, 2023**

Please make checks payable to; **Fjelldalen Lodge**  
Or "ZELLE" to [treasurer@fjelldalen.com](mailto:treasurer@fjelldalen.com)

## All about Raw Potato Dumplings (Klubb, Kumle, Kumpe)

This dish is well-known all-over Norway, and its names and recipes vary from district to district. The foundation of these dumplings is potatoes with variations achieved by adding different ingredients. In eastern Norway klubben is made from barley and pea flour and eaten with myssmordupp (a sauce of soft cheese made from whey). On the southern coast these dumplings are called kumpe, and further north they are known as ball. Ball is often served with fish. Generally this type of dumpling is large – about the size of a medium size apple. These old, traditional dumplings have numerous stalwart fans.



### When the Cooking Club made Klubb

(or Kumla or Raspeballer or just Potato Dumplings). We had thirteen enterprising souls on April 1st. We made three versions of Klubb or Kumla. Karen's recipe uses raw ground potatoes, another with grated raw potatoes and one more with mashed potatoes. We also made a rutabaga and carrot mash to go with it. Everyone had a great time doing peeling, grating, grinding, mashing and cooking. Then we dined on the results. .... There are endless variations of potato dumplings... *Note that the SOFN website is a good source for Nordic recipes, the recipe below right is from there as well as the explanation above.*



Left: Kerry Hefta with finished product  
Right: Passing on Nordic cooking to a new generation. Karen Ravnass is shown teaching Katherine (Cathy and Mark Wedo's granddaughter) how to run the potatoes through the meat grinder for her recipe. Meat grinders are not an every day thing in today's kitchens! *Note that Karen's recipe is available in Fjellheims' cookbook.*



Sons Of Norway Trollheim Lodge 6-110  
6610 W. 14th Ave., Lakewood, CO 80214  
Invites you to our

### Syttende Mai Celebration



Adults - \$20  
Under 10 - \$5

An assortment  
of foods including:  
open faced sandwiches  
lompe dogs  
traditional Norwegian  
desserts.

**Saturday, May 6, 2023**

**Noon**

**RSVP by April 29, 2023**

*Come Early And Shop In Our Butikken*

— RSVP by: **April 29, 2023** Make checks payable to: Sons Of Norway —

Fill out the form below and send with a **SELF-ADDRESSED & STAMPED ENVELOPE** to Barb Hessel, 953 S. Holland Street, Lakewood, CO, 80226 or call at (303) 989-4496.

**Syttende Mai** Saturday, May 6, 2023, at Noon



Name \_\_\_\_\_ Phone # \_\_\_\_\_

Seating request (Optional) \_\_\_\_\_

# of Adults \_\_\_\_\_ # of Children \_\_\_\_\_ Total Money Enclosed \$ \_\_\_\_\_

## Potato Dumplings from Agder (Kumpe Fra Agder)

Directions: Grate potatoes, drain most of the liquid and add enough barley flour or other flour until the dough is firm. Add a little salt. Form into round or oblong shapes with your hands, enclosing a piece of bacon or suet in the center of each dumpling. Simmer dumplings in lightly salted water 1/2 to 3/4 hours, depending on size. Cold dumplings may be sliced and fried in bacon drippings.

## Websites Available for all members:

[Fjellheim Lodge, Sons of Norway, Colorado Springs - Home \(sonsofnorwaycs.com\)](https://sonsofnorwaycs.com)

[District Six | Sons of Norway \(sofn6.org\)](https://sofn6.org) or <https://sofn6.org> (we're part of district 6)

[Sons of Norway](https://www.sofn.com) or <https://www.sofn.com> . This is International website which contains many member resources, from recipes and language guides to insurance coverages. You will need your member number to establish a login for this website . Contact Kerry at 719-651-3677 or Kathie at 719-266-9592 if you don't know your member number.

## May Birthdays

Duane Bakken	1
Ruth May Kos	1
Nancy Marie Allen	6
Lois E Halvorson	9
Hunter Hughes	12
Dora Marie Wolfe	14
Jack R Anderson	16
McElvey Schneider	16
Steven Hermanson	20
Linda Ann Wennerberg	23
Susan M Foust	24
James R Nau	27
Dorothy L Hanson	30
Candance E Lesoing	30

## Heritage and Youth

Eloise S Erickson	10
Elijah Dvorak	15
Bridget Isaly	15



**Constitution Day** is the national day of Norway and is an official public holiday observed on 17 May each year. Among Norwegians, the day is referred to as **Syttende Mai** ("Seventeenth of May"), **Nasjonaldagen** ("National Day") or **Grunnlovsdagen** ("Constitution Day"), although the latter is less frequent.



**Kendall Kjerstad**  
Financial Benefits  
Counselor

Cell: (605) 939-1714  
Office: (970)-697-1114



**SONS of NORWAY**



## FJELLHEIM - 2022 OFFICERS

### Board of Directors

President	Becky Tamblyn	719-271-3631
Vice-President	Kerry Hefta	719-651-2677
Counselor	Kerry Hefta	719-651-3677
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	Hazen and Sonja Thomas	719-475-0429
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

### Committees/Special Activities

Auditors	Sara Berge	719-495-2134
	Cynthia Pechacek	719-574-1939
Financial Benefits	Kendall Kjerstad	605 939-1714 or 970-697-1114

### Fjellheim Management Corporation (FMC)

Directors	Newell Nesheim	1-720-202-3161
	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	719-574-1939

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)  
[zone8@sofn6.org](mailto:zone8@sofn6.org)

### District 6 President

Lis Barca  
[president@sofn6.org](mailto:president@sofn6.org)

### Sons of Norway International Board

Luella Grangaard  
[luella.grangaard@sofn6.org](mailto:luella.grangaard@sofn6.org)



Sons of Norway

Monthly Newsletter

Kerry Hefta, Editor

Viking Hall—Fjellheim 6-107

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**pampered|chef**

**INDEPENDENT CONSULTANT**

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

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