

The Fjellheim Flammen



Fjellheim Lodge 6-107

Sons of Norway

1045 Ford Street, Colorado Springs, CO 80915

719 574-3717

www.sonsofnorwaycs.com

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Volume 40 Issue #12

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 January Issue is December 20th

CHRISTMAS TRADITIONS OF NORWAY FROM THE SONS OF NORWAY WEBSITE

[Christmas Traditions](#) | [Sons of Norway](#) This site is available to members only.

Use this URL for the download (you'll need a login) or ask for a printout at the lodge at the Heritage meeting.



Christmas Traditions of Norway

How to add festive Nordic fun to your family celebration

- Learn about the unique Christmas customs of Norway
- Discover sweet and savory dishes you can make for Christmas



On of the traditions is the **Julebord**. Which just so happens to be on **December 17th** at the Viking Lodge at 2 pm.

Check out page for the **Julebord Reservations on page 3**. This year the Julebord is for Fjellheim members and guests only.

The main meal is provided but feel free to bring a dessert or sweet to share.

Fun Facts on 'Julebord i Norge': Christmas, known as jul in Norway, is a magical time. Norwegians enjoy getting into the spirit of Christmas, or julestemning, with loved ones. Holiday greetings of God jul or Gledelig jul are shared. And it's common to get together for a friendly group dinner called a **julebord** with friends or coworkers prior to the holiday. Many Sons of Norway lodges in Norway and North America also take part in the julebord tradition. **So do we see page 3!**

Fjellheim Event Schedule for Winter 2022/2023

Event	Date	Time	Place
Decorate the Lodge	Mon: Nov 28	10 am	Time to put up the Holiday Decorations!
Board Meetings	Wed: Dec 7, Jan 4, Feb 1, Mar 1	2 pm	Viking Lodge
FMC Meeting	Wed: Dec 14, Jan 11, Feb 8, Mar 8	5:30 pm	Viking Lodge, note earlier time
Heritage Christmas Pot Luck	Wed: Dec 14	6 pm	Bring your Christmas treats and favorites (and some healthy stuff too) for all to share.
Heritage Light Supper	Wed: Jan 11, Feb 8, Mar 8	6:30 pm	Viking Lodge, We'll eat and socialize first!
Heritage Meetings	Wed: Dec 14, Jan 11, Feb 8, Mar 8	7:00 pm	Viking Lodge, Business and Cultural meetings begin
Card Social and Potluck	Tues: Dec 6, Jan 3, Feb 7, Mar 7	12:30 pm	Viking Lodge
Lefse Baking	Tues: Dec 6	9 am	Viking Lodge—** The Last Time for 2022!!
Advanced Norwegian	Tues: Dec 13, Dec 20 Thurs: Dec 15	3:30 pm	Viking Lodge—email Erik Tjelmeland: norsk75usa@gmail.com Holiday dates may change...
Beginning Norwegian		5:30 pm	
Intermediate Norwegian		4:30 pm	
Cooking and Baking Club	Sat: Dec 10th	10 am	Viking Lodge, Dessert Lefse on the menu.
Setup for the Julebord	Fri Dec 16	9 am	Setup and food prep for the Julebord.
Julebord—A Christmas Dinner	Sat: Dec 17	2 pm	Viking Lodge—See page 3 for reservations
Undecorate the Lodge	TBD—probably Jan 2. Check first	10 am	When we take all the Holiday décor down
Winter Tea	TBS—projected March	2 pm	Viking Lodge— still TBD

LA OSS LAGE LEFSE EN GANG TIL!

(Let's Make Lefse One More Time)

Når: Tirsdag, Desember 6, 9 am

When: Tuesday, December 6, 2022

Hvor (Where): Viking Lodge

Vær klar til å rulle

Be ready to roll!



Card Social and Potluck

The Card Social will have a potluck lunch at 12:30 followed by cards and socializing on Tuesday, December 6th at Viking Hall.

Come join us for a fun, relaxing afternoon.

Contact Ginny Johnson if you have questions - 719-495-0253.



Don't forget the Christmas Potluck

December 14, 2022, 6 pm

Right before the heritage meeting.

Bring your Christmas treats and favorites (and some healthy stuff too) for all to share.

Shout out for Volunteers

for the **Julebord Dec 17th. 2022**

We're looking for volunteers to help prepare a full Julebord this year. Please let us know if you interested in cooking, cleaning up and/or decorating for that event. Or you can bring a favorite Christmas dessert to share at the Julebord. This year the Julebord will be limited to members and guests only. We'd love to see you!

Call or Text Kerry (719) 651-3677 or BJ (719) 440-3992





Julebord Christmas Buffet

1045 Ford Street, Colorado Springs, CO 80915

December 17th, 2022

Social: 1:30 Dinner: 2:00

Lodge will provide the following foods:

Ham Turkey Pork Loin Meatballs Shrimp Tray
 Baked Norwegian Salmon Smoked Salmon Lutefisk
 Escalloped Potatoes Green Beans w/Almonds
 Surkal (Sweet and Sour Cabbage) Assorted Salads
 Cheese Tray Pickles Herring Lingonberries
 Lefse Christmas Breads Fyrstekake (Prince's Cake)
 Desserts, lovingly made by our members!
 Coffee and other drinks



Dinner Reservations - Seating is Limited

	Number Attending	Cost	Total
Members & Guests (16+)		X \$22.00 =	\$
Student – age 10-15		X \$10.00 =	\$
Under 10		X \$ 0.00 =	\$
		Total =	\$

Your Name: _____

Phone Number: _____ **E-Mail:** _____

Payment Option (Circle to indicate your choice):

⇒ Check: Make checks out to **Sons of Norway**

⇒ Cash: pay at the door.

Mail reservations to Karen Ravnaas, 5295 Water Dipper Rd, Colorado Springs, CO 80911 by **Monday, December 12, 2022**. After that date, call Karen @ 719-390-0621 for space availability and registration.

NOTES/Special Requests: _____

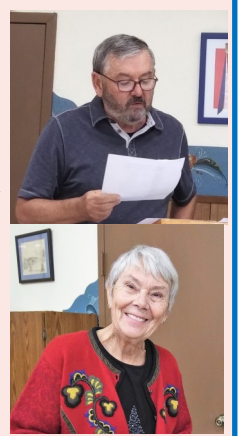


LUTEFISK AND MEATBALL DINNER 2022 RECAP AND A BIG THANK YOU!

A sincere thank you to everyone who worked before, during and after the 2022 Lutfisk and Meatball Dinner at Viking Hall to make this a very successful event. Our guests went home full and happy with a good start to the holiday season.

All of you chefs, cooks, bakers, kitchen crew, setup, Viking Sisters boutique crew, cleanup up crew and long haul drivers were awesome!

Thanks again and kudos to all! Hope you had a Happy Thanksgiving. *God Jul! Bj & Terry Mapstone*



Left: Mike Johaneson serving lutfisk to John Larson

Middle: Finally a full crowd again

Above: Viking Ladies selling their goods; Left to right is Cleo Allgood, Eileen Larson and Ginny Johnson



Lutfisk diners before and after enjoying the meal !

Left: Sisters, Kerry Hefta and Kristi Brindle

Below Middle: Joan and Ole Bakken

Right: Cheryl and Phil Cable



AND ONCE AGAIN A GOOD TIME WAS HAD BY ALL!!



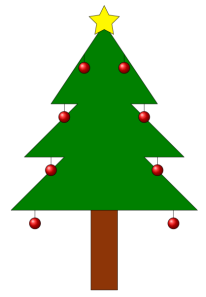
Left: Cookies and Fudge for sale besides the lefse and Lutfisk! Linda Wennerberg and Nancy Allen hard at work.

Right: Jerry Johnson busy barkeeping for the Lutfisk Dinner.





Sunshine Report — December 2022



Happy Birthday and Happy Anniversary to all who are celebrating these special occasions during December 2022. *Merry Christmas and Happy New Year!*

Ruth Young, Bev Beasley's Mother, has been dealing with health issues. She has been in the hospital but is now home under the care of Bev and her sister. Please keep Ruth in your thoughts and prayers.

Christmas greetings: "May you have the gladness of Christmas which is hope; The spirit of Christmas which is peace; The heart of Christmas which is love." - Ada V. Hendricks

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



DECEMBER PRESIDENT'S CORNER

God Jul? What an amazing year for the Fjellheim Lodge. We have had a full year of successful events, dinners and LOTS of lelse. Thank you all for helping out and making this a great year. I look forward to celebrating this holiday season with you all at our Julebord meal

Fraternally, Becky I



Calling for 2022 Photos

During the past 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 @ KRavnaas@q.com for inclusion in the 2022 History Book. Tusen Takk!

CULTURAL CORNER

The cultural activity for the December Pot Luck Heritage Dinner will be us, our members! Yes that means we will all do some caroling after a satisfying meal. And maybe a few crafts!

January is the annual Fjellheim officer installation which takes some time so there will be no other presentation.

February will feature Max Canestorp who will give a presentation on the Stavekirken (Stave Churches) in Norway. He's definitely done the research so it'll be interesting and very informative.!



At the October heritage meeting we had the privilege of listening to the three member jazz group 'Tidal Breeze'. Heads were bobbing and fingers were snapping along as everyone enjoyed the musical interlude.

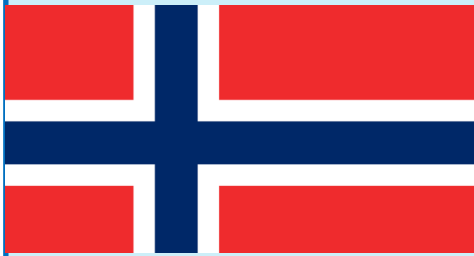


Volunteer Hours for 2022

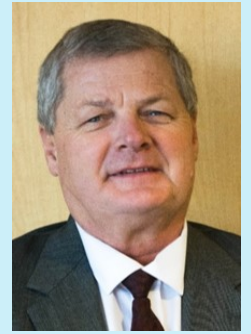
Please submit the fraternal and community hours you worked in 2022 so they can be counted and submitted for the **Lodge of the Year** report.

Submit them to KRavnaas@q.com or call me @ 719-390-0621. Thank you very much!!

(If you signed any event work sheet, do not include here)



A Financial Moment (From Kendall Kjerstad, our Zone 8 Financial Benefits Counselor)



Fall is such a wonderful time of year. The brilliant colors, the cooler fresh air, and the time of Sons of Norway lodges meetings, coming back from a busy summer. Most, recently my wife, Kari, have attended several lodge meetings, as usual one of the main items on the menu is great food. We traveled to the Fjellheim Lodge in Colorado Springs on September 17th. Everyone enjoyed your, mouthwatering Walleye dinner with all the trimmings. It was so nice to see everyone after the two year absence because of the pandemic.

Next, we traveled to our lodge, the Borgund Lodge in Rapid City, South Dakota. Their annual Torsk Dinner was just as well attended and the food over the top delicious. This event occurred on October 7th, 2022. Amazingly it is when some of the best fishing of all year long occurs as well.

Most recently, my wife Kari and I volunteered to help with the Lutefisk dinner at the Stein Fjell lodge in Loveland, Colorado which was on October 22, 2022. So, as you can see there seems to be a bit of a theme here, fish, fish and more fish. So, to sum it all up, it's about Family, Friends and of course Fish.

Please, let me know if I may be of service to you and your family. I am only a phone call away.

Best Wishes and look forward to seeing everyone soon.

Kendall Kjerstad

Financial Professional

Sons of Norway

970-697-1114

Sons of Norway Financial Website [Financial Products](#) | [Sons of Norway](#)



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Heroic Drive For Lutefisk!

At least that what it seems like. Becky Tamblын (right) and Karen Ravnass drove to Olson's Fish Market in Minneapolis and then drove back with the frozen lutefisk in Becky's (fortunately) large van. Success, it was all still frozen when they got back on Nov 9th and ready for the Lutefisk dinner on Nov 12th.

Pic on the left loosely means 'If you love Lutefisk you can get it for dinner today'



Trollheim Christmas Fair—Nov 4th and 5th Fjellheim Lefse Sales

Picture on the right was taken Friday, Nov 4th with Karen Ravnass, Kerry Hefta and Lois Halvorson. We were busy selling lefse but we were able to sneak off to look (and buy) some of the other vendors wares as well.

People like our lefse, we had a customer from Boulder who came just for the lefse and didn't even look at anything else before going home to put the lefse in the freezer. Our hard work is paying off with a stellar reputation!

We sold out both days. Saturday it was all gone by noon!. (Saturday crew was BJ and Terry Mapstone, along with Carol Hackett.)



December Birthdays

Newell Arnold Nesheim	1
Marlys A Meagher	6
Catherine Wedo	6
Harvey William Bucholtz	7
Rosanne M Foresman	7
Ellen Hardy	7
Debra Nau	7
Ellen K Barry	10
Donald C Ankley	11
Beverly Ann Beasley	12
Jerry W Maines	13
Rita Marie Bucholtz	14
John H Peterson	17
Raquel Arens	18
Brenda Bostow	22
Bjorg Mapstone	25
Kathlyn J Steinke	26
David A Disbrow	27
Cheri Ann Hughes	30

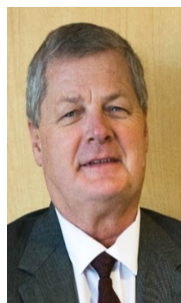
Heritage and Youth

Liam Schneider	2
Trond Ostrem	17
Jenavive Oakes	25



Download from
Dreamstime.com

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Kendall Kjerstad
Financial Benefits
Counselor

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



**SONS of
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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	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

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GRNBViking09@live.com

zone8@sofn6.org

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president@sofn6.org

Sons of Norway International Board Luella Grangaard
luella.grangaard@sofn6.org

Sons of Norway

Monthly Newsletter

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