

# The Fjellheim Flammen



*Fjellheim Lodge 6-107*

*Sons of Norway*

*1045 Ford Street, Colorado Springs, CO 80915*

*719 574-3717*

*www.sonsofnorwaycs.com*

**September 2021**

**Volume 48 Issue #08**

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

Deadline for the October issue is September 20th

## Fjellheim Anniversary Fish Fry

*@ Viking Hall, 1045 Ford Street,  
Colorado Springs. CO 80915*

*Saturday, September 18, 2021 @ 2:00 pm*

### MENU

Walleye, Meatballs

Baked Potatoes, Coleslaw, Fresh Rolls

Dessert

**\$20.00 per members and guests**

**Seating is limited** – Under 10, no charge

For Reservations, please send form and check to Fjellheim Lodge at the address above, no later than Tuesday September 14, 2021

**Questions?** Call Karen Ravnaas @ 719-390-0621

Name \_\_\_\_\_

Number Attending \_\_\_\_\_

Notes/e-mail \_\_\_\_\_

## 2021 Fall Schedule!

### Fjellheim Event Schedule for Sept/Oct/Nov 2021

Event	Date	Time	Place
Cards and Games	Tues Sept 7, Oct 3, Nov 2	12:30 pm	Viking Lodge
Board Meetings	Wed: Sept 1, Oct 4, Nov 3	2 pm	Viking Lodge
Heritage Meetings	Wed: Sept 8, Oct 11, Nov 10	7 pm	Viking Lodge
FMC Meeting	Wed Sept 8, Oct 11, Nov 10	6 pm	Viking Lodge
Lefse	See schedule Below	9 am	Viking Lodge
Beginning Language Classes	Every Tuesday start Sept 7	6:30 pm	Viking Lodge—see page 3
Intermediate Norwegian	Every Tuesday start Sept 7	7:30 pm	Viking Lodge—see page 3
Fjellheim Cooking Club	Sat Sept 11	9 am-noon	Viking Lodge * details below, RSVP please
Anniversary Dinner/ Fish Fry	Sat Sept 18	2 pm	Viking Lodge * RSVP please seating limited
Viking Fair Vendor Registration	Mon Sept 20—Oct 11	All Day	Submit Vendor Registrations—see page 6
Ladies Luncheon	Thurs Sept 23	11:30 am	MacKenzie Place, SW Corner of Fillmore & Union
Fjellheim Viking Fair	Sat Oct 23	9 am—2 pm	Viking Lodge
Trollheim Christmas Fair	Fri and Sat Nov 5th and 6th	9 am—2 pm	Trollheim Lodge, Lakewood Co
Lutefisk Dinner	Sat Nov 13	<b>1 pm and 4 pm</b>	Viking Lodge, details in next issue

*Here is the lefse schedule going forward for 2021.*

*Put it by your calendar and we will see you there!?*

Let's get the lefse production line cranking and have some fun. The plan is to have enough lefse to sell at the Trollheim Christmas Fair in November, to serve for the Lutefisk dinner and to sell at all our upcoming events.. That's a lot of lefse!

Day	Date	Time
Monday	August 30, 2021	9:00 a.m.
<b>Labor Day -No Lefse</b>	September 6, 2021	9:00 a.m.
Monday	September 13, 2021	9:00 a.m.
Monday	September 20, 2021	9:00 a.m.
Monday	September 27, 2021	9:00 a.m.
Monday	October 4, 2021	9:00 a.m.
Monday	October 11, 2021	9:00 a.m.
Monday	October 18, 2021	9:00 a.m.
Monday	October 25, 2021	9:00 a.m.
Monday	November 1, 2021	9:00 a.m.
Monday	November 8, 2021	9:00 a.m.

### Baking and Cooking at the Lodge (Fjellheim Cooking Club)

On September 11<sup>th</sup> we plan to make bacalao, a salted cod soup/casserole from Møre og Romsdal and lakseruller, an appetizer from Trøndelag. We will start cooking at 9:00 and will enjoy these items for lunch. This will be a hands on learning experience and for planning purposes it is **important** to know if you would like to participate in our cooking adventure.

If you'd like to join us for this second session, please call BJ at 719-440-3992 to RSVP.



The cost of the ingredients for the second session will be shared by those attending.

**COME AND JOIN US!**



## September Presidents Corner

Hello all! We are looking forward to being able to hold to a full schedule of events this fall. We are concentrating on planning safe and festive events as we head into the holiday season. Thank you all for being patient and hanging in there with us as we have gone thru this year. Please check the calendar on our website and Facebook page for dates and details for each upcoming event. Lefse, Fish Fry, Lutefisk, Viking Fair & Christmas Potluck here we come. We all look forward to the fellowship and celebrations to come.

*Fraternally, Becky Tamblyn*

### Potluck and Cards

September 7, 2021

@ 12:30 p.m.

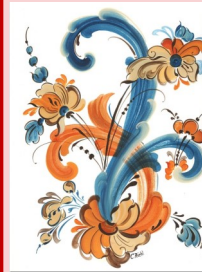
Even though there were only 4 of us in attendance last month, we sure had fun and missed those who weren't there. We have masks and gloves for your use. So, let's get together to enjoy the food, fellowship, and then see who can beat who in Oh Hades!!!

For more information- Call Ginny Johnson—(719) 495-0253 or email [gnjohnson@aol.com](mailto:gnjohnson@aol.com)



### Rosemaling Update

We are planning to resume rosemaling instruction through the summer and fall.. Each class is generally around 4 hours in length. The cost is \$20.00 for each session.



If you are interested in attending please call our instructor Cindy at 719-330-1275 or BJ at 719-440-3992 to get any upcoming dates and times and let them know you plan to attend.

**\*\*Note that these dates are flexible please call first to confirm.**

## Norskkurs Begynner Igjen!

### (på engelsk) Norwegian Language Classes Begin Again!

The Sons of Norway Fjellheim Lodge is again sponsoring two weekly Norwegian language courses starting on 7 September 2021. There will be 2 levels of instruction: Beginning and Intermediate Norwegian which starts at 6:30 pm and 7:30 pm respectively. It should be **a lot of fun** catching up on old acquaintances and meeting new friends!

If interested, please bringing the appropriate book(s) of instruction for the first class. That being **Sett i gang**: Book #1 (ISBN 9781530276004) and Book #2 (ISBN 9781540745712). *Note ordering can be done on Amazon (author Kari Lie Dorer). A website with additional exercises accompanying the books is available at <https://settigang.com>.*

- ◇ (Please note: These courses involve a lot of oral exercises and face masks are not very **conducive** in this regard. Complete Covid vaccination is highly encourage to protect everyone involved.)

If you have any question, please contact Erik Tjelmeland: [norsk75usa@gmail.com](mailto:norsk75usa@gmail.com)

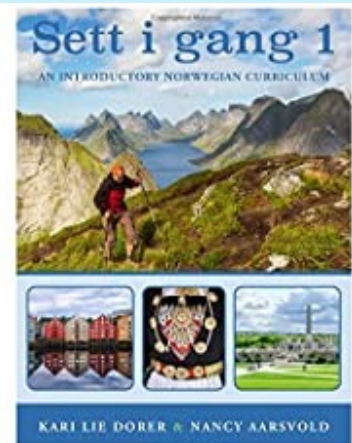
Ha det bra! Og vi ses neste gang!

All the Best

Erik Tjelmeland

[norsk75usa@gmail.com](mailto:norsk75usa@gmail.com)

719-205-2539





## *Sunshine Report – September 2021*



*Happy Birthday and Happy Anniversary to all who are celebrating these special occasions during September 2021. Patriot*

*Day is September 11; fly your flag in memory of all those who gave their lives in 2011 and since.*

**Delores Gagnon**, former member, has moved into an assisted living home. I don't have the information yet, so when I get it, I will update this note. Delores joined the lodge in 1989 and was a member through October 2020, so I assume that many of you know her.

**Quote for the month:** *"Autumn begins with a subtle change in the light, with skies a deeper blue, and nights that become suddenly clear and chilled. The season comes full with the first frost, the disappearance of migrant birds, and the harvesting of the season's last crops. - Glenn Wolff and Jerry Dennis*

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

# Fall is Here!

## **CALL FOR 2022 NOMINATIONS**

Fjellheim Lodge 2022 nominations for the following positions are now open. If you are interested in becoming more active in the Lodge, or know someone who is interested, please call:

Karen Ravnaas at 719-390-0621 or Kathie Godsil at 719-299-9289



President  
Vice President  
Secretary  
Foundation  
FMC Director (2022 – 2024)





# Ladies (and Gentlemen) Luncheon:

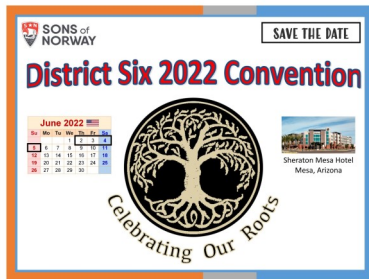
**When:** September 23d, 4th Thursday  
11:30 am

**Who to Contact:** Joan Magee  
719-473-8036

**Where:** MacKenzie Place, SW Corner of Fillmore  
and Union



Please come join us for a fun lunch and good time with our residents of MacKenzie Place. Ladies, bring your spouses so they can also enjoy the culinary art of a new head chef. As of now, MKP requires vaccinations (and proof) since it's mission is the safety and health of their residents.



**Upcoming Events in 2022: Sons of Norway District Six Convention and later International Convention !!**

**District Six Convention**  
June 2-5, 2022  
Mesa, Arizona

**International Convention**  
August 2022  
Minneapolis, Minnesota

**A Message from the SOFN Zone 8 Financial Benefits Advisor—Kendall Kjerstad**

## Products We Offer

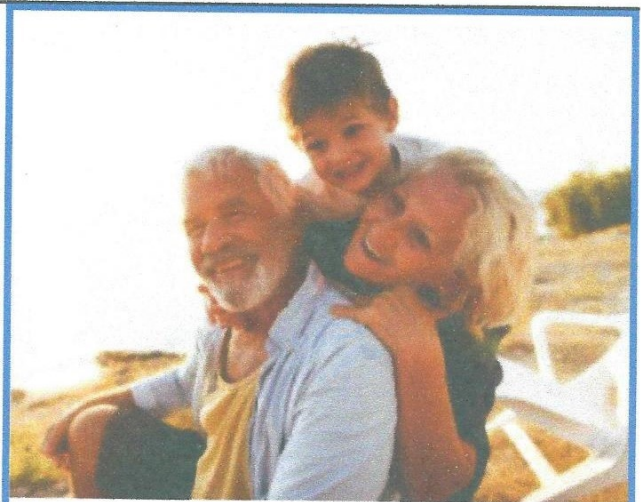
### Life Insurance—Term and Permanent

A wide variety of life insurance products are available in today's marketplace. However, they basically fall into two categories, either temporary coverage or permanent coverage.

### Annuities

An Annuity is an investment designed for protection from market risk while offering you a guaranteed rate of return. An Annuity is a contract between you and an insurance company. Annuities give you the option to simply let your money grow with interest, ability to access free withdrawals, or take systematic payments over a set number of years; there are even life time payment options.

**Learn More Now**



Let's talk about what type of life insurance will meet your personal needs: A Sons of Norway Insurance Professional can help!

Let me help you figure out what strategy is best for you. Please reach out to me now for a free consultation.

**Kendall Kjerstad**, Email: [kjerstadkendall@yahoo.com](mailto:kjerstadkendall@yahoo.com)  
Phone: 970-697-1114

## Yes the Viking Fair is on! But please read the following note from the director.

We are hoping to have a big event again this October. However, holding the event seems somewhat tentative. It will depend on our community health circumstances, such as recent numbers of vaccinations given and recent numbers of covid cases. If the situation appears favorable by the middle of September, members and friends can proceed with plans similar to previous years. After September 20, hard-working vendors and crafters can register for a place in Viking Hall.

If we haven't spoken lately and you would like to be a vendor, please phone 351-3554, or email me at [eunicebluhm65@gmail.com](mailto:eunicebluhm65@gmail.com).

Thanks to all for your understanding, help and interest.

Take care. *Eunice Bluhm*



# 12th Annual Viking Fair

Bazaar & Brunch

## Community Cultural Event

Come by for Arts, Crafts, **Unique** Gifts,  
Collectibles, **Fun**, Handwork, Runes, Lefse,  
Baked Goods, Raffles, **Vendors** & Vikings

**Saturday, October 23, 2021**

**9 AM- 2 PM**

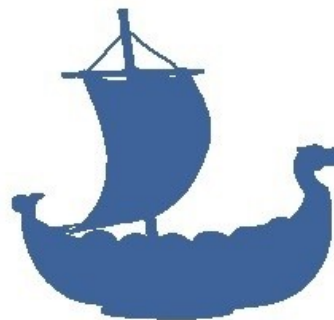
**Free Admission**

Brunch \$8

## Viking Hall

1045 Ford St,  
Colorado Springs,  
CO 80915

Call (719) 351-3554 for more information



Note: The Viking Fair will follow at a minimum all county and state COVID regulations regarding distancing, masking and crowd size limitations in place at the time of the event. We want to keep everyone safe at this year's Viking Fair!.

## September Birthdays

Casey Michelle House	Sept 1
John Olaf Larson III	Sept 1
Carol E Schreuder	Sept 2
Cleo B Allgood	Sept 3
Sharon Ann Martinez	Sept 3
Cynthia Louise Ritz	Sept 4
Rodger E Erickson	Sept 7
Jean Hagen Luce	Sept 8
Kevin "Max" Canestorp	Sept 11
Kenneth M Halvorson	Sept 13
Shane R Jahnke	Sept 13
Cynthia Helen Keller	Sept 14
Alexander F Lewis	Sept 16
Carol A Johaneson	Sept 23
Lucille S Moe	Sept 24
Ruth Wiig	Sept 25
Glenn C Enderud	Sept 28
Sissel O Disbrow	Sept 29
Mary A Brooks	Sept 30
Kelly Anne House	Sept 30

## Heritage and Youth

Quinn M Berge	Sept 4
James Hardy	Sept 5
Sydney Mach	Sept 19



Download from  
Dreamstime.com

Download from  
Dreamstime.com

## September Norwegian Holidays and Observances

**Sep 13** Monday [Election day](#) Flag day

**Sep 22** Wednesday [September Equinox](#) Season



*Kendall Kjerstad*

*Financial  
Benefits  
Counselor*



## FJELLHEIM - 2021 OFFICERS

### Board of Directors

President	Becky Tamblyn	271-3631
Vice-President	Kerry Hefta	
Counselor	Kerry Hefta	266-9429
Secretary	Randi Babcock	377-0336
Treasurer/Finance	Terry Mapstone	351-5644
Membership	Kathie Godsil	266-9592

### Program Directors

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

### Support Officers

Greeters	Lois Halvorson Cleo Allgood	632-6003 598-1982
Marshall	Leonard Beasley David Haugen	471-1801 599-0810
Editor	Kerry Hefta	266-9429
Web Page & Facebook	Randy Johnson	260-7028
Musician	Sonja Gund	473-9588
Publicity	Eunice Bluhm Randy Johnson	351-3554 260-7028
Librarian	Sonja Gund	473-9588
Viking Sisters	TBD	

### Committees/Special Activities

Auditors	Dean Tollefson Ole Bakken Sara Berge	473-1110 632-3892 495-2134
Financial Benefits	Kendall Kjerstad	605 939-1714 or 970-697-1114

### Fjellheim Management Corporation (FMC)

Directors	Karen Ravnaas Jeff Calvin Paul Wiig Jerry Maines John Larson	390-0621 331-8575 596-6159 282-0253 570-0043
Trustees	Terry Mapstone Jerry Johnson	351-5644 495-0253

**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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Colorado Springs, CO 80915



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



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