

# The Fjellheim Flammen



*Fjellheim Lodge 6-107*

*Sons of Norway*

*1045 Ford Street, Colorado Springs, CO 80915*

*719 574-3717*

*www.sonsofnorwaycs.com*

**November 2020**

**Volume 47 Issue #10**

**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 December issue is November 20th**

## **Member Recognition**

After a glitch with receiving pins and certificates, the ceremony for Fjellheim Lodge members who are eligible for their 5+ year member was delayed. The certificates have been received and will be presented November 11<sup>th</sup> at the Heritage Meeting. Pins will not be available until a later time and will be distributed to the Lodge member. Please see a list of recipients in the October Flammen.

## **LUTEFISK AND MEATBALL DINNER**

**SATURDAY, NOVEMBER 14, 2020**

**Viking Hall**

**1045 Ford Street, Colorado Springs, CO 80915**

**Due to current distancing requirements, seating is limited to 50 Fjellheim members and their sponsored guests per session.**



**Lutefisk with Butter/Cream Sauce, Meatballs, Steamed Potatoes, Vegetables, Cranberry Sauce, Lefse, Dessert and Coffee**

**First Seating 2:00 pm, Second Seating 5:00 pm**

**Members - \$20.00**

**Sponsored Guests - \$22.00**

**Ages 5-12 - \$10.00**

**Viking Sisters will offer 2021 Norwegian and Swedish calendars for sale in the lobby.**

**Reservations/Information:**

**Ginny Johnson @ 719-495-0253 or jerry\_6@q.com**

# 2020 Lutefisk and Meatball A La Carte Orders



**Our a la carte sale has been going great!** You can still order the items not crossed out shown below. Orders will be taken until **Wednesday, November 4<sup>th</sup>, 2020**. Send your completed form **and** payment to: **Sons of Norway, 1045 Ford Street, Colorado Springs, CO 80915**. Select a pick-up date below. If you need to have your order delivered, put that info in the notes. If you have questions -

Call **Becky Tamblyn @ 719-271-3631**, but please do **NOT** call or leave a message at the lodge.

## 2020 Lutefisk and Meatball A La Carte Order Form

A La Carte Items	Price per Unit	Quantity	Subtotal
Lefse – 6 rounds per pkg	\$10.00		
<del>Lutefisk – 1 lb. pkg</del>	<del>\$10.00</del>	Sold out	-----
<del>Lutefisk – 2 lb. pkg</del>	<del>\$18.00</del>	Sold out	-----
Meatballs (fully cooked) – 1 lb. pkg w/gravy	\$15.00		
Scandinavian Cookies – 1 box assorted	\$10.00		
		<b>TOTAL AMOUNT</b>	

Make checks payable to **Sons of Norway**. Circle the heart or star for a pick-up date below:



Friday, November 13, 10:00 to 4:00



Saturday, November 14, 1:00 – 6:00

Name: \_\_\_\_\_ Phone # (\_\_\_\_) \_\_\_\_\_

E-mail Address: \_\_\_\_\_

Notes:

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## Upcoming Fjellheim Fall Events

Date	Day of Week	Event	Time	Place
Oct 26	Mon	Lefse Making	9 am	Viking Hall
Oct 30	Fri	Cookie Making	9 am	Viking Hall
Nov 2	Mon	Lefse Making	9 am	Viking Hall
Nov 4	Wed	Fjellheim Board Meeting	2 pm	Viking Hall
Nov 9th	Mon	Meatball A La Carte Prep/Pack	8:30 & 11 am	Viking Hall
Nov 11	Wed	Lutefisk Prep/Pack; Order Pack	Noon	Viking Hall
Nov 11	Wed	Fjellheim Lodge Meeting	7 pm	Viking Hall
Nov 13	Fri	Lutefisk Dinner Prep	All day	Viking Hall
Nov 13	Fri	Order Pick Up	10 am to 4pm	Viking Hall
Nov 14	Sat	Order Pick Up	1 pm to 6 pm	Viking Hall
Nov 14	Sat	Lutefisk Dinner	2 pm & 5 pm	Viking Hall
Nov 30	Mon	Decorate Lodge	9 am	Viking Hall
Dec 2	Wed	Fjellheim Board Meeting	2 pm	Viking Hall
Dec 9	Wed	Lodge Christmas Potluck	6 pm	Viking Hall
Dec 9	Wed	Fjellheim Lodge Meeting	7 pm	Viking Hall

### Refreshments for the November Heritage Meeting

We are once again able to have evening refreshments brought in by our members. If you would like to make something to share, please do. All food items will be served by designated volunteers. We will eat after the 7:00 meeting. Thank you! BJ

### December Meeting Christmas Potluck

Unless we're restricted again we will plan to have the traditional December meeting potluck. Whatever people bring in to share will have to be served by designated volunteers. We plan to do this at 6:00 pm on Dec 9th, with the meeting to follow. Keep watch for any new developments as this could all change!!

### Additional Information for A La Carte Orders - Volunteers Encouraged!

#### Preparation of Meatballs and Gravy:

Nov 9<sup>th</sup>, 8:30 am: Terry & BJ cooking meatballs;

Lois and Carol are making the gravy.

Nov 9<sup>th</sup>, 11:00 am: Package cooled meatballs and gravy into 1# packages.

#### Lutefisk:

Nov 11<sup>th</sup>, 12:00 noon: Mike and Dave will cut and package the lutefisk.

#### Preparing a la carte orders:

Nov 11<sup>th</sup>, 12:00 noon: Prepare individual *a la carte* orders for lefse, lutefisk, meatballs, and cookies.

## Two More Lefse Days!!

**Last Monday in October and  
First Monday in November!**

October 26, 2020 and

November 2, 2020 Starting at 9 am

\* Ps Face Masks and Social Distancing  
required

*Please let Becky know if you plan on helping (719) 271-3631.*

*Come out and lefse with us!*



### ATTENTION

#### FMC Board Meeting Attendees

There will be no FMC Board Meetings until the end of the year. You will be notified when they resume.

**President's Corner**— *It's almost lutefisk time! Make sure you sign up for the dinner. Lefse has been in full swing and we have been busy baking cookies too. Order forms are still available. We are looking forward to the celebrating this upcoming holiday season. Thank you for all of the volunteer hours you have put in to bring our a la cart ordering together* ♥

Becky will be out of town in November so enjoy some lutefisk for me! See you in December.

Fraternally BJ & Becky



## NOMINATIONS FOR 2021

Fjellheim Lodge 2021 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.

Vice President  
Secretary  
Foundation  
Sports Coordinator  
Marshall (1)  
FMC Director (2021 – 2023)

## Lefse Baking Day, October 19<sup>th</sup>, 2020



Ruth and Paul Wiig 'rolling and baking' .....



And so are  
Jerry  
Maines and  
Ginny Johnson...



Above—Karen Ravnaas, QC and packaging



To the left:  
Carol Hackett,  
Lois Halvorson,  
and Becky  
Tamblyn.

Lefse -  
aren't  
they  
pretty?







## Sunshine Report – November 2020



Happy Birthday and Happy Anniversary to all who are celebrating these special occasions during November. We remember our Veterans on November 11<sup>th</sup> and wish everyone a Happy Thanksgiving!



Ole Bakken has been battling lower spine and leg muscle pain. He has had a shot that is relieving the pain, was at the last meeting, and is doing quite well. Feel better as the days go on, Ole. We are thinking of you and wishing you well.

I have visited with Millie Sullivan, Bev Broin, Marje and Rodger Erickson; all are doing well, have good days and bad, and miss everyone very much. When the spirit harkens, please give them a call, and visit for a while. They would love it. In these times, many of members cannot get out and would like to talk with you. Please support them and let them know you are thinking of them. John Gray, Sara Berge's companion, fell and broke his hip. He is in rehab @ Cordova and is in lock down because of COVID restrictions.

*Thought for the month:* "I like spring, but it is too young. I like summer, but it is too proud. So, I like best of all autumn, because its tone is mellow, its colors are richer, and it is tinged with a little sorrow. Its golden richness speaks not of the innocence of spring, nor the power of summer, but of the mellowness and kindly wisdom of approaching age. It knows the limitations of life and its content." - Lin Yutang

*Until we meet again,*

Karen Ravnaas, Sunshine Director 719-390-0621

October was Foundation Month! This was a time to celebrate the Sons of Norway Foundation and the value it brings to our members and their communities. The Sons of Norway Foundation awards scholarships and grants to promote the heritage and culture of Norway and provides assistance to members, Lodges and their communities. During Foundation Month we asked that you find a way to support the Foundation, whether through a personal donation or by collaborating with your lodge.



# SONS of NORWAY

**Thanks to the generosity of Sons of Norway leadership, any gift to the Foundation between October 1, 2020 and December 31, 2020 will be MATCHED, up to \$50,000.**

**In this vein Fjellheim Lodge has donated \$500.00 to help support the Foundation program.**

**To find out more about the Foundation or to donate individually their website is:**

**<https://www.sofn.com/foundation/>**

# Cookie Baking Day, October 16<sup>th</sup>, 2020

## Kransekake Bites: Kathie Godsil, Becky Tamblun



Reminder that the last date for cookie baking is Oct 30. Please come and join us! Call BJ if interested!

440-3992



## Sandbukkles - from pressing to baking and finally, done and released; Kerry Hefta & Karen Ravnas



## Krumkake



## Sandbakkeler! I Norsk



## Time to wrap it up! Takk, BJ!





## November Birthdays

Audrey Louise Jensen	1
Elizabeth Ann Skrukud	3
Patricia Ann Tjelmeland	4
Sarah G Ostrem	5
Arlene J Reid	10
Karen Lynn Emanuelson	11
Karston Erdal Barney	12
Charlotte V Ostby	16
Les Bailey	23
Anastacia T Hackett	23
Calvin Dale Utke	24
Karen Elaine Fertitta	25
Philip Hansen	26
Orlin N Knutson	28
Noah A Hommel	30



Downloaded from  
Dramatime.com



*Kendall Kjerstad*  
*Financial Benefits*  
*Counselor*



605 939-1714

## FJELLHEIM - 2020 OFFICERS

### Board of Directors

Co-President	Becky Tamblyn	271-3631
Co-President	Björg Mapstone	440-3992
Counselor	Kerry Hefta	266-9429
Secretary		
Treasurer/Finance	Terry Mapstone	351-5644
Membership	Kathie Godsil	229-9289

### Program Directors

Sunshine	Karen Ravnaas	390-0621
Cultural Coordinator	Jean Hagen Luce	661-7667
Social	Kathie Godsil	229-9289

### Support Officers

Greeters	Lois Halvorson	632-6003
	Cleo Allgood	598-1982
Marshall	Leonard Beasley	471-1801
Editor	Kerry Hefta	266-9429
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	495-0253

### 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
	Terry Mapstone	351-5644
	Jerry Johnson	495-0253
Trustees	Jeff Calvin	331-8575
	Paul Wiig	596-6159
	Jerry Maines	282-0908

### 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

1045 Ford Street

Colorado Springs, CO 80915

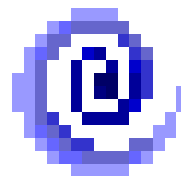


Please cut stamp for Tubfrim



## SPIRAL BODY MASSAGE THERAPY

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



FOR PAIN RELIEF & RELAXATION

Please call for an appointment (719) 648-2320