

The Fjellheim Flammen



Fjellheim Lodge 6—107

Sons of Norway

1045 Ford Street, Colorado Springs, CO 80915

719 574-3717

www.sonsofnorwaycs.com

November 2019

Volume 46. #11

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 December issue is November 22nd

Lutefisk & Meatball Dinner



Saturday, November 16, 2019

Viking Hall

1045 Ford St., Colorado Springs 80915

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

First Seating 2:00 p.m. Second Seating 6:00 p.m.

\$20.00 Members, \$22.00 Non-Members, \$10.00 Ages 5-12

**Items offered for sale in our Lobby: Lutefisk, Herring, Lefse,
Lingonberries, Baked Goods and Gift Items.**

Information: Jerry & Ginny at 719-495-0253 or jerry_6@q.com

Seating is limited

See Fjellheim's website for the reservation form

<http://www.sonsofnorwaycs.com/events.html>



November 2019

| søndag | mandag | tirsdag | onsdag | torsdag | fredag | lørdag |
|-----------|-------------------------------------|--|--|--------------------------------------|--|---|
| | | | | | 1 Trollheim Christmas Fair | 2 Trollheim Christmas Fair |
| 3 | 4 9 am Lefse Viking Hall | 5 ELECTION DAY 12:30 pm Games & Cards Viking Hall 6 & 7 pm Norwegian Language Class Viking Hall | 6 6:30 pm Board Meeting Viking Hall | 7 | 8 | 9 |
| 10 | 11 9 am Lefse Viking Hall | 12 6 & 7 pm Norwegian Language Class Viking Hall | 13 6 pm FMC 7 pm Heritage Mtg Viking Hall | 14 | 15 All day, Lutefisk Dinner Prep Viking Hall | 16 2 & 6 pm Lutefisk Dinner Viking Hall |
| 17 | 19 | 19 6 & 7 pm Norwegian Language Class Viking Hall | 20 | 21 | 22 | 23 |
| 24 | 25 | 26 6 & 7 pm Norwegian Language Class Viking Hall | 27 | 28 <i>Thanksgiving Day</i> | 29 | 30 |

Upcoming Events Viking Hall

December 4th, 9:00 am, **Decorate**
 December 7th, 2:00 pm, **Scandinavian Christmas Tea**,
 December 21st, 2:30 pm, **Julebord** - A Norwegian Christmas Feast,

Other Upcoming Events

Jan 25, 2020 Sat 9:30-1:30 ZONE 8 MEMBER SEMINAR. Trollheim Lodge, Lakewood.
 February 22, Barneløpet, Snow Mountain Ranch YMCA
 June—18-21 District 6 Convention Mesa Arizona

November Presidents Corner

October was eventful for us in Colorado since we had all 4 seasons in one month! Jennifer Bone who will sing for our Julebord brought me a CD by Andres Mossberg who I interviewed in September. In the picture to right I'm at left holding the CD and that's Jennifer on the right both of us are at the Viking Fair.

Fjellheim also had lots of Lefse baking (and laughter) going on inside on Monday morning this October at the Viking Hall. It looks like we are almost ready for the fall and winter events. Note that Lois has Cancelled Oct 28 and rescheduled for Nov 4th and 11th as the final lefse baking dates.



The program for the Heritage meeting program was our very own Fjellheim wood carver's showing up their wares and techniques. Read more about it on page 5. *That's Jeff Calvin in the front on the picture on the left. He will now be the head carver!*

We just got done with the Viking Fair October 19th, and it was another successful well attended event for a lodge. It

helped that it was a nice although windy day. Everybody had a good time, the kitchen had some tasty vittles and we made a little bit of money as well. To the right you can see our Bake Sale staff with their wares. Eunice is working on the thanks yours for the army that puts on this event! See page 4 to see if you're on the list!!



The November Heritage cultural program will be a chance for Fjellheim members to bring in their Heritage Items for display. Check out what you have and sometimes random things are very interesting.

The Viking sisters finished their fabric Christmas trees October 14th after Lefse. The picture to the left is the crew showing off their creations before eating pizza!!

Lutefisk dinner is coming up in November and Jerry and Ginny Johnson are taking the reservation this year. Note that they have

introduced a new form to facilitate keeping track of who has signed up and who has paid. Please use this form and either snail mail or email the form as directed. We will again have the Christian's providing live accordion music for the evening setting. If you have any musical talent to provide for the afternoon session please let us know!! Otherwise we found some great CD's to dance too!

And now please note the December upcoming events for the lodge. First and foremost is the Christmas Tea scheduled for December 7th see the flyers later in the newsletter. Get your reservations in because this event fills up quickly. The second event is Julebord scheduled for Dec 21. Thanks to BJ and Terry for organizing the Julebord this year. And many thanks to Sissel Disbrow for dreaming up and organizing the very successful Christmas Tea for 10 years now in addition to chairing the spring Frokost for the last 20 years!

Fraternally yours!

Kerry Hefta

Viking Fair 2019

We had an outstanding day on Sat., October 19. Kudos go to our wonderful vendors, cooks, servers, and many volunteers working at various tables around the hall.

On prep day, Friday, we arranged spaces and tables for brunch, vendors, heritage and white elephant items, bake sale, lefse, greeter and raffles to take place. Appreciation and thanks for this setting-up effort go to Leonard, Jerry M. Terry, BJ, Bev, Ginny, Jerry J, Kerry, Cheri, Carol E., Karen, and Becky. Most of these hard-working suspects were back again Saturday to keep all of our projects moving along while our equally hard-working vendors displayed their wares and shared them with an impressive crowd of people, estimated to be well over 200 throughout the day.



Our main front door greeters were Kathie G., Cathe B., Ginny J. and raffle table managers were Ruth W., Jamie C. and Cheri H.. For the raffle, a lovely handmade quilt was donated by Ginny, a beautiful donated Norwegian sweater, a fall arrangement donated by Kathie and many other interesting items were donated by our vendors. Carol E. and Kerry helped visitors search for articles of interest at our heritage and white elephant tables---we appreciate the many members and friends who donated items of all kinds. Yummy baked goods and lefse



bles were manned by Lois, Cleo, Linda and Nancy. Lois and her crew made the lefse and we appreciate everyone who made contributions to the popular baked goods table. Terry, BJ and the kitchen bunch (Carol H., Monica, Paul, Jerry M., Jerry J.) served up a delicious array of brunch items including Norwegian waffles, pancakes, bacon, orange juice, Scandinavian brunch casseroles (baked by Carol H., BJ, Monica, Kathie, Cheri, Eunice, Ginny, Lois, Beverly, Ruth, Nancy). We thank Sonja for providing lovely interludes of piano music during the day. Besides his usual efforts to flood the web with event information, Randy was able to come for the day and assist with signs, take pictures, help wherever needed, and then energize the clean-up time. We appreciate all those who pitched in with tables, chairs and cleaning, especially Terry who shined the floor so beautifully before the party, Jerry M. and Jerry J.. (Because our sign-up sheets do not get constantly updated, I may have inadvertently missed some names in lists—if so, please let me know, so that you can be included in follow-up reports.)



We are grateful to all those who attended Viking Fair and who also helped to reach out to invite our larger community to learn more about SoN. We had a great day. We are happy that we can help support our own building as well as make contributions to other non-profit and charitable groups in our community. Thank you to everyone involved.

Eunice Bluhm, Viking Fair Chairman for Sons of Norway

Anders Mossberg Swedish/Norwegian Musician

Andres visited us Sept 9th during lefse baking. He is Swedish but has worked and lived in Norway for 20 years. He is a musician and producer who has played at Hostfest, and visited many other states. Anders has a great impression of Colorado because of the scenery, nature and hospitality of the people. He enjoyed spending time with the Scandinavian community in Colorado as well. He was here because he has been playing with and producing for the singer, Jennifer Bone, who lives here in the Springs.

Takk for besøket Andres.



Lutefisk & Meatball Dinner Reservation Form

Saturday, Nov. 16, 2019



**SONS OF
NORWAY**

Viking Hall

1045 Ford St., Colorado Springs 80915

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

Seating is limited

Circle choice of times:

2:00 pm 6:00 pm

Number Amount

_____ x \$20 _____ Members
_____ x \$22 _____ Non-members
_____ x \$10 _____ Students (Ages 5-12)
_____ x Free _____ Children (Ages 4 and under)
_____ \$ _____ Total Amt Enclosed

Your Name _____

Addr Line 1 _____

Addr Line 2 _____

Phone* _____

Email Addr* _____

* Please include a phone number and your email address in case we need to contact you.

Make checks payable to "Sons of Norway"

**Note: Registrations must be post marked no later than Saturday, November 9!
After that date, call 719-495-0253 for availability and registration.**

Mail to: Jerry & Ginny Johnson, 8755 Burgess Rd, Colorado Springs, CO 80908

Website: <http://www.sonsofnorwaycs.com/events.html> Email: jerry_6@q.com



The members at the October meeting were treated to (or *subjected* to depending on your point of view) a lesson on Scandinavian figure carving by the Fjellheim wood carvers group.

We watched a video by Harley Refsal, an established expert in Scandinavian Figure Carving, which demonstrated his method of woodcarving. He is an instructor at the Vesterheim Museum and Anastacia's friend.

Mike also reviewed the carving methods, tool sharpening and safety features we use. Terry carved on his Viking throughout the meeting. Becky, BJ, Jeff, Max, Terry and Mike had figures on display as well as patterns, tools and partially finished projects. The most common compliment was, "Wow, did you really make that?" At least I think it was a compliment.

Future Fjellheim wood carvers activities will be arranged by Jeff Calvin.

MJ





You're invited to a

Scandinavian Tea

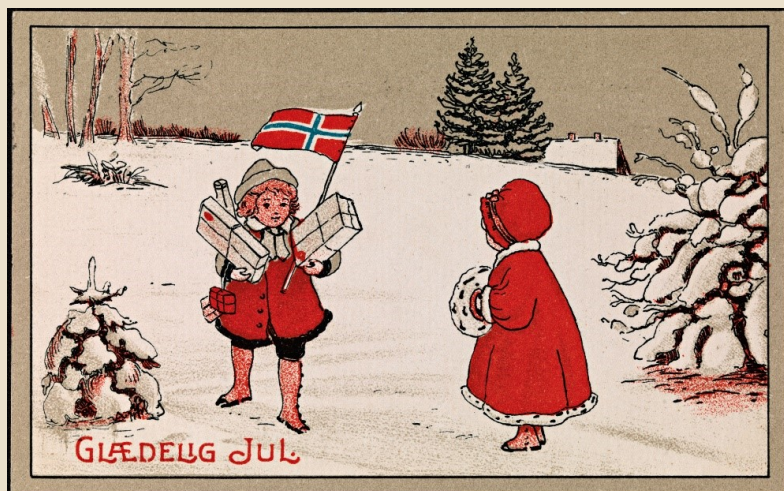
**A Christmas Tradition
For All To Share**

Tjellheim Lodge

**1045 Ford St.
Colorado Springs, CO
Saturday, December 7, 2019
at 2:00 p.m. for
\$20.00 per person**

Resop Soon

**Space is limited. RSVP by Wednesday, Dec. 4
Mail to: Kathie Godsill, 4415 Flat Top Place,
Colorado Springs, Colorado 80923
Call: 719-229-9289
Make checks payable to: Sons Of Norway.**



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.



Carve Figures, Make Friends

We have found a new way to make friends. Jon Nelson helped six Fjellheim members learn to carve figures from wood and after three days, we became quite attached to our little people. Mike's is named Santa, Max's is Gunnar. Ask BJ, Becky, Terry and Jeff to share the names of their creations

The three-day carving workshop was held on August 27-29 at

the lodge. We brought our tools and our desire to learn. We each left with new skills, the courage to play with sharp knives and a fully finished product that was beyond expectations.

Plans for future carving activities have not been established but we are looking at monthly get-togethers and possibly another training program. Jeff Calvin is the point man for these activities.



November Birthdays

- 1 Jensen, Audrey
- 3 Skrukrud, Elizabeth
- 4 Tjelmeland, Patricia
- 5 Ostrem, Sarah G
- 8 Ferguson, Kerry
- 10 Reid, Arlene
- 11 Emanuelson, Karen
- 11 Maddox, Monique
- 12 Barney, Karston
- 16 Ostby, Charlotte
- 21 Kuns, Elsie
- 22 Walker, Rick
- 23 Bailey, Les
- 23 Hackett, Annastacia
- 24 Maddox, Wesley
- 24 Utke, Calvin
- 25 Fertitta, Karen
- 26 Hansen, Philip
- 28 Knutson, Orlin
- 30 Hommel, Noah



Card Social - November 5, 12:30 potluck followed by visiting and cards. Everyone is welcome. It's election day too so DON'T FORGET TO VOTE!



Viking Sisters -Our workshop on October 14 was well attended. We completed the trees shown in the pictures. Thanks to all who helped. There is no meeting schedule at this time.



Questions?? please call Ginny Johnson 495-0253

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

Woodcarving Adventures

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



LEFSE TIME

October 28 canceled!!
November 4th and 11th this month. See you all there! Lois



BARNELOPET— 28th Annual Barneelopet



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 for November 2019



Happy Birthday to all those celebrating another year during the month of November.

Happy Veteran's Day to all our Vets. **Happy Thanksgiving** to member, your friends, and families.

June Williams has had surgery on her knees to remove loose cartilage and bone spurs. Cleo reports that she is doing very well.

We have lots of well people who have been attending events at the lodge including the Viking Fair: Millie and Chuck Sullivan, Rodger and Marje Erickson, Virginia Nelson, Joan and Ole Bakken. It's so very nice to have you back again!

Real thought for the month: **To err is human; to REALLY foul things up, you need a computer.**

See at the Lodge and Lutesisk Dinner,

Karen Ravnaas 390-0621



Barbara Robb, Fjellheim Lodge in Highlands Ranch passed away on October 9th. Barbara had so many good friends in all the Zone 8 Lodges and was a good friend and supporter to Fjellheim Lodge; she showed this by attending many of our events over the years.

If you wish to send a card to her family, please address it to :

"The Family of Barbara Robb,"
7003 W. 35th Ave I
Wheatridge Co 80033

Ride Share

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



New Songbooks

You may have noticed that we received the new songbooks courtesy of Gerald and Pat Rowe. Gerald found that getting this done was something of an odyssey, but now we have them! Gerald sent along this note from songbook author, Terje Solheim who we notified before we reprinted the original to get his blessing.

August 23, 2019

It is nice to hear that you like the Sons of Norway songbooks that were originally published in 2004. I am pleased that you now want to print more copies for Fjellheim Lodge 6-107. The copyrights for making up to 3000 more copies are already paid for, so you can certainly make copies for your Lodge. These copyrights are for both the lyrics-only and the music & lyrics version of the original songbooks so either version may be copied.

Fraternally,

Terje Solheim

Past International Director

Sons of Norway International

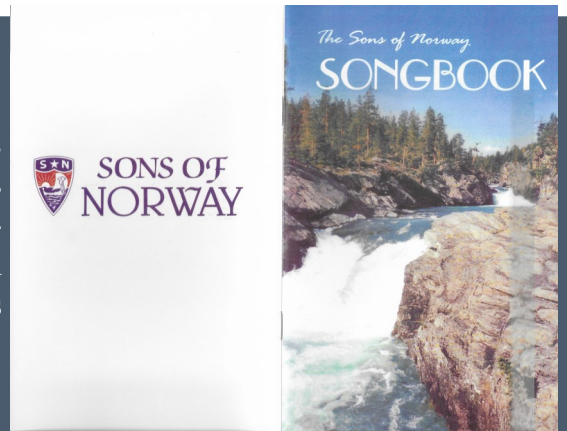
This is original note from the author found in the songbooks...

Original Songbook message from the Author

I hope that you will like these songs and use this book to sing them. After 9 music tours over the last three years and more than 75 concerts in District 1–6, I finally made up my mind about which songs should make it into this new songbook. These songs are frequently sung in Norway, and I am sure you will learn to love them as I do. The songs selected represent a rich cultural heritage from Norway and other Nordic countries. It has been a very interesting job to put this songbook together and I hope you will enjoy it.

Terje Solheim

May 2004



Trollheim Christmas Fair, A Little Piece of Scandinavia

6610 West 14th Ave, Lakewood Co Ph -303-232-1700

November 1st & 2nd, 2019, 10am—4pm

Admission \$3, 12 and under no charge

Lunch is 11:30—1:30 , \$10 to \$3

SHOPPING at the Buttikken or the vendors tables for Nordic/unique gifts

FROKOST THANKS

Mange tusen takk to all of our Lodge members and friends who have volunteered to help with our annual Lodge Frokost. This successful event is dependent on all of the hours spent by our volunteers who offer to help in any way.

In 1999 I raised my hand and volunteered to be your Frokost chair person. Twenty years have gone by and I am now lowering my hand.

Being a chair person only means that I get to tell all of you what to do - not really - as all of you just jump right in and say "what would you like me to do". The Lodge Frokost is a labor of love - twenty or so volunteers are always willing and anxious to be a part of this event.

So after much thought, I have decided to step down and I know that someone else will raise their hand and be your chair person.

I thank all of you again for your love and support in helping to make our Frokost one of our most popular Lodge events.

Fraternally yours,

Sissel Disbrow



Kendall Kjerstad
Financial Benefits
Counselor
605 939-1714



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

District 6 President

Luella Grangaard 760-363-7704
lorongo2@verizon.net

Sons of Norway Board

Mary Beth Ingvaldstad 707-987-2404
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

207 Whisper Lane
Grand Junction, CO 81503



SONS OF
NORWAY

Kendall Kjerstad
Financial Benefits Counselor

Business: (970) 697-1114
Cell: (605) 939-1714
kjerstadkendall@yahoo.com

www.sonsofnorway.com

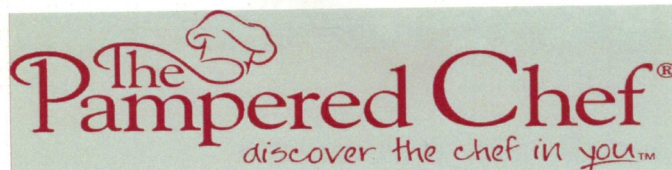
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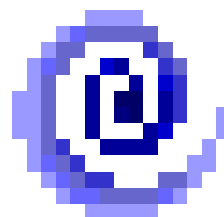
Nanette Walker Smith, Consultant #746504
Monument/Palmer Lake/Larkspur, Colorado

CELL/TEXT | 719-464-7466
EMAIL | n_w_smith_24@outlook.com
WEB | <http://tinyurl.com/nws-pchef>

SPIRAL BODY MASSAGE THERAPY

Caren Alves-

tad R.M.T., C.N.M.T



FOR PAIN RELIEF & RELAXATION
Please call for an appointment
2320

(719) 648-