

# The Fjellheim Flammen



*Fjellheim Lodge 6—107*

*Sons of Norway*

*1045 Ford Street, Colorado Springs, CO 80915*

*719 574-3717*

*www.sonsofnorwaycs.com*

**February 2020**

**Volume 47. #2**

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 :

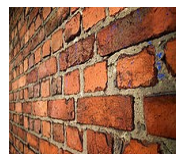
**Kerry Hefta**  
**khefta@comcast.net**

**Or Mike Johaneson**      **mjo-**  
**haneson@gmail.com**

**Deadline for the March issue  
is February 20th**



'S



-



Ya sure you betcha!!

**\$20.00 will get you a ticket to:**

**Fjellheim Lodge Valentine's Day Fish Fry**

**1045 Ford Street, COS, CO**

**Saturday, February 15, 2020 @ 2:00 pm**



## Menu

Walleye (hint for above!)

Another entrée for those who do not eat fish

Baked Potatoes, Coleslaw

Fresh Rolls, Dessert

**For Reservations,**

**Please call Karen Ravnaas at (719) 390-0621**

**No later than Saturday, February 8, 2020**

**Seating is limited** — Under 5, no charge

# Februar 2020

søndag	mandag	tirsdag	onsdag	torsdag	fredag	lørdag
						1
2	3	4 <b>12:30 Cards and Games,</b> 6 & 7 pm Norwegian Language Class Viking Hall	5 6:30 pm Board Meeting Viking Hall	6	7	8
9	10	11 6 & 7 pm Norwegian Language Class Viking Hall	12 6:00 pm FMC 7 pm Heritage Mtg Viking Hall	13	14	15 2 pm Fish Fry Viking Hall
16	17	18 6 & 7 pm Norwegian Language Class Viking Hall	19	20	21	22 10 am Barneløpet Snow Mountain Ranch, Granby Co
23	24	25 6 & 7 pm Norwegian Language Class Viking Hall	26	27	28	29

## Upcoming Events—Fjellheim

April 19, 11 am—Frokost, Viking Hall  
 May 17th, Noon, Syttende Mai Celebration with Fjelldalen Lodge, Denver  
 June 14th, Noon, Lodge Family Picnic, Bear Creek Regional Park

## Other Upcoming Events

June 18-21 2020, District 6 Convention, Mesa Arizona  
 June 26th-28th, Scandinavian Midsummer Festival, Estes Park

February 2020

## Presidents Message

Hei alle sammen! We are your co-presidents, Becky and BJ. We are grateful for the opportunity and look forward to a year fun and fellowship for Fjellheim lodge



Our January Heritage meeting was dedicated to the installation of new Board members by Zone 8 Director Bev Moe. Thank you Bev and congratulations and thank you to the new 2020 Board. We will be working together to expand cultural opportunities for our membership. Rosemaling

and Norwegian language classes will continue while woodcarving and cooking are on the horizon.

After the installation, we had a New Member Welcome ceremony where we joined hands around the new members in the fraternal circle to welcome new friends.

Kudos to Kerry Hefta for serving as our president for the past two years. We appreciate your dedication to Fjellheim. Kerry will continue as our counselor and editor of the Flammen for



which we are ever so grateful. Thank you to all the volunteers who worked on the 2019 Board.

So onward we go. 2020 is the 125<sup>th</sup> anniversary of the SON. That is an impressive number! We will have a tribute to our organization at the February 12<sup>th</sup> Heritage meeting. We're asking those of you who can to wear your Norwegian sweaters so we can have some memorable photos.

Our next Heritage meeting will be on February 12<sup>th</sup> at 7:00pm in the evening.

Hope to see you all at the Fish Fry on February 15<sup>th</sup>. Seating is limited so get your reservations soon.

Fraternally,

Becky and BJ



## A GRAND MILESTONE FOR SONS OF NORWAY



# SONS of NORWAY

Celebrating **125** Years

On January 16, 1895, the original 18 members of Sons of Norway gathered for their first official meeting. Today we celebrate the 125 years that have passed since that meeting, as well as the fact that we have grown to become the

largest Norwegian organization outside of Norway. Sons of Norway is now a thriving international organization with 50,000 members at 350 lodges across the United States, Canada and Norway, and our insurance sales are surpassing our goals year after year.

Many exciting developments have taken place at Sons of Norway since that first meeting 125 years ago. Here are some of the major milestones for our growing organization:

1910 – The first Canadian lodge was formed.

1946 – Membership was opened to non-Norwegians.

1961 – The official international headquarters was built.

1966 – The Sons of Norway Foundation was established.

1998 – Penny Joseph Knudsen was elected Sons of Norway's first female international president.

As we enter 2020, we are aspiring to become the fastest growing fraternal organization in the United States. This year we will be moving back to our Lake Street address with a newly constructed headquarters building, and we are looking ahead to a future of continued growth and evolution.



## New Songbooks are HERE!!

*Gerald Rowe presenting past president Kerry Hefta with a copy of the new Song Books for the lodge at the January Heritage Meeting.*

*Thank you Gerald and Pat for pursuing the long path to even be able to get these songbooks.*

*Everyone please thank Gerald and Pat Rowe for their efforts!!!*

## February Birthdays

Kris J Barney	1
Debbie Bachmeier	2
David Allan Haugen	7
Vivi L Bjornen	8
Richard Mark Fisher	8
Allison G Siphron	8
Lillian May Hermanson	9
Beverly R Broin	11
Jennifer Bostow	13
Jessica Bostow	13
Clarence Versluys	15
Cynthe Ann Rainey	
Winebrenner	16
Sean K Meier	18
Lyne Mann Lundquist	19
David O Haukom	20
Kerry Ann Hefta	22
Maddison Maddox	23
A Laurance Moe	23
Celeste N Osburnsen	23
Paul R Wiig	25
Jedidiah Dvorak	27
Elaine Hellem	27
Richard L Jacobson	28



Download from  
Dreamstime.com

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## Card Social

Tuesday February 7h.

Potluck starting at 12:30 followed by cards. Come and join this group of fellow Norwegians for a relaxing and fun afternoon.

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.



## Viking Sisters



*Representatives from Viking Sisters (Karen, Carol, Nancy, Guest Morgan, Becky and Ginny) enjoyed lunch @ Cheddar's Scratch Kitchen on 1-9-2020. There was lots of good fun and fellowship happening.*

## BARNELOPET – 28th Annual BarneLOPET

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—His email is tvchiro@gmail.com

For lodging: Snow Mountain Ranch YMCA 303-443-4743





## Sunshine Report – February 2020

**Happy Birthday!** to everyone celebrating birthdays in **February!**

**Happy Valentine's Day** and don't forget our **February Fish Fry on the 15<sup>th</sup>!**

Lorraine Timm, Sons of Norway member since October 1974, died Dec 13, 2019, in Andover, MN. Ole spoke of her dedication to Fjellheim, that she was very active in the Lodge, and what a kind person she was. We send our condolences to her family and friends.

Trollheim Lodge sends news of Carol and John Neverdahl's deaths. Carol passed in early August; John passed in late October. Carol and John were friends of Fjellheim, attending many of our events. You always knew they were 'in the house' because of Carol's distinctive laugh and bubbly personality. Elaine Homan, President, Trollheim Lodge said the following: "We all knew how much Carol meant to John and vice-versa – two peas in a pod. I think the neighbor who talked to Bjorn Dahl said it best: "John died of a broken heart." Our sympathies go to members of Trollheim Lodge and friends of the Neverdahl's.

Also, news that Bob King, Trollheim Lodge, passed January 6, 2020. Many in Fjellheim Lodge know Bob and Bev King because of their lefse business. We send our condolences to the family and friends of Bob.

Please contact me if you hear of any news regarding Fjellheim members. I will get cards out to them.

Valentine thought of the month: *There is no better exercise for the heart than reaching down and lifting someone else up.*

**Fraternally, Karen Ravnaas - 390-0621**

**In memory of:**



**Carol and John Neverdahl**



**Lorraine J Timm**

### Interested in attending the 2020 District 6 Convention?

The Convention will be June 18-21 at the Sheraton Mesa Hotel in Mesa, Arizona. Attendees will have the opportunity to learn more about the Sons of Norway and District 6, meet folks from other lodges, help chart the course of the organization, and report back to Fjellheim Lodge. Delegates must be in attendance for the entire Saturday and Sunday District Lodge meeting. Socializing and cultural programs help make this a fun event.

The delegate package is \$325; guest package is \$285. Room costs are \$105/night plus tax. Assistance with finding a roommate is available. Fjellheim will assist new delegates !!

Any lodge member may attend the convention as a guest. Guests may attend as many or a little meetings as they wish but can not vote. Please consider attending the convention as a Delegate or as an Alternate. If you are interested, let a Board member know. Find more details forthcoming at: <http://2020.sofn6.org/>

## A Note from our District 6 President

### Delegates to the 2020 Convention

It is time to select your lodge convention delegates. All lodge secretaries were sent their allowed number of delegate. The election of delegates is found in Chapter 7 of the Charter and Constitution, section 4.7, page 45 of the 2018-2020 edition. When you elect delegates think of members who will represent you at the district meeting. Choose delegates who will make sound decisions on behalf of your lodge and the District Lodge. Members who are aware of the Sons of Norway Charter and Constitution. In addition you may want to consider members who actively participate in your lodge in leadership and volunteer positions. Those are the people who are in the know. Convention maybe a fun time, but it is business first and foremost. The decisions, discussions and interactions plot the future of Sons of Norway. Please send delegates. It is important for all lodges to participate.

Fraternally,

Luella Grangaard  
President District Six  
Sons of Norway



*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	Open	
Treasurer/Finance	Terry Mapstone	351-5644
Membership	Kathie Godsill	229-9289

### Program Directors

Sunshine	Karen Ravnaas	390-0621
Cultural Coordinator	Jean Hagen Luce	661-7667
Social	Kathie Godsill	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	495-025

### 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
	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
<a href="mailto:bev259@comcast.net">bev259@comcast.net</a>	

### District 6 President

Luella Grangaard	760-363-7704
<a href="mailto:lorongo2@verizon.net">lorongo2@verizon.net</a>	

### Sons of Norway Board

Mary Beth Ingvaldstad	707-987-2404
<a href="mailto:mbingvaldst@aol.com">mbingvaldst@aol.com</a>	

Sons of Norway

Monthly Newsletter

Kerry Hefta, Editor

Viking Hall—Fjellheim 6-107

1045 Ford Street

Colorado Springs, CO 80915



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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](http://www.sonsofnorway.com)

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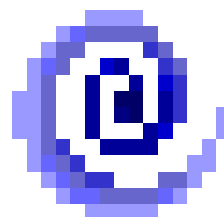
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