

The Fjellheim Flammen



Fjellheim Lodge 6-107

Sons of Norway

1045 Ford Street, Colorado Springs, CO 80915

719 574-3717

www.sonsofnorwaycs.com

September 2022

Volume 40 Issue

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.

Inside this issue:

Upcoming Events	1
Calendar and Events	2
Walleye Dinner Flyer	3
Sunshine, Pres Corner	4
Lefse Sales/Viking Fair	5
2022 Anniversary Awards	6
Birthdays	7

Monthly heritage meetings are held the second Wednesday of every month (except July).

**6:30
pm**

Send Articles to :

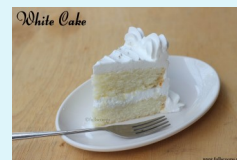
**Kerry Hefta
khefta@comcast.net**

Deadline for the September Issue is August 20th

Ready for some Walleye?

Fjellheim 49th Anniversary Fish Fry

Saturday, September 17, 2022 @2 am



See page 3 for Full Flyer

Other Upcoming September Events!

September 2—Lefse Sales Bancroft Park

September 6—Start of 2022/2023 Norwegian Language Classes every Tuesday September through May. Holidays excepted.

September 6—Lefse Baking starts for Fall Festivities most Tuesdays

September 10—Learn to make Kranskake with the Fjellheim Cooking and Baking Club @Viking Lodge

September 11—Rosemaling class, please contact Cindy at (719) 330-1275, for info on what to bring and because the schedule can change.

September 14—Heritage Meeting with Sons of Norway with our Financial Benefits Counselor expert Kendell Kjerstad who will go over the Sons of Norway financial products available AND there will also be the Anniversary awards presentation. Check on page 6 to see if you're in for a pin!

The complete calendar is on page 2.

Fjellheim Event Schedule for Late Summer/Fall 2022

Event	Date	Time	Place
Board Meetings	Wed: Sept 7, Oct 5, Nov 2, Dec 7	2:00 pm	Viking Lodge
Heritage Light Supper	Wed: Sept 14, Oct 12, Nov 9, Dec 14	6:30 pm	Viking Lodge, We'll eat and socialize first!
Heritage Meetings	Wed: Sept 14, Oct 12, Nov 9, Dec 14	7:00 pm	Viking Lodge, Business and Cultural meetings begin
FMC Meeting	Wed: Sept 14, Oct 12, Nov 9, Dec 14	5:30 pm	Viking Lodge, note earlier time
Card Social and Potluck	Tues: Sept 6, Oct 4, Nov 1, Dec 6	12:30 pm	Viking Lodge
Lefse Sales at Bancroft Park in Old Colorado City	Sat: Aug 27, Sept 3	7 am to 1 pm	Bancroft Park, 24th Street between Colorado Ave. and Pikes Peak Ave, Colorado Springs, Co
Lefse Baking	Tues: Sept 6, 13, 20, 27	9 am	Viking Lodge—Watch for emails
Advanced Norwegian	Tues: Sept 6, 13, 20, 27	3:30 pm	Viking Lodge—email Erik Tjelmeland: norsk75usa@gmail.com See you in September! Vi ses i september!
Beginning Norwegian	Tues: Sept 6, 13, 20, 27	5:30 pm	
Intermediate Norwegian	Tues: Sept 6, 13, 20, 27	4:30 pm	
Baking and Cooking Club—Kranskake editions	Sat: Sept 10	10 am	Viking Lodge, call first @719-440-3992, details below
Rosemaling	Sun: Sept 11	12—4 pm	Viking Lodge, please call Cindy at (719) 330-1275 or BJ at (719) 440-3992 for more information and possible date changes.
Anniversary Fish Fry	Sat: Sept 17	2:00 pm	Viking Lodge—Registration form page 3
Viking Fair—Bazaar and Breakfast	Sat: Oct 22	9 am to 3 pm	Viking Lodge—info on page 5
Lutefisk and Meatball Dinner	Sat: Nov 12	1 pm and 4 pm	Viking Lodge—info in later editions
Christmas Tea	Sat: Dec 3—TBD	2 pm	Viking Lodge— still TBD
Julebord—A Christmas Dinner	Sat: Dec 17	2 pm	Viking Lodge—info in later editions

Baking and Cooking Group

On Saturday 10 September at 10:00 we will be making Norwegian wreath cake/Kranskake at Viking Hall. We will have expert instruction and a guaranteed good time. Bring your rings if you have them. We'll have all the ingredients but you must call or text me at 719-440-3992 (BJ Mapstone) if you plan to attend so that I can ensure enough supplies are on hand.

Our next class in October will be a dessert lefse. This is not your potato lefse. We will be using my mother's recipe consisting of flour, butter, sugar, eggs and sour cream. It is a great Christmas treat.



Card Social and Potluck

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

Come join us for a fun, relaxing afternoon. Contact Ginny Johnson if you have questions - 719-495-0253.



Rosemaling Update If you are interested in attending please call our instructor **Cindy at (719)-330-1275** or **BJ at (719)-440-3992** for class info and let them know you plan to attend. Each class is around 4 hours in length and has a \$20.00 fee

Please call because dates are changeable...



Fjellheim Norwegian Classes

Did you ever want to deepen your Norwegian heritage or your understanding of what its culture, history, and future entails? A great place to start is learning the "code", i.e., a language that is spoken by 5.3 million natives and understood by another 13.2 million Danish and Swedish conversing brethren. Fjellheim SON Lodge will be offering 3 levels of Norwegian language classes, each Tuesday starting this September 6th. Advanced classes will start at 3:30 pm, Intermediate at 4:30 pm and Beginners start last at 5:30 pm. Vi ses i september!

Erik Tjelmeland and Bjørg Mapstone will be moderators of this program. Come join us and learn in the fellowship of your lodge members. It is a fun tuition free program and is truly a great benefit of your SON membership. If you have any questions, please contract Erik at norsk75usa@gmail.com.

Fjellheim 49th Anniversary Fish Fry

Viking Hall, 1045 Ford Street
Colorado Springs. CO 80915

Saturday, September 17, 2022 @ 2:00 pm

Menu

Walleye
Pulled Pork, Baked Potatoes
Coleslaw, Fresh Rolls
Dessert (Anniversary Cakes)

Your Name: _____

Phone Number: _____ E-Mail: _____

Please include your phone and e-mail in case we need to contact you. Thanks.

Dinner Reservations: Seating is Limited

	Number Attending	Cost	Total
Members		X \$22.00 =	\$
Guests-Non-members		X \$25.00 =	\$
Student – age 10-16		X \$10.00 =	\$
Under 10		X \$ 0.00 =	\$
		Total =	\$

Payment Option (Check the circle to indicate your choice):

☐ Check: Make out to *Sons of Norway* and mail the form and your check to:

Karen Ravnaas, 5295 Water Dipper Rd, Colorado Springs, CO 80911-3479

☐ Visa or Master Card, you may pay at the door.

☐ Cash: pay at the door.

NOTE: Mail reservations to arrive no later than **Monday, September 12, 2022.**

After that date, call Karen @ 719-390-0621 for space availability and registration.

NOTES/Special Requests:



Sunshine Report September 2022



Happy Birthday and Happy Anniversary to all who are celebrating these special occasions during September 2022.

Marilyn Keck's son Erick, 47, died July 21, 2022 from complications from diabetes which he suffered from most of his life.

Kerry Hefta, Kristine Brindle, and Julie Harris' father Allen Hefta, 91, died August 1, 2022.

Please keep Marilyn, Kerry, Kristi, and Julie, along with their families in your thoughts and prayers.

Marje Erickson had hand surgery to alleviate pain/numbness due to the shoulder surgery and is at home recovering.

Kerry Hefta had surgery on August 15, 2022, and is recovering quite well at home.

And for a little levity, a *Giggle for the month:* Employment application blanks always ask who is to be called in case of an emergency. I think you should write, 'An ambulance.'

If anyone knows of news that needs to be reported, please let me know. Thanks.

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

September

President's Corner

Welcome to September! Adding the farmers market to our schedule made time fly this summer. Come out and visit us at Bancroft Park for our last two weeks of sales!

Soon we will need to make more lefse for our fall events, so watch for a new Lefse schedule! We're trying out Tuesdays instead of Mondays for a variety of reasons. Hope that works!

Hope everyone enjoyed the summer and there is much too look forward to this fall.

Fraternally
Becky J



CULTURAL CORNER

Here's the plan for our cultural program on **September 14**. Kendall Kjerstad is planned to present, he is our zone 8 Financial Benefits Counselor. Kendall will speak about SOFN insurance and other SOFN financial products available to us members. And there will be a lodge anniversary cake and membership awards ceremony. Please check page 6 to see if you're one of the anniversary pin recipients. We'd like you to be there!

Since cooking is part of our cultural experiences, remember the Baking and Cooking Club's plans for Sept 10 and later for October. Kranskake and dessert Lefse. YUM!. Rosemaling is an artistic expression so how about signing up for our Rosemaling classes this September. See page 2 for more details on both classes.

At the August Heritage Meeting some of the convention delegates talked about their experiences and upcoming changes to the International Board. It was a very enjoyable and educational experience! See pics below.



Left: Delegates Pat Rowe and Becky Tamblyn. Pat is describing the song books she and her husband Gerald donated to the convention for use with the convention music classes.



Right: Delegate Mike Johaneson with his wood carvings for which he won the 'Peoples Choice' award at the District 6 convention

For the rest of the year Jean has Hagen Luce, our Cultural Coordinator, has several ideas in mind for future programs but what would you, the membership, like to see? Please, contact Jean if you have some ideas for the heritage program.

Her contact email is jeanluce777@gmail.com



Above: On the right Lois Halvorson and Bev Beasley greeting customers on the left!

Lefse Sales at Bancroft Park

Lefse Sales at Bancroft Park - Update

We still have two Saturdays left to sell lefse at the Old Colorado City Farmer's Market. We will be there on August 27th and September 3rd.

We are meeting people with memories of Grandmas, aunts, moms, and other family members making lefse for special occasions, some who were filled with emotions and were brought to tears. We also found out that lefse is dog friendly!!!



Above: Proof! Dogs like lefse!

13th Annual Viking Fair Bazaar & Brunch

Community Cultural Event

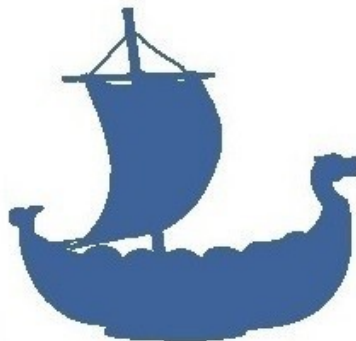
Come by for Arts, Crafts, Unique Gifts, Collectibles, Fun, Handwork, Lefse, Baked Goods, Raffles & Vendors

Saturday, October 22, 2022

9 AM - 3 PM
Free Admission
Brunch \$10

Viking Hall

1045 Ford St
Colorado Springs, CO 80915
719-574-3717



For more information,
call 719-351-3554



Sons of Norway
sonsofnorwaycs.com

Come to the fair— VIKING FAIR, that is



The big day will be October 22 from 9am to 3pm. Some people have been planning all year for this. Vendors will be here with a variety of interesting products and items to tell you about and you might even find a special gift for someone else or yourself.

From our kitchen you may wish to order a delicious brunch and sit down with others to enjoy it.

We will offer goodies, such as lefse, krumkake, cookies, bread, candy, and any other yummy items we find. We look for useful and unique articles at our raffle and Heritage/white elephant tables to be contributed by members or others.

And yes, we do count on many members and friends to make this all happen, as it has over the past 12 years. Thanks so much for all your help in the past and thanks for your help in the future. We will have sign-up opportunities and more information at our next meeting on September 14.

Our objective is to have a social event which is fun and interesting for our members, friends, and community. If you have suggestions, questions or would like to donate items or volunteer a couple hours, please phone me at (719) 351-3554 (message is ok). Everyone is invited to come and enjoy some time at the Viking Fair.

Eunice Blahm

Viking Fair Coordinator

September Heritage Meeting Annual Anniversary Pin Distribution

Every September at our Heritage meeting we honor our long term members with anniversary pins. The members listed below will receive Anniversary Certificates and/or pins. Please come to Fjellheim Lodge #6-107 on Wednesday September 14, 2022 at 7pm to receive your certificate and/or pin if you are on the list.

This year we are honoring five Golden Members. Golden Membership is awarded to members who are age 65 or older and who have been members for 30 years or more. Lets all give them a big hand! They are Gloria Mitchell, Larry and Lucille Moe, Beverly Broin and Gary Barnes..



50th Year Pins:

Gloria L Mitchell **Golden Member**

35th Year Pins:

Gary H Barnes **Golden Member**

Beverly R Broin **Golden Member**

45th Year Pins

A Laurance Moe **Golden Member**

Lucille S Moe **Golden Member**

30th Year Pins:

Maynard O Larson

25th Year Pins:

Cathrine Y Berg

Eunice C Bluhm

B June Williams

20th Year Pins:

Kenneth M Halvorson

Lois E Halvorson

15th Year Pins:

Jeff W Hansen

Geir S Ostrem

Sarah G Ostrem

YOUTH 15 Years:

Juliannah Gavin

10th Year Pins:

Dorothy G Everett

Anastacia T Hackett

David Allan Haugen

Cita L Helseth

Steven Roy Hermanson

Eileen P Larson

John Olaf Larson III

Joan Ruth Magee

Cynthia Louise Ritz

Calvin Dale Utke

YOUTH 10 Years:

Miranda G Coltrin

5th Year Pins:

Karen L Emanuelson

Steven Phillip Erickson

Richard Mark Fisher

Grete Larsen Hovius

Audrey Louise Jensen

Rodney Wendell Jensen

Cynthia Helen Keller

Denise Selleck

Rebecca E Tamblyn

Dora Marie Wolfe

YOUTH 5 Years:

Noah A Hommel

Maddison Maddox

Charlotte V Ostby

September Birthdays

John Olaf Larson III	1
Cleo B Allgood	3
Sharon Ann Martinez	3
Cynthia Louise Ritz	4
Rodger E Erickson	7
Jean Hagen Luce	8
Kevin M Canestorp	11
Kenneth M Halvorson	13
Shane R Jahnke	13
Cynthia Helen Keller	14
La Rue D Hanson	16
Alexander F. Lewis	16
Kevin L Olsen	19
Trevor Nau	20
Carol A Johaneson	23
Lucille S Moe	24
Ruth Wiig	25
Sissel O Disbrow	29
Mary A Brooks	30
Kelly Anne House	30

Heritage and Youth

Quinn M Berge	4
James Hardy	5
Sydney Mach	19



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Dreamstime.com

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Kendall Kjerstad
Financial Benefits
Counselor
605 939-1714



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 Godsil	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	Dean Tollefson	719-473-1110
	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

Colorado Zone 8 Director Diane Molter 303-288-6014
GRNBViking09@live.com

District 6 President Robert Sather
president@sofn6.org

Sons of Norway Board Mary Beth Ingvaldstad 707-987-2404
mbingvoldst@aol.com

Sons of Norway

Monthly Newsletter

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Please cut stamp for Tubfrim

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