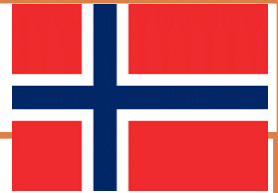


# The Fjellheim Flammen



*Fjellheim Lodge 6—107*

*Sons of Norway*

*1045 Ford Street, Colorado Springs, CO 80915*

*719 574-3717*

*www.sonsofnorwaycs.com*

*facebook.com/sonsofnorwaycs*

**September 2019**

**Volume 46. #8**

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.

## **Inside this issue:**

Calendar	2
Pres Notes	3
Birthdays	4
Sunshine	5
In Memorial	8

**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**  
**mjohaneson@gmail.com**

**Deadline for the September issue is September 22nd**

## **Fjellheim Lodge's 46th Anniversary & Walleye Dinner**

**Saturday, September 21, 2019 @ 5:00 pm**

It's Fish Fry time again! We will be serving wonderful walleye, baked potato, homemade cole slaw, fresh baked buns, and dessert in the comfortable surroundings of the Sons of Norway Viking Hall.

And if you can't or don't want to eat fish, there will be pulled pork with all the fixin's. Either way, a good deal at \$20.00 per person, \$10.00 for those under 12. So c'mon over and feast on a walleye dinner with us Vikings. Okay then! See you on September 21st.

For Reservations: Please call Kathie Godsil at (719) 229-9289 by Sunday, September 15th. Seating is limited



# 2019 September

søndag	mandag	tirsdag	onsdag	torsdag	fredag	lørdag
1	2	3 12:30 pm Games & Cards Viking Hall 6 pm Norwegian Language Class Viking Hall	4 6:30 pm Board Meeting Viking Hall	5 1:00 pm Viking Sisters Viking Hall	6	7
8	9 9:00 am Lefse Viking Hall	10 6 & 7 pm Norwegian Language Class Viking Hall	11 5:30 pm FMC 7:00 Heritage Mtg Viking Hall	12	13	14
15	16 9:00 am Lefse Viking Hall	17 6 & 7 pm Norwegian Language Class Viking Hall	18	19 12:00 pm Ladies Luncheon MacKenzie Place Union & Fillmore	20	21 5:00 pm Fish Fry/ Anniversary Dinner Viking Hall
22	23 9:00 am Lefse Viking Hall	24 6 & 7 pm Norwegian Language Class Viking Hall	25	26	27	28
29	30 9:00 am Lefse Viking Hall					

## Upcoming Events At Viking Hall

October 19th, 9:00 am, **Viking Fair**  
 November 16th, 2:00 & 6:00 pm, **Lutefisk Dinner**  
 December 4th, 9:00 am, **Decorate Viking Hall**  
 December 7th, 2:00 pm, **Scandinavian Christmas Tea**  
 December 21st, 2:30 pm, **Julebord - A Norwegian**

## Upcoming Events at other Colorado Lodges

**Fjelldallen** October 19th, Lutefisk Dinner  
 Two Servings 2:00 & 4:30 6610 W. 14th Ave, Lakewood, Co  
**Stein Fjell** October 19 – Lutefisk Dinner, Faith Church, 2707 N. Wilson Avenue, Loveland  
**Trollheim** November 1-2, 10 am -4 pm  
 Christmas Fair

## September Presidents Corner

David and I were able to go to Grand Lake and hike the beautiful west entrance of Rocky Mountain National Park last weekend. This picture is near Adams Falls and we went a total about 6 miles (or 9.65 km) that day along with some cycling and kayaking. Hiking is a

favorite Nordic pastime and so it's appropriate I think.



We also had a great time

going to the Cripple Creek Butte theatre for Grease. In fact it was so fun I didn't get any pictures except for the donkeys. So if you have some send them on.



Thanks to everyone for the potluck salad dinner at the August Heritage meeting! It was delicious. Annastacia Hackett gave a presentation on "Norwegian Sweaters: Lusekofte & Marius" which was informative and about the evolution of the modern "Norwegian" sweater as we know it today. Lusekofte & Marius are the two most popular design and are seen respectively left

and right.



September's program is John and Carol Baldo from Stein Fjell lodge giving a presentation on "The Action at Oscarsborg on April 9, 1940".

Has everyone signed up the 46th anniversary and walleye dinner Sept 21st at 5 pm. It's the best. Kathie Godsill and I will be contacting some of you because you also have special anniversaries related to the Sons of Norway as well.

Lois is restarting lefse making Sept 9th. Find your aprons and meet us at the Viking Hall at 9 am Monday's.

The busy fall season is cranking up so we be seeing a lot more of all of you soon. Look for info on the Viking Fair (yes already, it's coming up) later in this issue.

Har en flott høst sesong (Have a great Fall Season)

Fraternally yours!

*Kerry Hefta*

*Fjellheim President*



## September Birthdays

John Olaf Larson III	1
Carol E Schreuder	2
Cleo B Allgood	3
Sharon Ann Martinez	3
Quinn M Berge	4
Cynthia Louise Ritz	4
James Hardy	5
Sr Rodger E Erickson	7
Jean Hagen Luce	8
Karla J Roth	8
Tania Visconi	8
Rose A Cereceres	10
Kevin M Canestorp	11
Ingrid Grove	13
Kenneth M Halvorson	13
Shane R Jahnke	13
Charlotte Coltrin	14
Cynthia Helen Keller	14
La Rue D Hanson	16
Carol A Johaneson	23
Lucille S Moe	24
Ruth Wiig	25
Dorothy Dawn Destree	28
Glenn C Enderud	28
Sissel O Disbrow	29
Mary A Brooks	30



Downloaded from  
Dreamstime.com

Downloaded from  
Dreamstime.com

**Card Social** - Tuesday,  
September 3 12:30 pm potluck  
followed by cards. Everyone is  
welcome.



**Viking Sisters** -Viking Sis-  
ters will meet Thursday, Sep-  
tember 5th. 1 pm at Viking  
Hall, All women of the lodge  
are welcome.



Questions?? please call Ginny  
Johnson 495-0253

## Woodcarving Adventures

Scandinavian Wood  
Carving Workshop all  
day Aug 27th through  
the 29th at Viking Hall.  
Starts at 9 am. Cost is  
\$150 per student. Stu-  
dents are responsible  
to bring their own tools  
and materials.



Please talk to Terry, BJ  
or Mike if you are inter-  
ested. (It's not too  
late!!)

## 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



**LEFSE TIME**—September brings the fall Lefse season.  
We will bake for nine Mondays starting September 9th  
going until November 4th. It will be the  
same time every Monday morning start-  
ing a bit before 9 AM until 11:00 am or  
so. Come give us your helping hands,  
coffee is ON along with some treats  
and warm Lefse!



## Ladies Luncheon:

It's time for our busy season, so, to start it off on a good note, let's get to-  
gether on September 19th, at MacKenzie Place on Union and Fillmore to share in fellowship and of course,  
food! We will meet at 12:00 noon at the cafeteria in the main building. Please call Karen @ 390-0621 for reserva-  
tions. Wanna bring your spouse or a friend? Sure, why not – the more the merrier! **See you there!**



On August 8th twenty-three people journeyed to Cripple Creek to see the Musical Grease at the Butte theatre, shop, eat lunch, maybe gamble a bit and last but not least see the donkeys in town.

Many thanks to Kerry Ferguson who organized the trip and kept track of all the needs and comings and goings of the participants.

*And a good time was had by all!*



## Sunshine Report—September 2019



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

**Darlene Aaland** passed away during the night of August 13, 2019. She will be lovingly remembered for all the volunteer work she has done for our lodge over the years. But, mostly, she will be remembered for her laugh, her smile, and her outgoing nature. Darlene said often that what she missed most after Curt's passing was her dance partner; Darlene is dancing once again with Curt. She was a treasure to all of us. Please keep her family in your thoughts and prayers.

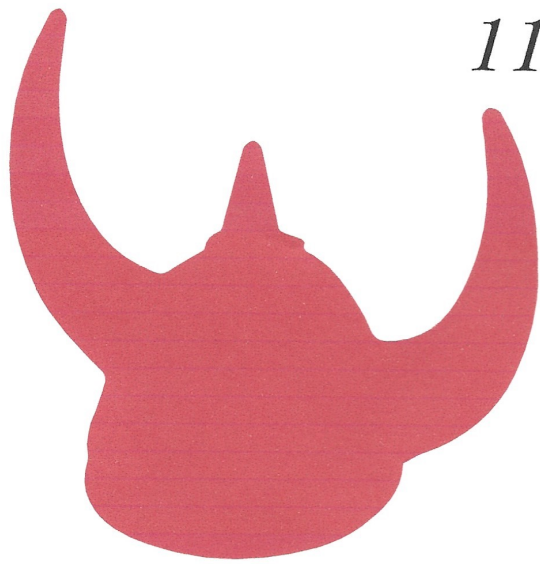


I have not heard of anyone who has been ill, so if you know of something going on, please give me a call at the number below.

**Thought for the month:** Keep your face in the sunshine and you cannot see the shadow. - Helen Keller

*Fra*

*Fraternally, Karen Ravnaas - 390-0621*



*11th 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 19, 2019**

**9 AM- 2 PM**

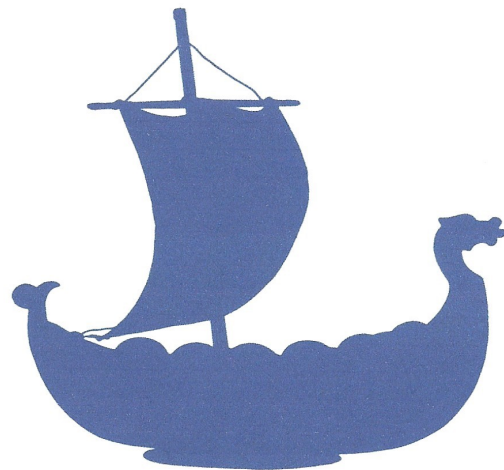
**Free Admission**

**Brunch \$8**

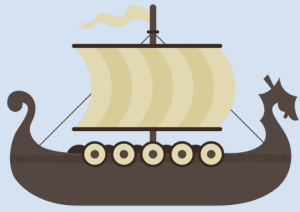
## **Viking Hall**

1045 Ford St,  
Colorado Springs,  
CO 80915

Call (719) 351-3554 for more information



## ***Viking Fair Information and Vendor Details.***



Dear Vendors, Members and Friends,

Velkommen!! Here we go again . We appreciate your interest in our Viking Fair at Fjellheim-Sons of Norway's Viking Hall, located at 1045 Ford Street (east of Powers, north of Galley) in Colorado Springs, 80915. We are pleased to offer a wide variety of arts, crafts, hobbies, products and handwork again this year, our 11<sup>th</sup> year to sponsor an October show. We appreciate the hard work of our vendors and hope to have good weather, a nice crowd, and a profitable and enjoyable day for all. We already have several vendors planning to return—

thanks. We advertise on websites, email, radio, in newspapers, by poster, handouts and word-of-mouth. Please continue to inform customers, friends, family, stores, community groups whom you know. There'll be food, music, maybe jokes, and fun, too. Please invite younger folks to offer musical or dance contributions, too...let me know by email or phone ahead of time if possible. If anyone has heritage or raffle items to donate and would like us to pick them up, please let me know at the phone number below. We have attached a flyer also, hoping you can post it or share with friends. Members and friends are invited to help at various places such as white elephant and raffle tables, baking, cooking, serving, cleaning, greeting, entertaining, setting-up and taking-down. Also, we expect that everyone will have a chance to enjoy the wonderful vendors' items, maybe buy some early Christmas gifts, and enjoy brunch with a Nordic flair.

**Vendors, we are planning to have door prizes and a raffle of vendors' items. In order to participate, please donate a small item to the raffle table inside the front door.** Please mark your item with your name so you can be recognized when we ask you to draw a winning ticket. Drawings will take place throughout the day. We appreciate your help and hope that you are able to join us for the day. My phone contact number is 351-3554 (Eunice), so please let me know as soon as possible if you need further information and if you are able to join us.

Thanks for all the preparation and participation of everyone involved with the FAIR!!

**COME TO THE FAIR!! A GOOD TIME IS PLANNED FOR ALL!!**

Eunice Bluhm

**VENDORS:**

Please phone Eunice to discuss interests and details **by September 6<sup>th</sup>**-----

Would you prefer to bring your own table OR use a table provided by the hall ?

If we're providing, do you prefer a large round table OR rectangular table?

Would you like to set up your table on Friday, October 18 2 PM to 4 PM OR Saturday, October 19, 7:30 to 9:00 AM ? (Please unload by side door and park in the rear of building on Saturday. Guests will enter front door.)

Please note your main items for sale \_\_\_\_\_

name \_\_\_\_\_ address \_\_\_\_\_

phone \_\_\_\_\_ email \_\_\_\_\_

We request a donation to Sons of Norway for \$25 to reserve your space.

Also visit [sonsofnorwaycs.com](http://sonsofnorwaycs.com)

Thank you for supporting this event...Eunice Bluhm, for Sons of Norway





## In Memorial

**Darlene Bea Aaland**

**March 1934-August 13, 2019**



Darlene was born on a farm near Lyons, South Dakota to Bennie and Dollie Walker. After graduating from Augustana Academy in Canton, S.D., she attended Practical Nursing School at Glockner-Penrose Hospital locally where she met Curtis whom she married in 1953. Her working years were spent at Penrose Hospital and later at LooArt Press.

She was predeceased by husband Curtis, brother Dwane Walker and great granddaughter, Kayla Dobson. She is survived by son John Aaland; daughters Joan Dacus, Rae Aaland, and Robin Brown; foster son Karl Townsend; six grandchildren, and five great grandchildren and one great-great grandchild.

The services of Darlene and Curtis to their church and to the Sons of Norway are beyond accounting. Their volunteering as Bingo Captain and presence in the serving line at the Lutefisk Dinner at Benet Hill are vividly remembered. But, a favorite remembrance: once when the Lodge was furnishing "home stays" for about 23 Folkeskole students and staff from Norway, Darlene and Curtis hosted 3 students. On the final morning, Darlene anticipated that her guests might need something for lunch during that day's activities. Finding out (by asking) she discovered that the other students would not have lunches, she made lunches for all of them! Above and beyond! And that was Darlene, who is fondly remembered.

**\*\* The picture right is from the May 2019 Heritage Meeting at the Viking Lodge**





## KVIKK LUNSJ.

Freia er Norges største produsent av sjokolade og en favoritt blant mange nordmenn. Logoen deres vises tydelig på en klokke på Karl Johans gate hovedgaten i Oslo.

Da Johan Throne Holst kjøpte Freia i 1882, gjorde han mer enn å tenke på fabrikk produktivitet. Han tenkte også på sine ansattes velferd og hva som ville inspirere dem. Han mente at ansatte skal kunne gå utendørs i pauser og har tilgang til kunst, både svært progressive ideer for tiden. Til denne dag inneholder lunsjrom på Freia den nest største bestilte samlingen av Edvard Munch-malerier.

Freia's motto er «et lite stykke Norge» (et lite stykke Norge). Deres populære candy bar, Kvikklunsj, er nært knyttet til den norske kjærligheten til friluftsliv. Freia har vellykket assosiert sine produkter med populære norske aktiviteter som fotturer, ski og andre utendørsaktiviteter.

Freia is Norway's largest producer of chocolate and a favorite of many Norwegians. Their logo is prominently displayed on a clock on Karl Johan's gate, the main street in Oslo.

When Johan Throne Holst purchased Freia in 1882, he did more than think of factory productivity. He thought also of his employees' welfare and what would inspire them. He believed that employees should be able to go outdoors during breaks and have access to art, both very progressive ideas for the times. To this day, the lunchrooms at Freia contain the second largest commissioned collection of Edvard Munch paintings.

Freia's motto is "et lite stykke Norge" (a little piece of Norway). Their popular candy bar, Kvikklunsj, is closely connected to the Norwegian love of the outdoors. Freia has successfully associated their products with popular Norwegian activities such as hiking, skiing and other outdoor pursuits.



This Photo by Unknown Author is li-







Now did you see that we made it into the Viking Magazine! Look in the district 6 section and there we are. Karen Ravnaas submitted a group picture from the summer picnic and we are ON. Here is the picture .

## **Norwegian Language Class**

*Tuesdays, starting on September 3rd.*

*Language Class will resume meeting on September 3 and on following Tuesdays at Viking Hall. The first class starts at 6:00 pm. The second class begins at 7:00 pm.*

*The first class uses the textbook Sett i gang 1 and will be led by Erik Tjelmeland The second class uses Sett i gang 2 and is led by Erik Tjelmeland. To join us, go to [settigang.com](http://settigang.com) and order the textbook for the class you wish to join.*



## Carpool (It's a thing)

A number of people have asked about having heritage meetings in the afternoons because they are no longer able to drive in the evenings. However we are also trying to grow/maintain our younger population who would not be able to attend during working hours.

I am suggesting that we try to set up car pools with a list of people who would like rides and people who are able to provide them. I am asking for a coordinator for this but in absence of that you can email or call me with either your willingness to drive to the your need for a ride. I do prefer email as it's easier to keep track of what people are requesting and I am not home during the day much. Thanks Kerry Hefta, current Fjellheim president.

Phone 719-266-9429 email [khefta@comcast.net](mailto:khefta@comcast.net).

Let's Carpool!



## 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](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)



*Kendall Kjerstad*  
*Financial Benefits*  
*Counselor*  
 605 939-1714





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



**SONS of  
NORWAY**

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)

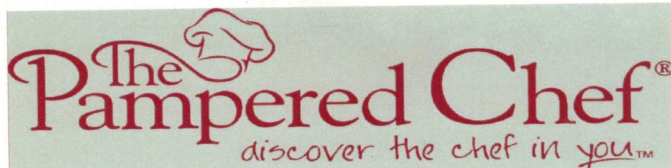
**SMØRBRØD**

SCANDINAVIAN

SANDWICHES, VICTUALS & LIBATIONS

2727 N.CASCADE AVE, COLORADO SPRINGS, CO  
INFO@SMORBRØD.COM +1 719-634-2727

SMØRBRØD.COM BUY 10 FOOD ITEMS GET 1 FREE

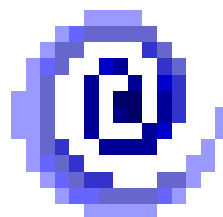


**Nanette Walker Smith, Consultant #746504**  
Monument/Palmer Lake/Larkspur, Colorado

CELL/TEXT | 719-464-7466  
EMAIL | [n\\_w\\_smith\\_24@outlook.com](mailto:n_w_smith_24@outlook.com)  
WEB | <http://tinyurl.com/nws-pchef>

**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