

# 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*

**October 2019**

**Volume 46. #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.

## Inside this issue:

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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  
mjohaneson@gmail.com

Deadline for the November



*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**

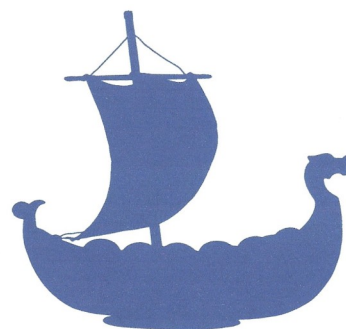
**Free Admission**

**Brunch \$8**

## Viking Hall

1045 Ford St,  
Colorado Springs,  
CO 80915

Call (719) 351-3554 for more information



# October 2019

søndag	mandag	tirsdag	onsdag	torsdag	fredag	lørdag
		1 12:30 pm Games & Cards Viking Hall 6 & 7 pm Norwegian Language Class Viking Hall	2 6:30 pm Board Meeting Viking Hall	3	4	5
6	7 9:00 am Lefse Viking Hall	8	9 5:30 pm FMC 7:00 Heritage Mtg Viking Hall	10	11	12
13	14 9:00 am Lefse Viking Hall	15 6 & 7 pm Norwegian Language Class Viking Hall	16	17	18	19 9 am-2pm Viking Fair Viking Hall
20	21 9:00 am Lefse Viking Hall	22	23	24	25	26
27	28 9:00 am Lefse Viking Hall	29 6 & 7 pm Norwegian Language Class Viking Hall	30	31		

## Upcoming Events At Viking Hall

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 Christmas Feast**

## Upcoming Events at other Colorado Lodges

**Fjeldallen** 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



## October Presidents Corner

The first weekend of September I went to the Black Hills of South Dakota with the Colorado Springs Cycling Club (CSCC) to bicycle the 119 miles of the Michaelson Trail from Custer SD to

Deadwood SD. There I am on the left. David also tagged along to research the history, hike and check out the scenery. Today, Sept 23, I am writing this from Superior Wis. My mother celebrated her 90th at a Minnesota Twins baseball game this weekend and David and I continued on to see Lake Superior above right.



September's program was John and Carol Baldo from Stein Fjell lodge who gave a presentation on "The Action at Oscarsborg on April 9, 1940 " about the initial days of the German invasion of Norway and how the Norwegians were able to get their cabinet, money and royalty out of Norway. Very interesting! They urged us to look up the movie "The King's Choice" which parallels this chronology. It's in Norwegian with subtitles. *Det er en god ting for oss norske studenter å prøve å forstå.*

The October Heritage cultural program will feature our very own wood carvers from Fjellheim lodge. They will present a demonstration and show off their creations. Don't worry BJ has assured everyone that I will NOT be allowed to participate with any type of sharp instrument so that should ease any injury worries.



September brought our Anniversary Dinner and Fish Fry. Sounds like everyone had a good time. Thanks to Kathie Godsill for taking reservations, contacting all those with multiple of 5 SON anniversaries, preparing fish substitutes for the fish adverse and getting that beautiful cake. And thanks to MJ, Phil Cable, Lois Halvorson and the many multiples of volunteers for getting this event ready.

October for us in the Fjellheim lodge means Viking Fair month which is always a fun time. Eunice Bluhm is still looking for helping hands so give her a call and tell her what you want to do! Besides the baked goods, various sundries and white elephant items FMC will provide a breakfast for the participants and the guests. The breakfast is not free of course and I can't remember the cost but it's definitely less than 50 dollars!

The lefse business is cranking up and has been going most of September (except for the 23 and 30th) but it will start up again in October. Lois is asking that everyone who can, come and help out! It's a fun time and a good learning experience for us newbies.

We already have Lutefisk dinner on the horizon and Mike Johaneson is once again in charge. Volunteers are always needed and the volunteer sign ups have already begun. Make sure to call Mike up with your preferred task because it might already be taken! Jerry and Ginny Johnson are taking the reservation this year. Many thanks to Virginia Nelson who took reservations for many, many years and has agreed to mentor them through the process. 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.

Fraternally yours!

*Kerry Hefta*

*Fjellheim President*

## October Birthdays

Ellen Rubi May	3
Martha Ellen Miller	4
Steven Don Anderson	5
Adelle E Steinseifer	5
Margrethe Smith	6
Gloria L Mitchell	7
Anne Elizabeth Bakken	11
Marjorie Lindskog	13
Madison L Ben	14
Danika A Blessman	15
Jill K Johnson	16
Joshua R Lysne	16
Endre Leo Bakken	17
Christina M Calacci	17
Carter Drew Berge	21
Lena M Erickson	22
Brian L Svendsen	22
Molly Kathleen Zubia-Lewis	22
Emma Josephine Greek	23
Austin Allgood	24
Sonja Sue Gund	24
Rodney Wendell Jensen	24
Will M Berge	27
Virginia L Nelson	27
Linda K Ross	28
Geir S Ostrem	30
Madeleine R Erickson	31
Sissel M Erickson	31



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**Card Social** - No Card Social In October.



**Viking Sisters** -Viking Sisters will have a work-shop on Monday, October 14th, following lefse making to make items to sell at our Boutique in November. If you want to join us please let Ginny Johnson know so we have enough supplies on hand and how much pizza to order, no experience necessary for this project.

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 Terry, BJ or Mike if you are interested.



## LEFSE TIME



It's still lefse baking time. We will bake on Mondays continuing until November 4th. It will be the same time every Monday morning starting 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!

Please come and help on those days we need more hands to make it work. Lois



## PIKES PEAK GOLD STAR MOTHERS



We would like to contact as many Veterans as possible who were active duty military at any time during the period of 1 NOVEMBER 1955--15 MAY 1975. We are working with the Vietnam Commemorative Organization in Washington DC to locate as many veterans as we can to honor and thank them for their service.

Veterans did not have to have served in VN, but did have to been on active during sometime during that period.

Any surviving spouses of VN veterans qualify for recognition also.

Please contact CLEO @ 598-1982 or see me at the October meeting if you qualify.



### Sunshine Report – October 2019



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

**Congratulations to Larry and Lu Moe** who celebrated their 64<sup>th</sup> anniversary on August 28<sup>th</sup>.

**Marje Erickson** was involved in a car accident in which she was t-boned on the passenger side. She has been very sore and very bruised and is slowly recovering from her injuries; no broken bones. **Rodger Erickson** is dealing with very bad knees. They are trying their best to take care of each other. **Marilyn Keck** is back in the Pikes Peak Center, 2719 N Union Room 910B, COS, CO 80909-1145. Kathie Godsil and I stopped by to see her and she is doing very well. She has some paralysis in her left arm and leg and is doing great on her rehabilitation. She hopes to be using a walker soon and her speech is back and we had a very enjoyable visit. **Maria Zakrzewski** sent the following e-mail: "Was hoping to attend (the fish fry) and catch up with all of you. I am recuperating from lung cancer surgery. Had lower left lung removed. No chemo or radiation needed. Just labored breathing, discomfort and getting mobile again. Love to everyone." I will follow-up with Maria next week. Please keep them all in your thoughts and prayers.

**Thought for the month:** Those who bring sunshine to the lives of others cannot keep it from themselves. – James Matthrw Barrie

# 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.**

**For info: Contact Jerry & Jinny at [jerry\\_6@q.com](mailto:jerry_6@q.com) or 719-495-0253  
Seating is limited**

**Reservation form on Fjellheim's website  
<http://www.sonsofnorwaycs.com/events.html>**



**SONS OF  
NORWAY**

New Registration Form. Please use.

# Lutefisk & Meatball Dinner

## Registration Form



**SONS OF  
NORWAY**

**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**

**Seating is limited**

Circle preferred seating:

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)

\_\_\_\_\_ \$ \_\_\_\_\_ Grand Total

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 & Jinny Johnson, 8755 Burgess Rd, Colorado Springs, CO 80908

Website: <http://www.sonsofnorwaycs.com/events.html> Email: [jerry\\_6@q.com](mailto:jerry_6@q.com)



# Jamie and Bill go to Norway!!

My husband Bill and I visited Norway in June and here a few photos from the trip, . From left to right, #1 is of us at the top of the funicular to Mt. Floyen, in Bergen. #2 is me in the forest of Mt. Floyen. #3 is of us in Bergen port (Bryggen in the background.) #4 is me in Balestrand. #5 is a fun sign in Flam. #6 is in front of the Kjosfossen Falls, at a stop on the Flam Railway.

We LOVED Norway, this was our first visit and we both agreed that we could easily move there, ha!

Jamie Cushenbery





# Fjellheim 46th Anniversary Celebration / and Fish Fry.

The September 21 Fish Fry and 46<sup>th</sup> Anniversary Celebration turned out pretty good (high praise from a Norwegian). Phil, Mike, Cheryl and BJ made the walleye to perfection. Lois' coleslaw and buns were a hit again.

Ninety people enjoyed the feast. Steve, the clever one, called the tables up based on distance from Viking Hall. South Dakota went first, followed by Phoenix, Canon City, Arvada and Pueblo.



Kathy and Bev Moe, our Colorado Zone Leader, distributed Anniversary Pins. Notable were Owen Bergland with fifty years and Jerry and Ginny Johnson with forty years. For nostalgia, Karen and Virginia had the new History books for viewing. We also saw the slide show Ole had developed showing the highlights of Fjellheim from its beginnings.

A special thanks to Jessica, Randy, Kathy, Dean, Brenda, John, Eileen, Anastacia, Karen, BJ, Terry, Phil and Cheryl for staying after to clean up the hall.



How many Norwegians does it take to replace the porch railing in front of the lodge? Terry and Owen I guess but we are not sure they are Norwegians. Nonetheless, we are all grateful for their hard work at FMC The lodge has never looked brighter or cleaner. And now we have a new railing. Mange takk. MJ



## September Ladies Luncheon— A Big Success

On Sept 19, 2019, we met at MacKenzie Place to enjoy a lunch with our hosts Bev Broin and Joan Magee. There were 14 in attendance including Rosa Strand and Dorothy and LaRue Hanson. Even the guys enjoyed it!! So, let's do it again after the new year.



## Norwegian Language Class

Most Tuesdays at Viking Hall . Please check the calendar for Dates 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.

**\*\*General Interest Language Notes from the instructor:**

Since you asked. "Dette" (this) is a demonstrative used to introduce a person or object irregardless of the gender or number of that noun or person/people in question, i.e., masculine, feminine or neuter. However, once you identify the person or object it is subsequently talked about in a conversation or sentence narrative by using the proper gender-number **specific** demonstrative, i.e., [that](#) (den, det), [this](#) (dette, denne), [these](#) (disse), [those](#) (de).

For example:

Dette er mi bok, men denne er svært kostbar.

[This is my book, but this is very expensive.](#)

*Here we are introduce an object with "dette" normally being a singular neuter demonstrative even though here we are introducing a feminine noun in this case, "ei bok." Once we are done with the introduction the noun takes on its **specific** masculine, feminine, neuter demonstrative even if it is in the same sentence. So "denne" is use to describe its cost. Since "bok" is a feminine noun.*

Now the question comes up how would I translated the following sentence: "These are my books, but these are expensive."

The answer will be presented next time.....if you want?

For those who **really** want to get into this important nuance, here is a good conversational reference: <https://forum.duolingo.com/comment/21358073/Norwegian-Det-Den-Dette-Denne-Usage>





## 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

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Colorado Springs, CO 80915



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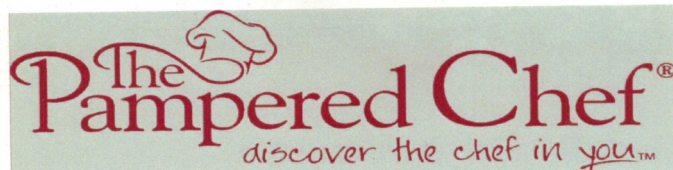
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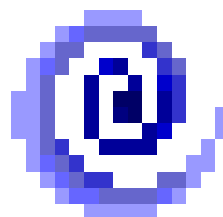


**Nanette Walker Smith, Consultant #746504**  
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WEB | <http://tinyurl.com/nws-pchef>

**SPIRAL BODY MASSAGE THERAPY**

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



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