

The Fjellheim Flammen



Fjellheim Lodge 6—107

Sons of Norway

1045 Ford Street, Colorado Springs, CO 80915

719 574-3717

www.sonsofnorwaycs.com

June/July 2020

Volume 47. #6

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:

News from Norge	6
Pres Notes	1
Birthdays	7
Sunshine	3
Rememberence	4&5

**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 August is-
sue is July 20th

Presidents' Message June/July 2020

Hope you are all doing well during this unexpected and unprecedented spring of 2020. Viking Hall has been quiet since mid –March and is just waiting for conversation, laughter, music and good Norwegian food.

Sadly, several of our members passed away while we have been housebound. Rosa Strand, Everett Snead and Jonathan Nau will be sincerely missed.

Some events didn't happen this spring including Member Appreciation Breakfast, Frokost and our Lefse baking on Mondays for the Scandinavian Festival in Estes Park which has also been cancelled.

Norway just celebrated Constitution Day on May 17th. Hope you all thought about your Scandinavian heritage and took some time to enjoy some comfort food, maybe waffles.

So now it's June and the cancellations continue. We will not have our annual picnic at Bear Creek Park. However, we live in a beautiful place and are able to enjoy being outdoors. Please celebrate in your own way.

There have been so many tragic deaths due to Covid 19, here in the US and around the world. If you feel stressed or lonely or perhaps you need some assistance, please call a Lodge member.

Hope to see you all in August or when it's safe to gather and venture back into the world together.

Fraternally,

Becky and BJ



A Message from District Six about Camp Norge events this year.

As you know, we have canceled the in-person Language and Heritage Camps for this summer. But we have been able to design on-line programs to keep our children and youths engaged. Attached is a registration form with the basic information about these programs. I have sent an announcement directly to the parents and guardians of former attendees and those who registered before we canceled. The link is <https://sofn6.org/arv/wp-content/uploads/2020/05/Virtual-Trollfjell-Registration-2020.pdf>.

Tusen takk,
Bruce Fihe
Vice President, District Six



**SONS of
NORWAY**

*I am sending out a copy of this application with the newsletter however if you received the print copy and would like a registration form please call 719-266-9429 to request **the form for online registration**.*



Sept. 19 – 22, 2020
At Camp Norge : **Camp Oldfjell**
Folkehogskule for Voksne
(Folk School for Adults)

Facebook link is <https://www.facebook.com/campnorgeofficial/>
Webpage link is <https://www.campnorge.org/site/our-location/>

**Note from the editor. Camp Norge is owned by District Six SOFN (we are members as Fjellheim in is in zone 8 of District 6). Camp Norge is located in Alta, Ca. Normally they have language and cultural camps for youth and adults every summer. At this time Camp Oldfjell is not cancelled. Check out the links to the left if interested.*

June is Rhubarb month. Here's a couple of recipes to try beyond pies and crisps.



Rhubarb Nut Bread

1 ½ cups brown sugar
1 egg
1 cup buttermilk
2 ½ cup flour (I use 2 ¾)
½ cup chopped nuts (optional)

2/3 cup veg oil
1 tsp soda
1 tsp salt
1 tsp vanilla
1 ½ cup diced fresh rhubarb

Beat together brown sugar, oil, and egg. Mix soda, salt, vanilla, and buttermilk. Add to first mixture. Mix in the flour. Then mix in the rhubarb, and lastly, the nuts. Pour batter in two greased loaf pans (or 1 large loaf pan). Sprinkle top with mixture of:

½ cup sugar

1 Tablespoon butter

Some cinnamon!

Rhubarb Punch

1 pound fresh or frozen rhubarb, chopped
1 cup water
½ cup sugar
¾ cup thawed pink lemonade concentrate
1 bottle (1 liter) lemon-lime soda

In a large saucepan, combine the rhubarb, water and sugar. Bring to a boil; reduce heat and simmer 5-10 minutes or until rhubarb is tender. Cool slightly.

In a blender, process half the mixture at a time until smooth. Combine all ingredients in a large container; add enough water to make 1 gallon. Serve on ice.





Sunshine Report – June - July 2020

Summer is here!!! Can you believe how fast this year is going? Even though we have been 'locked' up, it still has not stood still for anyone.

For those who have birthdays and anniversaries in June and July, we wish you a *Happy Birthday and Happy Anniversary!* June 14th is Flag Day, so get out the *Stars and Stripes* and fly her high. On June 20th, take the time to celebrate *Sankt Hans Aften* and officially welcome in the summer season. June 21st is Father's Day so to all of the Dad's out there, *Happy Father's Day!* *Happy 4th of July* – again, fly Old Glory and celebrate the summer.

Sadly, *Everett Snead* died May 12th, 2020 from an apparent heart attack. Everett was a charter member of Fjellheim Lodge 6-107 and also a Golden Member of Sons of Norway. Please keep his family in your thoughts and prayers. We shall miss you so very much.

Joan Bakken has been doing very well after her stent (which was a difficult one using a rotational device to clear the artery before placing the stent) and has better color and more energy.

Debbie Mach writes (edited): My 5-year old grandson, who is a member of the lodge, had COVID and is fine now. He coughed so hard that the left bottom chamber of his lung collapsed. After many prayers and several weeks he pulled through. Then my daughter *Desiree* (member) had the virus. I hope this ends soon so we can all move on to normal life.

On May 26th, I will be having outpatient surgery on my right ankle and will be in a cast for 6 weeks. I have been waiting since January and it is very painful, so I have to do the surgery. I hope I will feel better soon so I am able to enjoy meetings again and get involved. Stay healthy all. *Note from KR:* Please keep Debbie, Desiree, and Owen in your prayers so that they may be strong and well soon.

Thought for the summer: Keep the sunny side up and remember, this too shall pass! We'll see you all in August.



Until we meet again.....

Karen Ravnaas, Sunshine Director 390-0621

In Loving Memory of
Everett Snead
August 20, 1933 – May 12, 2020



Everett – 40th Anniversary of Fjellheim
Sept, 2013



Everett at 45th Anniversary
Sept, 2018

Everett L. Snead was born on August 20, 1933. He died on May 12th, 2020 from an apparent heart attack.

Everett was raised in Bronaugh, Mo and graduated from there in 1952. He was retired from the US Air Force and had many stories to tell about his service to our country. He was a locksmith by trade and was well liked and respected in that business. Everett married Anna Snead in June of 1972.

Everett was a charter member and a golden member at Fjellheim Lodge, Sons of Norway, Colorado Springs, CO, for 47 years. He joined the Lodge along with his wife Anna, who emigrated from Norway. He formed many friendships and found a home with us. He was a faithful worker for the Lodge throughout its years right up to recent times. He cooked scrambled eggs for the Frokost and peeled potatoes for the Lutefisk Dinner. He spent part of each winter fishing along the South Texas coast near Port Isabel, living in his fifth wheel trailer that he took pride in driving himself. With his friend Swede Knutson, he enjoyed the hobby of metal detecting and discovering the secrets of hidden treasure. He was an outstanding Horseshoe Pitcher, winning several tournaments on his own and winning others in Lodge competitions. He was also an avid bowler and would spend many hours at the bowling alley laughing and having a good time with Inger Pappas and her family. His wry sense of humor and easy-going attitude made him a favorite in the Lodge. On Fjellheim Lodge's 45th anniversary, Ruth Wiig remembers Everett saying: "My best friends and the kindest people that I have ever met, have been the people of the Sons of Norway."

Everett is survived by his son Mark Snead, Colorado Springs, two grandsons, stepdaughter Randi V. Clark (Bob). He is preceded in death by his wife, Anna in 2010, parents, son Scott E. Snead and stepchildren children Elisabeth R. Small and Alf B. Rustad. Everett was deeply devoted to his family and had many friends at Sons of Norway and other organizations in the area. He will be greatly missed by all who knew and loved him. Rest in peace, Everett.

Horseshoe tournament named for Snead

EMILY BAYCI Jul 19, 2011, Colorado Springs Gazette reporter

He walked around the horseshoe pits focused on fixing a pole out of place and raking the mud. It was impossible for him to get anywhere quickly because people constantly stopped him to shake his hand or pat him on the back. Saturday was the first day of the Everett Snead Open at Memorial Park, and everybody wanted to congratulate Snead.

He's the main guy of horseshoes in Colorado Springs," said Dave Abeyta, president of the Colorado Springs Horseshoe Club. "He's always happy to help and really a rock in keeping everything together." Abeyta came up with the idea to name the tournament after Snead — formerly it was the Colorado Springs Open Horseshoe Tournament. Everyone wholeheartedly agreed with the decision, Abeyta said. Snead was "shocked and honored" by the decision. "It's a big deal to get a tournament named after you," Snead said. "It shows you're doing something right." Snead helped with the tournament the entire time, not hiding his good deeds but not flaunting them either — bringing umbrellas for the scorekeepers so they wouldn't roast in the sun and making sure all the equipment got picked up in a timely fashion.



Everett Snead of the Colorado Springs Horseshoe Pitching Club prepares to throw Saturday during a tournament in Memorial Park named in his honor. Photo by MARK REID, THE GAZETTE

"Not only is Snead a good example to everyone out there but he's done great things for horseshoes," said tournament director James Bond. "He's a man who has influenced the sport with his play." Snead's list of accomplishments is impressive, ranging from two state tournament titles, 2005 men's class-C and 1990 men's class-D, to two Tournament of Champions class wins, 2002 class-D and 1998 class-C, to first place at worlds in senior men's class-E in 2001 in Hibbing, Minn.

Now at the age of 77, his glory days have passed. When he hit 70, he moved up to the 30-foot line, closer to the rings than 40 feet, where the younger men throw. The women, there were seven, and juniors throw from 30 feet.

Snead was responsible for throwing the first shoes at the tournament. He snuck them in quickly when he thought no one was watching and threw two dead ringers.

"When they start keeping score, it's harder to hit," Snead said. "I just hope I'll do it all day." Snead competed in Class-B. He took first place in his division, proving he still has it in him. "Maybe one day I'll go to the big competitions again," Snead said. "I'm not ruling it out."

No decision has been made yet whether the tournament's name will stay, but Abeyta hopes it does.

"We made the banner, we might as well get some use out of it," Abeyta said with a laugh.

Coronavirus Does Not Stop Norway (or Norwegian-Americans) from Celebrating a Joyful National Day, 17 Mai 2020

Norway celebrates national day 17 mai differently this year.

Every country has a national day but probably very few of them are so enthusiastically and uniquely celebrated like the [Norwegian May 17](#). In shadow of Coronavirus, most of the gatherings and traditional celebration activities have been canceled but it did not stop Norwegians to celebrate the day with even more enthusiasm.

[The royal family](#) surprised everyone as they drove down Karl Johan in open cars on Sunday afternoon and waved to the people attending the mini May 17 celebration.



Meanwhile in Colorado Sissel Disbrow supplied coffee and treats and celebrated 17 Mai with Nancy Allen and BJ Mapstone. Hilsen til deg!



Travel Advisories for Norway 2020: Coronavirus Norwegian Regulations

- The government has closed the borders to foreign nationals who lack a residence or work permit in Norway and as a general rule, this will apply until August 20th. Foreigners will be turned away at the border under provisions of a Norwegian law relating to the control of communicable diseases.
- All travelers coming from abroad must undergo quarantine if they wish to stay in Norway. One provision in the regulations provides that persons who travel in connection with work between their home and workplace, and in so doing cross the borders between Norway, Sweden and Finland, are exempt from the duty of quarantine.

For updated information, see [The Norwegian Institute of Public Health](#) and the Norwegian Directorate of Health's pages [about the coronavirus](#) and [travel advice for tourists](#).

If you have questions about the coronavirus (COVID-19) while travelling in Norway, please call the national information telephone at (+47) 815 55 015.

Lisa N Johanson	3
Ryan J Hollenbeck	4
Nicholas J Dickovich	4
Matthew Harrington Disbrow	5
Steven Babcock	5
Curtis Lawrence Miller	6
Karl Kvam Schneider	7
Irene T Gladem	8
Michael H Johaneson	8
Lori R Weaver	10
Daryl Wayne Lundquist	11
Charles E Sullivan	12
Peter Osburnsen	12
Rosa Strand	16
June E Peterson	16
Tobias Brenmark	17
Silje Ostrem	22
Desiree J Mach	23
Steven Phillip Erickson	25
Mildred Sullivan	29

June Birthdays



Gratulerer med dagen !

Patricia C Rowe	3
Phylis J Smith	3
Valerie B Lundy	3
Thomas M Dickovich	4
George C Gund	5
Terry L Mapstone	6
Grace P Johnson	7
Pamela Bakken-O'Neill	9
Hannah Drew	9
Sam Schneider	9
Maynard O Larson	10
Fred Bachmeier	10
Gerald L Rowe	12
Vivian I Johnson	13
David B Coltrin	13
Carol Hackett	16
Austin J Coltrin	19
Kathie Dawn Godsil	21
Susanne A Arens	26
Jeff B Calvin	28
Debbie Lee House	28
Miranda G Coltrin	30
Joyce C Suter	30
Dana R Ferguson	31

July Birthdays



BFJELLHEIM - 2020 OFFICERS

Board of Directors

Co-President	Becky Tamblyn	271-3631
Co-President	Björg Mapstone	440-3992
Counselor	Kerry Hefta	266-9429
Secretary	Shannon Stokes	648-1070
Treasurer/Finance	Terry Mapstone	351-5644
Membership	Kathie Godsil	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
bevm259@comcast.net

District 6 President

Luella Grangaard 760-363-7704
morongo2@verizon.net

Sons of Norway Board

Mary Beth Ingvaldstad 707-987-2404
mbingvaldstad@aol.com



Kendall Kjerstad

*Financial
Benefits
Counselor*



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



The Pampered Chef®
discover the chef in you™

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>



Dedication. Integrity. Results.

719.648.1070

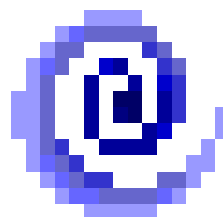
Shannon@ShannonsellstheSprings.com

www.wesellspringsproperties.com

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