

# The Fjellheim Flammen



*Fjellheim Lodge 6-107*

*Sons of Norway*

*1045 Ford Street, Colorado Springs, CO 80915*

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**Mai 2022**

**Volume 40 Issue #05**

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.

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

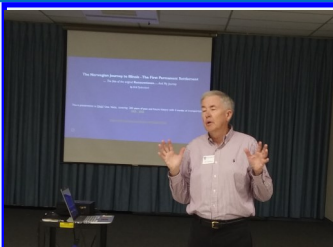
**6:30**

**pm**

**Send Articles to :**

**Kerry Hefta  
khefta@comcast.net**

**Deadline for the June Issue is May 16th**



## A History of the first Norwegian Immigrants to the USA!

Our very own Fjellheim member, Erik Tjelmeland, pictured left, presented an intriguing history on the **13th April 2022** for the Heritage meeting's cultural segment.

The first Norwegian immigrants to the USA started with 52 individuals who consisted of men, women, children, and one newborn baby all on a tiny "(sloop-class) sail ship called the "Restaurationen". Collectively, these folks were called the "Sloopers" and their valor and quest for freedom spearheaded the trek of 800,000 Norwegian immigrants to the Americas between 1825-1925.

At the **June 8th** Heritage meeting, Erik will continue with **part 2** of the sojourn of the Sloopers and some of those who followed. He will touch on the perils of the Sloopers' journey, their preparations, obstacles, and their success of establishing the first permanent settlement of Norwegians in North America. (p.s. it wasn't in Minnesota!)

In addition, Erik will shed some light on the following questions:

What happened to the Restaurationen?

What celebrations will be forthcoming in Norway for the bicentennial anniversary of this voyage?

Why is 9 Oct such an important date in Norwegian lore?

Find out about these discoveries and more on **8 June 2022 at 7:00 pm**.



**Gotten Any Suspicious Phone Calls, Scary Letters  
Or Really Really 'Urgent' Emails Lately?**



Come to the **Heritage** meeting on **May 11th** to hear Detective Dedra Worley of the Colorado Springs Police Department teach us about financial fraud and abuse. You will learn to identify scam telephone calls, letters and emails. And you will learn a lot more about how to keep yourself and your family safe from scammers.

Fjellheim Event Schedule for First Half 2022			
Event	Date	Time	Place
Board Meetings	Wed: May 4, Jun 1	2 pm	Viking Lodge
Heritage Light Supper	Wed: May 11, Jun 8	6:30 pm	Viking Lodge, We'll eat and socialize first!
Heritage Meetings	Wed: May 11, Jun 8	7 pm	Viking Lodge, Business and Cultural meetings begin
FMC Meeting	Wed May 11, Jun 8	5:30 pm	Viking Lodge, note earlier time
Card Social and Potluck	Tues: May 3, June 7	12:30 pm	Viking Lodge
Lefse Monday Mornings	Monday: May 2, 9, 16 & 23 June 6, 13 & 20	9 am	Viking Lodge
Rosemaling	Saturday May 14	10 am to 2 pm	Viking Lodge, please call Cindy at (719) 330-1275 or BJ at (719) 440-3992 for more information and possible date changes
Lodge Spring Clean-up	Saturday May 14	9 am to finish	Viking Lodge
Beginning Norwegian Classes	Every Tuesday	<b>**5:30 pm</b>	Viking Lodge—email Erik Tjelmeland: <a href="mailto:norsk75usa@gmail.com">norsk75usa@gmail.com</a> Email Erik for schedule changes
Intermediate Norwegian	Every Tuesday	<b>**4:30 pm</b>	<b>**NOTE NEW TIMES</b>
Dine Out	Sunday, May 1	1 pm	Olive Garden - Citadel Crossing Call Karen @ 719-390-0621 so we can get a headcount.
Fjelldalen Syttende Mai Picnic	Sunday, May 15	11:30 am	Sterne Park, Littleton Co Sponsored By Fjelldalen Lodge in Highlands Ranch
Cookie Baking	Thursday May 26	9 am	Cookie Baking, Call BJ (719)-440-3992
2022 District 6 Convention	June 2nd to 6th	All day	860 N Riverview, Mesa, AZ 85201, USA ( <a href="#">map</a> )
Fjellheim Summer Picnic	June 19th	Noon	Bear Creek Park Picnic Pavilion
2022 Scandinavian Festival	June 24th to 26th,	All Day	Estes Park, Co

### Heading Up to the Syttende Mai Picnic May 15th? Loads of Fun!

Please let Kerry @719-651-3677 or email [khefta@comcast.net](mailto:khefta@comcast.net) know if you are planning on going to the Fjelldalen Syttende Festivities. Fjelldalen is requesting a head count ahead of time. Can't run out of Hot Dogs and Lefse can we!



### COOKIE BAKING is BACK BABY..

We will be baking traditional cookies at the Lodge on Thursday, May 26th at 9:00 for the District 6 Convention. Join us for a fun and instructive morning. If you prefer to bake at home, please bring your cookies to the Lodge at that time. Thank you! Call BJ **719-440-3992** for info



**Lefse Days are here,**

**"Ready to ROLL"??**



**Mondays 9 am**  
**May 2, 9, 16 & 23**  
**June 6, 13 & 20**



Be ready at 9 am on the above dates to start our Fjellheim lefse production line. There's a variety of jobs to choose from rolling the lefse to quality inspection! But all of them involve good fellowship with the other lefse devotees.

**See you there!!!**

### Card Social and Potluck

The Card Social will have a potluck lunch at 12:30 followed by cards and socializing on Tuesday, May 3rd 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...



## *Sunshine Report* *May 2022*



*Happy Birthday and Happy Anniversary* to all who are celebrating these special occasions during May 2022. *Happy May Day—Happy Mother's Day! Happy Constitution Day!*  
*Please remember our fallen military members on Memorial Day.*

*Bjorg Mapstone* fell and fractured a bone in her left ankle. Thankfully, it was not a weight bearing structure and she is able to get around with a boot.

*Rodger and Marje Erickson* are both in rehab at Sunny Vista Living Center. Marje has recently moved there for rehab after shoulder surgery. She is in room 319 and Rodger is in room 101. They would love visitors and look forward to seeing you.

*John Gray, Sara Berge's significant other,* fell and broke his hip. He is also recovering at Sunny Vista Living Center. Sara says she will be there most of her time so stop by and visit John and you may find Sara!

*Thought for the month:* "Be like a flower and turn your face to the sun." - Kahlil Gibran

*Fraternaly, Karen Ravnaas, Sunshine Director, 719-390-0621*



Just some of our members who are essential in keeping our lodge successful.

To the left seated is **Karen Ravnaas**, she is the lodge secretary, sunshine rep and the go to person on what needs to be done. She's helping **Gerald and Pat Rowe** who've also been integral to our success.

To the right is **Randy Johnson** who manages the lodge's website and Facebook sites. He's also the zone 8 Facebook guru and keeps our electronic communications going in this age of digital media.



## *Mai President's Corner*

Frokost on April 24th was thoroughly enjoyed by all the attendees! A great many thanks to all the volunteers who made this event happen this year! See you all at Lefse Baking in May. We've had a great first half of 2022!

*Fraternally Becky T*



Left: Becky Tamblyn busily emceeing Frokost,

Below: Right the buffet table and left is a close up of the food in all its glory!



## Father's Day Picnic



**Sunday, June 19, 2022 @ 12:00 Noon**

**Bear Creek Regional Park**

SE Corner of 21<sup>st</sup> St & W Rio Grande



Our annual summer picnic has been booked at the pavilion at Bear Creek Park for Sunday, June 19th at 12:00 noon.

It is potluck with the lodge providing drinks. Fellowship, horseshoes, and music make this a fun day for all.

**Sunday Dine Out  
May 1, 2022 @ 1:00 pm  
Olive Garden—Citadel  
Crossing**

**Come and join us in a time of fun,  
food, and fellowship.**

**Call Karen @ 719-390-0621 so we  
can get a headcount**



## Frokost 2022 Edition:



Fjellheim lodge had 86 people for the first seating at 11 am and about 60 for the second seating at 2 pm. The buffet was wonderful as always, deviled eggs (yum), scrambled eggs, wonderful breads, savory meats, tasty salads, a delicious (and scary salmon mousse) and yummy cookies and cakes to end the meal.

***All in all, a great meal, a great gathering!***

Right: Phil Cable surveying the buffet table

Middle Left: Carol and Mike Johaneson

Middle Right: Joan and Ole Bakken with their son and daughter in law

Middle Left: Kerry Hefta and friend Susan Larsen

Bottom Right: Brenda and Dean Tollefson



Sons of Norway  
Fjellalden Lodge #6-162  
Highlands Ranch, Colorado



"Mountain Valley"

# SYTTENDE MAI CELEBRATION

Norway's Constitution Day  
Sponsored by Fjellalden Lodge # 6-162



**Sunday, May 15, 2022**

**12:00 noon to 5:00 pm**

**Parade Starts At 12:30**

**Hot Dog Line Opens After Parade**

**Donations of \$15 for adults (pay as you come in)**

**Children 12 and under \$5**

## Menu

Hot Dogs

Lefse

Potato Salad

Smoked Salmon

Pickled Herring

Goat Cheese

Leksands Knäckebröd

(crispbread)

Vafler (Heart Waffles)

Lingonberries

Ice Cream Cones

Coffee - Lemonade

Bring your family and friends to help us celebrate **Syttende Mai**, a family event with many wearing Norwegian **Bunads**, a parade throughout the park, a smorgasbord of traditional festive foods, games for all and a time to celebrate our Norwegian heritage. The children are a vital part of the celebration; we appreciate and encourage their participation. Please mark your calendar and join the Fjellalden Lodge for a good family time. Call Marilyn 303-973-2158 or [marilynspeas@hotmail.com](mailto:marilynspeas@hotmail.com) for further information.

Join us at **Sterne Park** (South Shelter), Littleton. Go South on Bemis St off Littleton Blvd to Sheppard Ave, turn East to parking lot. Look for the **Norwegian Flag** and Fjellalden's canopy., **Please RSVP** [donspeas@hotmail.com](mailto:donspeas@hotmail.com) so we have a good count on how much **FOOD** to get!!!!



## May Birthdays

Duane Bakken	1
Marilyn M Keck	2
Cheryl Ann Cable	3
Nancy Marie Allen	6
Lois E Halvorson	9
Dora Marie Wolfe	14
Jack R Anderson	16
Steven Roy Hermanson	20
Linda Ann Wennerberg	23
Susan M Foust	24
James R Nau	27
Dorothy L Hanson	30
Candance E Lesoing	30

## Heritage and Youth

Eloise S Erickson	10
Elijah Dvorak	15
McElvey Schneider	16
Juliannah Gavin	17



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**DID YOU KNOW ?** May in Norway has several other holidays in May beside May 17th (**Syttende Mai**) or **Constitution day** their biggest holiday. Here are two more May holidays in Norway

**Veterans Day** (Norwegian: **Veterandagen**) in Norway on **May 8** was first observed in 2011. It recognizes the efforts of veterans of World War II, United Nations peacekeeping initiatives and other international operations. It was instituted in 2010 by Norway's Cabinet and falls on Victory in Europe Day, May 8.

**May Day** was first observed in Norway in 1890, and **it has been a public holiday** since 1947. Most shops are closed, schools, businesses and shops are closed on May 1. Only certain small convenient stores and garden centers are open. As **May 1** is springtime in Norway, it is popular to spend this day off outdoors or pottering in the garden.

## 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 Godsill	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
	Jeff Calvin	719-331-8575
	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** 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  
[mbingvaldstad@aol.com](mailto:mbingvaldstad@aol.com)

Sons of Norway

Monthly Newsletter

Kerry Hefta, Editor

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