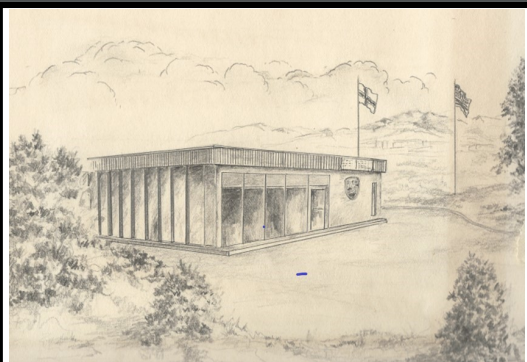


# The Fjellheim Flammen



*Fjellheim Lodge 6-107*

*Sons of Norway*

*1045 Ford Street, Colorado Springs, CO 80915*

*719 574-3717*

*www.sonsofnorwaycs.com*

**Desember 2021**

**Volume 48 Issue #11**

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:

Christmas Family Potluck	1
Calendar and Events	2
Sunshine	3
President's Corner and Announcements	4
Lutefisk Dinner Results/Pics	5
Trollheim Lefse Sales Pics	6
Birthdays	7

**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**

**Deadline for the January Issue is December 20th**



## **Sons of Norway**

### **Fjellheim Lodge Christmas Potluck**

***Sunday December 19, 2021***

***2pm social and 3pm for dinner***

### **Menu**

***Turkey, Ham, and Pulled Pork (Lodge provided)***

***Bring Appetizers, Sides, or Desserts for Potluck***

***This event is free and is for Lodge members and their guests only.***

***For reservations, please contact Kathie Godsil at 719-229-9289 no later than December 15, 2021. Also, be sure to tell Kathie what type of dish you are bringing.***

# 2021/2022 Fall/Winter Schedule!

## Fjellheim Event Schedule for Remaining 2021 and Early 2022

Event	Date	Time	Place
Board Meetings	Wed: Dec 1, Jan 5, Feb 2, Mar 2	2 pm	Viking Lodge
Heritage Meetings	Wed: Dec 8, Jan 12, Feb 9, Mar 9	7 pm	Viking Lodge— Jan 12th includes officer intallation
Decorate Lodge	Wed Dec 1	10 am	Viking Lodge—Pizza for lunch
Christmas Potluck	Wed Dec 8	6 pm	Viking Lodge—Before Heritage meeting
FMC Meeting	Wed Jan 12, Feb 9, Mar 9	6 pm	Viking Lodge
Lefse	Monday Nov 29	9 am	Viking Lodge
Cards and Games	Tuesday Feb 1, 2022	Noon	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 due to holidays above - <b>**NOTE NEW TIMES</b>
Intermediate Norwegian	Every Tuesday	<b>**4:30 pm</b>	
Christmas Social Hour	Dec 19	2 pm	Viking Lodge, meet for drinks and set up your goodies..
Christmas Family Potluck	Dec 19	3 pm	Viking Lodge, Time to start the feast!
Fish Fry	Feb 12th, 2022	<b>2 pm</b>	Viking Lodge, Details in later editions
Fjellheim Winter Tea	Sat March 12, 2022	<b>2 pm</b>	Details next year!! Save the date.
Frokost	Sun April 24, 2022	<b>11 am</b>	Details next year!! Save the date.



### Christmas Tree and Hall Decorating

December 1, 2021

10:00 a.m.,

We will have lunch after we deck the halls and then there will be the December Board meeting @ 2:00 p.m.

Come and join in the fun.

~~Potluck and Cards~~ The Card Social has been postponed until Tuesday February 1, 2022 . Please join your friends on the first Tuesday in February for a pot luck lunch followed by cards. See you then!

**Cooking Club** Nothing is planned for December but we will restart Cooking Club activities in 2022.

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

**Christmas Potluck**  
December 19, 2021 @ 2:00 pm

The Jule Nisse have been working very hard these past few months! On behalf of the lodge, thank you for all your hard work. We hope this event will provide a maximum amount of fun with a minimum amount of work! Expect lots of Christmas cheer!

We do need reservations. Please call Kathie @ 719-229-9289 and tell her what you are bringing. See Flyer on front page for details.



### Heritage Meeting Potluck

@ Dec 8th 6 pm

Yes we are starting a little bit early to get our goodies out and socialize a bit before we eat See you all at the Viking Hall . Remember a little earlier 6 pm. **God Jul**



## *Sunshine Report*

### *December 2021*



*Happy Birthday and Happy Anniversary* to all who are celebrating these special occasions during December 2021. *Merry Christmas and Happy New Year!*

*Elaine and John Larson* just celebrated their 50th wedding anniversary. Congratulations and many more wonderful years together!

*Carol Eacker* has been battling a leg/skin/bone infection in her leg. She has been through hospitalization, rehabilitation, and now, is at home while she continues to recover. Carol reports that she is healing well and getting her energy back. Keep her in your thoughts and prayers.

*Dean and Brenda Tollefson's son, Timothy L Tollefson*, 64, passed away Friday, November 12th from a sudden heart attack. Dean and Brenda thank us for the special attention that was given to their thoughts and feelings when he picked up his Lutefisk dinners on the 13th. Our thoughts and prayers go to Dean, Brenda, and their entire family. To convey your personal sympathies, send cards to them @: 1110 McArthur Ave, Colorado Springs, CO 80909-4022.

*Our thought for December is particularly true for Christmas morning: The best way to make your dreams come true is to wake up.* — Paul Valery, French Poet



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

## December President's Corner

Our November events were a great success thanks to all our wonderful volunteers. The lodge has planned more festivities in December to get us in the Yuletide mode and is planning more events for the winter months in 2022! Please check the calendar for more details of all the upcoming events.

Merry Christmas to all, and to all a wonderful New Year! *Becky*



### Volunteer Hours for 2021

Please submit the fraternal and community hours you worked in 2021 so they can be counted and submitted for the **Lodge of the Year** report. Submit them to [KRavnaas@q.com](mailto:KRavnaas@q.com) or call me @ 719-390-0621. Thank you very much!!

(If you signed any event work sheet, do not include here)

### Calling for 2021 Photos

During the past year, many of you have taken pictures on your phone. Please go through your photos, find the very best ones, and send them to me @ [KRavnaas@q.com](mailto:KRavnaas@q.com) for inclusion in the 2021 History Book.

Tusen Takk!



## SKI FOR LIGHT

47<sup>th</sup> Annual Cross Country ski event January 30-February 6, 2022

### WE NEED YOUR HELP AT DENVER INTERNATIONAL AIRPORT ON JAN 30 AND FEB 6, 2022

**The mission of Ski for Light is to enhance the quality of life and independence of visually or mobility impaired adults through a program of cross-country skiing.**

**On Jan 30,** We help vision impaired skiers get their luggage and assist them to a meeting area.

Some have dogs that need to be walked to the dog relief area.

Some will want to get something to eat or go to rest rooms.

When the buses arrive, we help them and their luggage to the bus.

**On Feb 6,** when the buses arrive, we get them and their luggage checked in.

Some will need help getting to their gates.

Some leave later in the day and we will help them the same as we do on Jan 30.

**This is a very heartwarming volunteer event to do, so if you are interested in helping please contact Joann Kison at [jkison@comcast.net](mailto:jkison@comcast.net) or 970-581-2348**

**[www.sfl.org](http://www.sfl.org) – has a short video about the event at the YMCA Snow Mountain Ranch**



## Fjellheim Lutefisk and Meatball Dinner—November 13, 2021

Fjellheim had a very successful traditional Lutefisk and Meatball Diner this year. Given the delivery problems lately we were glad to hear that Olsen Fish Company in Minneapolis, Mn was able to fill our order for lutefisk, lingonberries and herring **but** they were not able to guarantee on time delivery to Colorado Springs. Without hesitation, **Terry Mapstone** and **Mike Johaneson** decided to be the lutefisk delivery drivers. A one day drive to Minneapolis and one day drive back did the trick. What a 'lutefisking' adventure!

In preparation for the event, we had been making **lefse** since August and more recently, baking and boxing **cookies**. The week before the dinner, the kitchen crew **worked** long and hard to prepare the feast. The **fish** was cut, bagged, and baked, **potatoes** were peeled and cooked, **gravy** was made, **meatballs** and **vegetables** cooked and **riskrem** by the gallons was made. And **coffee**, lots and lots of coffee was prepared. The Viking Hall looked **beautiful**! The **Viking Sisters** sale, bake sale, lefse, fish, lingonberries and herring sale and reservations went smoothly. Good planning and preparation were evident. **Cleanup** after such an event is big and messy but was tackled head on by a seemingly tireless group.

Never underestimate the energy and determination of **volunteers**! [Thank you and kudos to our workers!](#) Mike, Terry, Lois, Carol, Kathie, Jessica, Becky, Sharon, Carol, Karen, Norm, Pat, Joan, Sue, Margrethe, Paul, Ruth, Dean, Jerry, Cathe, Jerry, Ginny, Cleo, Eileen, John, Norm, Cindy, Nancy, Linda, Bev, Leonard, Max, Newell, Ken, BJ, Kerry, Sara, Annastacia, Dave, Phil, Cheryl, Jan, Kathy, Mark, and Randy.



Left: Our Fearless Lutefisk Bakers: David Haugen, Mike Johaneson and Phil Cable!

Below Center: At the register, Margrethe Smith and Karen Ravnaas

Right: Carol Hackett and Kathie Godsil getting ready to work the serving line



Left: Kristi (Valdres bunad) and Rick Brindle

Bottom Left: Lois and Ken Halvorson

Bottom Center: Orlin Knutson (Swede) and family happily anticipating the Lutefisk Dinner



Bottom Right: Martin and Jon Hefta keeping out of trouble for a moment.

Above Right: Viking Sisters sales booth, wo-manned by Cleo Allgood and Ginny Johnson





# TROLLHEIM CHRISTMAS FAIR—FJELLHEIM LEFSE SALES

A group of intrepid souls ventured up to Lakewood on Nov 5th and 6th to sell Lefse at our sister Lodge Trollheim at their annual Christmas Sale. We did pretty well (selling close to a hundred packages each day) and we all had a good time. Shoutout to Becky Tamblyn who arranged our table with Bev Moe. And thanks to all the volunteers Karen, Lois, BJ, Kathie, Kerry, Carol, Newell, Terry, Bev and Leonard who traveled north to sell our wares. We also sold some Lutefisk Dinner Tickets at the fair and found a few new Fjellheim potential members. So all in all a good advertisement for the lodge. BTW we stopped at the 'Taste of Denmark' Bakery on the way back Friday. Not a bad way to end the day! Ready for next year?



Editors correction from last month:  
**Cleo Allgood** accepted the 15 year  
certificate for her grandson **Austin  
Allgood**.

## The Colorado Springs Saxophone Quartet was a SMASHING SUCCESS

The group was our cultural event for the November Heritage meeting. The group's music was very well received by all the attending members. So much so, it was hard to get enough attention from our members off the music to get our officers finally properly elected for next year. But we got'er done. Thanks again to *Jean Hagen Luce* who continues to find excellent cultural and educational events to liven up our Heritage meetings.



## December Birthdays

Einar J Wulfsberg	Dec 2
Marlys A Meagher	Dec 6
Lynn Rice	Dec 6
Harvey William Bucholtz	Dec 7
Rosanne M Foresman	Dec 7
Ellen Hardy	Dec 7
Debra Nau	Dec 7
Shirley Jean Stilley	Dec 9
Ellen K Barry	Dec 10
Donald C Ankley	Dec 11
Beverly Ann Beasley	Dec 12
Jerry W Maines	Dec 13
Rita Marie Bucholtz	Dec 14
John H Peterson	Dec 17
Brenda Bostow	Dec 22
Bjorg Mapstone	Dec 25
Kathlyn J Steinke	Dec 26
Caren A Alvestad	Dec 27
Joan Diane Dacus	Dec 30
Cheri Ann Hughes	Dec 30

## Heritage and Youth

Liam Schneider	Dec 2
Margaret Suntken	Dec 9
Trond Ostrem	Dec 17
Mason Allen	Dec 22



## FJELLHEIM - 2021 OFFICERS

### Board of Directors

President	Becky Tamblyn	271-3631
Vice-President	Kerry Hefta	
Counselor	Kerry Hefta	266-9429
Secretary	Randi Babcock	377-0336
Treasurer/Finance	Terry Mapstone	351-5644
Membership	Kathie Godsil	266-9592

### Program Directors

Sunshine	Karen Ravnaas	390-0621
Cultural Coordinator	Jean Luce-Hagen	661-7667
Social Coordinator	Kathie Godsill	266-9592

### Support Officers

Greeters	Lois Halvorson Cleo Allgood	632-6003 598-1982
Marshall	Leonard Beasley David Haugen	471-1801 599-0810
Editor	Kerry Hefta	266-9429
Web Page & Facebook	Randy Johnson	260-7028
Musician	Sonja Gund	473-9588
Publicity	Eunice Bluhm Randy Johnson	351-3554 260-7028
Librarian	Sonja Gund	473-9588
Viking Sisters	TBD	

### Committees/Special Activities

Auditors	Dean Tollefson Ole Bakken Sara Berge	473-1110 632-3892 495-2134
Financial Benefits	Kendall Kjerstad	605 939-1714 or 970-697-1114

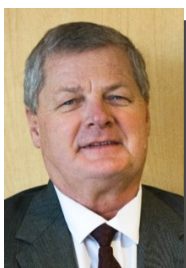
### Fjellheim Management Corporation (FMC)

Directors	Karen Ravnaas Jeff Calvin Paul Wiig Jerry Maines John Larson	390-0621 331-8575 596-6159 282-0253 570-0043
Trustees	Terry Mapstone Jerry Johnson	351-5644 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  
[mbingvoldst@aol.com](mailto:mbingvoldst@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

