

The Fjellheim Flammen



Fjellheim Lodge 6-107

Sons of Norway

1045 Ford Street, Colorado Springs, CO 80915

719 574-3717

www.sonsofnorwaycs.com

APRIL 2023

Volume 41 Issue #02

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.

Inside this issue:

Frokost and 50 yr anniversary Info	1
Frokost Reservation Form	2
Calendar and Lodge Events	3
Sunshine, Pres Corner, Cultural Corner,	4
Winter Tea photos, recap	5
Upcoming Zone 8 and District 6 events and info	6
Birthdays	7

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

6:30 pm

Viking Hall, 1045 Ford Street

Send Articles to :

Kerry Hefta
khefta@comcast.net

Deadline for the May Issue is April 20th

FROKOST is on April 16th? Are you ready
Reservation form is on Page 2



"SAVE THE DATE" Sept 16th, 2023

For the Fiftieth Anniversary of the founding of the Fjellheim Sons of Norway Lodge Celebration

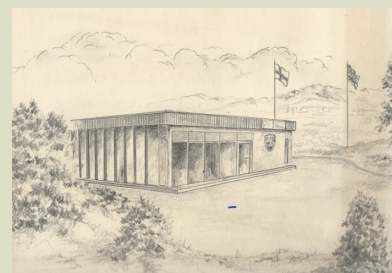
The 50th anniversary celebration is now being planned for the 16th of September 2023. Details are still pending.

A formal invitation will be forthcoming to all members and special guests. We hope that you will *save the date* and join us for this special celebration.

If you have any great ideas for this event or just want to assist with the planning for this event please feel free to attend the planning meetings scheduled for the following Wednesdays Apr 5, May 3 and June 7th all starting at noon and at the Lodge.

Questions can be directed to the planning committee chairman, Steve Hermanson, at **719-520-0303** or at **ubetcha@reagan.com**.

See you all in September, this will be fun!



Fjellheim's Annual Frokost

(an authentic Scandinavian buffet)



Let's celebrate Spring!

Fjellheim Lodge

Viking Hall, 1045 Ford Street

Colorado Springs. CO 80915

Sunday, April 16, 2023

Two Seatings @11am and @ 2:00 pm



Your Name: _____

Phone Number: _____ E-Mail: _____

Please include your phone and e-mail in case we need to contact you. Thanks.

Frokost Reservations: Seating is Limited

Circle Preferred Seating Time: @11am or @ 2:00 pm

	Number Attending	Cost	Total
Members		X \$22.00 = \$	
Guests-Non-members		X \$25.00 = \$	
Student – age 10-16		X \$10.00 = \$	
Under 10		X \$ 0.00 = \$	
		Total = \$	

Payment Option (Check the circle to indicate your choice):

☐ Check: Make out to **Sons of Norway** and mail the form and your check to:

Karen Ravnaas, 5295 Water Dipper Rd, Colorado Springs, CO 80911-3479

☐ Cash: pay at the door.

NOTE: Mail reservations to arrive no later than **Tuesday, April 11, 2023.**

After that date, call Karen @ 719-390-0621 for space availability and registration.

NOTES/Special Requests:

Fjellheim Event Schedule for Spring 2023

Event	Date	Time	Place
50 th Anniversary Development Group	Wed Apr 5, May 3, June 7th	Noon	Viking Lodge, Open to all interested parties
Board Meetings	Wed: Apr 5, May 3, June 7th	2 pm	Viking Lodge
FMC Meeting	Wed: Apr 12, May 10, Jun 14th	5:30 pm	Viking Lodge, note earlier time
Heritage Light Supper	Wed: Apr 12, May 10, Jun 14th	6:30 pm	Viking Lodge, We'll eat and socialize first!
Heritage Meetings	Wed: Apr 12, May 10, Jun 14th	7:00 pm	Viking Lodge, Business and Cultural meetings begin
Card Social and Potluck	Tues: Apr 4, May 2, Jun 6th	12:30 pm	Viking Lodge
Advanced Norwegian	Tues: Apr 4, Apr 11, Apr 18 and Apr 25	3:30 pm	Viking Lodge—email Erik Tjelmeland: norsk75usa@gmail.com
Beginning Norwegian		5:30 pm	
Intermediate Norwegian		4:30 pm	
Cooking (and Eating) Club	Sat April 1st	9:30 am	Viking Lodge .. Klubb, Kumla, Raspeballer or whatever you call it, it's potato dumpling time.
Rosemaling	Sat Apr 8	11 am to 3 pm	If you are interested in attending please call instructor Cindy at (719)-330-1275 or BJ at (719)-440-3992
Lefse Baking	Tuesdays : April 4, 11 and 25, May 2, 9, 16, 23 and 30, and maybe June 6 and 13	9 am	Viking Lodge
Frokost	Sun: April 16	11 am and 2 pm	Viking Lodge, Reservation Form page 2
Syttende Mai Fest (Celebration)	Sat May 20	Noon to 5 pm Parade at 12:30 pm	Hosted by Fjeldalen Lodge Sterne Park, 2001 W Shepperd Ave, Littleton CO Flyer on page 6.
Fjellheim Annual Picnic	Sat Jun 17	Noon	Bear Creek Park, Info next month
Estes Park Scandinavian Festival	Fri –Sun, June 23-25	Fri: 4-6 pm Sat: 9:30 am - 6 pm Sun 10 am-4 pm	<i>Bond Park, Downtown Estes Park, Co</i>
Fjellheim's 50th Anniversary Celebration	Sat Sept 16th	3 pm –7pm	<i>Viking Hall, Happy Hour, Catered Dinner, Music and Dancing</i>

Ready to Roll?

Most Tuesdays in April and May at 9 am (except for April 18th) and continuing until we have made enough! See you there!



Potluck and Cards Tuesday Apr 4, 2023

Please join your friends on the first Tuesday in February for a potluck lunch followed by cards. See you then!

Any questions call Ginny at 719-495-0253.



Cooking Club

Klubb, Kumla, Raspeballer or whatever you call it, it's potato dumpling time.

April 1st (no kidding) at the lodge
9:30 am to 12:30 (or until we are done!)
We'll stay and eat the results!

Let Kerry (719-651-3677) know if you plan to attend so we have enough ingredients.



Rosemaling is Apr 8, 11 am to 3 pm If you are interested in attending please call our instructor [Cindy at \(719\)-330-1275](tel:719-330-1275) or [BJ at \(719\)-440-3992](tel:719-440-3992) to get any change to 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.



Sunshine Report — April 2023



Happy Birthday and Happy Anniversary to all who are celebrating these special occasions during April 2023. *Happy & Blessed Easter! Watch out for April Fool's Day—don't let anyone 'get' you!*

Ole and Joan Bakken are recovering from COVID and are self-isolating in the public areas here until we can stop coughing, etc."

Marje and Rodger Erickson: On Mar 2, Marje reports that she is recovering following back surgery, making progress, and surgery was a success. She says her sweet Rodger is doing well, and he's happy and cheerful. They would love to see any of you.

Randy Johnson has been diagnosed with terminal cancer and a series of blood clots. He can be reached by calling 719-260-7028 and his address is 945 Big Valley Dr, Colo Spgs, CO 80919-1008. He is welcoming calls, cards, and visitors, but call first as he gets very tired.

Lois Halvorson is recovering from a fall and injured an ankle, which is swollen, greenish/yellow, and very slowly healing. Get better soon, Lois.

Please keep these our members in your thoughts and prayers.

April quote: "It's spring fever. That is what the name of it is. And when you've got it, you want - oh, you don't quite know what it is you do want, but it just fairly makes your heart ache, you want it so!" - Mark Twain

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



Charter Members are definitely looking forward to the Lodges 50th Anniversary!

Left: Inger Pappas and Sissel Disbrow at the 2023 Fish Fry. Both are charter members of the Fjellheim and have been faithful members and volunteers for 50 years. Cheers to them!

CULTURAL CORNER

In April, two newer members, sisters Janice and Faye Rostvit, who are gospel singers will be performing for us at our Heritage Meeting on April 11th

Note: They've been attending the language classes regularly and have some great stories to tell about their families immigration from Norway to near Hibbing MN and some interesting lumbering tales too.

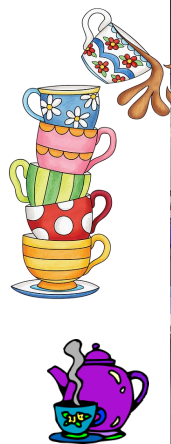
APRIL PRESIDENT'S CORNER

Happy April and Easter to all Members. We had a successful Winter Tea in March and now we are planning for Frokost in April. Whether volunteering or attending each events helps us continue to provide events and activities to share our culture.

With the coming spring many of us are looking forward to getting out the house more and socializing. Speaking of which, lefse baking is Tuesdays starting March 28th at 9 am and then continuing most Tuesdays through April and May. We'd love to see you there. Thanks for all you do to keep the Lodge successful.

Fraternally, Becky J





The Colorado Springs Saxophone Quartet (plus a cello) jazzed up everyone. Their music provided an excellent background for the event. Above middle is their leader, with his trusty saxophone. Note: there's video of some of their performance on the Fjellheim Facebook page.

[Fjellheim Lodge, Sons of Norway, Colorado Springs | Colorado Springs CO | Facebook](#) and more pictures

Above Right: Eileen Larson checking out the tables before the event and liking what she's seeing.

Left: Two guests enjoying each others company at the Tea

Below: Cynthis Pechacek at her pink and blue decorated table

RECAP AND PHOTOS FROM THE WINTER TEA

We sold out the week before! All 16 tables were full. Everyone had a wonderful time, with tasty food, sixteen beautifully decorated tables, good companionship and of course TEA!! There were lots of compliments on the Peach Tea! Everyone had a very enjoyable afternoon.

KUDOS to the Winter Tea team led by Kathie Godsil and to all those who worked to make this event a success.

Bottom Right: Our glorious hostesses, Thanks to all of our hostesses for all your creativity and design. Everyone's table was beautiful and unique
Below: A sample of the different table settings to be found!



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



SYTTENDE MAI CELEBRATION

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



Saturday, May 20, 2023

12:00 noon to 5:00 pm

Parade Starts At 12:30

Hot Dog Line Opens After Parade

Donations of \$20 for adults, Children 12 and under \$5
Please RSVP to publicity@fjelldalen.com by May 15th, You
can send a check to Fjelldalen Lodge % Don Speas, 6392 S
Reed Way, Littleton CO 80123, or pay as you sign in,
or use "ZELLE" to treasurer@fjelldalen.com

Join us at Sterne Park, 2001 W Shepperd Ave, Littleton CO
80120 (South Shelter). Go South on Bemis St off
Littleton Blvd to Shepperd Ave, turn East. Look for the
Norwegian Flag and Fjelldalen's canopy.

Bring your lawn chairs so we won't be crowded.
Please RSVP to publicity@fjelldalen.com so we have
a good count on how much FOOD to get!!!!



Menu

Pølse
(Hot Dogs)
Lefse
Røkt laks
(Smoked Salmon)
Potetsalat
(Potato Salad)
Syltet sild
(Pickled Herring)
Geitost
(Goat Cheese)
knekkebrød
(crispbread)
Hjerte Vaffer
(Heart Waffles)
Tyttebær
(Lingonberries)
Iskrem kjegler
(Ice Cream Cones)
Kaffe
(Coffee)
Limonade
(Lemonade)

Zone 8 Syttende Mai Picnic

Get ready to celebrate the biggest national holiday in Norway with Fjelldalen Lodge. The event provides an excellent opportunity to wear a bunad (Norwegian national Costume) or Norwegian sweater if you have one. If you don't you can admire the many types of bunads and sweaters in the bunad parade. Of course, you can still participate in the parade without either one and shown in the above photo!



The Denver area attracts many native-born and Norwegian Nationals so it's great to get a chance to meet and celebrate with them.

Please contact the Fjelldalen reps before going so they have enough food. The rumor is that they ran out last year. (That means it's popular!)

Contact Kerry Hefta for carpooling coordination 719-651-3677

District Six Camp Norge

Fjellheim Lodge is designated as part of District Six which includes Colorado, California, Nevada, Arizona, Utah and New Mexico. All of Colorado is in zone 8 of District Six. Camp Norge is the California Sierras and provides MANY cultural activities. Below is some of Camp Norge's upcoming events and information. More info can be found at this website: <https://sofn6.org/arv> or [Norske Arv Programmer | Norwegian Heritage Programs \(sofn6.org\)](https://sofn6.org/arv)

Syttende Mai Celebration RSVP

Saturday May 20, 2023 at 12:00

Name: _____ Phone: _____

Address: _____

City/State/Zip: _____ Email: _____

of Adults @ \$20.00 ea. _____ # of Children @ \$5.00 ea. _____ Total Enclosed \$ _____

RSVP by May 15, 2023 Please make checks payable to: **Fjelldalen Lodge**
Or "ZELLE" to treasurer@fjelldalen.com



DISCOVER CAMP NORGE

Looking for a fun summer getaway?

Known as the "Gem of the Sierras," Camp Norge is the best kept secret for District 6 Sons of Norway Members.

The 50 acre camp is located right off of I-80 just 60 minutes from both Sacramento and Lake Tahoe.

House, Dorms & Cabins
\$25/person

RV Sites
\$30/RV

Tent Sites
\$20/tent

Swimming pool & horseshoe pit onsite. Plus nearby hiking & fishing.

Two halls that can seat up to 100, with commercial kitchens.

A great place for weddings, retreats & family reunions!

BOOK YOUR STAY TODAY!

Call 530-389-2508
www.campnorge.org



MEMORIAL DAY

At Camp Norge

Join us for a fun & relaxing weekend!

MAY 26-29

Swimming | Hiking | Campfire | Axe Throwing | Pickle Ball

STAY

Choose from: Main House, Dorms, or Cabins - or bring your RV or Tent
Call 530-389-2508 to reserve your spot

DETAILS

Come for the day or the whole weekend
Tons of fun activities to choose from for all skills and abilities
Meals provided or on your own
Open to all Sons of Norway District 6 members & families

REGISTER FOR MEALS

campnorge.org/site/memorial-day
Deadline to register for meals 5/19/23



April Birthdays

Tyrone L Steen	1
Kristine H Brindle	3
William M Meagher	5
Kenie L Simpson	8
Joan Ruth Magee	9
Jane E Johnson	11
Cynthia A Snell	11
Melanie Berg	15
Norman Pechacek	16
Jennifer J Forbes	22
Arthur Arens	24
Erik Tjelmeland	24
Marjorie E Erickson	27
Sheila P Eskridge	27
Randy M Johnson	27
Carlton (Jerry) Johnson	30

Heritage and Youth

Kolben Erdal Barney 2



QUICK Norwegian Language Lesson

When meeting people	Pronunciation	English
God dag!	goo dagh	Hello (good day)!
God kveld!	goo kvelh	Good evening!
Morn!	morhn	Hi! (informal)
Hyggelig å treffe deg!	hee-geh-lee oh treh-feh-dai	Nice to meet you!



Kendall Kjerstad
Financial Benefits
Counselor

Cell: (605) 939-1714
Office: (970)-697-1114



FJELLHEIM - 2022 OFFICERS

Board of Directors

President	Becky Tamblyn	719-271-3631
Vice-President	Kerry Hefta	719-651-2677
Counselor	Kerry Hefta	719-651-3677
Secretary	Karen Ravnaas	719-390-0621
Treasurer/Finance	Terry Mapstone	719-351-5644
Membership	Kathie Godsil	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	Hazen and Sonja Thomas	719-475-0429
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

Committees/Special Activities

Auditors	Sara Berge	719-495-2134
	Cynthia Pechacek	719-574-1939
Financial Benefits	Kendall Kjerstad	605 939-1714 or 970-697-1114

Fjellheim Management Corporation (FMC)

Directors	Newell Nesheim	1-720-202-3161
	Karen Ravnaas	719-390-0621
	Paul Wiig	719-596-6159
	John Larson	719-570-0043
	K. Max Canestorp	719-685-4583
	Norman Pechacek	719-574-1938
	Cynthia Pechacek	719-574-1939

Trustees	Terry Mapstone	3719-51-5644
	Jerry Johnson	719-495-0253

Colorado Zone 8 Director Diane Molter 303-288-6014

GRNBViking09@live.com
zone8@sofn6.org

District 6 President

Lis Barca
president@sofn6.org

Sons of Norway International Board Luella Grangaard

luella.grangaard@sofn6.org

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

Nanette Walker Smith, Consultant #746504
719-464-7466 * n_w_smith_24@outlook.com

pampered|chef

INDEPENDENT CONSULTANT

<http://tinyurl.com/nws-pchef>

www.pamperedchef.com > Nanette Walker Smith



207 Whisper Lane
Grand Junction, CO 81503

Kendall Kjerstad
Financial Benefits Counselor

kjerstadkendall@yahoo.com
www.sonsofnorway.com

Business 970-697-1114
Cell 605-939-1714