

The Fjellheim Flammen



Fjellheim Lodge 6-107

Sons of Norway

1045 Ford Street, Colorado Springs, CO 80915

719 574-3717

www.sonsofnorwaycs.com

Juni 2023

Volume 41 Issue

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

Viking Hall, 1045 Ford Street

Send Articles to :

**Kerry Hefta
khefta@comcast.net**

Deadline for the August Issue is July 20th



Summer Picnic Bear Creek Park



Southeast Corner of 21st St and West Rio Grande

June 17, 2023 (A Saturday this year) @ 12:00 Noon

Potluck picnic so bring your favorites: casseroles, meats, side dishes, buns, desserts, chips, dips, etc.

Lodge will provide drinks, plates, and hardware.



**Join us for a time of fun, fellowship, and relaxation.
Please call Karen Ravnaas @ 719-390-0621 for a headcount
and to reserve your place on the bench!**

Fjellheim Event Schedule for Summer 2023			
Event	Date	Time	Place
Cleo Allgood Memorial Service	Fri, May 26th, 2023	10 am	Shrine of Remembrance, 1730 E. Fountain Boulevard
Reception following Cleo Allgood's Memorial service	Fri, May 26th, 2023	Noon	Viking Lodge
Rosemaling	Sat May 27th	11 am to 3 pm	Viking Lodge Please call Cindy at (719)-330-1275 or BJ at (719)-440-3992 to confirm
Lefse Baking	Tuesdays : May 30, June 6 and 13	9 am	Viking Lodge
50 th Anniversary Development Group	Wed June 7th, Aug 2nd	Noon	Viking Lodge, Open to all interested parties
Board Meetings	Wed: June 7th, Aug 2nd	2 pm	Viking Lodge
Randy Johnson Memorial Service	Fri, June 9th	11 am	Front Range Alliance Church, 5210 Centennial Boulevard
Lefse Sales at Colorado Springs Farmers Market	Sat starting June 10th	7am to 1 pm	Bancroft Park
FMC Meeting	Wed: Jun 14th, Aug 9th	5:30 pm	Viking Lodge, note earlier time
Heritage Light Supper	Wed: Jun 14th	6:30 pm	Viking Lodge, We'll eat and socialize first!
Heritage Potluck Salad Supper	Wed Aug 9th	6 pm	Viking Lodge
Heritage Meetings	Wed: Jun 14th, Aug 9th	7:00 pm	Viking Lodge, Business and Cultural meetings begin
Card Social and Potluck	Tues: Jun 6th, Aug 1st	12:30 pm	Viking Lodge
Advanced Norwegian	Summer Vacation! See you in September! (Sommerferie! Vi sees i september!)	3:30 pm	Viking Lodge—email Erik Tjelmeland: norsk75usa@gmail.com
Beginning Norwegian		5:30 pm	
Intermediate Norwegian		4:30 pm	
Fjellheim Annual Picnic	Sat Jun 17	Noon	Bear Creek Park, see Flyer page 1
Estes Park Scandinavian Festival	Fri –Sun, June 23-25	Fri: 4-6 pm Sat: 9:30 am - 6 pm Sun 10 am-4 pm	Bond Park, Downtown Estes Park, Co
Fjellheim's Fiftieth Anniversary Celebration	Sat Sept 16th	3 pm –7pm	Viking Hall, Happy Hour, Catered Dinner, Music and Dancing
Viking Fair	Sat Oct 21	9 am to 2 pm	Viking Hall



Ready to Roll?

Lefse Baking is Tuesdays May 30th and June 6th and 13th at 9 am.

Potluck and Cards

Tuesday June 6th and Aug 1st 2023

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

Any questions call Ginny at 719-495-0253.



Viking Fair will be here before we know it.

Please save the date—October 21–3rd Saturday of the month. There will be plenty of fun, food, vendors with many unique items, raffles, crafts, Nordic heritage items, a beautiful Scandinavian venue and much more. If you are downsizing and have items to donate for our raffle or heritage tables, please let me know (Eunice Bluhm -phone 719 351-3554) or bring along to Viking Hall when you come for an event or meeting.



Rosemaling is May 27, 11 am to 3 pm If you are interested in attending please call our instructor **Cindy at (719)-330-1275** or **BJ at (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 — June 2023



Happy Birthday and Happy Anniversary to all who are celebrating these special occasions during June 2023. *Happy Father's Day* to our Dad's, wishing everyone a good Sankt Hans Aften, and enjoy the beginning of summer. See you at the picnic on Saturday, June 17th.

Cheri Hughes: Eunice reports that Cheri was diagnosed with cancer early this year. She has received radiation and chemotherapy and is expecting good outcomes from her treatments. Please send up thoughts and prayers for her as she heals and recuperates at home.



Randy Johnson passed away May 4, 2023. Please see the memorial page for additional information.

Cleo Allgood passed away May 10, 2023. Please see the memorial page for additional information.

Please keep their families in your thoughts and prayers.

Thought for June: "A father is neither an anchor to hold us back nor a sail to take us there, but a guiding light whose love shows us the way." — Marie Osmond

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

SOME THINGS ABOUT VIKING FAIR

Would you like brunch?
There'll be lots to munch.

Do you like surprises?
The raffle could bring lovely prizes.

Do you want to see crocheting and all kinds of handworks?
Go to vendors' tables for bunches of perks.

Do you like to bake?
Perhaps you could bring a cake.

Collections are fun.
Do you have one?

Do you want to find a sweet treat?
There's always something tasty to eat.



Are you looking
For new and traditional equipment for cooking?

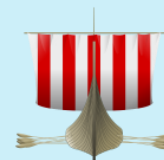
Do you have a friend who needs a lift?
A card, ornament or jewelry could make a nice gift.

Do you know
Nordic hats and sweaters are knitted, just so?

Do you want to see a unique painting or craft?
Come to the Fair—it's really a blast!

Eunice Bluhm

(For more details about Viking Fair please come to future monthly meetings or leave message at 351-3554, local number—Eunice)



JUNE PRESIDENT'S (AND CULTURAL) CORNER

Happy June everyone, summer is officially starting. We start selling lefse at the Bancroft Park Farmers Market most Saturdays starting June 10th throughout the Summer. We need volunteers to set up, sell and tear down. We did quite well last year and enticed a few new members so we'll try it again this year. We're continue to make lefse at the lodge for at least the first two Tuesdays in June as well. You might want to volunteer or you might just want to show up and enjoy the Farmers Market with us.

Jean is planning a show and tell cultural event for the June Heritage Meeting. So if you have something related to Norway that you believe would be up interest for other members please bring it along on June 14th. This could be crafts, music, photographs or genealogies or something we haven't thought of yet. Please share your Norwegian knowledge with us on June 14th.

The lodge is planning the 50th anniversary dinner for Sept 16. Details will be out soon. Members please keep the date on your calendar.

Fraternaly, Becky T, Fjellheim Lodge President





Bunads of Norway— Text and Picture from SOFN.com website

Bunads are garments worn for Norwegian celebrations and holidays such as weddings, baptisms, graduation, confirmation and May 17th, Constitution Day. Many perceive these folk costumes as following a rigid set of standards based on ancient tradition, when in fact, bunads as they are today have only been around for 100 to 150 years.

Origins

Some of these garments emerged from the Norway's romantic nationalism movement of the late 1800s. In the case of several bunads, writer [Hulda Garborg](#) and folklorist [Klara Semb](#) were driving forces, traveling around the countryside, encouraging makers to plumb the history of their region's textiles and costume traditions to create designs.

Other bunads were constructed by committee, backed by painstaking research and clothing scraps sourced from museums, archives and the attics of great-grandmothers. Very few of these costumes predated the national romantic movement. Most of them came after 1900 and even after 1960. So, while the bunads give a nod to Norway's past, some of the traditions are decades, rather than centuries, old.

Creators and Makers

The creators of women's bunads were almost always women, who spent hours, months and years of their lives to create a garment that best represented their region, their forbears and the sewers who poured their ingenuity and skills into this wearable art. Researching and designing reconstructed garments was generally unpaid labor and the researchers often paid out of pocket to move the project forward. Men's bunads were developed in the 20th century with both men and women driving the designs.

In the 20th century, it was common to have a family member sew your bunad, or hire an expert sewer from one of the many Husfliden shops around the country. The dawn of the internet meant that cheaper ready-to-wear bunads sprang up in online shops, stirring up controversy about what counts as a bunad. Still, the prevailing preference is for hand-bespoke quality tailored to a person's physique and meant to be passed down as a family heirloom. As a person is unlikely to stay the same size throughout their life, extra fabric is hidden in the seam allowances, so that alterations can be made throughout a person's life.

Relationship status

Much like a person's Facebook relationship status today, it is easy to tell whether a woman is single based on details of her bunad. In some areas, a married woman's accessories become duller in color—her stockings may go from flashy red to black — or her hair is covered by a scarf or cap. In certain regions, a married woman's elevated status is expressed by more sparkle—the addition of major jewelry like an elaborate belt, or a fine silk blouse. Men's bunads don't tend to indicate marital status.

Authenticity

Oftentimes people look for the “most-authentic” version of a bunad and all the exact accessories to match. The truth is that these costumes are frequently inherited, as are the shoes and silver. A bunad or brooch that you received from a family member is going to carry special meaning, so it is entirely appropriate to wear mismatched jewelry if there is sentimental value. These traditional garments do offer some flexibility within each region, such as choice of color, cap style, as well as jewelry and scarf variants.

Bunads are classified into different [categories](#) by the [Norsk Institutt for Bunad and Folkedrakt](#) (Norwegian Institute for Bunads and Folk Costumes), the government body with authority on national costumes. The [categories](#) tell you about their history and how “authentic” each bunad is considered:

Category 1 — Represents an unbroken tradition from historical folk costume to bunad status – under 20 bunads are in this category

Category 2 — Nearly unbroken tradition, clothing went out of use but was re-created based on existing historical garments— about 10

Category 3 — Reconstructed bunads based on clothing and pictures sourced from the region – around 70

Category 4 — Bunads made of random or incomplete historical materials. Remainder of the pieces are designed to match the style of the period – about 100

Category 5 — Free compositions – completely or partially new designs – 10-20 and growing

As new folk costumes are created, the Norwegian Institute for Bunads and Folk Costumes classifies whether they follow regional traditions closely enough to be considered a bunad. If the garment is a total departure, it is given the title “drakt,” or folk costume.

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Sons of Norway's new [Bunad Map of Norway](#) is a tribute to the largely unsung bunad makers, who brought forth the traditions that are so revered today.

Editors note: : Check out this map above on the SOFN.com website, it's not a complete list but it gives you a good idea of the variety for each region.



In Loving Memory...
Cleo B. Allgood
September 3, 1934 - May 10, 2023



Cleo B. Allgood, 88 years old, passed away on May 10, 2023. Cleo was born on September 3, 1934, to Carl Lunde and Betzi (Lysne) Lunde in Rugby, ND. She grew up in North Dakota in Silva and Rugby. On June 15, 1958, she married Gerald D. Allgood in Silva, ND. She was a resident of Colorado Springs for 37 years and was an Army wife for 30+ years. She was a Registered Nurse.

Cleo was a member of Christ The King Lutheran Church. She attended Rugby High School and graduated in 1952. Cleo attended and graduated from Trinity Hospital School of Nursing in 1955. Cleo was a member of many organizations including Gold Star Moms; Red Hat (Ladybugs); White Rose – Daughter's of the Nile; Sons of Norway; American Legion Auxiliary; Sunrise Republican Women; New Book Club and NPRN (non-practicing registered nurses).

“Cleo is the strongest, most courageous person I have been privileged to know. During the saddest, most heart-rending experience a parent can know, she demonstrated those attributes with dignity, style, and grace. She set an example for all of us. In addition, she was exemplary in her care and service to others as well as bringing sunshine in her smile and embrace. She touched many hearts, and we are richer for having known her.” (Thank you, Ole, for sharing this sentiment.)

She is survived by her children: Becky (Rob) Houston, Bradley (Paula) Allgood; daughter-in-law Jane Allgood; grandchildren: Erin (Zach) Fields, Taylor (Rachel) Houston, Wyatt (Olivia) Allgood, Travis Allgood, Abby Allgood, and Austin Allgood; and great-grandchildren: Nora, Luke, and Jack Fields, plus many nieces and nephews. She was preceded in death by her husband COL Gerald D. Allgood (USARet.), son COL Brian D. Allgood (KIA), and her parents and 10 siblings.

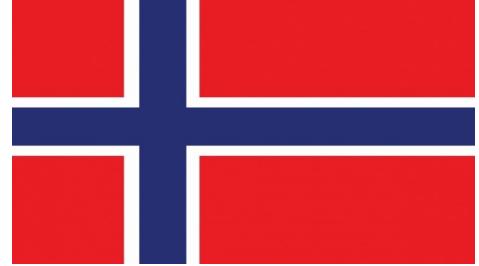
The family sends a ‘thank you’ to all that sent Cleo the many cards in the last month. She enjoyed reading them and looking at them around her apartment. Some of you brought flowers and we want to thank you but don’t know who some of them were from, so thank you!

A memorial service will be held at 10:00 on Friday, May 26th at Shrine of Remembrance, 1730 E. Fountain Boulevard, Colorado Springs. Inurnment will be at Pikes Peak National Cemetery, Colorado Springs. A reception will be held following the memorial at noon at Sons of Norway at 1045 Ford Street, Colorado Springs.

Memorials in Cleo Allgood’s name may be made to one of the following: 1) Sons of Norway/ 1045 Ford Street/ Colorado Springs, CO 80915; or to 2) Ruhamah’s Love To The Rescue and mail to: Pr Mary Burger/1517 W Kiowa Street/ Colorado Springs, CO 80904-3949 (if check states “in memory of” a donation letter for tax purposes will be sent) Or 3) to a charity of your choice



In Loving Memory...
Randy Merrill Johnson
April 27, 1954 - May 4, 2023



Randy Merrill Johnson was born on April 27, 1954, to Morris and Arlene Johnson. He passed from this life to his heavenly home on May 4, 2023, in Colorado Springs at the age of 69 years. Randy grew up on a farm in Dalbo, Minnesota. He went to the Dalbo country school from 1st to 6th grade, continuing to Cambridge Public Schools and graduating with the class of 1972. He attended St. Cloud State College and majored in math and computer science, graduating in 1977. As a student in college, Randy was involved in Campus Crusade for Christ which led to a job opportunity with the organization in San Bernardino, CA in IT. When CCC moved to Orlando in 1991, he took a job with the Navigators in Colorado Springs, CO. In 1998, Randy took on some different jobs including substitute teaching in the Colorado Springs Public Schools.

In Colorado Springs, Randy found many life-long friends. He was active in his church, Front Range Alliance Church, and the Sons of Norway. Randy was proud of his Scandinavian heritage and had the opportunity to travel, going to Sweden and Norway four times to see relatives. He traveled to Israel with his church in 1996 and he served with the Billy Graham organization's Amsterdam 1986 and 2000.

While at Fjellheim Lodge, Randy established the lodge's website, Facebook presence, and many other platforms to advertise all the social events and lodge activities. He was photographer for the past couple years and volunteered to help with any and all events. What we didn't know speaks volumes of the work he did for other Sons of Norway entities across the country. We have received the following memorials:

Ron Stubbings: I am so sorry for your loss. I never met Randy in person, but we were both moderators on the Official Sons of Norway Facebook page. He was such an asset, and will be missed, but never forgotten.

Janie Harris Kelly: I'm really sorry to hear this sad news. Like Ron Stubbings, I appreciated his wealth of knowledge in moderating the Official Sons of Norway Facebook Group. My condolences to Randy's family

Scandinavian Midsummer Festival, Estes Park: Randy was such a helpful and kind person, always there to lend a hand. I will surely miss him.

Bev Moe: I'm so sorry for this sad news. Randy was always a good friend and someone who always made us feel welcome at Fjellheim. Rest in Peace, Randy.

He is survived by his brother, Clark (Cathy) Johnson; sisters, Nancy (Dan) Nelson, Marcia Kruger, and Robin (Bill) Hull; as well as nieces and nephews.

Memorial Service will be held at 11:00AM, Friday, June 9, 2023, at the Front Range Alliance Church, 5210 Centennial Boulevard, Colorado Springs, Colorado 80919.

Juni Birthdays



Lisa N Johanson	3
Steven Babcock	5
Matthew H Disbrow	5
Curtis L Miller	6
Karl Kvam Schneider	7
Michael H Johaneson	8
Daryl W Lundquist	11
Karen L Hann	12
Peter Osburnsen	12
David Lee	18
Steven P Erickson	25
James Mattox	26

Heritage and Youth

Kristen K Isaly	9
Silje Ostrem	22

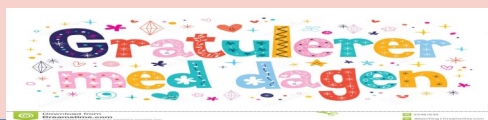
July Birthdays



Valerie B Lundy	3
Patricia C Rowe	3
Phylis J Smith	3
George C Gund	5
Terry L Mapstone	6
Grace P Johnson	7
Pamela Bakken-O'Neill	9
Bob Eskridge	9
Maynard O Larson	10
Gerald L Rowe	12
Vivian I Johnson	13
Carol Hackett	16
Austin Miller	16
Karen Melin	18
Kathie D Godsill	21
Susanne A Arens	26
Debbie L House	28
Joyce C Suter	30

Heritage and Youth

Sam Schneider	9
Miranda G Coltrin	30



Kendall Kjerstad
Financial Benefits
Counselor

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



**SONS of
NORWAY**

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 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	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	Kerry Hefta	719-651-3677
Musician	Sonja Gund	719-473-9588
Publicity	Eunice Bluhm	719-351-3554
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

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Sons of Norway International Board Luella Grangaard
luella.grangaard@sofn6.org

Sons of Norway

Monthly Newsletter

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Please cut stamp for Tubfrim



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