

# The Fjellheim Flammen



*Fjellheim Lodge 6—107*

*Sons of Norway*

*1045 Ford Street, Colorado Springs, CO 80915*

*719 574-3717*

*www.sonsofnorwaycs.com*

**September 2020**

**Volume 47. #8**

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:**

Pres Notes	1
Events	2
Sunshine	3
Memorials	4
SOFN news	5
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**

**Or Mike Johaneson**  
**mjohaneson@gmail.com**

**Deadline for the October issue is September 20th**

## ***Presidents' Message September 2020***

It was great to see familiar faces, well part of your faces, at the August Heritage meeting. We wore masks, maintained social distancing, brought our own meals, and followed up with our monthly meeting.

Sad to say that we will not be celebrating our Lodge anniversary in September with a Fish Fry. We normally would be presenting membership milestone years in the SON with appropriate pins (5, 10, 15 etc. years as a member) but this year we will find alternate ways of distributing the pins. We will have a recognition ceremony at a later date. So many of you have been loyal to our Lodge and the SON for many years and we thank you very much.

There is a new Memorial Board in the lobby thanks to Jeff Calvin and Karen Ravnaas. It looks great!

We are pleased to announce that Fjellheim Lodge made a generous donation of \$1000.00 to Silver Key in April. While we were under Stay at Home orders, their volunteers were hard at work providing services to seniors. Our donation was in keeping with numerous donations made by our fellow Lodges.

Our Lodge Secretary Shannon Stokes has resigned her position for personal reasons. We sincerely thank her and wish her all the best in the future.

Your Board Members are trying to continue abbreviated, downsized, on-line, or pick up events for the rest of 2020. We are doing our best to plan what is feasible and safe. We're thinking that small groups are the way to get together. Maybe lefse making, language course and Rosemaling are the places to start.

The next Heritage meeting will be on September 9<sup>th</sup> at 7:00, with the same safety procedures as last month. Facemasks and social distancing will be required. And again, we ask that you bring your own snacks since we cannot have potlucks yet.



Stay safe and be well. What a year we're having!

**Fraternally,**

*Becky and BJ*

## Fjellheim September Events

Date	Day of Week	Event	Time	Place
Sept 2	Wed	Fjellheim Board Meeting	2 pm *	Viking Hall
Sept 9	Wed	FMC Board Meeting	6 pm	Viking Hall
Sept 9	Wed	Fjellheim Lodge Meeting	7 pm	Viking Hall
Sept 14	Mon	Lefse Making	9 am	Viking Hall
Sept 21	Mon	Lefse Making	9 am	Viking Hall
Sept 28	Mon	Lefse Making	9 am	Viking Hall

\* Note: **New time for Fjellheim Board Meeting!**



### Lefse Days are Here Again!!

**Mondays starting Sept 14th!**

September 14, 21 & 28, 2020

Starting at 9 am



\* PS Face Masks and Social Distancing required

Please let Becky know if you plan on helping (719) 271-3631.

### Fjellheim Meeting Rules during this Pandemic!

**Do** Wear a Face Mask!

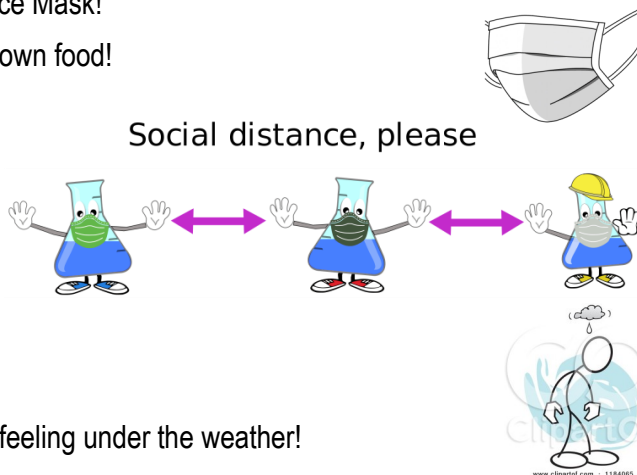
**Do** bring your own food!

**Do** Social Distance

**Do** Have a safe and good Time!  
(We miss you)

**And**

**Don't** come if feeling under the weather!



### ATTENTION

#### ALL CARD SOCIAL ATTENDEES

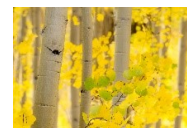
Due to Covid-19 and social distancing we are suspending the card social for the rest of the year. Hello to all our friends at Sons of Norway and do hope you are all doing well.

*Jerry & Ginny Johnson*





## *Sunshine Report – September 2020*



Happy Birthday and Happy Anniversary to all who are celebrating these special occasions during September.

**Kerry Hefta's** brother Ross Hefta died on August 11 in Kingsport, Tn. Please keep Kerry, and her sisters and fellow Fjellheim members Kristine Hefta Brindle and Julie Hefta Harris, along with the entire family, in your thoughts and prayers.

*Thought for the month:* September days have the warmth of summer in their brief hours, but in their lengthening evenings a prophetic breath of autumn. The cricket chirps in the noontide, making the most of what remains of his brief life. The bumblebee is busy among the clover blossoms of the aftermath, and their shrill and dreamy hum hold the outdoor world above the voices of the songbirds, now silent or departed."  
- September Days By Rowland E. Robinson, Vermont

*Until we meet again,*

Karen Ravnaas, Sunshine Director 719-390-0621



### **Maria's Zakrewski's Pandemic Project**

### **Her first fully assembled 3/D puzzle!**

Here is the picture before she dismantled and put it away. It took about a month to construct. A little bit at a time!

*In Loving Memory*  
*Virginia L. Nelson*  
*October 27, 1926 – July 7, 2020*



Virginia Lucille Nelson, 93, died July 17, 2020 in Colorado Springs, CO. She was born October 27, 1926 in Albert Lea, MN to Leslie V. and Luella Ida (Grasdalen) Erickson, Sr. Virginia grew up on a farm where she and her siblings, Doris, Mickey, Sherwood, Arlene, Rodger, and Leslie Jr. enjoyed good outdoor fun and family reunions. She married Nordean "Swede" F. Nelson on April 21, 1946 in Albert Lea.

Virginia graduated from high school in Albert Lea, MN and worked as a secretary for the Dept of the Navy, Washington, DC. For a time, she and Swede lived in Florida and had many adventurous times. They moved to Colorado Springs in 1952 and had several different businesses throughout their lives together. In 1973, they became charter members of the Sons of Norway, Fjellheim Lodge. During her 47-year membership, Virginia held various positions in the lodge, but most recently, she had been our historian and, for many years, the reservation 'taker' for the Lutefisk Dinner and, as a result, she knew members and many nonmembers all by name, most being 'Lutefisk & Meatball Lovers'. Virginia was a remarkable person: bright, capable, willing, and tenacious along with a good sense of humor. She was very courageous - Ole remembers the day of Swede's memorial service at Ft. Logan (WWII Vet). When she returned home, Virginia fell on uneven concrete and suffered a broken hip. It was a painful injury with a long recovery. He was amazed at how she bounced back and at her positive attitude during that time. Great lady! So many members have said she was a lovely person, a good friend, and that she will be missed very much.

Virginia was a member of Grace Lutheran Church. She is survived by her daughters, Barbara Ann Nelson and Cynthia Louise Ritz, two grandchildren, Allison Ritz and Jessica Lawyer and their spouses, and four great-grandchildren. She is also survived by her sister Arlene (Byron) Reid and brother Rodger (Marje) Erickson, also Fjellheim members, and her sister Mickey Wildie in CA. She is preceded in death by her parents, her husband, Nordean "Swede" Nelson, son-in-law Daryl Ritz, and three siblings to include Doris Lake, a Sons of Norway member who died in October 2019. A Memorial Service was held August 1, 2020, with inurnment at Pikes Peak National Cemetery on August 3, 2020.



## Sports Medal Program News!



If you've been craving new fitness goals, we are here to help! These two medals are now available for anyone aiming to set the bar higher in the Sons of Norway Sports Medal Program .

The first of our new medals, **Idrettshelt** [ee-dretts-hellt]—the sports hero pin—is the 5<sup>th</sup> level within any sports medal category.

We've also added **Hederspris** [hay-dersh-prees]—the outstanding sports achievement award. This pin is for members who've earned the bronze, silver, gold and enamel medals in each of any **three** sports medal categories.



### New to the Sports Medal Program? Get involved today!

The Sons of Norway Sports Medal Program is a simple and rewarding way to engage in the Norwegian tradition of *friluftsliv* (outdoor living) while staying active and working toward your fitness goals. It's fully customizable to fit your lifestyle and includes options for a variety of ages, fitness levels and activity preferences—there's even a virtual pilgrimage option for members who want to learn more about Norwegian history as part of their workout routine, as well as a general fitness category for those who want to incorporate dance, martial arts or other types of physical activity!

- Choose the pin you want to focus on: general fitness, skiing, swimming, biking or walking.
- Choose your goal within the program.
- Work toward pre-determined requirements to earn your way to the sports medals, earning each level in sequence.

When your record card is complete, submit it to your lodge's Sports Director, who will order your pins and present them to you at a lodge meeting.

Get started today! Visit the [Sons of Norway website](#) for further details on submitting points toward these pins.

## **VESTERHEIM NORWEGIAN-AMERICAN MUSEUM**



*Note from editor: this caught my attention ! Now a facemask appropriate for any Sons of Norway meeting!*

"Did you know you can buy limited edition face masks handmade by Vesterheim staff member, Mary Klimesh? There are fun new designs, including rosemaling, lefse, and Traditional Busserull! You can buy them on our online store here --->

<https://bit.ly/VesterheimStoreMasks>

Or call 563-382-9682! Don't miss out"



## MANNEN OG KATTEN

Article by Kerry Hefta

This famous painting, 'Mannen og Katten' by Norwegian artist Christian Skredsvig is a portrait from 1888 of Ole Olson who was my great-great-grandfather's brother.

Skredsvig loved painting what he saw as the traditional rural Norwegian countryside and people. But at the time of the painting, Ole had been around possibly more than the artist. He had immigrated to the US and may have even enlisted in the US army during the Civil War (according to family legend) before going back to the Old country.

Ole was born in Norway but came to America (ca. 1860's ?) with his brothers and then returned to Eggedal, Norway in 1886 and remained there until his death. Ole was noted for his great physical strength.

Ole was from a family of eight siblings. Two of these were Gulbrand and Halvor (Olson, Haugen) Hefta who remained in the US. Halvor is my great-great grandfather. Hefta is a place name from Eggedal that the brothers adapted in the US to distinguish themselves from the many Olson's and Haugen's among the Norwegian immigrants they settled with in Iowa and later in North Dakota.



@arlenhefta

*The Man and The Cat*—photo by Anneliese Hefta

To the left is the new version, showing modern rural America with the subject and composition resembling the painting above.

The man in the photo is my brother Arlen Hefta at his farm in Mayville ND as taken by his daughter Anneliese.

I was struck with the similarities with famous painting above! An extra cat, and of course flat land but otherwise close! My Facebook friends have already seen the comparison. But I thought you would like to see my human interest story in the Flammen.

If you have a human interest story that *you* would like to see in the Flammen, please send it to the me for inclusion in this newsletter!

## September Birthdays

John Olaf Larson III	1
Casey Michelle House	1
Carol E Schreuder	2
Cleo B Allgood	3
Sharon Ann Martinez	3
Quinn M Berge	4
Cynthia Louise Ritz	4
James Hardy	5
Brock Adam Janson	6
Sr Rodger E Erickson	7
Jean Hagen Luce	8
Kevin M Canestorp	11
Ingrid Grove	13
Kenneth M Halvorson	13
Shane R Jahnke	13
Cynthia Helen Keller	14
La Rue D Hanson	16
Sydney Mach	19
Carol A Johaneson	23
Lucille S Moe	24
Ruth Wiig	25
Glenn C Enderud	28
Sissel O Disbrow	29
Mary A Brooks	30
Kelly Anne House	30



Downloaded from  
Dresscode.com

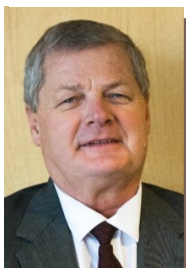
Downloaded from  
Dresscode.com

## The Lighter Side of the Pandemic!

What will people say when they are able to handle pandemics properly in the future? *Hindsight is 2020.*

What did the Eggs Benedict say during the Covid 19 pandemic?  
*We're Hollandaise together.*

The amount of jokes about coronavirus has reached worrying numbers. Scientists claim we are in the middle of a *pundemic!*



*Kendall Kjerstad*

*Financial  
Benefits  
Counselor*



## 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](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

Viking Hall—Fjellheim 6-107

1045 Ford Street

Colorado Springs, CO 80915



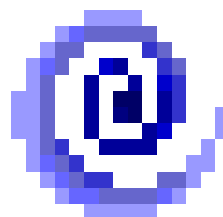
Please cut stamp for Tubfrim



## SPIRAL BODY MASSAGE THERAPY

Caren Alves-

tad R.M.T., C.N.M.T



FOR PAIN RELIEF & RELAXATION

Please call for an appointment (719) 648-2320