

The Fjellheim Flammen



Fjellheim Lodge 6—107

Sons of Norway

1045 Ford Street, Colorado Springs, CO 80915

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www.sonsofnorwaycs.com

April 2020

Volume 47. #4

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.

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**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 **mjo-**
haneson@gmail.com

**Deadline for the May issue is
April 20th**



April 2020 Presidents Message

Spring has arrived with snow, rain and a virus. The days are getting longer, warm sunny days are coming and we will beat the virus too.

Unfortunately we have cancelled all events, to include Frokost, until further notice in order to comply with state and national guidance.

At our Heritage meeting in March we had a wonderful program about Vikings presented by Michael Luce. Thanks Michael! We also elected delegates to the District 6 Convention.

The last few weeks have been confusing and stressful for all of us. We encourage all of our members to spend quality time at home. If any member needs assistance in shopping for food or other issues please remember that your fellow members are available to help. We are all thinking of our Fjellheim family.

Fraternally,

Becky & BJ



Sunshine Report – April 2020

Happy Birthday! to everyone celebrating birthdays in **April!**

Happy Easter and Happy Spring!

Rosa Strand died in her sleep March 6th. At the meeting, we passed the mic around and those who wanted to say something about Rosa did so. There were tears and laughter and it was all good. Please keep Rosa's family and friends in your heart and prayers.

John Choby, friend of the lodge and for years, owner of First Choice Awards next door to us, passed away March 11th; he was 66 years old. John was our business partner for memorial tiles and other engraving needs. Please keep his family, both related and business, in your thoughts and prayers.

Joan Bakken had a throat procedure. It went without problems and she is doing well.

Dean Tollefson is in Penrose Main after surgery. He will be moved to rehab, but Brenda didn't know when or how long. He can be called at 776-2315 if you would like to contact him.

Dot Everett was in the hospital and is now home. After she left there, she went to her neurologist and she was diagnosed with 3 non-operable aneurysms in her head. She would love to visit with our members and can be reached at 330-1206.

Congratulations! to Becky Tamblyn, BJ Mapstone, Shannon Stokes (new secretary), Jean Luce (new cultural director), Nancy Allen, and Sissel Disbrow for their nomination as delegates to the convention. Mike Johaneson, MJ Berg, and Gerald Rowe are alternates.

April thought of the month: Best friends are the people in life that make you laugh a little louder, smile a little brighter, and live a little better.

Fraternally, Karen Ravnaas - 390-0621

Note that all Fjellheim events are cancelled through the month of April. Becky and BJ will make a decision about the May events before the May Flammen is out. Everyone keep safe and healthy and we will see you all soon, "og har en hyggelig måned"!

Upcoming Events—Fjellheim

May 17th, Noon, Syttende Mai Celebration with Fjelldalen Lodge, Denver

June 14th, Noon, Lodge Family Picnic, Bear Creek Regional Park

Other Upcoming Events

June 18-21 2020, District 6 Convention, Mesa Arizona

June 26th-28th, Scandinavian Midsummer Festival, Estes Park

June 28—Jul 11, [Trollfjell Folkehøgskule](#), Camp Norge, Alta Ca

July 12—Jul 25, [Camp Trollfjell](#), Camp Norge, Alta, Ca

August 19-23, International Convention, Ringsaker, Norway

In Loving Memory of
Rosa Strand

6/16/1924 - 3/6/2020



Life Member of Sons of Norway since 4/1/1951

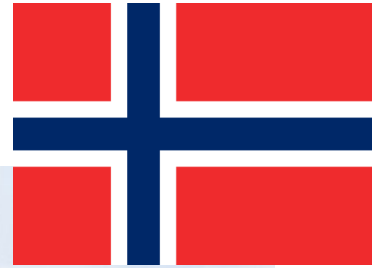
Rosa Strand , 95, died peacefully as she slept on March 6, 2020. Rosa was born June 16,1924 in Denmark. She was married to H. Melvin (Mel) Strand on May 4, 1950. He preceded her in death on November 11, 2010.

She was a lifetime member of Sons of Norway which she loved. Rosa joined the organization on 4/1/1951, thereby being a member for 69 years before she passed. She loved her Fjellheim Lodge friends and when she saw them, she lit up like a bright candle. Her hugs were always welcomed and the conversations were rich with stories of Denmark, coming to America, and her early life with Mel. Her neighbors were also exceptional friends with which she had a very special bond. Rosa loved to bake and often spoiled us all with her "World's Best Cake". Rosa will be missed.

She is survived by daughter, Ann (John) Sanders of Colorado Springs; 3 grandchildren, Bryan Balliett of Colorado Springs, Katie (Nick) Molnar of Wisconsin and Noah of Wisconsin; 2 great grandchildren, Jasmine and Julian of Wisconsin. He was preceded in death by her son, Kenny. Rosa will be cremated and interred with Mel at Fort Logan National Cemetery in Denver, Colorado.

NORDMANN VANT VERDENS TØFFESTE HUNDESLEDELØP!!

TRANSLATION: NORWEGIAN WINS THE WORLD'S TOUGHEST DOG SLED RACE!!!



Thomas Wærner mushes into Unalakleet, Alaska, on March 15, 2020 during the Iditarod sled dog race

The Norwegian won the world's toughest dog sled race. Thomas Wærner (47) became the third **Norwegian winner** of the **Iditarod** dog sled race. After fighting for over nine days in Alaska's wilderness, Thomas Wærner was able to cross the finish line as the first man in the **Iditarod**

Nordmann vant verdens tøffeste hundesledeløp. Thomas Wærner (47) ble den tredje **norske vinneren** av hundesledeløpet **Iditarod**. Etter å ha kjempet i over ni dager i Alaskas ødemark kunne Thomas Wærner krysse målstreken som førstmann i **Iditarod**

Bib 40 is **Thomas Waerner** at the ceremonial start in Anchorage. Photo by **Monica Anderson** (yes one of our very own lutefisk chefs!)

This phot was published in the Alaskan newspaper, the Delta Wind.





Blasts from the (Recent) Past Julebord
The cute pictures of our members and
guests
having fun at I didn't have room for in
the January edition!!





**Blasts from the (Recent)
Past**

Fish Fry Feb 2020

**The cute pictures of our
members and guests
having fun at I didn't
have room for in the
March edition!!**



April Birthdays

Tyrone L Steen	1
Kolben Erdal Barney	2
Barbara Ann Nelson	2
Kristine H Brindle	3
William M Meagher	5
Joan Ruth Magee	9
Cynthia A Snell	11
Jane E Johnson	11
Vickie Lee Bross	12
Jared A Peterson	15
Norman Andrew Pechacek	16
Jennifer J Forbes	22
Gregory A Meier	23
Timothy Coltrin	24
Erik Melvin Tjelmeland	24
Jamie Cushenbery	24
Arthur Arens	24
Randy M Johnson	27
Marjorie E Erickson	27
Carlton J Johnson	30



Kendall Kjerstad
Financial Benefits
Counselor



FJELLHEIM - 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

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Sons of Norway Board

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Sons of Norway

Monthly Newsletter

Kerry Hefta, Editor

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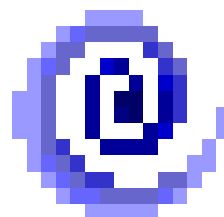
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