

# The Fjellheim Flammen



*Fjellheim Lodge 6-107*

*Sons of Norway*

*1045 Ford Street, Colorado Springs, CO 80915*

*719 574-3717*

*www.sonsofnorwaycs.com*

**Januar 2023**

**Volume 41 Issue #01**

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:

Save the Date for 2023	1
Calendar and Events	2
Sunshine, Pres Corner, Cultural and Zone 8 Workshop Info	3
Julebord Recap and Pics	4
SOFN Discounts, Barneloppet and Ski for Light	5
Delores Gagnon Memorial and Fjellheim Donation summary	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 February Issue is January 20th**

## Fjellheim Lodge 6-107 2023 Event Calendar Save the Date!

**Valentine Fish Fry:** February 11, 2023 @ 2:00 pm. Cost \$25; limit 125 people  
Reservations: Karen Ravnaas 719-390-0621

**Winter Tea:** March 11, 2023 @ 2:00 pm. Cost \$25; limit 125 people. Re

**Frokost: April 16, 2023** @ 11:00 am & 2:00 pm. Cost: TBD members and non-members.  
Limit 125 @ each serving. Reservations: Karen Ravnaas, 719-390-0621

May – TBD

**Old Colorado City Farmers Market** @ Bancroft Park, June 10 – Oct 14, 2023. Details TBD

**Summer Picnic:** June 18, 2023 @ 12:00 Bear Creek Park

July - TBD

**Heritage Meeting Potluck:** August 9, 2023 @ 6:00 pm

August – **TBD - Baseball Game?**

**50<sup>th</sup> Anniversary Celebration:** September 16<sup>th</sup>, 2023 @ 2:00 pm  
Chairperson: Steve Hermanson

**Viking Fair:** October 21, 2023 – Eunice Bluhm: Details TBD

**Lutefisk and Meatball Dinner:** November 11, 2023; servings @ 1:00 and 4:00 pm

**Family Christmas Dinner/Potluck:** Saturday, December 16, 2023 @ 2:00 pm  
w/Social @ 1:30 p.m. Lodge to provide main course.

## Fjellheim Event Schedule for Winter 2023

Event	Date	Time	Place
Undecorate the Lodge	Wed: Jan 04, 2023	10 am	Time to take down the Holiday Decorations!
Rosemaling	Sat Jan 07, 2023	11 am to 3 pm	Viking Lodge,
Board Meetings	Wed: Jan 4, Feb 1, Mar 1	2 pm	Viking Lodge
FMC Meeting	Wed: Jan 11, Feb 8, Mar 8	5:30 pm	Viking Lodge, note earlier time
Heritage Light Supper	Wed: Jan 11, Feb 8, Mar 8	6:30 pm	Viking Lodge, We'll eat and socialize first!
Heritage Meetings	Wed: Jan 11, Feb 8, Mar 8	7:00 pm	Viking Lodge, Business and Cultural meetings begin
Card Social and Potluck	Tues: Feb 7, Mar 7	12:30 pm	Viking Lodge
Advanced Norwegian	Tues: Jan 03, Jan 17, Jan 24 Thurs: Jan 19, 26	3:30 pm	Viking Lodge—email Erik Tjelmeland: <a href="mailto:norsk75usa@gmail.com">norsk75usa@gmail.com</a>
Beginning Norwegian		5:30 pm	
Intermediate Norwegian		4:30 pm	
SOFN All Colorado Lodges Zone 8 Conference & Leadership Workshop	Sat: Jan 28, 2023	9 am—1:30 pm	Trollheim Lodge, Lakewood Co Lunch served, Details below Must RSVP to Diane at 303-288-6014
Ski for Light	Sun Jan 29 thru Feb 5	All day	Snow Mountain YMCA Ranch, Granby Co Details Page 5 Also help needed at the DIA to assist skiers see page 5
Valentines Fish Fry	Sat: Feb 11, 2023	2 pm	Viking Lodge Reservations: Karen Ravnaas 719-390-0621 Details in Feb issue of the Flammen
Zone 8 SOFN Barneoppet (Children's Cross country Ski Race)	Sat: Feb 25, 2023	9:30 am to noon	Snow Mountain YMCA Ranch, Granby Co Details Page 5
Winter Tea	Sat: March 11th, 2023	2 pm	Viking Lodge Details TBD
Frokost	Sun: April 16, 2023	11 am and 2 pm	Viking Lodge, Detail TBD



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

Please call because dates may change...

### *Calling for 2022 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 2022 History Book.  
Tusen Takk!

### *Volunteer Hours for 2022*

Please submit the fraternal and community hours you worked in 2022 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!!

### *Just For Fun...*

*Sven and Ole got a job putting in telephone poles. After the first work day, they were talking to the foreman. The foreman asked how many poles they had put in.*

*"Two" said Ole.*

*"Only TWO?" Said the foreman, "All the other crews put in eight to ten."*

*"Yah!" Said Ole, "But did you see how much dey left sticking out?"*



## Sunshine Report — January 2023



*Happy Birthday and Happy Anniversary* to all who are celebrating these special occasions during January 2023.

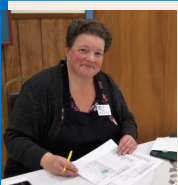
*Happy New Year!*

*Kerry Hefta*, is recovering from dislocating her right shoulder while skiing; she is doing well. *Marje Erickson* is recovering from a bout with sepsis and is at home. *Ginny Johnson* will have surgery January 9 to remove a parotid gland. Please keep these gals in your thoughts and prayers.

*Delores (Lori) Gagnon*, member from 1989 - 2020 and who was a Golden Member of Sons of Norway, died November 10, 2022. (See the write up on another page.) Please keep her family in your prayers.

*New Year's greetings:* "January is here, with eyes that keenly glow, A frost-mailed warrior striding a shadowy steed of snow." - Edgar Fawcett

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



### JANUARY PRESIDENT'S CORNER

Welcome to an exciting new year. I look forward to seeing what this year has in store for us. There is a calendar full of great events just waiting for us.



Cheers to 2023! *Fraternally Becky T*

### CULTURAL CORNER

January is the annual Fjellheim officer installation which takes some time so there will be no other presentation.

February will feature Max Canestorp who will give a presentation on the Stavekirken (Stave Churches) in Norway. He's definitely done the research so it'll be interesting and very informative.!



With this new year let Jean Hagen Luce know about any programs that you know about locally that would be of interest to our membership. It takes a village to keep the lodge connected with the community and the Norwegian spirit!

*Fraternally Jean Hagen Luce*

### Colorado Lodges Zone 8 Conference & Leadership Workshop January 28, 2023 Saturday 9 am to 1:30 pm (Lunch provided)



#### Schedule

- Coffee starts at 9am
- Welcome and Conference -9:30-11 am\*
- Ski for Light, Barnelopets, Estes Park Midsummer, Zone events
- 11:15- Updates from District 6 International Director Luella Grangaard
- 12:15 -1:30 Working Lunch and Leadership workshop provided by the District
- 1:30 close\*

Must RSVP to Diane at 303-288-6014 or [grnbviking09@live.com](mailto:grnbviking09@live.com)

Zoom Link will be provided as well to those who request it.

Sons of Norway Hall ( Trollheim): 6610 W. 14<sup>th</sup> Ave, Lakewood, CO 80214

*It's that time again for the meeting of the excellent minds. All members of Sons of Norway, especially Colorado lodges are invited to attend: to find out what is new in the District and the International Sons of Norway and to meet new and old friends to work together for the benefit of the order.*

*Diane Molter*  
**Zone 8 Director**



## 2022 JULEBORD DECEMBER 17, 2023



**TUSEN TAAKK** to all the volunteers who made this event successful AGAIN!

Everyone enjoyed the food, championship and a little dancing and singing around the old Christmas tree to boot (Right)



Above Right: Leonard Beasley and BJ Mapstone sitting by the fireplace at the lodge during setup. But Oh No, wait, isn't that 's a video of a fireplace on the lodges brand new wide screen TV. Thanks to the Viking Sisters for donating the cash and to Terry and BJ Mapstone for researching and finding the right equipment to meet Fjeldheim's needs in this digital age.

Top Left: Bev Beasley happily serving up eggnog for the social hour..

Left: Nancy Allen and BJ Mapstone take a rest from volunteering during the festivities.

Bottom Left: Denise Lambert and family enjoying the Julebord.

Bottom right:: Paul Wiig, Jennifer Forbes and Ruth Wiig all dressed up for the occasion







## Sons of Norway Web Site Feature

Sons of Norway — <https://www.sofn.com>



### Member Discounts

[https://www.sofn.com/member\\_resources/member\\_discounts/](https://www.sofn.com/member_resources/member_discounts/)

Your Sons of Norway membership is your ticket to savings on a wide spectrum of goods and services.

Check out the list of discounts below to see how you can start saving today.. Need assistance? Call 800-945-8851.

**PerkSpot** <https://sonsofnorway.perkspot.com/>

You can start saving today on products and services, like travel, clothing, food, entertainment and electronics.

**Films of Norway** <https://sonsofnorway.perkspot.com/>

#### AVIS and Budget

Receive up to 30% at participating locations worldwide when renting from Avis and Budget.

Use the discount code found on the SOFN website in the AWD Number box on [www.avis.com](http://www.avis.com).

Use the offer code found on the SOFN website on [www.budget.com](http://www.budget.com).

**Best Western** <http://www.bestwestern.com/ba/index.asp>

Use the Business Advantage Corporate ID# found on the SOFN website to ensure that you receive your 10% Business Advantage hotel discount .

**Radisson Hotels** <http://www.radissonrewards.com/>

5% off the regular rate by using Corporate Account ID number found on the SOFN website.

## Free Children's Cross Country Ski Event



### BARNELØPET

1.0 Km, 2.5 Km & 5.0 Km for ages 0 -16

**Saturday, February 25, 2023**



Snow Mountain Ranch ~YMCA~ Granby,  
Legett Hall

Sponsored by Sons of Norway

- Register at [www.barneløpet.com](http://www.barneløpet.com) or at 9:30 a.m. on the day
- Check in at 9:30 AM, Beginner Ski Lessons from 10:00-11:00 AM, Event begins at 11:15 AM
- Free ski rentals at YMCA Nordic Center
- After event reception with refreshments
- For further information contact:  
Lois Hodne at (303) 324-1880 or [loishodne@gmail.com](mailto:loishodne@gmail.com)  
or Jon Eirik Holm-Johansen, Coordinator  
(970) 412-0433 or [tvchiro@gmail.com](mailto:tvchiro@gmail.com)



**SKIGUARD**  
*made in Norway*

**SKI FOR LIGHT** is coming to Colorado again in 2023! Ski for Light has contacted us to assist the VIP's (visually impaired persons) at DIA.



Ski for Light needs volunteers to help VIP skiers navigate the airport and to get onto the buses to Grandby with service dogs, luggage, and skis.

The dates are **SUNDAY, JANUARY 29** and **SUNDAY, FEBRUARY 5**. We need approximately 25 volunteers to assist the nearly 200 VIP skiers coming from several countries and the U.S.

**PLEASE VOLUNTEER!** Please email JoAnn at [jkison@comcast.net](mailto:jkison@comcast.net).

**Ski guides are needed at Snow Mountain Ranch near Granby. No guiding experience is necessary. SFL provides training and offers a stipend to cover some costs. If interested, email JoAnn at [jkison@comcast.net](mailto:jkison@comcast.net) for details.**



**Please volunteer for this heartwarming cause!**



*In Loving Memory*

*Delores (Lori) M. Gagnon*

*March 18, 1931 - November 10, 2022*

Delores Maye Gagnon, 91, passed on November 10, 2022. Born in West Bend, Iowa to Omer and Bertha Edwards on March 18, 1931, Delores was the baby of twelve and last surviving. She grew up on the family farm with big brothers and a precious sister. She moved to sunny Phoenix in 1952 where she met the love of her life, Arthur E. Gagnon of Albany, NY. They were married 58 years until his death in 2011. Delores was an amazing Air Force wife as well as an outstanding civil servant for ten years.

Delores is survived by three children, James (Cathy), Gail (Steven Sprenger), and David (Laurel); eight grandchildren, thirteen great-grandchildren; sister-in-law, Betty; nieces, nephews, and greats in the hundreds.

In 1892, Delores' papa, 8, arrived in America by ship from Norway. Family stories led to Delores' passion for genealogy. She and Florence (sister) researched decades recording family A trip to Norway with siblings brought it all to life! Ole Bakken writes that Lori and her husband Art were faithful members of the Lodge in the earlier days. They supported cultural and social events and could always be depended upon to work at the Lutefisk Dinners at Benet Hill. Lori loved to socialize and tell us about her latest genealogical discoveries. She was a spirited lady with a good sense of humor. Delores will be remembered for her loving kindness and grateful heart.

## **2022 Fjellheim Community Donations**

This year we chose three local charities for our annual donation. We decided to only chose three so that \$1000 amount from our organization has a bigger impact on each of the charities chosen. Here is the three charities we chose this year.

- **StableStrides** connects to the disabled, animals, military and children by providing therapy through equine training and riding. It provides excellent service we suggested that our donation help keep their horses fed and stabled.  
Website [StableStrides | Health & Healing Through Horses](https://www.stablestrides.org/)
- **Silver Key** also provide meals on wheels to seniors in our community. We asked that our donation be help pay for meals for those who need the support.  
Website [Silver Key Senior Services - Colorado Springs, CO](https://www.silverkey.org/)
- **Colorado Springs Children's Chorale** provides musical training which boosts self-confidence and support for children in ou community. We asked that our donation be used to provide scholarships for the grades 4 to 7 group.  
Website [Home - Colorado Children's Chorale \(childrengthenerschorale.org\)](https://www.childrengthenerschorale.org/)

## January Birthdays

Daniel Pyhtila	3
Dorothy Everett	4
Mark Wedo	6
Nanette Walker Smith	8
Cita Helseth	12
Inger Pappas	14
Gary H Barnes	15
Ruth Young	16
Julie Furstenau	18
Chambliss Schneider	20
Sonja Thomas	21
Maria Zakrzewski	21
Cynthia Pechacek	22
Randi Babcock	25
Clairette Bakken	25
Olivia Arens	26
Carol Eacker	26
Christopher Hardy	27
Rebecca Tamblyn	27
Jeff Hansen	28
Donald Nasby	28
Hazen Thomas Jr.	30

## Heritage and Youth

NA this month



**Happy  
New Year**



*Kendall Kjerstad*  
**Financial  
Benefits  
Counselor**



**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	Lois Halvorson	719-632-6003
	Cleo Allgood	719-598-1982
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
Viking Sisters	TBD	

### Committees/Special Activities

Auditors	Ole Bakken	719-649-3478
	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	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](mailto:GRNBViking09@live.com)  
[zone8@sofn6.org](mailto:zone8@sofn6.org)

### District 6 President

Robert Sather  
[president@sofn6.org](mailto:president@sofn6.org)

### Sons of Norway International Board

Luella Grangaard  
[luella.grangaard@sofn6.org](mailto: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](mailto:n_w_smith_24@outlook.com)

**pampered**chef

**INDEPENDENT CONSULTANT**

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

[www.pamperedchef.com](http://www.pamperedchef.com) > Nanette Walker Smith



207 Whisper Lane  
Grand Junction, CO 81503

**Kendall Kjerstad**  
*Financial Benefits Counselor*

[kjerstadkendall@yahoo.com](mailto:kjerstadkendall@yahoo.com)  
[www.sonsofnorway.com](http://www.sonsofnorway.com)

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