

The Fjellheim Flammen



Fjellheim Lodge 6-107

Sons of Norway

1045 Ford Street, Colorado Springs, CO 80915

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Juni/Juli 2022

Volume 40 Issue #06

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**

Send Articles to :

**Kerry Hefta
khefta@comcast.net**

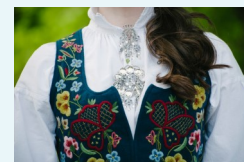
Deadline for the August Issue is July 16th

The Norwegian Bunad and Syttende Mai

Syttende Mai, Norway's national day, is of course a day to commemorate the signing of Norway's constitution, however it is also a day to celebrate heritage, through a traditional folk costume known as a bunad

The re-kindling of Norway's traditional folk costume, the bunad, is credited to Hulda Garborg. Garborg was a folk dancer, novelist, poet, playwright, and theater instructor. She traveled throughout Norway and promoted Norwegian culture at an important time when many were leaving Norway for a life in America or elsewhere.

Bunads are more popular among women, but men's bunads are also available. They are not for everyday use, but for special occasions such as weddings, folk dancing, or religious occasions. The most common time to see a bunad out in public is Syttende Mai. Many Norwegians wear them to watch the parade or march in the parade.



Above: Attendees at the Fjelldalen Syttende Mai picnic wearing their regional bunads.

Not everyone's bunad looks alike either.

There are certain "guidelines" for the bunad, the most distinctive being that the design varies by region. For example, the pattern for the Sognebunad looks completely different from the Ringeriksbunad. You are to wear a bunad from an area that you live in or have a genetic connection to. It is a way to portray your identity and pay homage to your ancestors.

There are many local varieties of the bunad, likely over 200 regional bunads. The main differences between the bunad that are dependent upon the region are the materials used to make it, the weaving pattern, and the accessories. Each dress tells its own story, and much can be learned about a person if you know how to decipher it.

Norway is one of the few countries that still places great importance on their national costume. It is a beautiful sense of pride instilled in the country. There is no better time than Syttende Mai to see a myriad of Norwegian bunads.

Right: Sisters, Kristi Brindle, Julie Harris and Kerry Hefta in their bunads. Kristi and Kerry are wearing Rutastak bunads from the Valdres area representing their mothers side and Julie is wearing a Sigdal bunad from their fathers' side. The Sigdal bunad was a lot more work to complete!



Fjellheim Event Schedule for Summer 2022			
Event	Date	Time	Place
Board Meetings	Wed: Jun 1, Aug 3, Sept 7	2:00 pm	Viking Lodge
Heritage Light Supper	Wed: Jun 8, Sept 14	6:30 pm	Viking Lodge, We'll eat and socialize first!
Heritage Summer Salad PotLuck	Wed Aug 10	6:00 pm	Our Annual Salad Supper before the August Meeting
Heritage Meetings	Wed: Jun 8, Aug 10, Sept 17	7:00 pm	Viking Lodge, Business and Cultural meetings begin
FMC Meeting	Wed Jun 8, Aug 10, Sept 17	5:30 pm	Viking Lodge, note earlier time
Card Social and Potluck	Tues: June 7, Aug 2	12:30 pm	Viking Lodge—We'll break for the summer—check August date!
Lefse Monday Mornings	Monday: June 6, 13 & 20	9:00 am	Viking Lodge
Rosemaling	TBD	TBD	Viking Lodge, please call Cindy at (719) 330-1275 or BJ at (719) 440-3992 for more information and possible dates
Beginning Norwegian Classes	Sommerferie	**	Viking Lodge—email Erik Tjelmeland: norsk75usa@gmail.com See you in September! Vi ses i september!
Intermediate Norwegian	Summer Break	**	
2022 District 6 Convention	June 2nd to 6th	All day	860 N Riverview, Mesa, AZ 85201, USA (map)
Fjellheim Summer Picnic	June 19th	Noon	Bear Creek Park Picnic Pavilion
2022 Scandinavian Festival	June 24th to 26th,	All Day	Estes Park, Co
Anniversary Fish Fry	Sept 17	2:00 pm	Viking Lodge
Viking Fair	Oct 22	9am to 2 pm	Viking Lodge



**Don't forget the Summer Salad
Potluck Get Together**

August 10, 2022

6 pm

**Lefse Days are here,
"Ready to ROLL"??**



**Mondays 9 am
June 6, 13 & 20**



Be ready at 9 am on the above dates to start our Fjellheim lefse production line. There's a variety of jobs to choose from rolling the lefse to quality inspection! But all of them involve good fellowship with the other lefse devotees.

See you there!!!

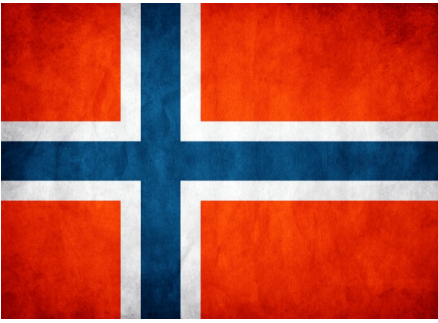
Card Social and Potluck

The Card Social will have a potluck lunch at 12:30 followed by cards and socializing on Tuesday, June 7th at Viking Hall.

Come join us for a fun, relaxing afternoon. Contact Ginny Johnson if you have questions - 719-495-0253.



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 are changeable...



Summer Picnic

Bear Creek Park



Southeast Corner of 21st St and West Rio Grande

June 19, 2022 (Father's Day) @ 12:00 Noon

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

Lodge will provide drinks, plates, hardware, and games.



Join us for a time fun, fellowship, and relaxation.

Please call or e-mail Karen Ravnaas @ 719-390-0621 or KRavnaas@q.com for a headcount and to reserve your place on the bench!

Be prepared for a group photo to send to Viking Magazine,



Sunshine Report *June – July 2022*



Happy Birthday and Happy Anniversary to all who are celebrating these special occasions during June and July 2022. *Happy Father's Day! Happy 4th of July! And have a great summer!*

Kathleen Harstad, former Fjellheim member, died May 3, 2022.. Her family wrote a beautiful obituary for her and the website can be found in her memorial. Please keep her family in your thoughts and prayers.

Bev Broin has suffered a series of falls, the last one placing her in Penrose Main. She has transferred to Advanced Homecare of Colorado Springs @ 55 S Parkside Dr, COS 80909. Bev's spirits are high, her memory is as good as ever, but her body is telling her she is no longer mobile. Bev is in room 503 (first floor) and her phone # is 719-418-4543 and would love to hear from our members.

Thought for the month: "Enjoy the little things, for one day you may look back and realize they were the big things." -- Robert Brault

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

June President's Corner

Lefse baking has been in full swing as we get ready for selling loads of them at Estes Park, Friday June 24th to Sunday June 26th. We will need lots of help. Whether it's loading the coolers, setting up the tents, selling at the fair or tearing it all down. Volunteers are what keeps this lodge going! Please let myself or the other board members if and how you can help. **Takk for det!**

It's a fun and educational event. Come on out!

Fraternally Becky T



Cultural Corner

At the Heritage meeting on May 11th, we heard Detective Matt Hulett of the Colorado Springs Police Department as he told us about financial fraud and abuse. We learned a lot more about how to keep ourselves and our family safe from scammers, by identifying their scam telephone calls, letters and emails.

Next up on **June 8** is **Part 2** on the of the "Sojourn of the Sloopers" a history of the First Norwegian immigrants to the US presented by Erik Tjelmeland.





Above: The front of the long Syttende Mai parade!

Right: Lise Leblanc and company in their bunads

Far Right: Anders Tørnquist, the assisting honorary consul, reading a 17th of May speech from the Norwegian General Consulate in San Francisco.

Below : David Haugen and Juana enjoying the day,

Left Corner: The Disbrow contingent (including Sissel and Brad Johnson) at the picnic



Fjelldalen Syttende Mai:

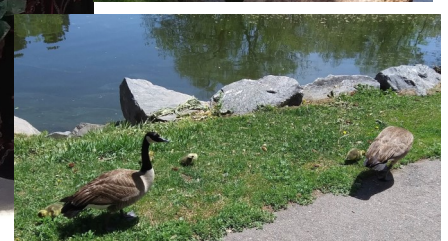
Fjellheim members celebrated Syttende Mai with the folks from Fjelldalen Lodge at Sterne Park in Littleton Co. They had over 200 people attending and they said it was the longest parade they've had!



Far Right: Kids at the picnic wearing bunads!

Below: BJ Mapstone and Randy Johnson march in the parade.

Right Corner: Sterne Park water birds on display



In Loving Memory of Kathleen Justine Harstad

March 8, 1930 – May 3, 2022

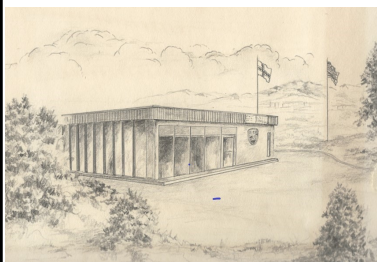


Kathleen was born on March 8, 1930, in Elkhorn Township in Divide County, MT. Her parents were Sven and Brita (Eknes) Bervik. Kathleen was raised in Elkhorn with her four siblings. On March 1st, 1951, Kathleen married her sweetheart, John Lee Harstad, and became a Navy wife. Kathleen Justine Harstad of Denver, Colorado, passed away on May 3, 2022, at the age of 92.

To quote her obituary, “Many things can be said about Kathleen Justine Harstad. Known to friends and acquaintances as a friendly, energetic, and empathic woman, her compassionate nature would always shine through, revealing her charm, warmth, and conscientious demeanor. She was warmhearted and gentle in all the things she sought to accomplish.”

Kathleen was a member of Fjellheim Lodge and we remember her as all of the above—and more. Kathleen's greatest joy was her family, and she recounted each family member, even those in Norway. Family genealogy and history were important to her, and she kept many old family documents and family heirlooms to pass down.

As her family wrote: “Everyone whose lives she touched will dearly remember Kathleen Justine Harstad.” Her obituary can be found at <https://www.dignitymemorial.com/obituaries/centennial-co/kathleen-harstad-10738292>.



Who was the Artist of our new LOGO picture.

If you notice we changed the generic mountain cabin ‘fjell hytta’ logo to a drawing of our lodge several months ago. Karen Ravnaas found this drawing buried in the office and created a digital copy. It’s a little dramatic (it shows Pikes Peak to the east!) but it’s a realistic depiction of the building. And yes it was drawn by a member. Here’s what we found out about the artist. Some of you may remember him, his name was Jack Moulton. Here are some comments from those who knew him.

Jack Moulton was a member of the Lodge in its early days. He was an older gentleman, probably a widower who wore a mustache and suavely charmed the ladies. He was an artist and produced some things for the Lodge. His son was a teacher at West Junior at that time and I think he later was a gymnastic coach at Coronado High School. He was active in Lodge affairs in the early and mid-years.

Paul Wiig says he commissioned him to do the pic for the cover of the agenda when our lodge hosted the District Convention. Mr. Moulton was a retired phy-ed teacher at Coronado. He was from Minnesota and knew many of Paul Wiig’s relatives from around Spicer/Green Lake. Paul remembers taking him skiing to Breckenridge as well.

June Birthdays

Steven Babcock	June 5
Matthew Disbrow	June 5
Curtis Miller	June 6
Karl Schneider	June 7
Michael Johaneson	June 8
Daryl Lundquist	June 11
Peter Osburnsen	June 12
David Lee	June 18
Paul A Oakes	June 19
Steven Erickson	June 25

Heritage and Youth

Silje Ostrem	June 22
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Download from
Dreamstime.com

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Dreamstime.com

July Birthdays

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

Heritage and Youth

Sam Schneider	July 9
Miranda G Coltrin	July 30

FJELLHEIM - 2022 OFFICERS

Board of Directors

President	Becky Tamblyn	719-271-3631
Vice-President	Kerry Hefta	719-651-2677
Counselor	Kerry Hefta	719-266-9429
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	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	Dean Tollefson	719-473-1110
	Ole Bakken	719-649-3478
	Sara Berge	719-495-2134
Financial Benefits	Kendall Kjerstad	605 939-1714 or 970-697-1114

Fjellheim Management Corporation (FMC)

Directors	Karen Ravnaas	719-390-0621
	Jeff Calvin	719-331-8575
	Paul Wiig	719-596-6159
	John Larson	719-570-0043
	K. Max Canestorp	719-685-4583
	Norman Pechacek	719-574-1938
	Cynthia Pechacek	719-574-1938

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

Colorado Zone 8 Director	Beverly Moe	720-746-9755
	bevm259@comcast.net	

District 6 President	Luella Grangaard	760-363-7704
	morongo2@verizon.net	

Sons of Norway Board	Mary Beth Ingvaldstad	707-987-2404
	mbingvaldst@aol.com	

Sons of Norway

Monthly Newsletter

Kerry Hefta, Editor

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Please cut stamp for Tubfrim

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