

The Fjellheim Flammen



Fjellheim Lodge 6—107

Sons of Norway

1045 Ford Street, Colorado Springs, CO 80915

719 574-3717

www.sonsofnorwaycs.com

March 2020

Volume 47. #3

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 April issue is
March 20th

Member Appreciation Breakfast

Free to all Members

\$10 for Non-member guests

Pancakes

Scrambled Eggs

Bacon

Orange juice

Coffee & tea

March 21st, 2020 9 -11 am

Sons of Norway Fjellheim Lodge
Viking Hall
1045 Ford Street

Please RSVP by March 14th, 2002

to Karen Ravnaas

at (719) 390-0621

Mars 2020

søndag	mandag	tirsdag	onsdag	torsdag	fredag	lørdag
1	2	3 12:30 pm Cards and Games, 6 & 7 pm Norwegian Language Class Viking Hall	4 6:30 pm Board Meeting Viking Hall	5	6	7
8	9	10 6 & 7 pm Norwegian Language Class Viking Hall	11 6:00 pm FMC 7 pm Heritage Mtg Viking Hall	11	12	14
15	16	17 6 & 7 pm Norwegian Language Class Viking Hall	18	19	20	21 9-11 am Member Appreciation Breakfast
22	23	24 6 & 7 pm Norwegian Language Class Viking Hall	25	26	27	28
29	30	31				

Upcoming Events—Fjellheim

April 6th and 13th, 9 am, Lefse Baking, Viking Hall
 April 19, 11 am—Frokost, Viking Hall
 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

March 2020

Presidents Message

Spring is when you feel like whistling even with a shoe full of slush."

- Doug Larson

I know I'm looking forward to the first day of Spring, March 19th! Wonder what March will bring us this year? You just never know here in Colorado!

Happy Anniversary Sons of Norway! It's always nice to have a celebration especially for a group we all enjoy so much. Our lodge group picture from the February meeting will be submitted to the Viking magazine. Here's to another 125 years!



I would like to thank all those who pitched in to create a great Valentine's Fish Fry Dinner! We sold out this year and the event was a wonderful and tasty success thanks to you all.

We will be nominating delegates during the March meeting for the Sons of Norway District Six Convention. Delegates will attend meetings and activities during the four day convention in Mesa, AZ this June.

Lefse making time is just around the corner! Please make your calendar with the dates and come out for food, fellowship and of course the LEFSE!

Faternally

Becky & BJ

Upcoming Events !!

Well we have Frokost of course, here's our flyer.

Frokost Menu
Authentic Norwegian Breakfast

Sunday, April 19th, 2020
11 am - 1:30 pm
Sons of Norway
Fjellheim Lodge
Viking Hall
1045 Ford Street
Colorado Springs, CO

Honey Ham	Pickled Herring	Salmon Mousse
Roast Beef	Sardines	Shrimp Salad
Salami	Smoked Salmon	Potatoe Salad
Liver Sausage	Scrambled Eggs	Cucumber Salad
Pork Roast	Deviled Eggs	Cole Slaw
Head Cheese	Tomatoes	Cardamom Bread
Gjetost	Lingonberries	Julekake
Jarlsberg	Waffles	Lefse
Swiss Cheese	Fresh Fruit	Apple Cake
Bondost	Pickled Beets	Flat Bread
Tomato Aspic	Dill Pickles	Coffee, Tea & Juice

Lovingly prepared for you by your fellow lodge members
who wish you a hearty

Velkommen til Bords!

Members: \$20 Children 12 & under: \$10
Non-members: \$25 Children not requiring a seat: FREE

RSVP by April 19, 2020
to Karen Ravnass
at (719)390-0621

Members join us for
the Member Appreci-
ation Breakfast.



Our next event will be for **lodge members only**. It is a Members Appreciation Breakfast on March 21st. Sign up at our next lodge meeting.

Dear Members: Come and enjoy breakfast at the lodge. This is in appreciation for all your hard work volunteering this past year, including a fantastic job at our events.

If you're not a member yet, you're missing out. We have first-class events, monthly activities, and a great bunch of Scandihoovians to fellowship with. A bonus is a great monthly magazine to read, "The Viking".



**Pics from
Fish Fry!!!
Lois H at Left
Phil Cable
and the fish
at right!!**



Sunshine Report – March 2020



Happy Birthday! to everyone celebrating birthdays in
March!

Happy St Patrick's Day and Happy Spring!

Kerry Hefta and Shannon Stokes are recovering from long term colds/bronchial issues. Get well soon!

Please contact me if you hear of any news regarding Fjellheim members.

March thought of the month: A smile is the shortest distance between two people.

Fraternally, Karen Ravnaas - 390-0621

**Barneloppet was
a big success and
the weather was
perfect!! There
were over 90 kids**



**and all had a
good time! And
some of them
had new head-
gear at the end
of the day!**



March Birthdays

Dean E Tollefson	1
Eileen P Larson	2
Rory L Foresman	3
Robert Gavin	3
Drew Wiest	3
Mary Lou Bailey	6
Owen J Mach	6
Arne Mark Severson	7
David Smith	16
Kristi J Erdal	17
Kari Malene Beck	18
Delores M Gagnon	18
Elizabeth Schneider	19
Dorene Calvin	20
Grete Larsen Hovius	21
Debbie J Mach	21
Owen E Bergland	23
Gunvald J Kjolstad	24
Karen K Ravnaas	24
Tove E Palmer	25
Leonard Beasley	27
Miles J Hommel	27
Richard Harold Johnston	28
Abby Allgood	31



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Card Social

Tuesday March 3rd

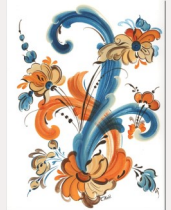
Potluck starting at 12:30 followed by cards. Come and join this group of fellow Norwegians for a relaxing and fun afternoon.

Questions?? please call Ginny Johnson 495-0253



Rosemaling Classes at Viking Hall

All skill levels are welcome. The cost for each 4 hour session is \$20.00. Please call Cindy Bauer at 633-8260 or Bj Mapstone at 440-3992



Woodcarving Adventures

Please talk to Jeff, Terry, BJ or Mike if you are interested.



Viking Sisters

See you all March 5th at 1 pm at Viking Lo

Questions?? please call Ginny Johnson 495-0253

Spring Lefse Campaign Begins

We will have two Lefse baking days starting April 6th and April 13th making lefse for Frokost. Grills, rolling pins and boards all are furnished at the lodge. We just need lefse makers to show up. We'll put the coffee pot on with treats and lefse hot off the grill. Come on out and enjoy helping the Lodge. We bake from 9:00 until 11:00.

Becky

Interested in attending the 2020 District 6 Convention? We want YOU!!

The Convention will be June 18-21 at the Sheraton Mesa Hotel in Mesa, Arizona. Attendees will have the opportunity to learn more about the Sons of Norway and District 6, meet folks from other lodges, help chart the course of the organization, and report back to Fjellheim Lodge. Delegates must be in attendance for the entire Saturday and Sunday District Lodge meeting. Socializing and cultural programs help make this a fun event.

The delegate package is \$325; guest package is \$285. Room costs are \$105/night plus tax. Assistance with finding a roommate is available. Fjellheim will cover the delegate package and room rates for our chosen delegates.

Please consider attending the convention as a Delegate or as an Alternate. If you are interested, let a Board member know or just come to the March Heritage Meeting to be nominated and elected. In the unlikely event that more than 6 people volunteer you may also attend the convention as a guest but then you cannot vote. Find more details forthcoming at:

<http://2020.sofn6.org/>

Pics from the Fish Fry!



125 year Anniversary Cake!!



Bev Moe, Sissel and BJ enjoying the day - above
Rodger and Marjorie Erickson ready for fish—below



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	Open	
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	

District 6 President

Luella Grangaard	760-363-7704
morongo2@verizon.net	

Sons of Norway Board

Mary Beth Ingvaldstad	707-987-2404
mbingvoldst@aol.com	

Sons of Norway

Monthly Newsletter

Kerry Hefta, Editor

Viking Hall—Fjellheim 6-107

1045 Ford Street

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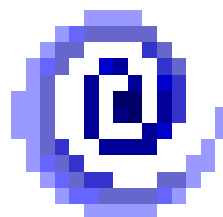
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SPIRAL BODY MASSAGE THERAPY

Caren

Alvestad R.M.T., C.N.M.T



FOR PAIN RELIEF & RELAXATION

Please call for an appointment

2320

(719) 648-