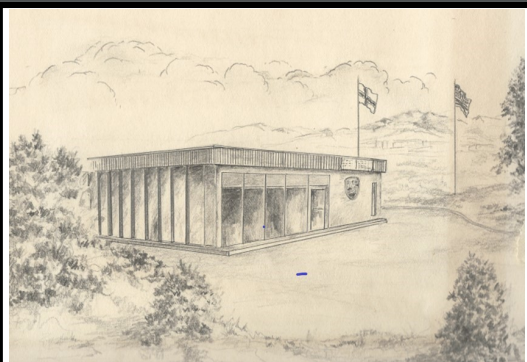


The Fjellheim Flammen



Fjellheim Lodge 6-107

Sons of Norway

1045 Ford Street, Colorado Springs, CO 80915

719 574-3717

www.sonsofnorwaycs.com

NOVEMBER 2021

Volume 48 Issue #10

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**

Deadline for the December Issue is November 20th

2021 Lutefisk and Meatball Dinner

Saturday, November 13, 2021

Fjellheim Lodge, Viking Hall

1045 Ford Street, Colorado Springs, CO 80915

Menu

Lutefisk with Butter/Cream Sauce

Meatballs & Gravy,

Steamed Potatoes, Vegetables,

Cranberry Sauce, Lefse

Dessert and Coffee

Details

Seating is Limited

First Seating 1:00 pm Second Seating 4:00 pm

Members - \$22.00

Non-Members - \$25.00

Ages 10-16 - \$10.00, under 10 - no charge

Hot take-away dinners will be available for pickup starting @1:00 pm until 5:00 pm.

Viking Sisters will offer 2022 Norwegian and Swedish calendars, Scandinavian Tiles, and limited Christmas items for sale in the lobby. Scandinavian baked goods will also be available in the lobby.

2021/2022 Fall/Winter Schedule!

Fjellheim Event Schedule for Remaining 2021 and Early 2022

Event	Date	Time	Place
Board Meetings	Wed: Nov 3, Dec 1, Jan 5, Feb 2	2 pm	Viking Lodge
Heritage Meetings	Wed: Nov 10, Dec 8, Jan 5, Feb 9	7 pm	Viking Lodge
Decorate Lodge	Wed Dec 1	10 am	Viking Lodge—Pizza for lunch
Christmas Potluck	Wed Dec 8	6 pm	Viking Lodge—Before Heritage meeting
FMC Meeting	Wed Nov 10, Dec 8, Jan 5, Feb 9	6 pm	Viking Lodge
Lefse	Mondays, Nov 1 and Nov 8	9 am	Viking Lodge
Beginning Language Classes	Every Tuesday	6:30 pm	Viking Lodge—email Erik Tjelmeland: norsk75usa@gmail.com Email Erik for schedule changes due to holidays
Intermediate Norwegian	Every Tuesday	7:30 pm	Viking Lodge—same as above
Trollheim Christmas Fair	Fri and Sat, Nov 5th and 6th	10 am—3 pm	Trollheim Lodge, Lakewood Co
Lutefisk Dinner	Sat Nov 13	1 pm and 4 pm	Viking Lodge—details on page 1 and 6
Christmas Family Dinner	Dec 19	2 pm	Viking Lodge, detail in next issue
Fish Fry	Feb 12th	2 pm	Viking Lodge, Event is TBD, Details in later editions
Fjellheim Winter Tea	March 12, 2022	2 pm	Details next year!!

Trollheim Christmas Fair

SONS OF NORWAY, TROLLHEIM LODGE

6610 West 14th Ave.
303-232-1700

Masks Required

No food or drink will be served during Covid restrictions

November 5th & 6th, 2021

Doors open at 10:00 AM

Open until 3:00 PM

Admission: \$2.00

Children under 12: Free

Shopping

Shop for gifts. Shop for yourself. Shop at over 15 vendors.
Shop at our Butikken. We have a wide variety of merchandise so...
SHOP TILL YOU DROP!

Enjoy shopping in our

Wonderland Of Scandinavia

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

Potluck and Cards The Card Social has been postponed until February 2022 due to lack of participation. Please join your friends on the first Tuesday in February for a pot luck lunch followed by cards.

Viking Sisters - We will meet again after the new year! Ginny

Holiday Cookie Baking and Cooking Club

Nothing is planned for November but we may restart Cookie baking in December and will restart Cooking Club activities in the 2022. Both activities are a fun time with wonderful company and you learn new techniques and recipes plus savoring the final product too!



Left: Newell Nesheim learning how to make krumkake. That would make anyone happy!



Sunshine Report

November 2021



Happy Birthday and Happy Anniversary to all who are celebrating these special occasions during November 2021. Happy Thanksgiving!

Pat and Gerald Rowe have celebrated their 70th wedding anniversary. Congratulations and many more wonderful years together!

June Williams had a fall the last part of September. She was bruised and hurt her left arm enough that she went to the ER---no broken bones, but badly bruised tendon. June is at home, has home health care, and Brookdale Skyline is taking good care of her. She will be out of commission for about a few more weeks. Cleo reports she is improving---slowly. Take care, June and get well soon.

Julie Harris, former member and Kerry's sister, has been diagnosed with cancer and started chemo on Oct 21. Also, Kerry's Mom is having a second surgery to correct the issues she is having. Please keep Kerry and the Hefta Family in your thoughts and prayers.

Ginny Johnson's sister-in-law died and Ginny traveled to Washington state to be with her brother and other sister. **Becky's aunt**, who was a long time lutefisk guest, has died. Please keep Ginny and Becky in your thoughts and prayers.

*"In Flanders fields the poppies blow
Between the crosses, row on row,
That mark our place; and in the sky
The larks, still bravely singing, fly
Scarce heard amid the guns below*

*We are the dead. Short days ago
We lived, felt dawn, saw sunset glow,
Loved, and were loved, and now we lie
In Flanders fields."*

- Colonel John McRae, *In Flanders Fields*

November 11th - Veteran's Day in America, Armistice Day, 1918, Remembered



Fraternally, Karen Ravnaas,

Sunshine Director 719-390-0621

Ski for light Volunteers Needed!

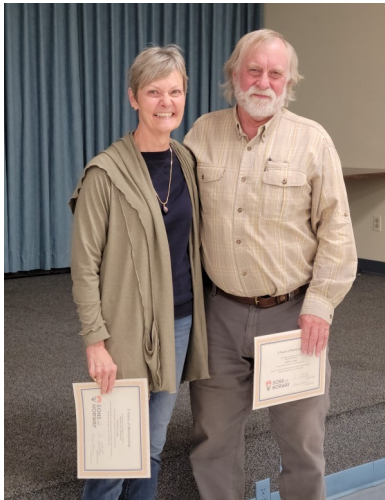
Ski for Light plans to be at the YMCA Snow Mountain Ranch from January 30 - February 6, 2022! If you can help in any way at **DIA** on **January 30** or **February 6**. Please contact JoAnn Kison at 970-581-2348 or jkison@comcast.net. Helping the visually impaired is a heart warming experience you will never forget!

****Ski for Light, Inc.** is an all volunteer non profit organization founded in 1975 that teaches the basics of classic cross country skiing to adults who are visually or mobility impaired, while giving participants who have already learned the basics of the sport the chance to improve their skills or to just have fun on the snow. All of this takes place during an annual week long event at a U.S. location that changes from year to year, and is made possible by the volunteer sighted and able bodied experienced cross country skiers who attend as guides and instructors.

CELEBRATING THE MEMBERS WHO RECEIVED ANNIVERSARY CERTIFICATES AT THE FJELLHEIM LODGE OCTOBER HERITAGE MEETING

5th Year:

Patricia Ann Tjelmeland
Kevin M Canestorp



10th Year:

Shirley Jean Stilley



15th Year:

Will M Berg (accepted by Cleo Allgood)
Michael H Johaneson



25th Year:

Margrethe Smith



35th Year:

Dean E Tollefson **Golden Member**



40th Year:

Candance E Lesoing



Kathie Godsil, our illustrious Membership Chair, is on the left in the final 3 pictures handing on the certificates to the anniversary celebrants!



November President's Corner

November is our busiest month. We are getting ready to sell lefse at the Trollheim Christmas Fair the first weekend in November. I hope to see you there either as a volunteer at the booth or as attendee!

We are still making lefse Mondays for the first 2 weeks of November for the Lutfisk Dinner. Come on out and join us. The more the merrier!



And of course we can't forget our biggest event of the year, the Lutfisk Dinner on Nov 13th. Remember that this year the serving times have changed to **1 pm** for the first seating and **4 pm** for the second seating.

Please check the calendar for coming events and details including decorating the lodge and a members only Christmas potluck dinner. Next year we are planning a February Fish Fry (if walleye is still available!) and a Winter Tea on March 12th (and yes that is still Winter!). This is a change from the December date in previous years and we hope it's a winner!

I'm looking forward to seeing everyone soon.

Becky

Viking Fair Oct 23 !



It was a **BIG** Success.. "

Thank you to all the kitchen crew, hot dish, lefse and cookie bakers, set up and clean up crew, greeter, raffle and heritage booth workers. Kudos and thanks to all."

Thanks also goes out to chair Eunice Bluhm and President Becky Tamblyn for organizing and restarting the Viking Fair this year.





2021 Lutefisk and Meatball Dinner Registration Form

SATURDAY, NOVEMBER 13, 2021

Fjellheim Lodge, Viking Hall

1045 Ford Street, Colorado Springs, CO 80915



Circle Preferred Seating: 1:00 pm 4:00 pm
Seating is Limited

	Number Attending	Cost	Total
Members		X \$22.00 =	\$
Non-Members		X \$25.00 =	\$
Student – age 10-16		X \$10.00 =	\$
Under 10		X \$ 0.00 =	\$
Pre-order for # Boxes - Assort- ed Scandinavian Cookies		X \$15.00 =	\$
		Total =	\$

Indicate Dine-In or Take-Away by checking below:

☐

Dine-In

☐

Take-Away

Your Name: _____

Phone Number:_____ **E-Mail:** _____

Please include your phone and e-mail in case we need to contact you. Thanks.

*Please make checks out to **Sons of Norway**.*

*Mail this form and your check to: Karen Ravnaas, 5295 Water Dipper Rd,
Colorado Springs, CO 80911*

NOTE: Mail reservations to arrive no later than Friday, November 5, 2021.

After that date, call Karen @ 719-390-0621 or e-mail at KRavnaas@q.com

November Birthdays

Audrey Louise Jensen	Nov 1
Elizabeth Ann Skrukrud	Nov 3
Patricia Ann Tjelmeland	Nov 4
Sarah G Ostrem	Nov 5
Arlene J Reid	Nov 10
Karen L Emanuelson	Nov 11
Maria E King	Nov 18
Les Bailey	Nov 23
Annastacia T Hackett	Nov 23
Calvin Dale Utke	Nov 24
Karen Elaine Fertitta	Nov 25
Orlin "Swede" Knutson	Nov 28

Heritage and Youth

Charlotte V Ostby	Nov 16
Noah A Hommel	Nov 30



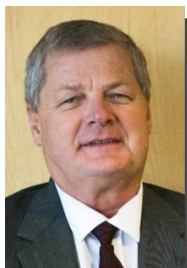
NORSK IDIOMS

Å snakke rett fra leveren
Speaking directly from your liver

Meaning:
speaking plainly without sugarcoating anything

Å ta beina på nakken
To put your legs on your neck

Meaning:
To run away quickly



Kendall Kjerstad

*Financial
Benefits
Counselor*



FJELLHEIM - 2021 OFFICERS

Board of Directors

President	Becky Tamblyn	271-3631
Vice-President	Kerry Hefta	
Counselor	Kerry Hefta	266-9429
Secretary	Randi Babcock	377-0336
Treasurer/Finance	Terry Mapstone	351-5644
Membership	Kathie Godsil	266-9592

Program Directors

Sunshine	Karen Ravnaas	390-0621
Cultural Coordinator	Jean Luce-Hagen	661-7667
Social Coordinator	Kathie Godsill	266-9592

Support Officers

Greeters	Lois Halvorson Cleo Allgood	632-6003 598-1982
Marshall	Leonard Beasley David Haugen	471-1801 599-0810
Editor	Kerry Hefta	266-9429
Web Page & Facebook	Randy Johnson	260-7028
Musician	Sonja Gund	473-9588
Publicity	Eunice Bluhm Randy Johnson	351-3554 260-7028
Librarian	Sonja Gund	473-9588
Viking Sisters	TBD	

Committees/Special Activities

Auditors	Dean Tollefson Ole Bakken Sara Berge	473-1110 632-3892 495-2134
Financial Benefits	Kendall Kjerstad	605 939-1714 or 970-697-1114

Fjellheim Management Corporation (FMC)

Directors	Karen Ravnaas Jeff Calvin Paul Wiig Jerry Maines John Larson	390-0621 331-8575 596-6159 282-0253 570-0043
Trustees	Terry Mapstone Jerry Johnson	351-5644 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

Viking Hall—Fjellheim 6-107

1045 Ford Street

Colorado Springs, CO 80915



Please cut stamp for Tubfrim

