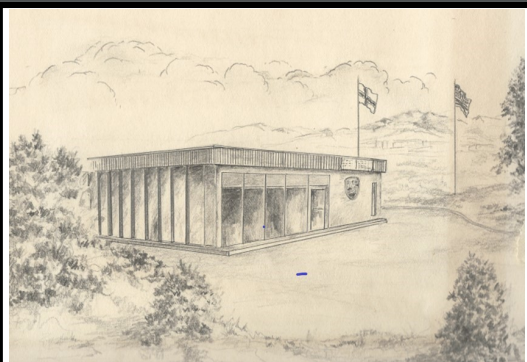


The Fjellheim Flammen



Fjellheim Lodge 6-107

Sons of Norway

1045 Ford Street, Colorado Springs, CO 80915

719 574-3717

www.sonsofnorwaycs.com

January 2021

Volume 40 Issue #01

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.

Inside this issue:

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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 February Issue is January 20th

JANUARY HERITAGE MEETING

JANUARY 12TH, 2022

@FJELLHEIM LODGE

NOTE CHANGE: SOCIAL TIME 6:30 PM

LIGHT MEAL IS NOW SERVED BEFORE MEETING!

MEETING WILL START AT 7:00 PM

Our January heritage meeting will be held on Wednesday, January 12th. The program will be the installation of the 2022 officers and the welcoming of our new members who have joined in 2021.

INSTALLATION OF OFFICERS

Come and celebrate Fjellheim's 2022 slate of officers with an installation ceremony directed by our Zone 8 Director Bev Moe serving as the official installing officer.

NEW MEMBER WELCOME

We encourage all new members who joined in 2021 to attend for a traditional ceremony welcoming all new members after the installation.

Snacks will be there of course!



January President's Corner

Happy new year! Hope 2022 finds you all well and having had a memorable holiday season.

So sorry to have missed the Christmas party, but I'm looking forward to a great new year! Cheers to a new year of health, happiness and a wonderful 2022!

Becky



Volunteer Hours for 2021

Please submit the fraternal and community hours you worked in 2021 so they can be counted and submitted for the **Lodge of the Year** report. Submit them to KRavnaas@q.com or call me @ 719-390-0621. Thank you very much!!

(If you signed any event work sheet, do not include here)

Calling for 2021 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 for inclusion in the 2021 History Book.

Tusen Takk!



SKI FOR LIGHT

47th Annual Cross Country ski event January 30-February 6, 2022

WE NEED YOUR HELP AT DENVER INTERNATIONAL AIRPORT ON JAN 30 AND FEB 6, 2022

The mission of Ski for Light is to enhance the quality of life and independence of visually or mobility impaired adults through a program of cross-country skiing.

On Jan 30, We help vision impaired skiers get their luggage and assist them to a meeting area.

Some have dogs that need to be walked to the dog relief area.

Some will want to get something to eat or go to rest rooms. When the buses arrive, we help them and their luggage to

the bus.

On Feb 6, when the buses arrive, we get them and their luggage checked in.

Some will need help getting to their gates.


Some leave later in the day and we will help them the same as we do on Jan 30.

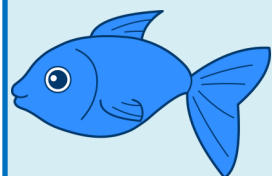
This is a very heartwarming volunteer event to do, so if your are interested in helping please contact Joann Kison at jkison@comcast.net or 970-581-2348

www.sfl.org – has a short video about the event at the YMCA Snow Mountain Ranch

2021/2022 Fall/Winter Schedule!

Fjellheim Event Schedule for Early 2022

Event	Date	Time	Place
Undecorating Lodge	Jan 5	10 am	Viking Lodge—Pizza afterwards 
Board Meetings	Jan 5, Feb 2, Mar 2	2 pm	Viking Lodge
Heritage Meetings	Wed: Jan 12, Feb 9, Mar 9	7 pm	Viking Lodge— Jan 12th includes officer installation and new members welcome
FMC Meeting	Wed Jan 12, Feb 9, Mar 9	6 pm	Viking Lodge
Cards and Games	Tuesday Feb 1, and Mar 1 2022	Noon	Viking Lodge
Rosemalling	Sat Jan 15th	Noon to 4 pm	Viking Lodge, please call Cindy at (719) 330-1275 or BJ at (719) 440-3992 for more information and schedule updates
Beginning Norwegian Classes	Every Tuesday restarting Jan 18th	**5:30 pm	Viking Lodge—email Erik Tjelmeland: norsk75usa@gmail.com Email Erik for schedule changes **NOTE NEW TIMES
Intermediate Norwegian	Every Tuesday restarting Jan 18th	**4:30 pm	
Fish Fry	Feb 12th, 2022	2 pm	Viking Lodge, Details in later editions
Fjellheim Winter Tea	Sat March 12, 2022	2 pm	Details next year!! Save the date.
Frokost	Sun April 24, 2022	11 am	Details next year!! Save the date.
District 6 Convention	June 2nd to 6th, 2022	All day	860 N Riverview, Mesa, AZ 85201, USA (map)



SAVE THE DATE

Saturday, February 12, 2022 @ 2:00 pm

Fjellheim Lodge Fish Fry

@ Viking Hall, 1045 Ford Street,

Colorado Springs. CO 80915

Details and pricing in the February Issue!!



SAVE THE DATE

Saturday, March 12, 2022 @ 2:00 pm

Fjellheim Lodge Winter Tea

@ Viking Hall, 1045 Ford Street,

Colorado Springs. CO 80915

We will need hostesses and hosts for each table. If you are interested in hosting a table please contact either Becky Tamblyn or Kathie Godsil and they'll give you the needed details.

Potluck and Cards The Card Social has been postponed until Tuesday February 1, 2022. Please join your friends on the first Tuesday in February for a pot luck lunch followed by cards. See you then!

Cooking Club Nothing is planned for January but we will restart Cooking Club activities in 2022.

Rosemalling 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.

SAVE THE DATE: District 6 Convention, June 2-6 2022



The District 6 Convention will need delegates from our lodge. Let any Fjellheim officer know if you are interested in becoming a delegate to the convention and we'll help you through the delegate selection process.

Christmas Tree and Hall Un-Decorating

January 5, 2022 @10 am

We will have lunch after we undeck the halls and then there will be the January Board meeting @ 2:00 p.m.



Sunshine Report *January 2022*



Happy Birthday and Happy Anniversary to all who are celebrating these special occasions during January 2022. *Happy New Year!*

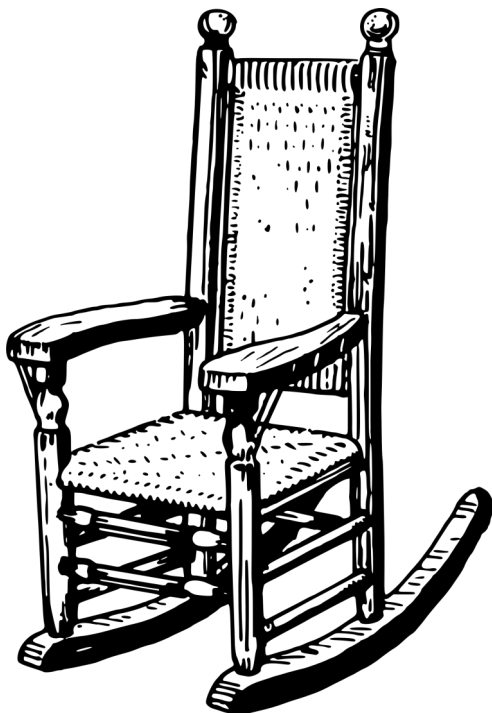
Ole Bakken had surgery for spinal stenosis, known as a "laminectomy" on December 6th. It was a success and Ole is now at Brookdale Skyline—Skilled Nursing & Rehab where he is close to Joan and she is able to visit with him often. Ole reports that rehab is going well and he is working hard to be able to be back with Joan in their apartment on Christmas Eve.

To contact Joan, use phone #719-667-5423, which is a landline and then she can hear you better.

To send a card to Ole and/or Joan, the address is **2305 Patriot Heights #1132, Colorado Springs, CO 80904**. Please keep them in your thoughts and prayers.

My take on January: Many years ago I resolved never to bother with New Years resolutions, and I have stuck with it ever since.- *Dave Beard*

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



HERE'S HOW YOU CAN TELL IF YOU'RE GETTING OLDER

- When everything hurts, and what doesn't hurt, doesn't work.
- When the gleam in your eye is from the sun hitting your bifocals.
- When you feel like the night before and you haven't been anywhere.
- When you get winded playing chess.
- When your children begin looking middle aged.
- When you know all the answers, but nobody asks you the questions.
- When you look forward to a dull evening.
- When you walk with your head held high, trying to get used to your bifocals.
- When you turn out the lights for economic rather than romantic reasons.
- When you sit in a rocking chair, and you can't make it go.
- When your knees buckle, and your belt won't.
- When you're 17 around the neck, 42 around the waist, and 126 around the golf course.
- When your pacemaker makes the garage door go up when you watch a pretty girl.
- When the little grey-haired lady you help across the street is your wife.
- When you sink your teeth into a steak, and they stay there.

*' From the book, "If You're Over the Hill You Oughta' be Goin Faster", by Carl Malz
Submitted by Cathe Berg*

Fjellheim's 2021 Christmas Party (JuleFest)!

December 19th, 2021

Eighty or so attendees gobbled up the wonderful food, sang carols around the Christmas tree and greatly enjoyed the Christmas spirit. Thanks to all the volunteers who created the yuletide merriment and special kudos to Kathie Godsil and both BJ and Terry Mapstone



Left CW: Dancing and Car-
oling around tree, Norman
and Cynthia Pechacek,
Eileen and John Larson,
Pechacek Grandkids,
Eunice Bluhm



2021 3:42 pm



12/19/2021 4:58 pm



12/19/2021 3:52 pm

Right CW: Rodger and
Marje Erickson, Kathie
Godsil and bro Ferron,
Randy Johnson and date,
and Karen Ravnaas



What are the customs for New Year's Eve in Norway?

Food According to [figures from a 2013](#) survey, the by-far most commonly-eaten New Year's Eve meal in Norway consists of turkey. 34 percent of people asked said they had eaten turkey on the most recent New Year's Eve. In second place is *pinnekjøtt* ('stick meat'), a dish – more [commonly associated with Christmas](#) — in which salted meat, mostly sheep, is dried and salted, then served with boiled potatoes and mashed turnip.

The King's New Year speech Generations of Norwegians have settled in front of the television at 7:30pm on New Year's Eve to see King Harald V's New Year speech. National broadcaster NRK has televised the King's speech every year since 1960, and TV2 now concurrently broadcasts the monarch's address from the Royal Palace "In a time when the world is increasingly changeable and demanding with regards to war and politics, I don't think it's any less important to be able to get behind national symbols. The King's speech is such a symbol," NRK head analyst Kristian Tolonen told [Aftenposten](#) in 2016.

Fireworks The spectacular lights and ear-splitting din of fireworks on New Year's Eve is a staple of the occasion for many. Laws introduced in the late 2000s have prohibited firecracker type fireworks with stabilizers. Private individuals may only set off smaller fireworks between 6pm and 2am on New Year's Eve, and some cities have forbidden them completely within certain areas. That has been reported to reduce the number of firework-related injuries, but municipal displays remain. Animal welfare groups continue to raise concern over the volume of fireworks set off as the new year chimes in.

Wiener Musikverein The Vienna concert hall and home to the Vienna Philharmonic orchestra is a staple of Norwegian New Year. The Viennese New Year's Day concert is watched in many countries, and hits viewing figures of up to 600,000 on NRK, according to the broadcaster's figures.

Time with friends and family While everyone celebrates in their own way, it's common for family and friends to gather at a home or cabin, eat and drink together and head out into the cold as the clock nears midnight. Children may be given sparklers, neighbours wish each other '*Godt nytt år, takk for det gamle*' (Happy New Year, thank you for the past one), champagne is popped and the celebrations continue into the night.

Godt nyttår!



My sister Julie Harris is busily finishing her Eggedal Bunad while housebound and undergoing Chemo Therapy. To the left is some of her work. The first is the heavily embroidered purse and one of the aprons for the bunad. The second picture is the embroidered skirt, the breast plate which goes underneath the vest and yet another apron. She's now almost done after 4 years! Can't wait to see it!



To the left are some examples of completed Eggedal Bunads. Notice that the vest is silk and much more fitted (and expensive) than the 'rutastakk' Valdres bunads myself and my other sister Kristi Hefta Brindle are wearing on the right. Different localities have very different bunad requirements in Norway. Julie picked one of the toughest bunads to make from our father's side of the family.

By Kerry Hefta



January Birthdays

Daniel Eugene Pyhtila	3
Dorothy G Everett	4
Mark Wedo	6
Nanette Walker Smith	8
Roy F Weaver	8
Cita L Helseth	12
Inger Pappas	14
Gary H Barnes	15
Lois M Enderud	15
Ruth Elizebeth Young	16
Julie E Furstenau	18
Sonja M Thomas	21
Maria M Zakrzewski	21
Cynthia Laurie Pechacek	22
Randi L Babcock	25
Clairette Bakken	25
Shannon W Stokes	25
Olivia Arens	26
Carol J Eacker	26
Christopher Hardy	27
Rebecca E Tamblyn	27
Jeff W Hansen	28
Donald A Nasby	28
Ross B Olsen	28
Hazen Thomas. Jr.	30

Heritage and Youth

Maren Sofia Lyby 30



Download from Dreamstime.com

FJELLHEIM - 2022 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 Hagen Luce	661-7667
Social Coordinator	Kathie Godsill	266-9592

Support Officers

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

Committees/Special Activities

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

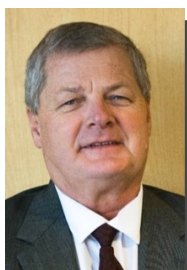
Fjellheim Management Corporation (FMC)

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

Trustees	Terry Mapstone	351-5644
	Jerry Johnson	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



Kendall Kjerstad

*Financial
Benefits
Counselor*



Sons of Norway

Monthly Newsletter

Kerry Hefta, Editor

Viking Hall—Fjellheim 6-107

1045 Ford Street

Colorado Springs, CO 80915



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