

The Fjellheim Flammen



Fjellheim Lodge 6-107

Sons of Norway

1045 Ford Street, Colorado Springs, CO 80915

719 574-3717

www.sonsofnorwaycs.com

November 2022

Volume 40 Issue #11

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:

All about Lutefisk	1
Calendar and Events	2
Lutefisk Dinner Flyer	3
Sunshine, Pres Corner, Cultural and Misc	4
Viking Fair Redux	5
Julebord Reservation and SOFN Scholarship Opportunities	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 December Issue is November 15th

SEE PAGE 3 FOR REGISTRATION DETAILS FOR THE FJELLHEIM LUTEFISK AND MEATBALL DINNER ON NOVEMBER 12TH.

All about Lutefisk (from Wikipedia) Are you ready?



Lutefisk is dried whitefish (normally cod, but ling and burbot are also used). It is made from aged stockfish (air-dried whitefish), or dried and salted cod, cured in lye. It is gelatinous in texture after being rehydrated for days prior to eating. Lutefisk is prepared as a seafood dish of several Nordic countries. It is traditionally part of the Christmas feast; Norwegian julebord and Swedish julbord, as well as the similar Finnish joulupöytä.

In Portugal and Brazil it's called bacalhau, where it's still prepared sometimes like the Scandinavians but often with olive oil, garlic, onions, hard boiled eggs or in Brazil with Heart of Palm. Here's a link to some Portuguese recipes <https://foodandroad.com/cod-dishes-bacalhau-portugal/>. I've had some and you can tell it's Lutefisk just prepared differently.

Preserved fish provided protein for generations in a part of the world with a strong fishing tradition. It is not known when people first started treating dried fish with lye. The reason was probably that the lack of major salt deposits in the area favored the drying process for the preservation of whitefish, a process known for millennia.

Stockfish is very nutrient-rich and was consumed domestically, although it was during the boom in the stockfish trade in the late Middle Ages that the product became accessible throughout Scandinavia, as well as the rest of Europe. The higher quality stockfish would be soaked in water, then boiled and eaten with melted butter. Lower grade qualities would be harder and more fuel consuming to boil and it has been suggested that adding ash from beech or birch in the boiling water, would break down the protein chains and speed up the process. The introduction of lye in the preparation process might therefore have been incidental.

For it to become edible, lutefisk must again be soaked in cold water. The first step is soaking for five to six days (with the water changed daily). The saturated lutefisk is then soaked in an unchanged solution of cold water and lye for an additional two days. The fish swells during this soaking, and its protein content decreases by more than 50 percent, producing a jelly-like consistency. When this treatment is finished, the fish (saturated with lye) is inedible with a pH of 11–12. To make the fish edible, a final treatment of yet another four to six days of soaking in cold water (also changed daily) is needed. The lutefisk is then ready to be cooked.

Lutefisk as a Christmas season meal has gained attention in Norway over the past 20 years.^[13] The Norwegian Seafood Export Council indicated sales of lutefisk to restaurants and catering companies in Norway increased by 72% between 2005 and 2008. A 2005 survey found 20% of Norwegians ate lutefisk during the Christmas holiday season, although only 3% would consider it for their Christmas dinner.

Far more lutefisk is consumed in the United States than in Scandinavia, much of it by Scandinavian Ameri-

Fjellheim Event Schedule for Fall/Winter 2022

Event	Date	Time	Place
Board Meetings	Wed: Nov 2, Dec 7, Jan 4	2 pm	Viking Lodge
FMC Meeting	Wed: Nov 9, Dec 14, Jan 11	5:30 pm	Viking Lodge, note earlier time
Heritage Light Supper	Wed: Nov 9, Dec 14, Jan 11	6:30 pm	Viking Lodge, We'll eat and socialize first!
Heritage Meetings	Wed: Nov 9, Dec 14, Jan 11	7:00 pm	Viking Lodge, Business and Cultural meetings begin
Card Social and Potluck	Tues: Nov 1, Dec 6	12:30 pm	Viking Lodge
Lefse Baking	Tues November 1,	9 am	Viking Lodge—Watch for email updates
Advanced Norwegian	Tues: Nov 1, 8, 15 and 22	3:30 pm	Viking Lodge—email Erik Tjelmeland: norsk75usa@gmail.com Holiday dates may change...
Beginning Norwegian	Tues: Nov 1, 8, 15 and 22	5:30 pm	
Intermediate Norwegian	Tues: Nov 1, 8, 15 and 22	4:30 pm	
Rosemaling	Sat Nov 19	11 am—3 pm	call our instructor Cindy at (719)-330-1275 or BJ at (719)-440-3992 for class info, materials and to let them know you plan to attend. Dates may change!
Trollheim Christmas Fair	Fri and Sat: Nov 4 and 5	10 am to 3 pm	Trollheim Lodge—Lakewood, Co—details below
Cookie Packaging	Thurs Nov 10	10 am til done	Viking Lodge
Lutefisk and Meatball Setup	Fri Nov 11,	9 am til done	Viking Lodge, Check sign-up sheets at Heritage Meetings for specific tasking! Or just show up we'll find you work!
Lutefisk and Meatball Dinner	Sat: Nov 12	1 pm and 4 pm	Viking Lodge—see info next page: Hurry Limited Seating!
Cooking and Baking Club	Sat Dec 10th	10 am	Viking Lodge, Dessert Lefse on the menu.
Julebord—A Christmas Dinner	Sat: Dec 17	2 pm	Viking Lodge—See page 6 for reservations
Winter Tea	TBS—projected March	2 pm	Viking Lodge— still TBD



Trollheim Christmas Fair

SONS OF NORWAY, TROLLHEIM LODGE

6610 West 14th Ave.
303-232-1700

November 4th & 5th, 2022



Doors open at 10:00 AM

Open until 3:00 PM

Admission: \$2.00

Children under 12: Free

No food or drinks will be served

Masks are optional

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

Card Social and Potluck

The Card Social will have a potluck lunch at 12:30 followed by cards and socializing on Tuesday, November 1st 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 may change...



Shout out for **Volunteers** for the **Julebord: Dec 17th, 2022**

We're looking for volunteers to help prepare a full Julebord this year. Please let us know if you interested in cooking, cleaning up and/or decorating for that event. Or you can bring a favorite Christmas dessert to share at the Julebord.

This year the Julebord will be limited to members and guests only. We'd love to see you!

Call or Text Kerry **(719) 651-3677** or BJ **(719) 440-3992**

Fjellheim Sons of Norway

LUTEFISK AND MEATBALL DINNER

SATURDAY, NOVEMBER 12, 2022

1:00 AM & 4:00 PM

FJELLHEIM LODGE, 1045 FORD STREET

COLORADO SPRINGS, CO



Dinner Reservations: Circle Preferred Seating: 1:00 pm 4:00 pm

Seating is Limited

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

☐

Dine-In

☐

Take-Out

	Number Attending	Cost	Total
Members		X \$22.00 =	\$
Non-Members – 16+		X \$25.00 =	\$
Student – age 10-15		X \$10.00 =	\$
Under 10		X \$ 0.00 =	\$
		Total =	\$

Product Pre-Orders:

Items	Quantity	Price per Unit	Total Product
Lefse – 6 rounds per pkg		X \$10.00	\$
Lutefisk – 1 lb. pkg		X \$15.00	\$
Herring		X \$12.00	\$
Lingonberries		X \$8.00	\$
		Total =	\$

Your Name: _____

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

Payment Option (Circle to indicate your choice):

- ⇒ Check: Make out to **Sons of Norway**
- ⇒ Visa or Master Card, you may pay at the door.
- ⇒ Cash: pay at the door.

Mail reservations to Karen Ravnaas, 5295 Water Dipper Rd, Colorado Springs, CO 80911 by **Saturday, November 5, 2022.** After that date, call Karen @ 719-390-0621 for space availability and registration.

NOTES/Special Requests: _____



Sunshine Report — November 2022

Happy Birthday and Happy Anniversary to all who are celebrating these special occasions *during* November 2022. Happy Veteran's Day to all who served our country in times of war and peace; thank you for your service. *Happy Thanksgiving to all.*

Lois Halvorson has had ear infections and found out that her system was short on potassium. She is doing much better and is back to baking lefse.

Maria Zakrzewski send a message stating, "I've been having a hard time breathing. Asthma, turned into COPD. In/out of E.R. a lot. On O2 almost 24/7. Can't do much of anything. That's why I haven't been attending any events. Kind of restricted. *I miss you guys at S of N. Regards to everyone.*" Maria Z

Please keep these gals in your thoughts and prayers.

As of this report, we have had the Viking Fair. Several of our members who we haven't seen in awhile were there. So, here is a shout out to Bev Broin, Dot Everett, and others. It was so good to see you again. Take care.

A Poem (or two) for You: "Heap high the farmer's wintry hoard! Heap high the golden corn! No richer gift has Autumn poured From out her lavish horn!" - John Greenleaf Whittier

"The year has turned its circle, The seasons come and go. The harvest all is gathered in And chilly north winds blow. Orchards have shared their treasures, The fields, their yellow grain, So open wide the doorway— Thanksgiving comes again!" - Unknown

If anyone knows of news that needs to be reported, please let me know. Thanks.

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

Photo courtesy of Karen; taken in 2010 west of Creede, CO.

NOVEMBER PRESIDENT'S CORNER

It's coming to the busy time of year when we look forward to seeing you all this Holiday Season.

Please make plans for our annual Lutfisk Dinner and Julebord. We're anticipating sellouts so don't miss out on the food and fun. Registration for Lutfisk can be found on page 3. Registration for the Julebord is on page 6.

There's lots of opportunities to help and volunteer.. We would love to have you, The more the merrier!

Fraternally,

Becky J



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@g.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@g.com or call me @ 719-390-0621. Thank you very much!!

CULTURAL CORNER

Jean tells us that it all be music, music in the air for the next Heritage Meeting cultural entertainment. The band 'Tidal Breeze' will serenade us with old and new tunes. So come on out and tap your feet to the beat on **November 9 at 7 pm** at Viking Lodge (drinks are as cheap as always).



Free Concert! Come and join the fun!

Last month's session for the Ole and Lena joke fest was fun. The joking participants were: *Left to Right: Annastacia Hackett, Kerry Hefta, Cynthia Pechacek, Mike Johaneson, Karen Ravnaas, Max Canestorp, Eileen Larson and John Larson.*



Viking Fair Bazaar and Brunch

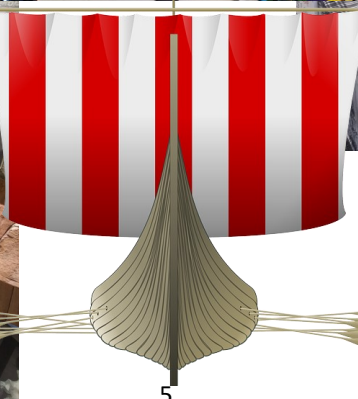
Redux—2022

The 2022 Viking fair had a great turnout for October 22 from 9 am to 3 pm. The weather was warm but windy but that didn't keep the customers away. It seems as people wanted to get out and about and were ready to shop (and eat) after the COVID lockdown.

The fair provided a bunch of great vendors with diverse wares, the Viking Sisters sale did really well, the bake sale sold out before noon (to the dismay of latecomers), the lefse was in high demand and everyone enjoyed this years brunch selections from the members of FMC.

Thanks to Eunice Bluhm, the fair coordinator, and Becky Tamblyn, Fjellheim president, for setting up this year's fair as well as *all* the volunteers who made this event a success.

Volunteers are the heart of our Lodge!





Julebord Christmas Buffet

1045 Ford Street, Colorado Springs,
CO 80915



December 17th, 2022

Social: 1:30 Dinner: 2:00

Lodge will provide the following foods:

Ham Turkey Pork Loin Meatballs Shrimp Tray
Baked Norwegian Salmon Smoked Salmon Lutefisk
Escalloped Potatoes Green Beans w/Almonds
Surkal (Sweet and Sour Cabbage) Assorted Salads
Cheese Tray Pickles Herring Lingonberries
Lefse Christmas Breads Fyrstekake (Prince's Cake)
Desserts, lovingly made by our members!
Coffee and other drinks

Dinner Reservations - Seating is Limited

	Number Attending	Cost	Total
Members & Guests (16+)		X \$22.00 =	\$
Student – age 10-15		X \$10.00 =	\$
Under 10		X \$ 0.00 =	\$
		Total =	\$

Your Name: _____

Phone Number: _____ E-Mail: _____

Payment Option (Circle to indicate your choice):

⇒ Check: Make checks out to **Sons of Norway**

⇒ Cash: pay at the door.

Mail reservations to Karen Ravnaas, 5295 Water Dipper Rd, Colorado Springs, CO 80911 by **Saturday, December 12, 2022**. After that date, call Karen @ 719-390-0621 for space availability and registration.

NOTES/Special Requests: _____

SOFN SCHOLARSHIP Opportunities for 2023—Check it out



Applications open in October. Encourage students and members in your lodge to apply! With the rising cost of higher education, the Sons of Norway Foundation is here to help with 15 different scholarship opportunities.

For many recipients, these awards are a life changing opportunity to explore educational passions here in the US or in Norway. Over \$100,000 awarded annually to students of all types! Americans studying domestically or in Norway Norwegians studying in the USA Adult learners

Undergraduate, vocational/trade, graduate Members (or children and grandchildren of members) and non-members Norwegian Folk High Schools or Oslo International Summer School Major specific (elementary education, women studying engineering/science) Most scholarships require Sons of Norway membership (can be under a parent or grandparent) but some do not. Some opportunities are unique, like the Nancy Lorraine Jensen Memorial Scholarship that was created to honor a member's daughter after she passed away at a young age. This scholarship can fund full tuition for a female student studying certain engineering or science fields. Another unique scholarship is the Bernt Anker Scholarship, created by a member who wanted students without parents to have the same opportunities. This scholarship is open to members and non-members alike.

Many of our scholarships are also open to non-traditional or adult students. Learn more online here: <https://www.sofn.com/foundation/scholarships/>

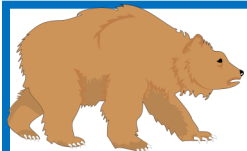
You can also contact the Foundation with specific scholarship questions. Fraternally, Carl P. Ingvaldstad, District 6 Foundation Director

November Birthdays

Audrey Louise Jensen	1
Elizabeth Ann Skrukud	3
Patricia Ann Tjelmeland	4
Sarah G Ostrem	5
Karen L Emanuelson	11
Maria E King	18
Les Bailey	23
Annastacia T Hackett	23
Calvin Dale Utke	24
Karen Elaine Fertitta	25
Orlin N Knutson	28

Heritage and Youth

Charlotte V Ostby	16
Noah A Hommel	30



A Little Humor

One day not long ago, Ole decided to go bear hunting. Way up in the woods, he and Sven rented a cabin. The next morning Sven was under the weather, so Ole went out bear hunting by himself. He wasn't gone long when Sven heard him come dashing out of the trees, running up to the cabin all excited. "Sven", he said, "I just ran into a Norwegian bear!!!" "How do you know he's Norwegian", asked Sven. "Well", said Ole, "I saw dis big bear come charging at me....BAM....I hit him rite in da stomach... and dat bear said, 'UFF-DA'.



Kendall Kjerstad
Financial Benefits
Counselor
 605 939-1714



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 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
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	719-574-1938

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

Colorado Zone 8 Director Diane Molter 303-288-6014
GRNBViking09@live.com

District 6 President Robert Sather
president@sofn6.org

Sons of Norway Board Luella Grangaard

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

pampered|chef

INDEPENDENT CONSULTANT

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

www.pamperedchef.com > Nanette Walker Smith



207 Whisper Lane
Grand Junction, CO 81503

Kendall Kjerstad
Financial Benefits Counselor

kjerstadkendall@yahoo.com
www.sonsofnorway.com

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