

The Fjellheim Flammen



Fjellheim Lodge 6-107

Sons of Norway

1045 Ford Street, Colorado Springs, CO 80915

719 574-3717

www.sonsofnorwaycs.com

Oktober 2022

Volume 40 Issue #00

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

Viking Hall, 1045 Ford Street

Send Articles to :

Kerry Hefta
khefta@comcast.net

Deadline for the November Issue is October 20th

13th Annual Viking Fair Bazaar & Brunch

Community Cultural Event

Come by for Arts, Crafts, Unique Gifts, Collectibles, Fun, Handwork, Lefse, Baked Goods, Raffles & Vendors

Saturday, October 22, 2022

9 AM - 3 PM

Free Admission

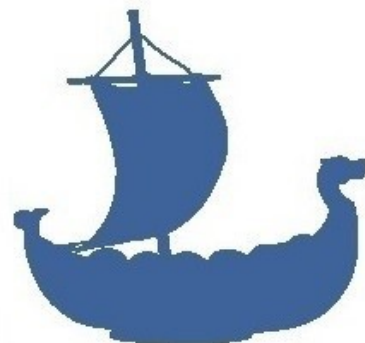
Brunch \$10

Viking Hall

1045 Ford St
Colorado Springs, CO 80915
719-574-3717



Sons of Norway
sonsofnorwaycs.com



For more information,
call 719-351-3554

Fjellheim Event Schedule for Fall/Winter 2022

Event	Date	Time	Place
Open House Celebration of Life for Dean Tollefson	Sun Oct 2 2022	1-3 pm	Viking Lodge
Board Meetings	Wed: Oct 5, Nov 2, Dec 7	2:00 pm	Viking Lodge
Heritage Light Supper	Wed: Oct 12, Nov 9, Dec 14	6:30 pm	Viking Lodge, We'll eat and socialize first!
Heritage Meetings	Wed: Oct 12, Nov 9, Dec 14	7:00 pm	Viking Lodge, Business and Cultural meetings begin
FMC Meeting	Wed: Oct 12, Nov 9, Dec 14	5:30 pm	Viking Lodge, note earlier time
Card Social and Potluck	Tues: Oct 4, Nov 1, Dec 6	12:30 pm	Viking Lodge
Lefse Baking	Tues: Oct 4, 11, 18 and 25	9 am	Viking Lodge—Watch for email updates
Advanced Norwegian	Tues: Oct 4, 11, 18 and 25	3:30 pm	Viking Lodge—email Erik Tjelmeland: norsk75usa@gmail.com
Beginning Norwegian	Tues: Oct 4, 11, 18 and 25	5:30 pm	
Intermediate Norwegian	Tues: Oct 4, 11, 18 and 25	4:30 pm	
Baking and Cooking Club— Holiday Cookie editions	Thurs Oct 20 and 27	10 am	Viking Lodge, call first @719-440-3992, details below
Rosemaling	Sat Oct 1 Sat Nov 19	noon-4 pm 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!
Viking Fair—Bazaar and Breakfast	Sat: Oct 22	9 am to 3 pm	Viking Lodge—info on page 1
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 Dinner	Sat: Nov 12	1 pm and 4 pm	Viking Lodge—see info next page: Hurry Limited Seating!
Julebord—A Christmas Dinner	Sat: Dec 17	2 pm	Viking Lodge—info in later editions
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, October 4th 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...

Baking and Cooking Group - October is for Cookies!

In October we'll be making traditional Scandinavian cookies for sale at the Lutefisk dinner. We'll try and coordinate varieties so please call or text me at 719-440-3992 (BJ Mapstone) if you plan to attend so that I make sure we have a good variety. You may choose to bake your cookies at home as well and bring them in to be packaged on Nov 10 at 10 am.



Fraternally BJ Mapstone

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 — October 2022



Happy Birthday and Happy Anniversary to all who are celebrating these special occasions during October 2022.

Lois M Enderud passed away May 2, 2022 in Pueblo, CO.

Dean Tollefson, 90, died September 16, 2022. Cards can be sent to Brenda and family at their home at 1110 McArthur Ave, Colorado Springs, CO 80909-4022.

Please keep their families and friends in your thoughts and prayers. See both of their memorials later in the Flam-men.

Cathe Berg had shoulder surgery but I will let her tell you about it. She writes "Had my shoulder surgery Wednesday. What I expected to be a low key operation was definitely high science!! Being I am right handed and the surgery was on my right shoulder it makes things very hard for me.." Cards can be sent to her at their new address: 401 Bold Ruler Court, Unit 202, Havre de Grace, MD, 21078. Keep her in you prayers.

Thought for the month: "On the motionless branches of some trees, autumn berries hung like clusters of coral beads, as in those fabled orchards where the fruits were jewels . . ." - Charles Dickens

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

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

October President's Corner

Well it's that busy time of year again! The Fish fry was a success with a big turn-out. Next up comes the Viking Fair, followed by the Lutefisk dinner in November and finally our finale for 2022 the Julebord dinner. Many thanks to all the volunteers who make these events successful.

Lefse making on Tuesday will continue through September and October and maybe into November. We're making lefse to sell this fall at the Lutefisk dinner and through the holidays. We are also planning to sell at a booth at the Trollheim Christmas fair Nov 4th and 5th. Last year we did pretty well there so let's do it again! Tusen Takk!

Fraternally
Becky J



Shout out for **Volunteers** for the Julebord: Dec 17th.

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.

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



CONGRATULATIONS to

Amber Bakken, grandchild of Joan and Ole Bakken, a recent graduate of Coronado High School, and sometime server at Lodge events, has traveled to Portland, Oregon to attend Reed College where she will pursue a course of study leading to a degree in engineering. After completing at least 14 AP classes, she graduated second in her class at Coronado High School. All our Fjellheim members are proud of you!

CULTURAL CORNER

We're going to be laughing hysterically at the next Heritage Meeting Oct 12! Why? Because our members, enlisted by Jean Hagen-Luce will be voicing out Ole and Lena jokes (and other Norwegian jokes of it's ilk). Come and join the fun!



PICTURES FROM KRANSEKAKER BAKING SEP 10TH





Fish Fry, Sept 17 2022

Anniversary Fish Fry Wrap-up

It was a great day for a Fish Fry. The lodge looked very nice, and the mood was light. We served 118 members and guests the best fish fry dinner in town. Our total deposits for reservations were \$2,640 so far and \$408 for lingonberries, lefse, etc. Tusen Takk - to all the volunteers who made it work so well and thanks to all who attended this special event.



★ September 14 Anniversary Awards *Gratuleterer*

50 Years

45 Years

25 Years



Left: Eunice Bluhm receiving her 25 year certificate. Now she's ready to take on the management of the Viking Fair next month for the 13th time. Be sure to call her with any questions about the Fair. Lois expects a fun fair with a variety of vendors on tab and great food as always. Info on the fair is on page 1. See you there!

Above on the left is Golden Member Gloria Mitchell receiving her certificate from membership chair Kathie Godsil. Congrats to Gloria!

Above: Golden Members, Lucille and Larry Moe celebrating 45 years with SOFN. Congratulations to you both.

Below: Joan Magee, John and Eileen Larson, Steve Hermanson, David Haugen and Annastacia Hackett are all smiles after 10 years.



Left: Lois and Ken Halvorson have 20 years in SOFN!. They are both stalwarts supporters of our lodge volunteering for everything.

Tusen Takk til deg.



Lefse Sales Bancroft Park Wrap-Up - What a summer! Nineteen volunteers from your lodge were working at the Lodge and Old Colorado City Farmer's Market in Bancroft Park. Please let me introduce those members who made this a successful event: Tusen Takk to Becky Tamblin, Bev Beasley, Bjorg Mapstone, Carol Hackett and Grandson George, David Haugen, Kathie Godsil, Kerry Hefta, Leonard Beasley, Lois Halvorson, Max Canestorp, Mike Johaneson, Nancy Allen, Newell Nesheim, Randy Johnson, Sara Berge, Sissel Disbrow, Terry Mapstone, and Karen Ravnaas. We sold 2270 rounds, in packages of five and also singles. Our total deposits were \$4,531.99. Thanks to all who made this possible.



In Loving Memory
Dean Elwood Tollefson
March 1, 1932 -
September 16, 2022



Dean Elwood Tollefson of Colorado Springs passed peacefully at home after a recent diagnosis of acute leukemia.

Dean's 90 years of adventures started with a home birth on the farm in Willow Lake, South Dakota, to Ada Anderson Tollefson and Morgan Lorenzo Tollefson. Dean was playing the piano and singing harmony by ear at age 7 and later performed in a vocal quartet while a student at Augustana College, where he graduated with a double major in sociology and philosophy/religion. Dean was a legal officer for two years in the Marine Corps, after which he pursued doctoral studies at Southern Illinois University in college administration and philosophy. Dean's formal career centered on inter-collegiate cooperation and consortium work, first as Vice President at the Kansas City Regional Council for Higher Education and then as the Executive Director of the Union of Independent Colleges of Art. After moving to Colorado Springs in the mid-1980s, Dean cared for an uncle and his mother. He subsequently taught philosophy at Pikes Peak Community College and served as community chaplain to perform numerous inter-faith weddings and naming ceremonies in the Colorado Springs area.

Dean was a man of many passions and strong opinions. He was a voracious reader, lover of music and art and enjoyed listening to and exploring new thoughts and ideas. A creative problem-solver, he could always think outside the box and find the good in people. He and Brenda traveled frequently, visiting family and friends, and creating new connections along the way.

Dean's active community engagement included offering philosophical courses for Pillar; facilitating spiritual exploration; and working to strengthen the interpersonal bonds that are the backbone of a community. Dean was a long-standing member of the Sons of Norway, ACLU, the League of Women Voters, the Colorado Springs Chorale, the Kansas City and Colorado Springs chapters of the United Nations Association, and Pikes Peak Detachment 29, Marine Corps League.

Dean joined the Sons of Norway on February 2, 1986. He loved his Norwegian heritage, Fjellheim Lodge, and its members. He was not afraid to tell us his fondness of both the organization and the people. He loved a good discussion and presented a great series of cultural programs that provided much information to his audience. And, of late, he loved Monday morning lefse baking where he rolled the 2.5 oz dough balls which eventually became the finished product! We will miss his piano performances, his wonderful stories of growing up, his interaction with children of all ages, and his laugh. Oh! that laugh! RIP, Dean. These Vikings will miss you very much.

Dean is survived by his loving and devoted wife of 31 years, Brenda Mensink; sister Rosalie Brodin; children Nancy (Randy Switser), Tod, Daniel (Linda), Eric, and Ingrid (Troy Cusey), daughter of his ex-wife Serena Sutton; grandchildren Mariann, Sara, Nikki, Jakob, Bobbi, Berit, Brokk, Clara and Berend; and 12 great-grandchildren. Dean was pre-deceased by his ex-wife Carol Fedde, his sisters Arla Mae Shultz and Claryce Stormo and eldest son, Timothy.

An open house celebration of Dean's life will be held Sunday October 2nd from 1pm to 3pm at the Sons of Norway Lodge, 1045 Ford St., Colorado Springs. Inurnment is planned for summer 2023 at Collins Cemetery in Willow Lake, South Dakota. Donations may be made to a charity of your choice supporting music, animal welfare, veterans, and/or community gardens. (Sons of Norway addition and obituary used with permission of the family.)



In Loving Memory
Lois M. Enderud
January 15, 1934 - May 2, 2022

Lois M. Enderud, 88, passed away on May 2, 2022. Lois was born in Lamar, CO, to Fred and Edith Piatt. In 1951, the Piatt family moved to Rocky Ford where Lois graduated from RFHS in 1952. Glenn and Lois were married in August of 1958. They moved their home and business to Pueblo in 1986. Lois and Glenn joined Fjellheim Lodge on September 11, 2003 and enjoyed many dinners and special events over the years. It was always a pleasure to visit with them when they checked in for dinner. Our thoughts and prayers are with Glenn and his family.

Survivors include her husband of 64 years, Glenn Enderud of Pueblo; children, Margaret Williams of Sandpoint, Idaho, Susan Wright of Laughlin, Nev., Barbara (Chuck) Largent of Greeley, Glenda (Michael) Melaragno of Arvada, CO., and Larry (Pat) Enderud of Pueblo; nine grandchildren and 17 great-grandchildren; siblings, Evelyn Haling of Pueblo, Martha Evett of Rocky Ford; and William (Margie) Piatt of Rocky Ford. Lois was preceded in death by one son, Randall C. "Randy"; her parents; and brothers, Fred Piatt, Jr., and Vernon Piatt.

Our thoughts and prayers are with the Enderud family.

October Birthdays

John H Mikkelsen	4
Martha Miller	4
Margrethe Smith	6
Gloria L Mitchell	7
Marjorie Lindskog	13
Jill K Johnson	16
Brian L Svendsen	22
Sonja Gund	24
Rodney Jensen	24
Linda K Ross	28
Geir S Ostrem	30

Heritage and Youth

Joshua R Lysne	16
Lena M Erickson	22
Austin Allgood	24
Will M Berge	27

**Gratulerer
med dagen**



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

Sons of Norway

Monthly Newsletter

Kerry Hefta, Editor

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Please cut stamp for Tubfrim

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