

# The Fjellheim Flammen



*Fjellheim Lodge 6-107*

*Sons of Norway*

*1045 Ford Street, Colorado Springs, CO 80915*

*719 574-3717*

*www.sonsofnorwaycs.com*

**August 2021**

**Volume 48 Issue #07**

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 September issue is August 20th

## Fjellheim Lodge Fish Fry

*@ Viking Hall, 1045 Ford Street,  
Colorado Springs. CO 80915*

*Saturday, September 18, 2021 @ 2:00 pm*

### MENU

Walleye

A second dish for those who do not eat fish

Baked Potatoes, Coleslaw, Fresh Rolls

Dessert

**\$20.00 per member/sponsored guest**

**Seating is limited** – Under 10, no charge

For Reservations, please send form and check to Fjellheim Lodge at the address above, no later than Tuesday September 14, 2021

**Questions?** Call Karen Ravnaas @ 719-390-0621

Name \_\_\_\_\_

# Attending \_\_\_\_\_

Notes/e-mail \_\_\_\_\_

## 2021 Late Summer and Early Fall Schedule!



Fjellheim Event Calendar for August/Sept/Pct 2021

Event	Date	Time	Place
Cards and Games	Aug 3, Sept 7, Oct 3	12:30 pm	Viking Lodge
Board Meetings	Wed: Aug 4, Sept 1, Oct 4	2 pm	Viking Lodge
Salad Potluck	Wed Aug 11	6 pm	Viking Lodge
Heritage Meetings	Wed: Aug 11, Sept 8, Oct 11	7 pm	Viking Lodge
FMC Meeting	Wed Aug 11, Sept 8, Oct 11	6 pm	Viking Lodge
Colorado Vibes Baseball	Wed: Aug 25	6:30 pm	Security Service Field, Colorado Springs, Co Call Kathie Godsil for tickets 719-229-9289
Fjellheim Cooking Club	Sat Sept 11	9 am-noon	Viking Lodge * details below, RSVP please
Anniversary Dinner/ Fish Fry	Sat Sept 18	2 pm	Viking Lodge * RSVP please seating limited
Fjellheim Viking Fair	Sat Oct 23	9 am—2 pm	Viking Lodge

### Baking and Cooking at the Lodge

#### (Fjellheim Cooking Club)

Prior to the COVID shutdown several members had expressed an interest in having a cooking and baking group at the Lodge and we would now like to give it a try a second time!

On September 11<sup>th</sup> we plan to make bacalao, a salted cod soup/casserole from Møre og Romsdal and lakseruller, an appetizer from Trøndelag. We will start cooking at 9:00 and will enjoy these items for lunch. This will be a hands on learning experience and for planning purposes it is **important** to know if you would like to participate in our cooking adventure.



If you'd like to join us for this second session, please call BJ at 719-440-3992 to RSVP.

The cost of the ingredients for the second session will be shared by those attending.

**COME AND JOIN US!**

### Don't forget the August Salad Potluck!!

Ready to serve at 6 pm and meeting at 7 pm

@Wed Aug 11th

See you there with your favorite summer fresh goodies!



And be ready for some fun Scandinavian games after dinner to be led by Jean Hagen Luce.

### Tuning into the Olympic and Paralympic Games?

Keep your eyes peeled for 94 Norwegian athletes competing in beach volleyball, boxing, cycling (BMX, road, mountain and track), diving, dressage, golf, handball, karate, kayaking, rowing, sailing, shooting, skateboarding, tae kwon do, track and field, triathlon and wrestling.

Flag bearers representing Norway will be Anne Vilde Tuxen (diving) and Tomoe Zenimoto Hvas (swimming).

Follow Team Norway on Instagram and Facebook:

<https://www.instagram.com/olympicteamnorway/>

<https://www.facebook.com/OlympicNOR/>



## August Presidents Corner

Velkommen back from Summer! We have lots of grand plans for the rest of the year and great hopes we can carry them all out. Hope everyone has had a great summer and is looking forward to getting together again. See you all soon!



*Fraternally, Becky Tamblyn*



## Potluck and Cards

August 3rd, 2021 @ 12:30 p.m.

*If you have been **Drag-on** the last year and a half and miss the monthly Potluck and Cards, join us at the lodge on August 3, 2021, the first Tuesday of the month. If you are still a little leery of gatherings, bring your masks. We have gloves to use when we play cards. Let's get together and have some stories of 2020, laugh a lot, and see who can beat who in Oh Hades!!! See! I kept it clean!!!*

*Fraternally, Karen, 390-0621*



## Fjellheim Cooking Club Highlights! - July 24, 2021



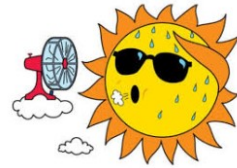
The morning of July 24th several lodge members met at Viking Hall to try our hand at making bløtkake/cream cake. We had a lot of fun and were quite successful!!

From bottom Left: G. Hackett learning culinary skills, the Finished Product!, Cheryl Cable icing the cake, and Annastacia Hackett putting on the final touches.





## *Sunshine Report – August 2021*



*Happy Birthday and Happy Anniversary to all who are celebrating these special occasions during August 2021.*

*Kerry Hefta and David Crawford* pulled the trigger and decided to get married on June 1. Please congratulate them when you see them and wish them a happy and fun life together.

*John Larson* had knee replacement surgery on June 27th. We wish him well on his road to recovery.

*Monica Anderson's* son, Mason Kategaya, 21, passed away June 3, 2021, while serving in the Marine's. His obituary can be found @ [https://www.sealscampbell.com/obituary/mason-kategaya?fbclid=IwAR1QKcBMPXFM\\_PfNHIFi5MYS-G\\_xwWXbzdWJ5kiJXI0idjkiF0wP4u5ZO58](https://www.sealscampbell.com/obituary/mason-kategaya?fbclid=IwAR1QKcBMPXFM_PfNHIFi5MYS-G_xwWXbzdWJ5kiJXI0idjkiF0wP4u5ZO58). Please keep Monica and her family in your thoughts and prayers.

*Cathe Berg* was in the hospital but is now home recovering from a mysterious malady. She keeps working with her Doctors to try to figure out what 'attacked' her causing swelling and bruising of the left arm and spreading to across the torso, which is slowly healing. Please keep Cathe in your thoughts and prayers.

*Kerry Hefta's* niece, Kathryn Hefta, 28, has been released from the Casper, WY, hospital after suffering from pulmonary embolisms in both lungs. She is now home in Gillette recovering. Send a prayer up for her speedy recovery.

**Quote for the month:** "In August, the large masses of berries, which, when in flower, had attracted many wild bees, gradually assumed their bright velvety crimson hue, and by their weight again bent down and broke their tender limbs." - Henry David Thoreau

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



# "Annual Fjellheim P:icnic

## BEAR PARK, June 20th, 2021

Twenty-Nine members and friends attended the Summer Picnic @ Bear Park.

The weather was beautiful, the food was awesome, and the fellowship was welcomed. It was so good to see each other again and a good time was had by all.

It ended way too soon!"



A special guest, June Williams, a member since 1997, who will be 99 on Aug 20 attended. It was so good to visit with her during the picnic.

Here are some pics of Fjellheim members enjoying the picnic.

Starting above Counterclockwise: Kari Dahlin and June Williams, Joan McGee and Jerry Maines, Mike and Carol Johaneson, Jerry and Ginny Johnson, and finally Maria King, Cleo Allgood and Becky Tamblyn

**UNTIL NEXT YEAR!!**





## Photos of 2021 July BBQ at Viking Hall



It was great to get together with everyone and enjoy the summer BBQ treats. Kudos to Ken Halvorson for the Chocolate Malts. Delicious!!

Starting above counterclockwise: Gerald and Pat Rowe getting their goodies, Terry Mapstone and Paul Wiig manning the grills, BJ Mapstone and Ole Bakken having a laugh, Lois Halvorson laying out the table and, in the grub line from left are Mary Lou and Les Bailey, Kevin Olson and Alex Lewis (in the background), both new members, and finally Bev Beasley, and Steve Hermanson !

## August Birthdays

Candice Gladson	2
Dan J Mach	2
Tillman C Opsal	3
Eunice C Bluhm	4
Alyssa R Smith	5
Steven John Lien	6
Cathrine Y Berg	10
Delaine Allen	11
Virginia M Johnson	16
Elsie M Gonsholt	18
B June Williams	20
Sara J Berge	21
Kristin Brown	26

## Heritage and Youth

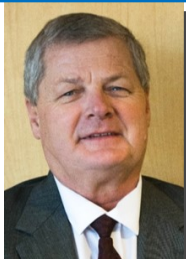
Madison J Smith	21
Avery G Lawyer	26



## NORSK IDIOMS

å kjøpe katta i sekken  
Buy a cat in a bag  
Meaning: being taken for a ride;  
you meant to buy one thing but it turned out to be something else

Du store alpakka!  
You big alpaca!  
Meaning: an expression of considerable surprise



*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](mailto:bevm259@comcast.net)

District 6 President Luella Grangaard 760-363-7704  
[morongo2@verizon.net](mailto:morongo2@verizon.net)

Sons of Norway Board Mary Beth Ingvaldstad 707-987-2404  
[mbingvoldst@aol.com](mailto:mbingvoldst@aol.com)



Sons of Norway

Monthly Newsletter

Kerry Hefta, Editor

Viking Hall—Fjellheim 6-107

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