

The Fjellheim Flammen



Fjellheim Lodge 6-107

Sons of Norway

1045 Ford Street, Colorado Springs, CO 80915

719 574-3717

www.sonsofnorwaycs.com

Februar 2022

Volume 40 Issue #02

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 March Issue is February 18th

Fjellheim Lodge 6-107 2022 Yearly 'Save the Date' Event Calendar Coming Up First is:

**Valentine Fish Fry: February 12, 2022 @ 2:00 pm. Cost \$22;
Reservations: Karen Ravnaas 719-390-0621, see details next page**

Winter Tea: March 12, 2022 @ 2:00 pm – Kathie Godsil @719-229-9289, Cost \$25;. Hostesses and Hosts are needed for each table.

Frokost: April 24, 2022 @ 11:00 am & 2:00 pm. Cost: \$22 members and \$25 non-members. Reservations: Karen Ravnaas, 719-390-0621

May: Note that we usually join the Fjelldalen Lodge in Littleton for a Syttende Mai celebration. Date and details are TBD.

6th District Convention: Mesa, AZ: June 2-6, 2022

Summer Picnic: June 19, 2022 @ 12:00 Bear Creek Park

Scandinavian Festival: Estes Park: June 24-26, 2022

July— TBD

Heritage Meeting Potluck: August 10, 6:00 pm

Baseball Game: August TBD

Anniversary Fish Fry: September 17th, 2022 @ 2:00 pm

Viking Fair: October 22, 2022 – Eunice Bluhm

Lutefisk and Meatball Dinner: November 12, 2022; servings @ 1:00 and 4:00 pm

Christmas Tea: December 3, 2022, reserved if we want to go back to this – TBD

Julebord: Saturday, December 17, 2022 @ 2:00 pm

** Please note that these dates and times may change so please check your monthly Flammen to confirm*

Fjellheim Lodge—Sons of Norway

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

Invites you to our

Valentine's Fish Fry



Saturday, February 12, 2022 @ 2:00 pm

RSVP by February 9, 2022

MENU

Walleye

Another entree for those who do not eat fish
Baked Potatoes, Coleslaw, Fresh Rolls, & Dessert

\$22.00 per person

Seating is limited – Under 10, no charge

—RSVP by: **February 9, 2022**, Make checks payable to *Sons of Norway*—

Fill out this form and send it with your payment to:

Karen Ravnaas, 5295 Water Dipper Rd, Colorado Springs, CO 80911

Have questions? Call (719) 390-0621

Name _____ Phone # _____

Attending _____ Amt Enclosed \$ _____

Notes/e-mail _____

Fjellheim Event Schedule for First Half 2022

Event	Date	Time	Place
Board Meetings	Feb 2, Mar 2, Apr 6	2 pm	Viking Lodge
Heritage Lunch	Wed: Feb 9, Mar 9, Apr 13	6:30 pm	Viking Lodge, We'll eat and socialize first!
Heritage Meetings	Wed: Feb 9, Mar 9, Apr 13	7 pm	Viking Lodge, Business and Cultural meetings begin
FMC Meeting	Wed Feb 9, Mar 9, Apr 13	5:30 pm	Viking Lodge, note earlier time
Cards and Games	First Tuesday Feb 1, Mar 1, Apr 5	12:30 pm	Viking Lodge
Rosemalling	Call for schedule	Noon to 4 pm	Viking Lodge, please call Cindy at (719) 330-1275 or BJ at (719) 440-3992 for more information
Beginning Norwegian Classes	Every Tuesday	**5:30 pm	Viking Lodge—email Erik Tjelmeland: norsk75usa@gmail.com Email Erik for schedule changes
Intermediate Norwegian	Every Tuesday	**4:30 pm	**NOTE NEW TIMES
Valentine Fish Fry	Sat Feb 12th, 2022	2 pm	Viking Lodge, Cost \$22; Reservations: Karen Ravnaas 719-390-0621, see previous page
Fjellheim Winter Tea	Sat March 12, 2022	2 pm	Viking Lodge, Cost \$25 Reservations Kathie Godsil 719-266-9592
Frokost	Sun April 24, 2022	11 am and 2 pm	<i>Viking Lodge, Cost: \$22 members and \$25 non-members. Reservations: Karen Ravnaas, 719-390-0621</i>
District 6 Convention	June 2nd to 6th, 2022	All day	860 N Riverview, Mesa, AZ 85201, USA (map)
Fjellheim Picnic	June 19th	Noon	Bear Creek Park Picnic Pavilion
Scandinavian Festival	June 24th to 26th, 2022	All Day	Estes Park, Co

Ole and Sven die in a snowmobiling accident, drunker than skunks, And go to Hell. The Devil observes that they are really enjoying themselves. He says to them 'Doesn't the heat and smoke bother you?' Ole replies, 'Vell, ya know, ve're from northern Minnesota, da land of snow an ice, an ve're just happy fer a chance ta varm up a little bit, ya know.'

The devil decides that these two aren't miserable enough and turns up the heat even more. When he returns to the room of the two from Minnesota, the devil finds them in light jackets and hats, grilling Walleye and drinking beer. The devil is astonished and exclaims, 'Everyone down here is in misery, and you two seem to be enjoying yourselves?' Sven replies, 'Vell, ya know, ve don't git too much varn veather up dere at da Falls, so ve've just got ta haff a fish fry vhen da veather's dis nice.'

The devil is dumbfounded, 'I don't understand, when I turn up the heat you're happy. Now its freezing cold and you're still happy. What is wrong with you two?'

They both look at the devil in surprise and say, 'Vell, don't ya know, if hell iss froze over, dat must mean da Vikings von da Super Bowl.'



Cancelled for 2022

Free Children's Cross Country Ski Event BARNELØPET

Due to Covid concerns and lack of volunteers, the event is postponed until 2023

The Ski For Light Board has decided to **CANCEL** this year's event at Snow Mountain Ranch due to the extreme transmissibility of the Covid Omicron variant.

There was no further word of future plans.

Thank you for your support for Ski For Light!

Bev Moe

District Six, Zone 8 Director and Sons of Norway

~~Potluck and Cards~~ The Card Social will restart 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!

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

Cooking Club Nothing is planned yet for February but we will restart **Cooking Club** activities in 2022.



February President's Corner

Please watch the calendar and website for all upcoming events. We have lots of fun things planned for this year. I look forward to seeing it all come together. *Fraternally Becky J*

Happy Valentine's Day

Sunshine Report

February 2022



Happy Birthday and Happy Anniversary to all who are celebrating these special occasions during February 2022. *Happy Valentine's Day!*

Rodger & Marje Erickson – On January 12, Rodger took a fall down a set of stairs. He sustained compression fractures on his spine and after several hours in the ER, they sent him home with pain medications. Marje is having shoulder surgery in February so she needed to find a home for Rodger until she can get back to taking care of him at home. On the 21st, Rodger was @ The Retreat @ Sunny Vista (memory care). This picture was taken on move-in day. Marje says he was perfectly content when he got there. Twelve hours later, he was taken to Memorial with severe pneumonia. The picture shows the Rodger we all know with the sparkle in his eyes and smile on his face. Marje is hopeful that one day, that sparkle will return. Please keep Rodger and Marje in your thoughts and prayers and let them know you are thinking of them. Cards can be sent to them @ 1615 Querida St, Colo Springs, CO 80909 or call @ 719-597-2196 to talk to Marje—she needs it right now.



Ole Bakken is doing very well after his surgery. He is still using a cane for support and reports that this whole experience has been better than he expected it would be. Joan's spirits are up now that he is back in the apartment and is doing so well.

Millie Sullivan is still receiving visitors and calls when able. Please call ahead if you want to visit with her. Phone # = 719-597-0381.

Kerry Hefta's brother Arlen, (63) died Jan 23 from COVID. Please keep Kerry, Kristi, Julie, and the rest of their family in your thoughts and prayers. And please, if you haven't, get a COVID-19 vaccine, as Arlen passed way too soon and left a wife, Sonja, and three young daughters. He was unvaccinated.

February thought for the month: "Go to the winter woods: listen there, look, watch, and "the dead months" will give you a subtler secret than any you have yet found in the forest." *Fiona Macleod, Where the Forest Murmurs*

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





Norwegians expect success at the Winter Olympic

Norwegian athletes have won a total of 160 medals at the Summer Olympics, with sailing and shooting as the top medal-producing sports. At the Winter Olympic Games, Norway has won 368 total medals including 132 gold medals, both considerably more than any other nation in Winter Olympic history. The Winter Olympics start February 4th and continue through the 20th. Norway is expected to head the medal standings for the second straight time, even topping its record haul of 39 medals in 2018 in Pyeongchang, South Korea.

Norway is predicted to win 22 gold medals and 45 overall. More than half of Norway's medals are predicted to come in cross country skiing and biathlon. Not too bad for a small country. So cheer them on!

Installation Of Officers and Welcoming of New Members January 12, 2022

Thanks you to all the 2022 board members for your new and continuing support of the Fjellheim Lodge. We can't do all that we without each and every one of you.. A special thanks to Bev Moe for making the trip from Lakewood and visting with us.

Fraternally Becky Tamblyn, Fjellheim President

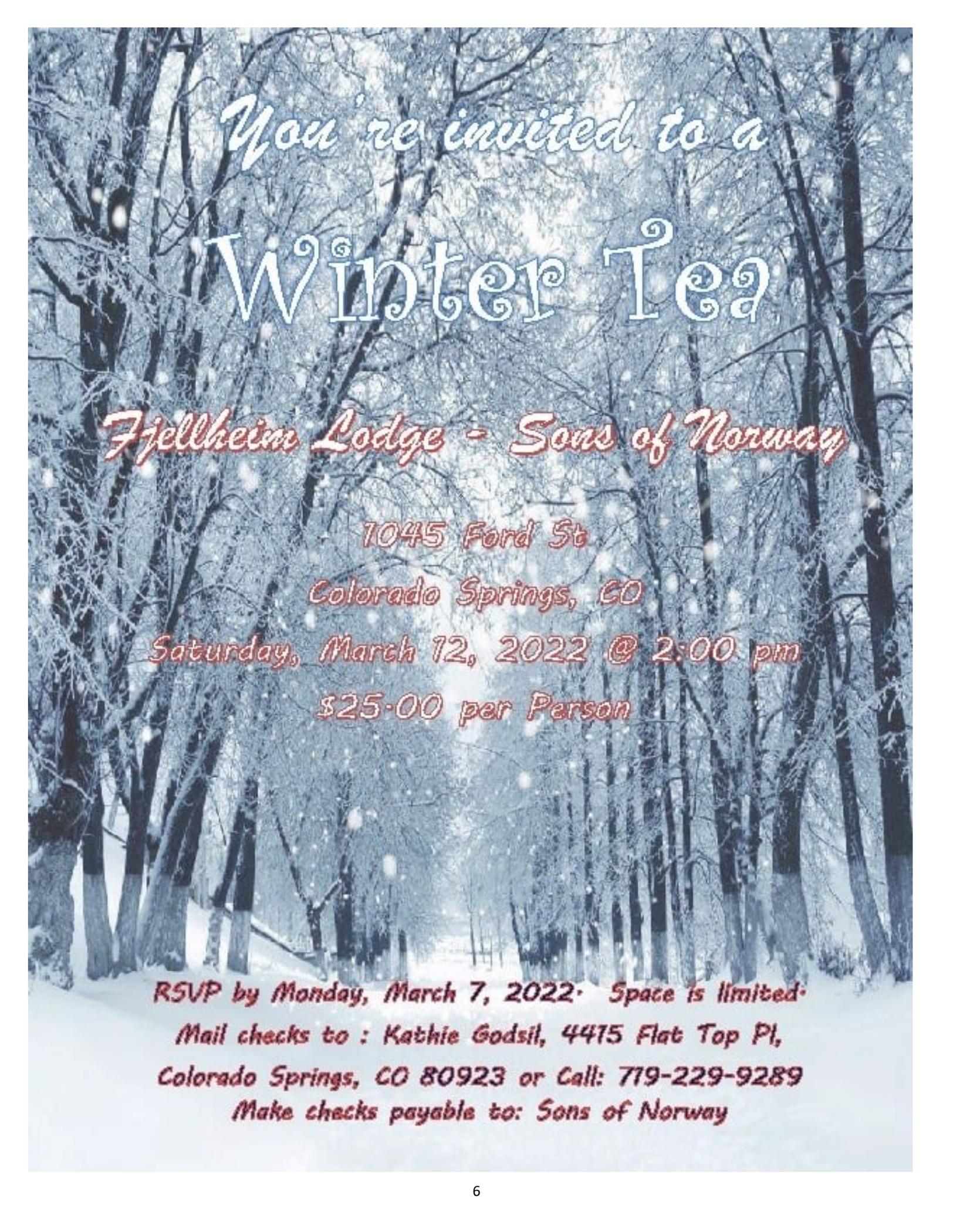


Above : Kathie Godsil. Membership chair with the 2022 new members who attended. They are left to right Newell Nesheim, Alex Lewis, Kathy and Mark Wedo.

Below : Right, Bev Moe, Zone 8 Director, who officiated the Installation of Officers and left Becky Tamblyn the Fjellheim Lodge President.

Bottom Right: The 2022 Fjellheim board members and directors: Top Row: Dave, John, Jerry J, Terry, Leonard, Sonja, and Karen. Middle Row: Randy, Carol, Kathie, Norman, Cindy, BJ, Sara, Becky, and Jean. First Row: Oslo, Bev Moe, Eunice, Bev, Lois, Cleo, and Dean.





You're invited to a
Winter Tea

Fjellheim Lodge - Sons of Norway

1045 Ford St

Colorado Springs, CO

Saturday, March 12, 2022 @ 2:00 pm

\$25-00 per Person

RSVP by Monday, March 7, 2022. Space is limited.

Mail checks to : Kathie Godsil, 4475 Flat Top Pl,

Colorado Springs, CO 80923 or Call: 719-229-9289

Make checks payable to: Sons of Norway

February Birthdays

Kris J Barney	1
David Allan Haugen	7
Vivi L Bjornen	8
Richard Mark Fisher	8
Lillian May Hermanson	9
Beverly R Broin	11
Karen A Swartley	11
Tanya M Anderson	12
Jennifer Bostow	13
Jessica Bostow	13
Clarence Versluys	15
Lyne Mann Lundquist	19
David O Haukom	20
Kerry Ann Hefta	22
A Laurance Moe	23
Celeste N Osburnsen	23
Paul R Wiig	25
Elaine Hellem	27

Heritage and Youth

Maddison Maddox Feb 23

Gratulerer
med dagen



Birgit Skarstein, Jesper Saltvik Pedersen and Vilde Nilsen are some of Norwegian winter para-athletes vying to get to Beijing.



Kendall Kjerstad

*Financial
Benefits
Counselor*



FJELLHEIM - 2022 OFFICERS

Board of Directors

President	Becky Tamblyn	271-3631
Vice-President	Kerry Hefta	651-2677
Counselor	Kerry Hefta	266-9429
Secretary	Karen Ravnaas	390-0621
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 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 John Larson K. Max Canestorp Norman Pechacek Cynthia Pechacek	390-0621 331-8575 596-6159 570-0043 685-4583 574-1938 574-1938
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Trustees	Terry Mapstone Jerry Johnson	351-5644 495-0253
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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
Monthly Newsletter
Kerry Hefta, Editor
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Please cut stamp for Tubfrim

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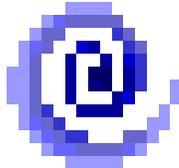


pampered chef
INDEPENDENT CONSULTANT

<http://tinyurl.com/new-pchef>
www.pamperedchef.com > Nanette Walker Smith

SPIRAL BODY MASSAGE THERAPY

Caren Alvestad R.M.T., C.N.M.T



FOR PAIN RELIEF & RELAXATION
Please call for an appointment (719) 648-2320