

The Fjellheim Flammen



Fjellheim Lodge 6—107

Sons of Norway

1045 Ford Street, Colorado Springs, CO 80915

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www.sonsofnorwaycs.com

January 2020

Volume 47. #1

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:

Calendar	2
Pres Notes	3
Birthdays	5
Sunshine	6
Lutefisk Recap	4

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

Or Mike Johaneson mjo-
haneson@gmail.com

Deadline for the February issue is January 20th

JULEBORD

We want to sincerely thank all our members who helped to make the 2019 Fjellheim Julebord a great event. Thanks to all cookie bakers, kitchen workers, with special kudos to Lois, set up and tear down workers, lefse makers, registration, web site and publicity people. Each and every one were very important and greatly appreciated. We hope all of you enjoyed the results of your endeavors. Terry and I want to wish you a Happy New Year.

Fraternally, Bjorg Mapstone



SAVE THE DATE

District Six 2020 Convention

June 2020						
Su	Mo	Tu	We	Th	Fr	Sa
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				



The Sheraton
Mesa Hotel
Mesa, ARIZONA

Celebrating Our Roots

Januar 2020

søndag	mandag	tirsdag	onsdag	torsdag	fredag	lørdag
			1 New Years Day	2 6:30 pm Board Meeting Viking Hall	3	4 10 am—Undecorate the Lodge! Viking Hall
5	6	7 6 & 7 pm Norwegian Language Class Viking Hall	8 6:00 pm FMC 7 pm Heritage Mtg Installation and New Member Welcome Viking Hall	9 1 pm Viking Sisters Cheddars Scratch Kitchen	10	11
12	13	14 6 & 7 pm Norwegian Language Class Viking Hall	15	16	27	18
19	20	21 6 & 7 pm Norwegian Language Class Viking Hall	22	23	24	25 9:30 am—1:30 pm Zone 8 Member Seminar. Trollheim Lodge, Lakewood, Co
26	27	28 6 & 7 pm Norwegian Language Class Viking Hall	29	30	31	

Upcoming Events—Fjellheim

February 15, 2 pm—Fish Fry, Viking Hall
 April 19, 11 am—Frokost, Viking Hall
 May 17th, Noon, Syttende Mai Celebration with Fjelldalen Lodge, Denver
 June 14th, Noon, Lodge Family Picnic, Bear Creek Regional Park

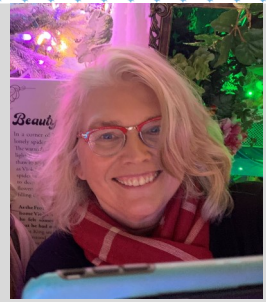
Other Upcoming Events

February 1, 5:00 pm Trollheim Lutefisk Dinner, Trollheim Lodge, Lakewood Co
 February 22, Barneløpet, Snow Mountain Ranch YMCA, Granby Co
 June 18-21 2020, District 6 Convention, Mesa Arizona
 June 26th-28th, Scandinavian Midsummer Festival, Estes Park

January Presidents Corner

GOD JUL OG GODT NYTTÅR TIL ALLE!

I hope everyone had a very Merry Christmas and is looking forward to a great 2020. This is my last Presidents corner and in honor of that here is a Selfie taken at 'Camp Christmas' at the old Stapleton which I attended with family before Christmas.



Fjellheim lodge had a two very successful events in December. First was the annual Christmas Tea on Dec 7th helmed by the very capable Sissel Disbrow. There were 235 tea drinkers in attendance and a good time was had by all! The food was delightful. Entertainment was provided by the Dickens Carolers who sang 'Acapella' and put on a great show. There they are pictured on the left.

The second extravaganza was the Julebord put on by BJ and Terry Mapstone on Dec 21st. We hosted over 165 people to a traditional Jul dinner complete with Nordic Christmas cookies. Entertainment for this event was provided by Jenny B who sang traditional songs and managed to get some audience participation! She is pictured on the right. We also sorta managed to have a group sing around the Christmas tree in the Norwegian tradition. Pics from the Julebord: Below left is Mike and Carol Jo-



haneson enjoying a meal without working for it and right is Sonja Gund and Caren Alvestad.



Many thanks to Sonja and Eunice

Bluhm who with help from Randy Johnson who actually got a Christmas carol sing along going at the December Heritage meeting.

Thanks to all who provided food for the fantastic potluck as well. BTW practice around the tree was better at the December Heritage Meeting, see the bottom picture

The January Heritage meeting will be welcoming of new members AND officer installation. Thanks to all who volunteered for Fjellheim and FMC positions. Please thank them for assuming these leadership positions.! And welcome to all the new members as we do the initiation ceremony.

Also it's time for the yearly seminar at Trollheim lodge on Jan 25th at 9:30 am til 1:30 pm. Anyone may attend but the host lodge Trollheim usually asks that we forward the number of attendees so that they predict what they need for lunch and seating. So let Becky, BJ or myself know if you would like to go. It's informative, a good place to understand the SOFN as a whole, get new ideas and you get to know the members of the other lodges as well.

Don't forget that the monthly board meeting is Jan 2nd @ 6:30 pm. See you all there!!

I am proud to have been your President for two years and it's been a great experience but it's time to let others take the lead. But I am not going away as I am still counselor and Newsletter editor. And kudos to Becky Tamblin and BJ Mapstone who are trying a slightly different format for the board as co-presidents which I think is the right decision for the future. I am looking forward to working with them in the next two years.

Fraternally yours Kerry Hefta, Fjellheim President



Christmas Tea Recap

Another Grand Event by Sissel and the crew of hostesses. 200 guests were served multiple cups of tea and dainty sandwiches and desserts by the tireless hostesses. Each of the tables was decorated in a unique Christmas theme. The afternoon was capped off with Christmas carols. A great day.



Julebord Recap

A party for family, friends and guests. Thanks to Bjørg and Terry, the food was wonderful, decorations were festive and we got to sing around the Christmas tree.

The Julebord (Norwegian for Christmas Table) gave us some of the best dishes and desserts of the season. The entertainment by Jennifer Bone was above and beyond. Needless to say, a good time was had by all. A special thanks to all who set up the tables and cleaned up afterwards. These unsung heroes make an event like this possible. Tusen Takk.



January Birthdays

Desiree J Mach	1
Gregory A Meier	1
Kristen E Meier	1
Daniel Eugene Pyhtila	3
Dorothy G Everett	4
Billy Maddox	6
Nanette Walker Smith	8
Roy F Weaver	8
Monica Anderson	12
Cita L Helseth	12
Kieran Ferguson	13
Inger Pappas	14
Gary H Barnes	15
Lois M Enderud	15
Ruth Elizebeth Young	16
Julie E Furstenau	18
Maria M Zakrzewski	21
Cynthia Laurie	
Pechacek	22
Clairette Bakken	25
Shannon W Stokes	25
Carol J Eacker	26
Christopher Hardy	27
Rebecca E Tamblyn	27
Jeff W Hansen	28
Ross B Olsen	28
Julie J Bachmeier	29
Carol J Bachmeier	30
Maren Sofia Lyby	30
Hayley Ferguson	31
Tyler Ferguson	31



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Dreamstime.com

Card Social

Tuesday January 7th.

Potluck starting at 12:30 followed by cards. Why not start the New Year by joining this group of fellow Norwegians for a relaxing and fun afternoon.



Questions?? please call Ginny Johnson 495-0253

Rosemaling Classes at Viking Hall

All skill levels are welcome. The cost for each 4 hour session is \$20.00. Please call Cindy Bauer at 633-8260 or Bj Mapstone at 440-3992



Woodcarving Adventures

Please talk to Jeff, Terry, BJ or Mike if you are interested.



Viking Sisters – Thursday January 9th we are planning to go to lunch at Cheddars in the Voyager Parkway area. If you want to join us please let Ginny Johnson, 495-0253, know.



BARNELOPET – 28th Annual Barnelopet

Leggett Hall at the YMCA SNOW MOUNTAIN RANCH has been reserved for February 22, 2020. Check in 9:30 am

Deadline to pre-register is February 15, 2020 with: Lois Hodne at 303-795-6695 or email hiloie@aol.com Ski instructors and Marshalls please let Jon-Erik know you can volunteer - tvchiro@gmail.com

For lodging: Snow Mountain Ranch YMCA 303-443-4743

A few years ago when Paul Larson helped us make lefse he loaned a Lefse Recipe book to one of the workers. Paul passed away last summer and his wife would be grateful to have this book back as it belonged to Paul's Mother. Please return it to Ginny Johnson. Thank you.



Sunshine Report – January 2020

Happy Birthday! to everyone celebrating birthdays in *January!*

Happy New Year and may it be prosperous and kind to all our members and friends.

I have no news for you at this time. Please contact me when you have information on our members. Here are a few thoughts on the New Year and the beginning of winter.

"An optimist stays up until midnight to see the New Year in. A pessimist stays up to make sure the old year leaves." - Bill Vaughan (Which are you?)

"Winter is the time for comfort, for good food and warmth, for the touch of a friendly hand and for a talk beside the fire: it is the time for home." - Edith Sitwell

Fraternally, Karen Ravnaas - 390-0621

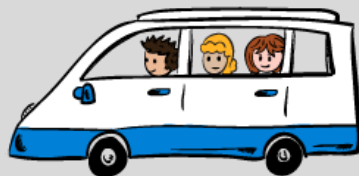
At Right: Karen Ravnaas and Sissel Disbrow checking out Karen's decorations during the Christmas Tea setup



Ride Share

If anyone is interested in Ride shares to and from the Viking Hall please contact

Kerry Hefta 719 651
3677



I do have volunteer drivers willing and able to drive from the Patty Jewett and Garden of the Gods areas. Please

Calling for 2019 Photos

During the 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 for inclusion in the 2019 History Book. I would really appreciate your input. The photos can be sent to KRavnaas@q.com

Financial Moment

This January will mark the 125th Anniversary of the Sons of Norway Organization. Many things have changed since the beginning, just as many things will continue to change in the future. However, one thing that hasn't changed is that Sons of Norway is a Fraternal Insurance Company and as such, provides highly competitive products to our members, while still holding on to the grassroots ideas of our founding fathers. The loyalty of the members who have our superior products and have helped to continue to support the whole organization, are greatly appreciated. Let's all continue to work together to ensure Sons of Norway continues to grow. Please feel free to contact me with any questions. I'd be happy to schedule a complimentary financial review.

Kendall Kjerstad

Financial Benefits Counselor
605 939-1714

kjerstadkendall@yahoo.com



Kendall Kjerstad
Financial Benefits
Counselor
605 939-1714



FJELLHEIM - 2020 OFFICERS

Board of Directors

Co-President	Becky Tambly n	271-3631
Co-President	Björg Mapstone	440-3992
Counselor	Kerry Hefta	266-9429
Secretary	Open	
Treasurer/Finance	Terry Mapstone	351-5644
Membership	Kathie Godsil	229-9289

Program Directors

Sunshine	Karen Ravnaas	390-0621
Cultural Coordinator	Jean Hagen Luce	661-7667
Social	Kathie Godsill	229-9289

Support Officers

Greeters	Lois Halvorson	632-6003
	Cleo Allgood	598-1982
Marshall	Leonard Beasley	471-1801
Editor	Kerry Hefta	266-9429
Web Page & Facebook	Randy Johnson	260-7028
Musician	Sonja Gund	473-9588
Publicity	Eunice Bluhm	351-3554
Librarian	Sonja Gund	473-9588
Viking Sisters	Ginny Johnson	495-025

Committees/Special Activities

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

Fjellheim Management Corporation (FMC)

Directors	Karen Ravnaas	390-0621
	Terry Mapstone	351-5644
	Jerry Johnson	495-0253
Trustees	Jeff Calvin	331-8575
	Paul Wiig	596-6159
	Jerry Maines	282-0908

Colorado Zone 8 Director

Beverly Moe	720-746-9755
bev259@comcast.net	

District 6 President

Luella Grangaard	760-363-7704
lorongo2@verizon.net	

Sons of Norway Board

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

Sons of Norway

Monthly Newsletter

Kerry Hefta, Editor

Viking Hall—Fjellheim 6-107

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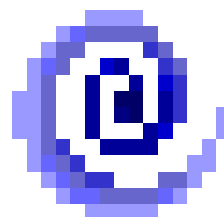
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SPIRAL BODY MASSAGE THERAPY

Caren

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



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Please call for an appointment

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