

The Fjellheim Flammen



Fjellheim Lodge 6-107

Sons of Norway

1045 Ford Street, Colorado Springs, CO 80915

719 574-3717

www.sonsofnorwaycs.com

Mars 2023

Volume 41 Issue #02

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 April Issue is March 20th

You're invited to our
Scandinavian Winter Tea
Fjellheim Lodge – Sons of Norway

1045 Ford Street

Colorado Springs, CO

Saturday March 11, 2023

At 2:00 PM

\$25 per person

RSVP Required and Space is Limited

Mail Checks to: Kathie Godsil

Address: 4415 Flat Top Place

Colorado Springs, CO 80923

Or call: 719-229-9289

Make checks payable to:

Sons of Norway

Fjellheim Event Schedule for Spring 2023

Event	Date	Time	Place
50 th Anniversary Development Group	Wed Mar 1	Noon	Viking Lodge, Open to all interested parties
Board Meetings	Wed: Mar 1, Apr 5, May 3	2 pm	Viking Lodge
FMC Meeting	Wed: Mar 8, Apr 12, May 10	5:30 pm	Viking Lodge, note earlier time
Heritage Light Supper	Wed: Mar 8, Apr 12, May 10	6:30 pm	Viking Lodge, We'll eat and socialize first!
Heritage Meetings	Wed: Mar 8, Apr 12, May 10	7:00 pm	Viking Lodge, Business and Cultural meetings begin
Card Social and Potluck	Tues: Mar 7, Apr 4, May 2	12:30 pm	Viking Lodge
Advanced Norwegian	28 Feb - regular Tuesday classes	3:30 pm	Viking Lodge—email Erik Tjelmeland: norsk75usa@gmail.com
Beginning Norwegian	02 Mar - make up Thursday classes	5:30 pm	
Intermediate Norwegian	Back to regular Tuesday starting March 7	4:30 pm	
Rosemailing	TBD	TBD	If you are interested in attending please call our instructor Cindy at (719)-330-1275 or BJ at (719)-440-3992
Winter Tea	Sat: March 11	2 pm	Viking Lodge .. See Flyer on page 1
Cooking (and Eating) Club	Sat April 1st	9:30 am	Viking Lodge .. <i>Klubb, Kumla, Raspeballer or whatever you call it, it's potato dumpling time.</i>
Lefse Baking	Tuesdays starting March 28 April 4, 11 and 25, May 2, 9, 16, 23 and 30, and maybe June 6 and 13	9 am	Viking Lodge
Frokost	Sun: April 16	11 am and 2 pm	Viking Lodge, Flyer Page 5
Syttende Mai Fest (Celebration)	Sat May 20	Noon to 5 pm Parade at 12:30 pm	Hosted by Fjellidalen Lodge, Sterne Park, 2001 W Shepperd Ave, Littleton CO Info next month
Fjellheim Annual Picnic	Sat Jun 17	Noon	Bear Creek Park
Estes Park Scandinavian Festival	Fri –Sun, June 23-25	Fri: 4-6 pm Sat: 9:30 am - 6 pm Sun 10 am-4 pm	<i>Bond Park, Downtown Estes Par, Estes Park, Co</i>

Ready to Roll?

We're starting again Tuesday
March 28th at 9 and continuing
on most Tuesdays until we
have enough! See you there!

Planned dates in April are the 4th, 11th and 25th



Cooking Club *Klubb, Kumla, Raspeballer or whatever you call it, it's potato dumpling time.*

April 1st (no kidding) at the lodge
9:30 am to 12:30 (or until we are
done!)

We'll stay and eat the results!

**Let Kerry (719-651-3677) know
if you plan to attend so we
have enough ingredients.**



Potluck and Cards Tuesday Mar 7, 2023

Please join your friends on the first Tuesday in February for a pot
luck lunch followed by cards. See you then!

Any questions call Ginny at 719-495-
0253.



Rosemailing Update If you are interested in attending please call our in-
structor [Cindy at \(719\)-330-1275](tel:719-330-1275) or [BJ at \(719\)-440-3992](tel:719-440-3992) to get any upcom-
ing dates and times and let them know you plan to attend.

Each class is around 4 hours in length and has a \$20.00 fee for each session.

Sunshine Report — March 2023

Happy Birthday and Happy Anniversary to all who are celebrating these special occasions during February 2023.
Happy St Patrick's Day! Happy Spring—happy, happy, everything!

Randy Johnson has not been feeling well as of late and is in Memorial Central undergoing a series of test to determine what is causing a series of blood clots. There has not been a diagnosis yet, and information will be passed along as he has more information. He can be reached by calling 719-365-5683 and is currently in room 4540B.

Norman Pechacek was to have hip surgery in March, but due to a blood clot behind his left knee, it was been delayed for about 3 months. In the meantime, he is struggling to dissolve the clot. Please keep him in your thoughts and prayers.



March/Spring quote: "Springtime is the land awakening. The March winds are the morning yawn."
- Lewis Grizzard

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

50th Anniversary Development Group



Fjellheim Lodge is now fifty years old, and we are planning to celebrate our Golden Anniversary. The question is how?

For anyone that might have Ideas please attend

Wednesday, March 1st at The Lodge see you @High Noon (i.e. 12 pm)

Everything will be discussed.

"Let's have some fun"

Questions? Contact Steve Hermanson
ubetcha123@reagan.com



In appreciation for all the hard work everyone does here at the lodge we were able to distribute certificates to our long term volunteers (above) and volunteer pins and certificates to our 2022 honorees (right).

Volunteer Appreciation February Heritage Meeting



CULTURAL CORNER

At our February Cultural event Max Canestorp presented a very informative program on Stavkirker (Stave churches). He's traveled around Norway researching the Stavkirker and so was a wealth of information on the current archeological knowledge about them. Thank you Max, it was an excellent talk!

In March the Shriners will be there to speak about all their good works.



MARCH PRESIDENT'S CORNER

We had a very successful Fish Fry in February and coming up Saturday March 11th will be the 2nd Annual Winter Tea. If you haven't signed up yet please do, as 71 people had already sent in their registration on Feb 22nd. Next up is the annual Frokost Brunch Sunday April 16th with two seatings at 11am and 2pm. Both registration flyers are in this issue.

And of course we're starting lefse baking again on March 28th. It's going to be lovely to see all your happy faces most Tuesdays mornings at 9 am for the next several months. We're making enough lefse for Frokost and then we need to stock up for the Bancroft Park Farmers Market sales starting in late May for most Saturdays throughout the summer. Check the schedule page for exact dates.

All this activity depends on you, our volunteers, who put in their time and energy to make this lodge successful. A thousand thanks to all of you for your dedication to this lodge.

Fraternally, Becky T



2023 Fish Fry Pics and Recap

It was another successful event for us we served some 116 satisfied customers with Walleye, Pulled Pork, Baked Potato, Coleslaw and cake for dessert.

And again we have to express our great appreciation to all our hard working volunteers who made this happen.

Left: BJ Mapstone calling tables.

Right Picture: On the left Jerry Johnson is picking out his food choices and to the right are Hazen and Sonja Thomas serving the meal.



Left: Becky Tamblyn at the cake table waiting for customers.

Above: Joan and Ole Bakken enjoying the dinner.

Right: Carol Hackett and Newell Nesheim taking a break in the kitchen



Beautiful Day! View before the Start...



Pictures from the 2023 Sons Of Norway Barneløppet (Children's Cross Country Ski Race)



Start of the 2.5 K Event



A very Happy Finisher!!

2023 Barneløppet at Snow Mountain YMCA Ranch near Granby, Co. Feb 25th

Fjellheim's Annual Frokost

(an authentic Scandinavian buffet)



Let's celebrate Spring!

Fjellheim Lodge

Viking Hall, 1045 Ford Street

Colorado Springs. CO 80915

Sunday, April 16, 2023

Two Seatings @11am and @ 2:00 pm



Your Name: _____

Phone Number: _____ E-Mail: _____

Please include your phone and e-mail in case we need to contact you. Thanks.

Frokost Reservations: Seating is Limited

Circle Preferred Seating Time: @11am or @ 2:00 pm

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

Payment Option (Check the circle to indicate your choice):

☐ Check: Make out to **Sons of Norway** and mail the form and your check to:

Karen Ravnaas, 5295 Water Dipper Rd, Colorado Springs, CO 80911-3479

☐ Cash: pay at the door.

NOTE: Mail reservations to arrive no later than **Tuesday, April 11, 2023.**

After that date, call Karen @ 719-390-0621 for space availability and registration.

NOTES/Special Requests:



In Loving Memory
Beverly Ruth Broin
February 11, 1927 - January 11, 2023

Beverly Broin, 95, passed away on January 11. She was born February 11, 1927 in Harmony, Minnesota, the third of eight children of Clarence and Viola Johnson (Turner).

Beverly married Thayne "Leo" Broin on December 21, 1949, and moved to Boulder, Colorado. They had three children: Martin William, Dana Stewart, and Valerie Elaine. After Leo earned his doctorate in geology in 1957, the family moved to Tulsa, Oklahoma. When the children were grown, Beverly resumed teaching elementary school. She loved the second graders best because their take on how the world works was so funny. Upon Leo's retirement in 1987, the couple moved to Colorado Springs.

Beverly was active in Ruth's Circle and Serendipity Fellowship as a parishioner of Ascension Lutheran Church. Beverly and Leo were also active in the local Sons of Norway Fjellheim Lodge where they taught and performed Norwegian folk dancing for many years. Beverly was a Golden Member. Beverly was a funny, joyful person who loved her family and enjoyed writing and performing in comedy skits for Sons of Norway gatherings. Ole Bakken says of Bev: "If there was a category for adults entitled "Best and Brightest", Bev Broin would top that list. She had a Mensa quality intellect with a human touch. She once performed a monologue for the Lodge that led to rollicking laughter for a half hour. On another occasion, she organized a skit in costume based on an old time Ladies Aid meeting that was very entertaining. As well as actively supporting the Lodge and leading the Fjellheim Dancers, she and Leo had a number of soirees at their home in Rockrimmon noted for their charm and gaiety. Thank you, Bev, for all the memories!" Please keep Bev's family in your prayers.

Beverly is survived by her son, Dana, of Aurora and daughter, Valerie, of Oakland, California; daughter-in-law, Cynthia Broin, and grandchildren, Nathan, Jesse, and Cameryn Broin, all of Colorado Springs. She was preceded in death by her husband, Leo, and son, Martin.

She was greatly saddened when her loss of mobility prevented her from participating in many activities and seeing her many friends. Deep thanks to very special hospice nurse, Amy Wootton, and the wonderful staff of Advanced Home Health & Hospice.



March Birthdays

Eileen P Larson	2
Rory L Foresman	3
Mary Lou Bailey	6
Arne M. Severson	7
Debi M. Fornero	10
David Smith	16
Kristi J Erdal	17
Kari Malene Beck	18
Elizabeth Schneider	19
Grete Larsen Hovius	21
Owen E Bergland	23
Karen K Ravnaas	24
Leonard Beasley	27
Richard H. Johnston	28

Heritage and Youth

Owen J Mach	6
Dillon Carlson	11
Hunter G F Lewis	21
Katelyn Carlson	27
Miles J Hommel	27



Sunshine Request:

*If you are wondering what to do with excess birthday cards, Sunshine will be glad to take them and use for our member's birthdays. Please, no blank cards and **only** birthday cards!*
Tusen Takk, Karen



Kendall Kjerstad
Financial Benefits
Counselor

Cell: (605) 939-1714
Office: (970)-697-1114



FJELLHEIM - 2022 OFFICERS

Board of Directors

President	Becky Tamblyn	719-271-3631
Vice-President	Kerry Hefta	719-651-2677
Counselor	Kerry Hefta	719-651-3677
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
	Cynthia Pechacek	719-574-1939
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	719-574-1939

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

Colorado Zone 8 Director Diane Molter 303-288-6014
GRNBViking09@live.com
zone8@sofn6.org

District 6 President Lis Barca
president@sofn6.org

Sons of Norway International Board Luella Grangaard
luella.grangaard@sofn6.org

Sons of Norway

Monthly Newsletter

Kerry Hefta, Editor

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Please cut stamp for Tubfrim

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pampered|chef

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