

The Fjellheim Flammen



Fjellheim Lodge 6-107

Sons of Norway

1045 Ford Street, Colorado Springs, CO 80915

719 574-3717

www.sonsofnorwaycs.com

Mai 2021

Volume 48 Issue #05

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:

Fish Fry Flyer	1
Pres Corner	2
Events	2
Frokost Review	3
Financial Msg / May17	4
Sunshine	5
Memorial	6
Birthdays	7

Monthly heritage meetings are held the second Wednesday of every month (except July).

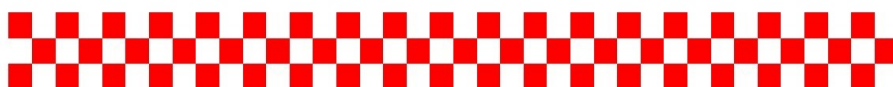
7:00 pm

Viking Hall, 1045 Ford Street

Send Articles to :

Kerry Hefta
khefta@comcast.net

Deadline for the June issue is May 20th



Fjellheim Lodge Fish Fry

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

Saturday, May 22, 2021 @ 2:00 pm

MENU

Walleye

Pulled Pork for those who do not eat fish

Baked Potatoes, Coleslaw, Fresh Rolls

Dessert

\$20.00 per member/sponsored guest

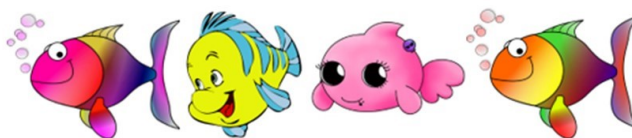
Seating is limited – Under 10, no charge

For Reservations, please send form and check to Fjellheim Lodge at the address above, no later than Saturday, May 15, 2021

Questions? Call Karen Ravnaas at (719) 390-0621

Name _____ # Attending _____

Notes/e-mail _____





Presidents Corner

Happy May! It was wonderful to see so many members at the April Heritage meeting and Frokost! It feels great to get back in the swing of things. Thank you to all who helped put on our Frokost meal, I think it was a great success and tasted even better! Remember to put out your Norwegian Flags for Syttende Mai to celebrate Norway's Independence Day. I look forward to celebrating and seeing you all again soon.

Fraternaly, Becky



2021 May and Upcoming Summer Schedule!!

Masks and social distancing are still required for all events!

Fjellheim Event Calendar for May thru August 2021

Event	Date	Time	Place
Board Meetings	Wed: May 5, June 2, Aug 4	2 pm	Viking Lodge
Heritage Meetings	Wed: May 12, June 9, Aug 11	7 pm	Viking Lodge
FMC Meeting	Wed Aug 11	6 pm	Viking Lodge
Fjeldalen Syttende Mai	Sun May 16	noon	Sterne Park (south Shelter) Littleton, Co *see page 4 for info
Fish Fry	Sat May 22	2 pm	Viking Lodge *see flyer on page 1
Rosemaling	Sat: May15, and July 17	Noon to 4 pm	Viking Lodge * see below for details
Fjellheim Picnic	Sun: June 20	Noon	Bear Creek Park
July Celebration and Bar-B-Que	Sat: July 10	Noon	Viking Lodge, back parking lot *More info in later editions
Cripple Creek Play	Thurs: August 15	9:30 am	Meet at West Side Safeway to car pool to CC *More info in later editions
Colorado Vibes Baseball (Tentative)	Wed: Aug 25 ** Date may change Still in planning stage	TBD	Security Service Field, Colorado Springs, Co *More Info in later editions



Rosemaling Update

We are planning to resume rosemaling instruction this spring and summer. We will have classes at the Lodge on the 15th of May and the 17th of July, Both classes are from noon to 4:00 pm and are on Saturdays.

The cost is \$20.00 for each session.

If you are interested in attending please call our instructor Cindy at 719-330-1275 or BJ at 719-440-3992.

Sunshine Request

If you have been cleaning out your home during the past year and are wondering what to do with excess birthday cards, Sunshine will be glad to take them and use for our member's birthdays. I will also take get well and sympathy cards.

Please, no blank cards!

Tusen Takk, Karen

FROKOST 2021 A SUCCESS!



Above: Leonard and Bev Beasley with guests

Below : Ginny Johnson, Patricia Tjelmeland and Lois Halvorson getting ready in the kitchen



Above: BJ Mapstone and Bev Moe

Left: Terry Mapstone working on serving line

Below: Frokost bartenders, Jessica Bostow and Ken Halvorson



Left: Frokost display

Below: Frokost Bunads: Pam Aakhus, Kerry Hefta, Bev Moe and Jennifer Forbes



MANGE TUSEN TAKK

Special thanks to all the Lodge members and friends who had a part in working together to prepare for the 2021 Frokost. It was a joy to look around and see friends we hadn't seen for months and also to enjoy the beautifully decorated Lodge. The food items were artfully displayed and served with loving care.

Keeping the Frokost tradition is an event that for over 30 years has been a part of our Norwegian culture. Years ago the Beahlers started the first Frokost followed by Anna Snead. She retired and for the next 20 years the Frokost chair person was Sissel. Again thanks to the many members and friends who so graciously volunteered their time to this annual event.. So it was with kindness and love that previous Frokost grocery lists and information for purchase as well as lists of who did what, were provided to our Lodge President (Becky Tamblyn this years Frokost chair).

So till next year, Velkommen till bords!

Sissel Disbrow



HARVEST

It all starts from the beginning. Perhaps you have heard the nursery rhyme story about "Henny Penny". If not, a quick overview would show just how important it is to follow a step by step process to get to the desired results, planning being the first step. In the story, no one wants to help Henny Penny, however we here at, "Sons of Norway" do want to help. Henny Penny has a plan, she knows what she needs to do and she carries on, to provide for her family. Often times it seems in life that planting the seeds in the spring of the year are one of the greatest examples, of faith and good planning. Realizing that it is just the first step to the ultimate goal of a bountiful harvest. Please, allow Sons of Norway help you with your financial planning, for a "Good" year harvest.

Mange Takk, *Kendall Kjerstad*

Financial Benefits Counselor

Sons of Norway

Colorado

Office 970-697-1114

SYTTENDE MAI CELEBRATION



(Norway's Constitution Day)



Sponsored by **Fjelldalen** Lodge #

6-162

Sunday, May 16, 2021

12:00 noon to 5:00 pm

Parade Starts At 12:30

Hot Dog Line Opens After Parade

Donations of \$10 for adults (pay as you come in)

Children 12 and under \$5

**Sterne Park, 2000 W Shepperd Ave,
Littleton CO**

Bring your family and friends to help us celebrate **Syttende Mai**, a family event with many wearing **Norwegian Bunads**, a **parade** throughout the park, a **smorgasbord** of traditional festive foods, games for all and a time to celebrate our Norwegian heritage. The **children** are a vital part of the celebration; we appreciate and encourage their participation.

Please mark your calendar and join the **Fjelldalen Lodge** for a good family time.

Call **Marilyn Speas** 303-973-2158 for further information.

Join us at **Sterne Park** (South Shelter), Littleton. Go South on Bemis St off Littleton Blvd to Shepperd Ave, turn East to parking lot. Look for the Norwegian Flag and Fjelldalen's canopy.

Please practice CDC guide lines and State guide lines. Bring your lawn chairs so we won't be crowded.

Menu : Hot Dogs, Lefse, Potato Salad ,Smoked Salmon ,Pickled Herring, Goat Cheese, Leksands, Knäckebröd (crispbread), Vafler (Heart Waffles), Lingonberries, Ice Cream Cones, Coffee - Lemonade



Memorial Day Vs Veterans Day

Aside from their different histories, origins, and intentions, the biggest difference between Memorial Day and Veterans Day is who each observance is for.

Memorial Day is, as the name implies, a time to pay respect and honor those who have died either while serving their country, as a result of military service, or after they have finished serving as a retired or separated veteran.

Veterans Day honors those who have served in the past, present, and even pays tribute to those who will serve in the future.





Sunshine Report – May 2021



Happy Birthday and Happy Anniversary to all who are celebrating these special occasions during May 2021. Happy May Day, Happy Mother's Day, and take time on Memorial Day to remember and honor all who have served and sacrificed for our freedom.

Spencer Holland, 91, died April 7, 2021 in Colorado Springs. Our sincerest condolences go out to Spencer's family and friends. Cards can be mailed to The Family of Spencer Holland, 6731 Knight Drive, Colorado Springs, CO 80918-1016. See memorial further back in this Flammen.

Marje Erickson had wrist surgery on April 15th. We wish her a speedy recovery.

Quote for the month: "It is only the farmer who faithfully plants seeds in the Spring, who reaps a harvest in the Autumn. " - B. C. Forbes

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



Cleo Allgood with Spencer and Betty Holland at our 45th Anniversary Dinner on Sept 15, 2018.



In Loving Memory
Spencer L Holland
12/6/1929 - 4/7/2021

Spencer L. Holland, 57-year resident of Colorado Springs, passed away on 7 April 2021. A depression kid born on 6 Dec 1929 in a farmhouse near Anita, IA, to Danish immigrants, Jens and Anna Holland, he was the 4th of five children. Spencer was raised on a farm, attended a one-room country school, and graduated from Anita HS in 1947. In 1952, Spencer graduated with a B.S. in Civil Engineering from Iowa State College and earned his Army ROTC commission. He trained at the Engineering School, Ft. Belvoir, VA, after which he left for Japan with duty at the Army Amphibian Unit at Camp McGill, Japan. In early 1953, he served in the Korean War as a Commander in the 44th Engineering Construction Battalion, where his unit constructed a replacement depot, motor pool and signal corps compounds, and performed road maintenance. Spencer was discharged at Ft. Carson, CO 3 May 1954.

In 1954, Spencer worked for an engineering firm in Omaha, NE, where he met and married Patricia Turner of Hastings, NE. They had three children. In 1957, they moved to Colorado Springs where he took a Federal Service position as a civil engineer at the U.S Air Force, Air Defense Command HQ. This work involved building air bases throughout North America. In 1966, he took a two-year tour with family in Germany to build up air bases there. This time permitted visits to numerous relatives in Denmark. On returning to Colorado Springs in 1968, he worked as chief design engineer in the Department of Civil Engineering at Peterson Field and the Air Force Academy, retiring in December 1985. Separated from his wife (Patricia, now deceased) in 1978, he later married Betty W. Timmons in August 1985.

Spencer was a Golden Member of Fjellheim Lodge, Sons of Norway, joining on Feb 9, 1983. Spencer loved attending Fjellheim Lodge events, especially Lutefisk Dinners. He always bought raw fish so he could continue to enjoy the holidays in the Scandinavian tradition. Spencer was a charming, amiable person who enjoyed socializing with his friends in Sons of Norway. He was like Jake Spoon in Lonesome Dove—he was good company at the supper table. Ken Halvorson remembers that “Spencer was instrumental in me joining the Korean War Veteran’s Association. He encouraged me to go on the Honor Flight to Washington D.C. which was really an Honor.” Spencer was also a generous man, often donating to the Lodge. Jerry Johnson remembers that Spencer gave him his red Sons of Norway vest several years ago, which was a nice gesture. So, when Jerry wears that vest, we all have a memory of Spencer. And Cleo says, “Spencer liked to bake Danish bread and would often bring some for Rosa. So, he was asking me where Rosa was, and if she wasn’t there, I would sometimes be the lucky one to get to enjoy his homemade bread!!” Rest in Peace, Spencer. We will miss you and your smile.

Spencer enjoyed outdoor activities, particularly big game hunting, fishing, and camping, visiting Alaska, Northern Manitoba, Panama Canal, Northern tip of Norway, Denmark, St. Petersburg, Russia, Asia, and Hawaii. He was a long-time member of St. Paul’s UMC and a member of the Iowa State Univ Alumni Association, Korean War Veterans Association, VFW, Retired ADCOM Engineers, V.Z. Reed Fireman Group, Danish American Club of Aalborg, Denmark, 44th Engineer Bn Retirees, Sons of Norway, and the NRA.

Survivors include his wife, Betty; daughters, Cherisse Croll (Jeffrey), Therese Masters (Tom); son, James Holland (Karol); 7 grandchildren and 4 great grandchildren. Also, stepchildren, Tom Timmons, Susan Blessman, Tina Ruben, and their 10 children and 9 great grandchildren. Also surviving, one brother, Chet Holland, of Atlantic, IA, numerous cousins, nieces, and nephews, and a host of relatives in Denmark that were visited several times.

A celebration of life will be held for Spencer at a later date with inurnment to follow at Fort Logan National Cemetery. Paraphrased from his complete obituary which can be found at:

<https://www.shrineofremembrance.com/spencer-l-holland-april-7-2021/>

May Birthdays

Duane Bakken	1
Marilyn M Keck	2
Nancy Marie Allen	6
Lois E Halvorson	9
Bridgette A Brenmark	12
Dora Marie Wolfe	14
Jack R Anderson	16
Terry L Brown	19
Steven Roy Hermanson	20
Linda Ann Wennerberg	23
Susan M Foust	24
James R Nau	27
Candance E Lesoing	30

Heritage and Youth

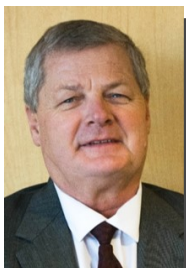
Eloise S Erickson	10
Elijah Dvorak	15
Juliannah Gavin	17
Eon Peterson	24
Madalynn Maddox	30



NORSK IDIOMS

Bjørnetjeneste
bear service

Meaning: well intended but awkward help; doing someone a favor with negative consequences; disservice



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	632-6003
	Cleo Allgood	598-1982
Marshall	Leonard Beasley	471-1801
	David Haugen	599-0810
Editor	Kerry Hefta	266-9429
Web Page & Facebook	Randy Johnson	260-7028
Musician	Sonja Gund	473-9588
Publicity	Eunice Bluhm	351-3554
	Randy Johnson	260-7028
Librarian	Sonja Gund	473-9588
Viking Sisters	TBD	

Committees/Special Activities

Auditors	Dean Tollefson	473-1110
	Ole Bakken	632-3892
	Sara Berge	495-2134
Financial Benefits	Kendall Kjerstad	605 939-1714 or 970-697-1114

Fjellheim Management Corporation (FMC)

Directors	Karen Ravnaas	390-0621
	Jeff Calvin	331-8575
	Paul Wiig	596-6159
	Jerry Maines	282-0253
	John Larson	570-0043
Trustees	Terry Mapstone	351-5644
	Jerry Johnson	495-0253

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

Sons of Norway

Monthly Newsletter

Kerry Hefta, Editor

Viking Hall—Fjellheim 6-107


1045 Ford Street

Colorado Springs, CO 80915



Please cut stamp for Tubfrim

207 Whisper Lane
Grand Junction, CO 81503



SONS OF NORWAY

Kendall Kjerstad
Financial Benefits Counselor

Business: (970) 697-1114
Cell: (605) 939-1714
kjerstadkendall@yahoo.com

www.sonsofnorway.com



SUMMIT RIDGE GROUP

Dedication. Integrity. Results.

719.648.1070
Shannon@ShannonsellstheSprings.com
www.wesellspringsproperties.com

Nanette Walker Smith, Consultant #746504
719-474-7466 *n_w_smith_24@outlook.com



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