

The Fjellheim Flammen



Fjellheim Lodge 6-107

Sons of Norway

1045 Ford Street, Colorado Springs, CO 80915

719 574-3717

www.sonsofnorwaycs.com

October 2020

Volume 47 Issue #9

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

Or Mike Johaneson
mjohaneson@gmail.com

Deadline for the November issue is October 20th

Member Recognition

ATTENTION! Sons of Norway members of Fjellheim Lodge who are eligible for their 5+ year member pins will receive recognition at the October 14, 2020 Heritage Meeting. Please see the list of honorees on another page.

LUTEFISK AND MEATBALL DINNER

SATURDAY, NOVEMBER 14, 2020

Viking Hall

1045 Ford Street, Colorado Springs, CO 80915

Due to current distancing requirements, seating is limited to 50 Fjellheim members and their sponsored guests per session.



Lutefisk with Butter/Cream Sauce, Meatballs, Steamed Potatoes, Vegetables, Cranberry Sauce, Lefse, Dessert and Coffee

First Seating 2:00 pm, Second Seating 5:00 pm

Members - \$20.00

Sponsored Guests - \$22.00

Ages 5-12 - \$10.00

Viking Sisters will offer 2021 Norwegian and Swedish calendars for sale in the lobby.

Reservations/Information:

Ginny Johnson @ 719-495-0253 or jerry_6@q.com

2020 Lutefisk and Meatball Dinner



It's new – it's “Reimagined”! You can be involved in this historic Lutefisk and Meatball Dinner!

To follow Colorado's health guidelines, we will be dividing this annual cultural event into two sections:

1) The actual dinner (see flyer on first page), and 2) The a la carte event.

At Viking Hall, proper social distancing and sanitizing measures are being followed. Currently, masks are required. Of course, this is all subject to change. Thank you for understanding our limitations this year. We hope you select an option which best suits your desires and, most of all, your need to feel safe.

2020 Lutefisk and Meatball A La Carte Orders

Fjellheim Lodge, 1045 Ford Street, Colorado Springs, CO 80915

There will be an a la carte sale of the main dinner items. This will enable you to make your own Lutefisk and Meatball Dinner at home – whenever you want! You can make the meal special by adding your favorite traditional side dishes. Plan to make it a feast to remember!

Order NOW. Do not delay – this is a first come, first serve basis. **All orders must be received no later than Saturday, October 17, 2020.**

Please send your completed form and payment to: Sons of Norway, 1045 Ford Street, Colorado Springs, CO 80915. Pick-up dates and time will be 1) Friday, November 13, 10:00 am to 4:00 pm, and 2) Saturday, November 14, 2020, between 1:00 and 6:00 pm. If you are local and unable to get to the lodge, let us know in the notes below so arrangements can be made deliver your order.

If you have questions, please call **Becky Tamblyn @ 719-271-3631**. Please do **NOT** call or leave a message at the lodge.

2020 Lutefisk and Meatball A La Carte Order Form

A La Carte Items	Price per Unit	Quantity	Subtotal
Lefse – 6 rounds per pkg	\$10.00		
Lutefisk – 1 lb. pkg	\$10.00		
Lutefisk – 2 lb. pkg	\$18.00		
Meatballs (fully cooked) – 1 lb. pkg w/gravy	\$15.00		
Scandinavian Cookies – 1 box assorted	\$10.00		
		TOTAL AMOUNT	

Make checks payable to **Sons of Norway**. Circle a pick-up date below:

Friday, November 13, 10:00 to 4:00

Saturday, November 14, 1:00 – 6:00

Name: _____ Phone # (____) _____

E-mail Address: _____ Notes: _____

NOTE: Circumstances may change, but we will do our very best to fulfill your order.

President's Corner—Welcome fall! We are looking forward to activities starting up again, lefse making and rose-maling have started up in September and will continue into the fall. Lutefisk dinner will go on, but in a smaller fashion. Stay tuned for details and information. Although we miss having our calendars full, we are enjoying getting together in small groups and carrying on. Updates on how activities unfold will be in the Flammen, Facebook, and our website. We are looking forward to more fellowship and activities!

Fraternally BJ & Becky



HEAR YE! HEAR YE!

2021 Nomination of Officers, Program Directors, and Support Officers

November is election month. There are vacant positions for Lodge Secretary, Sports Coordinator, one Marshall, and 2 Fjellheim Management Corporation (FMC) Directors. Since this is the second year of a two year tenure, those who already hold positions in the lodge will be contacted and asked if they wish to continue until elections for 2022. Any ideas on the open positions? Call me, please! Tusen Takk.

Fraternally, Karen Ravnaas, Chairperson, 719-390-0621, KRavnaas@q.com



"What are you doing during the pandemic?"

"Pandemic" carvings from Mike Johaneson"

"Actually I am mostly working on my golf game but I also carved these plus others in the past months.

I also learned how to make excellent buttermilk biscuits, pancakes from scratch and French toast."

ENDERUD



1590 - 1975

Jean Luce's family farm in Norway then and now. And yes that is Jean to the left on the front porch below along with some of her Norwegian cousins. Jean's Luce's genealogy story will appear in more detail in later editions.



Upcoming Fjellheim Fall Events

Date	Day of Week	Event	Time	Place
Oct 5, 12, 19, 26	Mon	Lefse Making	9 am	Viking Hall
Oct 7	Wed	Fjellheim Board Meeting	2 pm	Viking Hall
Oct 14	Wed	Fjellheim Lodge Meeting	7 pm	Viking Hall
Oct 16, 23, 30	Fri	Cookie Baking	9 am to Noon	Viking Hall
Oct 17	Sat	Last day to Order	7 pm	Viking Hall
Nov 4	Wed	Fjellheim Board Meeting	2 pm	Viking Hall
Nov 11	Wed	Fjellheim Lodge Meeting	7 pm	Viking Hall
Nov 13	Fri	Lutefisk Dinner Prep	All day	Viking Hall
Nov 13	Fri	Order Pick Up	10 am to 4pm	Viking Hall
Nov 14	Sat	Order Pick Up	1 pm to 6 pm	Viking Hall
Nov 14	Sat	Lutefisk Dinner	2 pm & 4 pm	Viking Hall

COOKIES! COOKIES! COOKIES!

We will be baking Scandinavian cookies at the Lodge on 16, 23 and 30 October at starting at 9 am until noon.

We will be selling these cookies to those who will need a little taste of Scandinavia at the holidays. These cookies will be made available by order. If you would like to volunteer to help with the cookie making and work on your cultural skills, please call BJ at 719-440-3992.



Lefse Days are Here



Again!!

Mondays In October!

October 5, 12, 19 & 26, 2020 Starting at 9 am

* PS Face Masks and Social Distancing required

Please let Becky know if you plan on helping (719) 271-3631.

Fjellheim Meeting Rules during this Pandemic!

Do Wear a Face Mask!

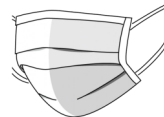
Do bring your own food!

Do Social Distance

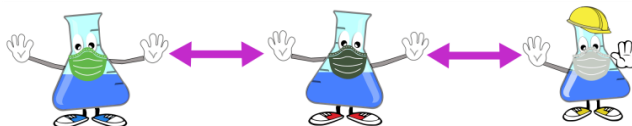
Do Have a safe and good Time!
(We miss you)

And

Don't come if feeling under the weather!



Social distance, please



ATTENTION

FMC Board Meeting Attendees

There will be no FMC Board Meetings until the end of the year. You will be notified when they resume.



Sunshine Report – October 2020



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

Elsie “Dorcus” Kuns died September 15, 2020. Dorcus was Fjellheim Lodge's oldest member at the age of 98. She was always a pleasure to visit with and she loved the Lutfisk dinners. Please keep her family and friends in your thoughts and prayers. A memorial is located on another page in the Flammen.

Cleo Allgood reports: My 5th and last brother died August 29th. He had a good long life at 97 but leaves a space that cannot be filled. Cleo was in North Dakota for services and her family. She has since returned. Our thoughts and prayers are with you, Cleo.

Marje Erickson fell at the end of August and broke her hand - nasty diagonal break in bone above ring finger. Her surgeon said her bones are too old and thin for surgery to be successful so they pulled it together best they could, put a cast on it and will see if it heals. Say a prayer for that.

BJ and Becky reported in a previous Flammen that during the pandemic, Fjellheim Lodge has sent a donation of \$1000 to Silver Key. Silver Key, in turn, send a lovely thank you letter for our support in the lives of seniors in the community. If you wish to read the letter, please see me.

Thought for the month: October is the fallen leaf, but it is also a wider horizon more clearly seen. It is the distant hills once more in sight, and the enduring constellations above them once again. - Hal Borland

Until we meet again,

Karen Ravnaas, Sunshine Director 719-390-0621

Sons of Norway Sons of Norway, Fjellheim 6-107 Lodge Anniversary 2020 Members

If you cannot attend the October 14th, Lodge Meeting your pins will be sent to you

Golden Member	45th year as a member	20th year as a member	5th year as a member
Gerald L. Rowe	Donald C Ankley	Karston Erdal Barney	Carol J Bachmeier
Patricia C Rowe		Carol J Eacker	Fred Bachmeier
Kathlyn J Steinke	35th year as a member	Jennifer J Forbes	Beverly Ann Beasley
Donald C Ankley	June E. Peterson	Marilyn M Keck	Leonard Beasley
Pamela Bakken-O'Neill	Gerald L Rowe	Jerry W Maines	Marjorie E Erickson
Orlin N Knutson	Patricia C Rowe	Bjorg Mapstone	Miles J Hommel (5 yr old)
	Kathlyn J Steinke	Terry Mapstone	Richard Harold Johnston
	Shannon W Stokes	Karen K Ravnaas	Valerie B Lundy
65th year as a member			Cynthia Laurie Pechacek
Orlin N Knutson “Swede”	30th year as a member	15th year as a member	Norman Andrew Pechacek
	Elaine Hellem	Tove E Palmer	Karl Kvam Schneider
50th year as a member		Linda K Ross	Madison J Smith (17 yrs old)
Pamela Bakken-O'Neill		Einar J Wulfsberg	Nanette Walker Smith
			Linda Ann Wennerberg

In Loving Memory

Elsie "Dorcus" Kuns

November 21, 1921 - September 15, 2020



Picture of Dorcus at Lutfisk Dinner, 11/10/2018



Formal picture from Dorcus' Obituary

The oldest member of Fjellheim Lodge 6-107, Elsie "Dorcus" Kuns, age 98, passed away at home with her family September 15, 2020 at 12:23pm.

Dorcus was born November 21, 1921 at home on the Donhowe farm 6 1/2 miles east of Renwick and 10 miles north of Goldfield, IA. Her parents, Orlin L. Donhowe and Mildred Hemness were born and raised in Story City, Iowa. At 9 years old, Dorcas and her family moved to Logansport, IN, where she graduated from Logansport High School in 1939. She had two younger brothers, Orlin L. (Lynn) Donhowe, Jr., deceased July 15, 2020, and James (Jim) H. Donhowe, deceased September 14, 2010.

Dorcus was married June 4, 1941 to Keith Edwin Kuns of Flora, IN who preceded her in death December 7, 2001. They raised 5 children, Karen Lee (Robert) Hann, COS, Melbourne L. Kuns, COS, Shari Kay (Robert) Brian, COS, Don Russell Kuns (deceased in 1970), and Linda Ann (Gregory) Snell of Westby, MT. Dorcas has 10 grandchildren, 24 great-grandchildren, and 2 3/4 great-great-grandchildren (baby due in November).

In 1966 she and Keith, moved to Manitou Springs and later bought a cabin off Crystal Park Road. She joined First Lutheran Church in 1968. She was hired by the Post Office in Colorado Springs and in 1980, Dorcas had the opportunity to transfer to Hawaii for a new USPS job. After 5 year in Honolulu, she was promoted to Postmaster in Hana, a small town on the island of Maui, where they lived another 5 years before retiring and moving back to their cabin in Manitou Springs. Dorcas and her husband Keith liked to dance to the big bands at the Arigon and Trianon ballrooms in Chicago. They were also very active in square dance clubs in Colorado. In 2011, Dorcas left her cabin and moved in with her daughter, Karen, where she lived the rest of her life. She loved to party with her family and friends. She remained active in First Lutheran, Rebekah Circle, Postmaster Breakfasts, and Sons of Norway. Dorcus joined Fjellheim Lodge on April 13, 2013. She and her family attended many Lutfisk Dinners, Frokosti, and other special events during the years she has been a member.

Paraphrased from Dorcus' obituary @ <https://www.tsfs.co/obituaries/Elsie-Dorcus-Kuns?obId=18372107#/celebrationWall>

October Birthdays

Ellen Rubi May	3
Martha Ellen Miller	4
Steven Don Anderson	5
Adelle E Steinseifer	5
Margrethe Smith	6
Gloria L Mitchell	7
Anne Elizabeth Bakken	11
Marjorie Lindskog	13
Madison L Ben	14
Jill K Johnson	16
Joshua R Lysne	16
Endre Leo Bakken	17
Christina M Calacci	17
Carter Drew Berge	21
Lena M Erickson	22
Brian L Svendsen	22
Molly Kathleen Zubia-Lewis	22
Emma Josephine Greek	23
Austin Allgood	24
Sonja Sue Gund	24
Rodney Wendell Jensen	24
Will M Berge	27
Virginia L Nelson	27
Linda K Ross	28
Geir S Ostrem	30
Madeleine R Erickson	31
Sissel M Erickson	31



The Lighter Side of the Pandemic!

In 2019 .. Stay away from Negative people.

In 2020 .. Stay away from Positive people



Kendall Kjerstad

*Financial
Benefits
Counselor*



BFJELLHEIM - 2020 OFFICERS

Board of Directors

Co-President	Becky Tamblyn	271-3631
Co-President	Björg Mapstone	440-3992
Counselor	Kerry Hefta	266-9429
Secretary	Shannon Stokes	648-1070
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
morongo2@verizon.net

Sons of Norway Board

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

Sons of Norway

Monthly Newsletter

Kerry Hefta, Editor

Viking Hall—Fjellheim 6-107

1045 Ford Street

Colorado Springs, CO 80915

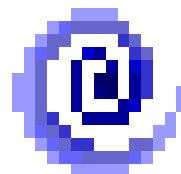


Please cut stamp for Tubfrim



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