

# The Fjellheim Flammen



*Fjellheim Lodge 6-107*

*Sons of Norway*

*1045 Ford Street, Colorado Springs, CO 80915*

*719 574-3717*

*www.sonsofnorwaycs.com*

**December 2023**

**Volume 41 Issue #11**

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.

#### Inside this issue:

Family Christmas Flyer	1
Calendar and Lodge Events	2
Sunshine/ Trollheim Flyer/ Cookie Baking	3
Anniversary Recipients/ Scholarship Opportunities	4
Cultural Recap / Announcements	6
Birthdays	7

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 January Issue is December 20th



## **Sons of Norway Fjellheim Family Christmas Potluck**

***Saturday, December 16, 2023***

***2pm social and 3pm dinner***

### **Menu**

***Turkey, Ham, Scalloped Potatoes  
(Lodge provided)***

***For Potluck, please bring appetizers, salads,  
sides, and/or desserts***

***This event is open to Lodge members and their  
guests.***

***For reservations, contact Karen Ravnaas  
at 719-390-0621 (land line - no texting!) no later  
than December 14, 2023.***

***Also, tell her which dish you are bringing.***

## Fjellheim Event Schedule for Late Summer and Fall 2023

Event	Date	Time	Place
Decorate Lodge	Tues: Nov 28th	9 am til done	Viking Lodge
Board Meetings	First Wed of the month Dec 6	2 pm	Viking Lodge
FMC Meeting	Second Wed of the Month: Dec 13th	5:30 pm	Viking Lodge
Christmas Potluck Soups and Salads	Second Wed of the month: Dec 13th	6:00 pm	Viking Lodge, Bring a soup, salad or dessert
Heritage Meetings	Second Wednesday of the month: Dec 13th	7:00 pm	Viking Lodge, Business and Cultural meetings begin
Card Social and Potluck	Delayed until 2024!	12:30 pm	Viking Lodge
Advanced Norwegian	<i>Every Tuesday in Decem- ber except the 26th</i>	3:30 pm	Viking Lodge—email Erik Tjelmeland: <a href="mailto:norsk75usa@gmail.com">norsk75usa@gmail.com</a>
Intermediate Norwegian		4:30 pm	
Beginning Norwegian		5:30 pm	
Rosemaling	Delayed until 2024	11 am to 3 pm	Viking Lodge Please call <b>Cindy at (719)-330-1275</b> or <b>BJ at (719)-440-3992</b> to confirm
Family Christmas Dinner/Potluck	Sat: Dec 16th	2 pm	Viking Hall—More Info see first page
Undecorate Lodge	Wed Jan 3rd, 2024	10 am	Viking Lodge

### Christmas Tree and Hall Decorating

Tuesday, November  
28, 2023

@9:00 am. Come and  
join in the fun



We will take it all  
down on Wednesday,  
January 3, 2024 @  
10:00 am. Lunch and  
board meeting to fol-  
low.



**Attention: Sons of Norway, Change for  
the December Heritage Meeting**

**Soup and Salad Potluck**

**Wed Dec 13, 2023**

**Potluck: 6:00 pm**

**Meeting start: 6:30 pm**



*Please bring Salads or Soups for the main dish  
and desserts if you wish.*

We're having a heavier meal later that same week.

### Do you have a badge at home?

We are missing many  
personal badges.  
Please look to see if you  
have your Sons of Nor-  
way badge laying around  
your house and if you  
find one, bring it back for  
your use in the future.  
No action is required if  
you know your badge in  
is the cabinet. If you  
have questions, please  
call Hazen or Sonja  
Thomas @ 719-475-  
0429. Tusen Takk!!!





# Sunshine Report — December 2023



*Happy Birthday and Happy Anniversary* to all who are celebrating these special occasions during December 2023.

*Les Bailey* is recovering from back surgery. Les says it has been a slow recovery and he expects it to continue for some time. We wish you the best, Les, and we'll see you in the new year.

*Kerry Hefta* fractured her wrist while she and her nephew were 'testing' each other playing catch—that is, catch the child when he jumped off the stage and you were not prepared to catch him! Hope you heal soon Kerry.

*Marlys Meagher*, member since 2018, passed away November 4, 2023. Our condolences and prayers are with the family. Please see the memorial on a later page.



## God jul og godt nyttår!

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

### December Presidents Corner

We had an amazing lefse season & Lutefisk dinner! Thank you to all who have made these a great success. As this year and my term come to an end, I am looking forward to the New Year and new opportunities to contribute to our lodge. I have enjoyed being your president and representing Fjellheim Lodge.



*Fraternally, Becky Tambllyn*

### Calling for 2023 Photos

During the past year, many of you have taken pictures on your phone, especially those of the 50<sup>th</sup> Anniversary. Please go through your photos, find the very best ones, and send them to me @ [KRavnaas@q.com](mailto:KRavnaas@q.com) for inclusion in the 2023 History Book. Tusen Takk!

(please do not text; this is a landline!!)

### Volunteer Hours for 2023

Please submit the fraternal and community hours you worked in 2023 so they can be counted and submitted for the **Lodge of the Year** report.

Submit them to [KRavnaas@q.com](mailto:KRavnaas@q.com) or call me @ 719-390-0621. Due 12/31/2023. Thank you very much!!

(If you signed any event work sheet, do not include those hours here)



Fjellheim Family  
Christmas Potluck

Saturday December 16, 2023  
2:00 pm (Social) §  
3:00 pm (Dinner)

The Jule Trolls have been working very hard these past few months! On behalf of the lodge, thank you for all your hard work. We hope this event will provide a maximum amount of fun with a minimum amount of work!

The lodge is providing the turkey, ham, and scalloped potatoes. We ask all of our attendees to bring appetizers, salads, sides, or desserts. Expect lots of Christmas cheer!

This event is free and is for Lodge members and their guests. Come and celebrate with your Fjellheim Family!

We do need reservations. Please call Karen @ 719-390-0621 and tell her what you are bringing. See Flyer.....



# Viking Fair Pictures



*Above: Customers at the cookie booth, Bev Beasley and Nancy Allen looking on*



*Left: A happy shopper with her finds*

*Below: Anastacia Hackett at the 'card' booth.*

*Right: James Mattox, Eunice Bluhm and Karen Ravnaas smiling for the camera.*

*Bottom right: Our rosemailing instructor Cindy Bauer displaying her expertly crafted rosemailing pieces for sale.*



## Viking Fair Thank You

I would like to shout out a special thank you to the fabulous fifty volunteers who helped make Viking Fair a big success this year. You used your amazing talent and time, special interests, care and concern for all the details that needed to be done and good humor to make Viking Fair an enjoyable experience for many members and people in the community. This was our fifteenth year to sponsor the Fair and as usual we offered lodge information and signed up at least 2 new members. All of your generous and thoughtful contributions are appreciated this year and always.

We are also very grateful for our vendors. Many have attended several years and a few have been at Viking Fair every year. It's also exciting to welcome new vendors as we are able. We see so many unique creations and products which people have come to sell and to share at Viking Fair.

Thanks for all your help.

Respectfully yours,

Eunice Bluhm

Viking Fair and Publicity Chairman



*Shown above: Eunice Bluhm herself*

# Fjellheim Lutefisk Dinner Recap in PICTURES!



Counter-clockwise from top: Bartenders: Hard at work at 1 pm were Jerry Johnson and Jessica Bostow

Serving Line: Karen Swartley and Carol Hackett with cranberries and lefse; next pic is Norman Pechacek serving carrots and Mike Johaneson dishing out lutefisk.

Kitchen Pics: Dave Haugen and Phil Cable prepping lutefisk, Terry Mapstone in back and next pic is Mike Johaneson checking the lutefisk for doneness.

And Lastly Satisfied Lutefisk and Meatball customers! Yahoo!



# In Loving Memory

## Marlys Arntson Meagher

DECEMBER 6, 1937 – NOVEMBER 4, 2023



Marlys Arntson Meagher age 85 died peacefully November 4, 2023, in the care of Sangre de Cristo Hospice at Joni Fair Hospice House. Born in Pelican Rapids, MN on December 6, 1937, to parents Ole and Anna Arntson.

Marlys attended eight years in a one room country school #39 in Scambler Township and graduated from Pelican Rapids High School. Upon HS graduation, Marlys attended Moorehead State College and graduated from NDSU with a degree in Home Economics. She continued on to St. Catherines in St. Paul, MN for a degree in Dietetics. She completed her work life at Head Start for the city of Pueblo, CO. Marlys was an excellent homemaker, accomplished artist, avid reader, and longtime member of Beta Sigma Phi sorority. She became a member of Fjellheim Lodge, Sons of Norway, on Jan 1, 2018.

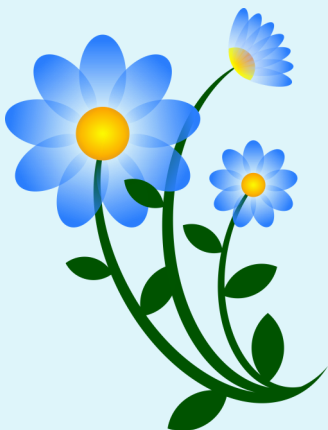
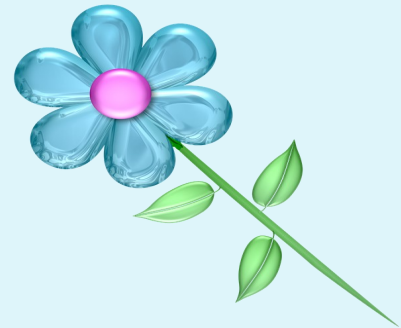
She is survived by her husband of 57 years, William (Bill) Meagher, a member of Sons of Norway since 1999. Also surviving Marlys are her 6 children, her sister June Hansen, Moorehead, MN, and 12 grandchildren. Marlys is preceded in death by her parents Anna (Haugen) and Ole Arntson and her sister Doris Moffet, Moose Lake, MN.

You can find the full obituary @ [www.tgmccarthy.com](http://www.tgmccarthy.com)

A side article from Bill Meagher: 11/16/2023: Enclosed please find Marlys' obituary plus home of her Maternal Grandmother in Norway. The name was Fluery. The home is still in the family, We also stepped on her Paternal Grandfather's farm in Norway on one of our trips. Marlys has suffered many years from Parkinson's and dementia/ Alzheimer's. While I miss her, I'm sure she did not like being an invalid.

Bill

*When I am gone, release me, let me go.  
You mustn't tie yourself to me with tears.  
Just be happy that we had so many years.  
I gave you my love, you can only guess,  
How much you gave to me in happiness.  
I thank you for the love you each have shown,  
But now it's time I traveled alone.  
So, grieve a while for me, if grieve you must,  
Then let your grief be comforted by trust.*



*It's only for a while that we must part,  
So, bless the memories within your heart.  
I won't be far away, for life goes on,  
So, if you need me, call, and I will come.  
Though you can't see or touch me, I'll be near.  
And if you listen with your heart, you'll hear  
All of my love around you, soft and clear.  
And then, when you must come this way alone,  
I'll greet you with a smile, and say,  
"Welcome Home."*

# December Birthdays



Kristin Crowell	1
Newel Nesheim	1
Rand L Redfern	5
Marlys A Meagher	6
Catherine Wedo	6
Harvey Bucholtz	7
Rosanne M Foresman	7
Ellen Hardy	7
Debra Nau	7
Ruth Mary Scott	10
Donald C Ankley	11
Beverly Beasley	12
Jerry W Maines	13
Rita Bucholtz	14
John H Peterson	17
Raquel Arens	18
Brenda Bostow	22
Becky Anderson	24
Bjorg Mapstone	25
Kathlyn J Steinke	26
David A Disbrow	27
Cheri Ann Hughes	30

## Heritage and Youth

Trond Ostrem	17
Jenavive Oakes	25



*Kendall Kjerstad*  
*Financial Benefits*  
*Counselor*



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



## FJELLHEIM - 2023 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	Hazen and Sonja Thomas	719-475-0429
Marshall	Leonard Beasley	719-471-1801
	David Haugen	719-599-0810
Editor	Kerry Hefta	719-651-3677
Web Page & Facebook	Kerry Hefta	719-651-3677
Musician	Sonja Gund	719-473-9588
Publicity	Eunice Bluhm	719-351-3554

Librarian	Sonja Gund	719-473-9588
-----------	------------	--------------

### Committees/Special Activities

Auditors	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	Newell Nesheim	1-720-202-3161
	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](mailto:GRNBViking09@live.com)  
[zone8@sofn6.org](mailto:zone8@sofn6.org)

**District 6 President** Lis Barca  
[president@sofn6.org](mailto:president@sofn6.org)

**Sons of Norway International Board** Luella Grangaard  
[luella.grangaard@sofn6.org](mailto:luella.grangaard@sofn6.org)

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



Nanette Walker Smith, Consultant #746504  
719-464-7466 \* [n\\_w\\_smith\\_24@outlook.com](mailto:n_w_smith_24@outlook.com)

**pampered | chef**

**INDEPENDENT CONSULTANT**

<http://tinyurl.com/nws-pchef>

[www.pamperedchef.com](http://www.pamperedchef.com) > Nanette Walker Smith

*Fjellheim Lodge 50<sup>th</sup>  
Anniversary*



**SONS of  
NORWAY**

207 Whisper Lane  
Grand Junction, CO 81503

**Kendall Kjerstad**

*Financial Benefits Counselor*

[kjerstadkendall@yahoo.com](mailto:kjerstadkendall@yahoo.com)  
[www.sonsofnorway.com](http://www.sonsofnorway.com)

Business 970-697-1114  
Cell 605-939-1714