

# The Fjellheim Flammen



Fjellheim Lodge 6-107

Sons of Norway

1045 Ford Street, Colorado Springs, CO 80915

719 574-3717

www.sonsofnorwaycs.com

Februar 2024

Volume 42 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 March issue is February 20th

## Valentine's Day Fish Fry

### Fjellheim Lodge

Viking Hall, 1045 Ford Street  
Colorado Springs, CO 80915

Saturday, February 17, 2024 @ 2:00 pm



### Menu



Walleye  
Pulled Pork, Baked Potatoes  
Coleslaw, Fresh Rolls  
Dessert

Your Name: \_\_\_\_\_

Phone Number: \_\_\_\_\_ E-Mail: \_\_\_\_\_

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

Dinner Reservations: **Seating is Limited**

	Number Attending	Cost	Total
Members		X \$25.00 = \$	
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 Thursday, February 15, 2024.

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

NOTES/Special Requests:

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***YOU'RE INVITED TO OUR  
Scandinavian Winter Tea***



***Fjellheim Lodge – Sons of Norway  
1045 Ford Street  
Colorado Springs, CO***

***Saturday March 16, 2024***

***At 2:00 PM***

***\$25 per person***



**RSVP Required and Space is Limited**

**Contact Kathie @719-229-9289**

**Make checks payable to: Sons of Norway**

**Send checks to: Kathie Godsil**

**4415 Flat Top Place**

**Colorado Springs, CO 80923**

Fjellheim Event Schedule for Winter 2024			
Event	Date	Time	Place
Board Meetings	First Wed of the month Feb 7th	2 pm	Viking Lodge
Fjellaldalen Lutefisk Dinner <i>Veterans Eat Free</i>	Sat Feb 10th, RSVP by Feb 5th	1 pm	Christ Lutheran Church 8997 S Boradway Highlands Ranch, Co Limited Seating .. Flyer on page 5 Or go to www. <a href="https://www.fjellaldalen.com/">https://www.fjellaldalen.com/</a>
FMC Meeting	Second Wed of the Month: Feb 14th	5:30 pm	Viking Lodge
Heritage Potluck Supper	Second Wed of the month: Feb 14th	6::30 pm	Viking Lodge,
Heritage Meetings	Second Wednesday of the month: Feb 14th	7:00 pm	Viking Lodge, Business and Cultural meetings begin
Card Social and Potluck	Tues; Feb 7th	12:30 pm	Viking Lodge
Advanced Norwegian	<i>Now on MONDAYS</i> <i>Feb 5th, 12th, 19th and 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	Sat Feb 10th	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
Valentine Fish Fry	Sat Feb 17th	2:00 pm	Viking Lodge, Flyer Page 1
Scandinavian Winter Tea	Sat Mar 16th	2:00 pm	Viking Lodge, Flyer Page 2
Lefse baking	Tuesdays starting April 2nd	9:00 am	Viking Lodge,
Frokost	Sun Apr 14th	11:am and 2:00 pm	Viking Lodge,, Info in later Editions
Sons of Norway District 6 Convention	June 21st-23rd	All day	Tuscany Suites & Casino, Las Vegas, Nv

**Hi District Six Members,**

The location and the theme (Viking Vision) of this year’s convention is a particular draw to many members. See below for schedule information .*Check out the Convention web-site often as information is added periodically - [www.2024.sofn6.org](http://www.2024.sofn6.org)*

*Nancy Madison*  
**District Six Secretary**

**2024 District Six Convention at Tuscany Suites Hotel and Casino, Las Vegas, Nevada  
June 21 – 23, 2024 Daily Schedule**

- Thursday, June 20 – evening Board and Committee meetings
- Friday, June 21 – Cultural Presentations and Workshops, Vendors, and evening President’s Reception & Dinner – Viking Style
- Saturday, June 22 – Leadership Workshops, Memorial Service, Opening Ceremony, District Lodge Meeting, Vendors, Folk Art Exhibition
- Sunday, June 23– District Lodge Meeting, Recreation Center Meeting, Folk Art Exhibition, evening Installation of New Officers, Banquet and Awards
- Monday, June 24 – morning meeting of the newly elected District Board of Directors, including outgoing board



*\*Delegates are required to be in attendance for the entire Saturday and Sunday District Lodge Meeting sessions, and preferably for Friday President’s Reception and Dinner, as well.*

*\*Come early for the fun Viking/ Cultural Sessions on Friday. Remember, any lodge member may attend as a guest.*





## Sunshine Report — February 2024



**Happy Birthday and Happy Anniversary** to all who are celebrating these special occasions during February 2024. Happy Valentine's Day! And see you at the Fish Fry on February 17th.

**Jill K. Johnson, 73**, Golden member of Sons of Norway and Past President of Fjellheim Lodge, died of natural causes on December 26, 2023. Please see her memorial.

**Ken Halvorson:** I talked with Lois and Ken and Ken is still self-sufficient in many ways. He is weak and has his good and bad days but he is not giving up. He appreciates cards, phone calls, and visits. Lois is trying very hard to get his VA paperwork in order and has become frustrated with the 'system'. Thank you, Kathie, for helping with the process. Lois asks that we continue with our thoughts, prayers, and support. Cards can be sent to Ken and Lois @ 615 N Sheridan Ave, Colorado Springs, CO 80909-4519. Their telephone # is (719) 632-6003.

**Kathy Steinke** has fallen and broken her hip. She had surgery and is recovering. Please keep her in your thoughts and prayers.

**Thought for the month:** Love is a force more formidable than any other. It is invisible – it cannot be seen or measured, yet it is powerful enough to transform you in a moment and offer you more joy than any material possession could. - Barbara de Angelis

*Fraternally, Karen Ravnaas, Sunshine Director, 719-590-0621 or @ KRavnaas@g.com*

## PRESIDENTS CORNER

Happy 2024! A new year and a new job as President of a wonderful Lodge of friends. 2023 was a busy year as we celebrated the 50th Anniversary of Fjellheim Lodge with a gala affair with a catered meal and dance music. We had our "normal" events while becoming the go to place for lefse in the state. I can't promise any let up with activities but will try to be as smart as we can in accomplishing all.

As an update on our donations for 2024, the Lodge donated to *Pikes Peak Hospice*, the *Empty Stocking Fund*, *District Six's Camp Norge* and *District Six's Education Fund*. The Lodge was a recipient of a donation as *Randy Johnson* remembered his Lodge friends in his will. Randy was one of many members that we will remember who passed away last year. All will be missed.

Our next major function is the *Fish Fry* on 17 February. The Fish Fry is always a fun event and I hope you will be able to attend. The walleye has been caught, skinned and are waiting for the cook's magic. The *Winter Tea* is already being planned by ladies of the lodge. If you wish to be a table host please contact Kathy Godsil.

Thanks to all last year's Executive Officers, Program Directors and Support Directors for your time and hard work. A special thanks to *Becky Tamblin* for her dedication as President of Fjellheim Lodge. She went above and beyond for four years.

In closing I would encourage everyone to participate in the many activities that are available- from cards and games, language, cooking, rose maling and fellowship.

Fraternally, *Terry Mapstone*



### Passing the Gavel

**New Fjellheim president Terry Mapstone, left, accepting the Fjellheim presidential gavel from past four year Fjellheim president Becky Tamblin, right.**

# Fjellheim Officer Installation Jan 10th



Here is our slate of officers for 2024! Front row: James Mattox (Cultural Director), Karen Ravnaas (Secretary), Terry Mapstone (President and Treasurer), Eunice Bluhm and Kerry Hefta. Second Row: Hazen Thomas, Sonja Thomas, Becky Tamblyn (Counselor), Cindy Pechacek, Norm Pechacek, Kathie Godsil (Membership). Third Row: Newell Nesheim, Dave Haugen, Leonard Beasley, Bev Beasley, Carol Hackett and Denise Lambert (Historian and standby Pianist). Thanks to everyone! It takes a lot of hard working, dedicated, and loyal Norwegians to make a lodge as good as ours

AND special thanks to Terry Mapstone who stepped into the President role and maintains his treasurer post as a note Fjellheim needs a president to continue as an official Sons of Norway Lodge!



Top Left: New officers for 2024  
Top Right: Outgoing four year president Becky Tamblyn. Tusen Takk til deg

On that note we are still minus a few key roles, if you are at all interested in taking on a position with Fjellheim contact one of the board members.

Bottom Left: If you missed our Lutefisk Dinner in November you've got a second chance with the Fjellalden lodge in Highlands Ranch but hurry limited seating and RSVP by Feb 5th.

Bottom Right: District 6 Camp Norge is looking to update their facilities.

Sons of Norway  
Fjellalden Lodge #6-162  
Highlands Ranch, Colorado

## Lutefisk and Lefse

### Dinner

## Hosted by Fjellalden Lodge

**Menu**

- Lutefisk
- Kjøttkaker (Meatballs)
- Lefse
- Kokte Poteter (Potatoes)
- Saus (Gravy)
- Fløtesaus (Cream Sauce)
- Erter (Beans)
- Syltet Rødbeter (Pickled Beets)
- Lingonberries
- Tyttebær (Cranberries)
- Smør (Butter)
- Risikrem
- Småkaker (Cookies)
- Kaffe (Coffee)
- Brus (Lemonade)

*You bet your lutefisk*

**I'm Norwegian**

**Saturday, February 10, 2024**  
1 serving; 1:00 PM, 150 Limit

**Christ Lutheran Church**  
8997 S Broadway  
Highlands Ranch, CO 80129

**Ticket Donation**  
Adults - \$25.00  
Children 4 to 12 - \$10.00  
Under 4 Free

**Veterans still eat free**

**Kransekake**

**Raffle**  
3 Tickets for \$5.00  
Or  
\$2.00 a Ticket

Please **RSVP** by February 5, 2024. There will be a **limit of 150**, so please get your reservations in early. Please fill out the form below, send it with payment to: Don Speas, 6392 S. Reed Way, Littleton CO 80123 or call (720) 299-7309. You may pay by "Zelle" to [treasurer@fjellalden.com](mailto:treasurer@fjellalden.com) sorry no Credit Cards.

Look us up at [www.fjellalden.com](http://www.fjellalden.com) or on Facebook **Fjellalden Lodge Colorado**

**Lutefisk and Lefse Dinner, Feb 10th**

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Address: \_\_\_\_\_

City/State/Zip: \_\_\_\_\_ Email: \_\_\_\_\_

# of Adults \$25.00 ea. \_\_\_\_\_ # Vets \_\_\_\_\_ # of Children \$10.00 ea. \_\_\_\_\_ Total Enclosed \$ \_\_\_\_\_

**RSVP by February 5, 2024** Please make checks payable to: **Fjellalden Lodge**

Build the Hygge Hus!

Help build the "Hygge Hus" at Camp Norge!

The Recreation Center Board is excited to announce the launch of our 2024 fundraising campaign to build the "Hygge Hus" (Cozy House) cottage adjacent to Heritage Hall at **Camp Norge**. This duplex unit will consist of two apartments, each featuring a bedroom, bathroom, kitchen, and a front room for hanging out. **Importantly, these fully accessible units will ensure inclusivity for individuals using wheelchairs and walkers.**

For decades, we've shared the heartache of our aging and disabled guests who, due to terrain and room limitations, are unable to join us at Camp. We want to turn that around.

But we need your help!

Our vision includes constructing the **Hygge Hus** in the parking area behind Heritage Hall, connected by a level, paved walkway, so our older or disabled guests can join the fun.

But here's where you come in! We're seeking your **generous support** to make our effort a success. The fundraising campaign will run throughout the year, culminating at the District Six Convention in Las Vegas this Summer. Let's come together to build the **Hygge Hus** and make **Camp Norge** a haven for all, regardless of age or ability.

Watch for more news about the Build the Hygge Hus Campaign.

Contact any member of the Camp Norge Board, or Fred Hymans: [fred.hymans@gmail.com](mailto:fred.hymans@gmail.com)





*In Loving Memory...*

*Jill K. Johnson*

*October 16, 1950 - December 26, 2023*



Jill K. Johnson, Fjellheim member since September 13, 1989, passed away from natural causes on December 26, 2023, in Pueblo, CO. Jill was a Golden Member and Past President of the Lodge. Jill was born in New Richmond, WI where she grew up with her brother Thomas Johnson and sister Sharon Grosgras, who survived her. She is also survived by her daughter Renee Henry, granddaughter Leandra and grandson Caleb. Jill is also survived by great-grandchildren Haley, Lukas, and Logan. Jill worked at Texas Instruments as a machinist for 22 years before retiring.

For many years, Jill was Youth Director for Fjellheim Lodge. She always had activities for the children, no matter if it was a summer picnic, Sankt Hans Aften activities, the Christmas party, Barneløpet, or any other event. She provided games, crafts, singing, decorating the children's Christmas tree, and of course, St Nick. In one of the old Flammen's, there was a note that a Christmas Party had 175 adult attendees and 30 children! She handled it with ease and received accolades for it. In 2002, Jill was elected as Vice President and in 2004, was elected as President, and ultimately was counselor. She served in the President's position through 2006 and was a very effective leader.

Cards and condolences may be sent to her daughter Renee Henry, 202 N Race St., Fountain, CO 80817. Please keep Jill's family in your thoughts and prayers. Services will be planned in May with a reception at the Sons of Norway Lodge – more information to [follow](#).



## 15 FUN FACTS ABOUT NORWAY

1. Norway is home to the world's longest road tunnel, the Lærdal Tunnel, which is 15 miles long.
2. The world's-most remote island is a Norwegian territory in the South Atlantic Ocean called Bouvet Island.
3. Norway has a 120-mile land border with Russia.
4. Norway is home to Hell, a small village within walking distance of Trondheim's international airport.
5. A Norwegian delegation introduced salmon sushi to Japan in the 1980's.
6. There are two official versions of the Norwegian language - Bokmål and Nynorsk.
7. Modern and ancient skiing were invented in Norway.
8. Norway has won more winter medals than any other country in Olympic history.
9. Europe's biggest herd of wild reindeer lives in Norway and roams Hardangervidda, Europe's biggest mountain plateau.
10. Norway has a volcano on the uninhabited island of Jan Mayen in the Norwegian Sea.
11. Norway gave the world the cheese slicer, which was invented in 1925 by Thor Bjørklund.
12. Norway isn't powered by oil - Around 98% of Norway's domestic power usage is drawn from hydroelectric power plants.
13. The Colonel-in-Chief and mascot of the Norwegian King's Guard since 1972, is a Scottish penguin named General Sir Nils Olav III, Baron of the Bouvet Islands.
14. No one knows exactly how long Norway's coastline is!
15. Norway supplies London with a Christmas tree every year as an ongoing thank you for Britain's help during WWII.



# February Birthdays



Kris J Barney	1
David Allan Haugen	7
Vivi L Bjornen	8
Richard Mark Fisher	8
Lillian M Hermanson	9
Karen A Swartley	11
Jennifer Bostow	13
Jessica Bostow	13
Clarence Versluys	15
Lyne M Lundquist	19
David O Haukom	20
Kerry Hefta	22
Laurance Moe	23
Celeste N Osburnsen	23
Denise R Lambert	25
Paul R Wiig	25
Jeffrey Hidek	27

## Heritage and Youth

Griffin Wedo	18
Maddison Maddox	23



*Kendall Kjerstad*  
*Financial Benefits*  
*Counselor*

Cell: (970)-978-1634  
 Office: (970)-697-1114



## FJELLHEIM - 2023 OFFICERS

### Board of Directors

President	Terry Mapstone	719-351-5644
Vice-President	<b>Vacant</b>	
Counselor	Becky Tamblyn	719-271-3631
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	James Mattox	
Social Coordinator	Kathie Godsill	719-266-9592

### Support Officers

Greeters	Hazen, Sonja Thomas	719-475-0429
Marshalls	Leonard Beasley	719-471-1801
	David Haugen	719-599-0810
Editor	Kerry Hefta	719-651-3677
Web Page	Susanne Arens	
Facebook	Kerry Hefta	719-651-3677
Musician	Sonja Gund	719-473-9588
Publicity	Eunice Bluhm	719-351-3554
Foundation	Kerry Hefta	719-651-3677
Librarian	Sonja Gund	719-473-9588

### Committees/Special Activities

Auditors	John Larson	719-570-0043
Financial Benefits	Kendall Kjerstad	970-978-1634 or 970-697-1114

### Fiellheim Management Corporation (FMC)

President	Terry Mapstone	719-254-0955
Directors	Newell Nesheim	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	719-254-0955
	<b>Vacant</b>	

### 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



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



**Nanette Walker Smith**



**pampered | chef**

**INDEPENDENT CONSULTANT**

*Email:* [n\\_w\\_smith\\_24@outlook.com](mailto:n_w_smith_24@outlook.com)

*Phone:* 719-464-7466

*Website:* <https://tiny.cc/nws-pchef>



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