

The Fjellheim Flammen



Fjellheim Lodge 6-107

Sons of Norway

1045 Ford Street, Colorado Springs, CO 80915

719 574-3717

www.sonsofnorwaycs.com

Mars 2024

Volume 42 Issue #03

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 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



Frokost - An Authentic Norwegian Breakfast



Fjellheim Lodge, Sons of Norway
1045 Ford Street, Colorado Springs, CO 80915



Let's celebrate Spring!

*Menu lovingly prepared by your fellow lodge members
who wish you a hearty... Velkommen til bords!*

Sunday, April 14, 2024 - 11:00 a.m. or 2:00 p.m.

Baked honey ham, roast beef, liver sausage, salami, roast pork, head cheese, gjetost, jarslsberg, Swiss cheese, bondost, tomato aspic, coleslaw, pickled herring, sardines, smoked salmon, scrambled eggs, deviled eggs, salmon mousse, shrimp salad, potato salad, cucumber salad, pickled beets, dill pickles, lingonberries, waffles, fresh fruit, lefse, julekake, cardamom bread, apple cake, flat bread, knekkebrod, coffee, and orange juice.

Members: \$25.00 Non-Members: \$27.00
Students: 10 - 16: \$12.00 Children: <10 - no charge

Dinner Reservations (Circle time): 11:00 am 2:00 pm

	Number Attending	Cost	Total
Members		X \$25.00 = \$	
Guests-Non-members		X \$27.00 = \$	
Students - age 10-16		X \$12.00 = \$	
Under 10		X \$ 0.00 = \$	
		Total = \$	

Your Name: _____

Phone Number: _____ E-Mail: _____

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 **Wednesday, April 10, 2024.**

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

NOTES/Special Requests: _____

Fjellheim Event Schedule for Winter 2024

Event	Date	Time	Place
Board Meetings	Moved to Mon March 4th , this month only. Usually first Wed of the month	NOON	Viking Lodge
FMC Meeting	Second Wed of the Month: March 13th	5:30 pm	Viking Lodge
Heritage Potluck Supper	Second Wed of the month: March 13th	6:30 pm	Viking Lodge,
Heritage Meetings	Second Wednesday of the month: March 13th	7:00 pm	Viking Lodge, Business and Cultural meetings begin
Card Social and Potluck	Tues; March 5th	12:30 pm	Viking Lodge
Advanced Norwegian	<i>Now on MONDAYS</i> <i>March 4th, 11th, 18th and 25th</i>	3:30 pm	Viking Lodge—email Erik Tjelmeland: norsk75usa@gmail.com
Intermediate Norwegian		4:30 pm	
Beginning Norwegian		5:30 pm	
Rosemaling	No meetings in March because Cindy is painting an Easter Mural – April TBD	11 am to 3 pm	Viking Lodge Please call Cindy at (719)-330-1275 or BJ at (719)-440-3992 to confirm
Scandinavian Winter Tea	Sat Mar 16th	2:00 pm	Viking Lodge, Flyer Page 1
Lefse baking	Tuesdays starting April 2nd	9:00 am	Viking Lodge,
Frokost	Sun Apr 14th	11:am and 2:00 pm	Viking Lodge, Flyer page 2
Memorial for Jill Johnson	Sat May 18th	1 pm	Viking Lodge
Syttende Mai Celebration	Sat May 18th	TBD	Hosted by Fjellalden Lodge, details soon
Scandinavian Midsummer Festival	Jun 14-16	Friday 4 pm to 9 pm Sat 9:30 am to 9 pm Sun 10 am to 6 pm	Parfet Park, Golden, CO
Sons of Norway District 6 Convention	June 21st-23rd	All day	Tuscany Suites & Casino, Las Vegas, Nv
Trollheim Rosemaling Retreat	July 17-20, Wed thru Sat	9 am to 4 pm	Trollheim Lodge, 6610 W 14th Ave Lakewood, Co 2 page Flyer available on request. From editor

BIG CHANGES IN STORE FOR THE SCANDINAVIAN MIDSUMMER FESTIVAL

NEW CITY : Golden, Colorado

NEW DATE: June 14-16 2024 (one week earlier)

Friday June 14

4pm–9pm Scandinavian market preview, beer garden, gathering around the campfire

Saturday June 15

9:30am–9pm Scandinavian market, food, performances, activities, beer garden, evening drum circle and singing around the campfire

Sunday June 16

10am–6pm 10am–11am Church service 11am–6pm Scandinavian market, food, performances, activities, and beer garden

Website: <http://www.scandinavianmidsummer.com/>

Above six Fjellheim members attended the Zone 8 Members meeting held January 29th at the Trollheim Lodge in Lakewood. They are Terry and BJ Mapstone, Kathie Godsil, Jean Luce, Kerry Hefta and Karen Ravnaas.





Sunshine Report – March 2024



Happy Birthday and Happy Anniversary to all who are celebrating these special occasions during March 2024. Happy St Patrick's Day and a Blessed Easter to all!

Ken Halvorson: I talked with Ken and he is still self-sufficient in many ways. He has his good and bad days but he is not giving up. He wants to thank everyone for the cards, phone calls, and visits you have bestowed upon him. He appreciates you all. 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.

Roger Erickson is still a happy person and loves company. He has slowed his eating but he loves sweets. Cards can be sent to Marje and Roger @ 1615 Querida Dr, Colorado Springs, CO 80909-2538.

Eleanor Pietsch, friend of the lodge, passed away on February 2, 2024. See memorial on a later page.

Thought for the month: "March is a tomboy with tousled hair, a mischievous smile, mud on her shoes, and a laugh in her voice." - Hal Borland



Fraternally, Karen Ravnaas, Sunshine Director,

719-390-0621 or KRavnaas@q.com



PRESIDENTS CORNER

Well we have jumped into 2024 with our first major event- our Fish Fry on 17 February. The Fish Fry is always a fun event and the latest Fish Fry wasn't an exception. The walleye was great and our cooks, Carol and Phil provided the cook's magic. So many members stepped up to help from setting up (Dave, Newell, James, John Larson and Bev), shoveling snow (Newell), Kathie with the pulled pork and cleaning, Cheryl and Kelly breading the fish, Karen reservations, Annastacia handling all the bar responsibilities with an assist from Jean, Kerry as MC and helping in kitchen, Jerry and Virginia serving and Maria filling in everywhere to include chief bottle washer. In the background were all of Lois' recipes and instructions which we followed to the letter. Hopefully I haven't missed anyone!



The Winter/Spring Tea is already being prepared by the ladies of the lodge. The menu is varied every year while the background music sets the tone for all.

At our January meeting James laid out the upcoming cultural events for our Heritage meetings. Programs include a film of Sonja Henie, guest speaker from UCCS, Solveig Olson, who will explore Norwegian history and a speaker from Vesterheim Museum on Norwegian Culture and Folk Art.

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

Fraternally, *Terry Mapstone*

Say Congratulations to our **NEW Vice President**

MARK WEDO!

He answered the call (after some pestering) and will be a great addition to the Fjellheim board.



Wow what a **GREAT Fish Fry held February 17th**... The lodge managed to happily feed 129 people with Walleye, Pulled Pork, Cole Slaw, and Potatoes. And don't forget

the cake. **YUM**

Thanks to all the volunteers!
Here's some in action:

Left: Phil Cable at the fryer!

Right: Kelly Garret proudly
breading the fish.

Below: Newell Nesheim
filling the sour cream cups.

Below Right: Maria Shay
and Cheryl Cable setting up
the server tables and basi-
cally doing what ever else
needs to done!



Some candid shots of attendees.

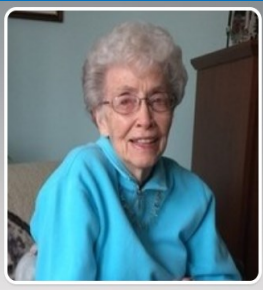
Right CW: John and Eileen Larson seated
next to their daughter and friend, next Cyn-
thia and Norm Pechacek.

Bottom Left: Jennifer Forbes with her grand-
daughter

Bottom Center: Karen Emanuelson eagerly
awaiting the fish fry.

Bottom Right: Marjorie Erickson is on the
right and was in attendance with a friend.





In Loving Memory Eleanor Pietsch

3-26-1925 - 2-2-2024

Eleanor DeBilt Pietsch, 98, Minot, died Friday, February 2, 2024, surrounded by her loving family. Eleanor was born on March 26, 1925, to George and Ruth (Varnes) DeBilt. Eleanor married Alfred Pietsch on June 24, 1945, in Minot, ND. Alfred was interested in aviation and began to pursue a family business, Pietsch Flying Service. Eleanor became a licensed pilot in 1969 and worked in the business office until moving to Colorado Springs, CO in 1984. She was employed at Colorado College in the business office until 1997, when she returned to reside in Minot.

Eleanor enjoyed playing piano, skiing, bowling, golfing, reading, traveling, and visiting with her friends. Eleanor was the sister to Verna (Lowell) Skabo, former pianist for Fjellheim Lodge. As a result, Eleanor volunteered to help Sissel Disbrow with many special events, volunteered as a Bingo helper, and was involved with many other activities. Although not a member, she was an excellent friend of the lodge and took a lot of interest in the lodge. Eleanor was appreciated very much and supported us with a great attitude and loving personality. She had a very full life and was loved deeply by her family and many friends.

Celebration of Eleanor's Life: To view a recording of the service (available 2/9), access: <http://www.mtmsales.net/thomas>

To read the full obituary, see <https://www.thomasfamilyfuneralhome.com/obituary/eleanor-pietsch>



Colorado Zone 8 Lodges put on the 2024 Barneloppet at the Snow Mountain Ranch in Granby, Co on February 24th. The was a huge success on a blue-bird day and the snow was perfect, The turnout was great (over 90 kids).

This event occurs the last weekend in February every year. This cross-country ski race is FREE for kids from 2 to 17. And lunch is provided afterwards! (limited) ski lessons are provided to all entrants as well. All the Colorado lodges were represented by at least 1 volunteer but were coordinated by Storfjell Lodge in Grand County. Their Facebook page is [Storfjell | Facebook](#) for more pictures.



March Birthdays



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

Heritage and Youth

Owen J Mach	6
Dillon Carlson	11
Hunter G F Lewis	21
Ivy Lamb	26
Katelyn Carlson	27
Miles J Hommel	27



Litt på norsk (A little Norwegian)

mars - March

vår - spring

God påske - Happy Easter

kanin - rabbit

sjokolade - chocolate



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	Mark Wedo	719-291-6387
Counselor	Becky Tamblyn	719-271-3631
Secretary	Karen Ravnaas	719-390-0621
Treasurer/Finance	Terry Mapstone	719-351-5644
Membership	Kathie Godsill	719-229-9289

Program Directors

Sunshine	Karen Ravnaas	719-390-0621
Cultural Coordinator	James Mattox	808-356-9964
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	719-593-1449
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
	Vacant	

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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