

# The Fjellheim Flammen



Fjellheim Lodge 6-107

Sons of Norway

1045 Ford Street, Colorado Springs, CO 80915

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**Mai 2024**

**Volume 42 Issue #05**

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 June Issue is May 20th**

## HIPP, HIPP, HURRA, IT'S THE 17TH OF MAY!

**Children's parades, marching bands, traditional costumes, and ice cream. Lots of ice cream. Norway's Constitution Day is quite a party!**



Brazil has its carnival, and Ireland has Saint Patrick's Day. But what does Norway have? On the 17th of May, we celebrate the signing of the constitution in 1814. In Norway, **Constitution Day is huge.**

While many countries celebrate their national day with a military parade, Norway's 17th of May is a party for everyone, especially children. Before heading out to the parades and festivities, many like to get together to share a huge breakfast – often a pot luck with friends, family, and neighbours – with freshly baked bread,

scrambled eggs, smoked salmon, and (for the grown-ups) some bubbly.



## Parades and ice cream

**Children's parades then take place across the country,** as marching bands lead processions through local

communities. The biggest parades attract tens of thousands of people, who wave flags and shouting "hooray"! In Oslo, Karl Johan, the high street, is filled with happy people watching the big parade. The royal family wave tirelessly to the crowds passing from the balcony of the Royal Palace.



The day is celebrated all over the country. A unique feature in Bergen is the city's traditional Buekorps – traditional neighbourhood groups of marching drummers.

Although the day is patriotic, it has a very inclusive and joyous atmosphere – visitors are welcomed warmly! The focus is mostly on eating huge amounts of ice cream and hot dogs, listening to speeches and music, and playing games at local schools.

## The bunad – Norway's traditional costume

The day is also an opportunity to show off one's *bunad*, Norway's traditional costume worn by both men and women. Like a Scottish kilt, there are many variations, with colours and styles indicating where in Norway the owner's ancestry lies.



You will never see more people wearing the traditional costume than on the 17th of May!

## Fjellheim Event Schedule for Spring and Summer 2024

Event	Date	Time	Place
Board Meetings	First Wed of Month, May 1st	2:00 pm	Viking Lodge
FMC Meeting	Second Wed of the Month: May 8th	5:30 pm	Viking Lodge
Heritage Potluck Supper	Second Wed of the month: May 8th	6::30 pm	Viking Lodge,
Heritage Meetings	Second Wednesday of the month: May 8th	7:00 pm	Viking Lodge, Business and Cultural meetings begin
Card Social and Potluck	Tues May 7th	12:30 pm	Viking Lodge
Advanced Norwegian	<i>Now on MONDAYS</i>	3:30 pm	Viking Lodge—email Erik Tjelmeland: <a href="mailto:norsk75usa@gmail.com">norsk75usa@gmail.com</a>
Intermediate Norwegian	<i>Pausing for the summer after May 13th</i>	4:30 pm	
Beginning Norwegian		5:30 pm	
Rosemaling	Sat: May 11th and 25th	11 am to 3 pm	Viking Lodge Please call <a href="tel:719-330-1275">Cindy at (719)-330-1275</a> or <a href="tel:719-440-3992">BJ at (719)-440-3992</a> to confirm
Lefse baking	Every Tuesday through May and probably beyond.as need- ed	9:00 am	Viking Lodge,
Memorial for Jill Johnson	Sat May 18th	1:00 pm	Viking Lodge
Syttende Mai Celebration	Sat May 18th	TBD	Hosted by Fjellaldalen Lodge, registration flyer page 6
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
Old Colorado City Farmers Market	Most Saturdays:: June 8th start through Sept	8:00 am to 1:00 pm	@Bancroft Park, Old Colorado City
Summer Picnic Potluck—Drinks and utensils provided by the lodge.	Sun Jun 16th, 2024	Noon to 3:00 pm	Bear Creek Park-
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	9,00 am to 4:00 pm	Trollheim Lodge, 6610 W 14th Ave Lakewood, Co <i>Registration Questions please contact Diane Edwards : At <a href="mailto:Dianedwards@cs.com">Dianedwards@cs.com</a> or Julie Anderson at: <a href="mailto:Lv4painting@gmail.com">Lv4painting@gmail.com</a></i>

### Ready to Roll?



**And have some fun!**

Lefse Baking is every Tuesday in May . And yes, it will probably continue until whenever.

**Starts at 9 am. (or earlier, you know how these Norwegians are!)**

**See Ya there!**

**Bring treats if you want too, or else just enjoy what's there.**

### **Coming soon to Fjellheim Lodge!**

**May 8th, 2024**

The Advanced Norwegian students will proudly present a Norwegian Readers Theatre (with translation), the first chapter of "Ole Aleksander Filbom-bom-bom", the first children's book Anne Vestly wrote in 1953. Anne-Cath. Vestly (February 15, 1920 – December 15, 2008) was a Norwegian author of children's literature. She has won many awards including Royal Norwegian Order of St. Olav (Knight, First Class) 1992.

### **Rosemaling is Saturday May 11th and 29th Both are from 11 am to 3 pm**

If you are interested in attending please call our instructors [Cindy at \(719\)-330-1275](tel:719-330-1275) or [BJ at \(719\)-440-3992](tel:719-440-3992) to get any change to dates and times and let them know you plan to attend.

Each class is around 4 hours in length and has a \$20.00 fee

### **Potluck and Cards Tuesday May 7,**

Please join your friends on the first Tuesday in May for a pot luck lunch followed by cards. See you then! A good time is always had by all!



# Sunshine Report

## May 2024



*Happy Birthday and Happy Anniversary* to all who are celebrating these special occasions during May 2024.

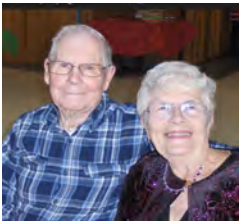
**Ken Halvorson:** What a pleasure it was to see Kenny at the Frokost! His presence was such a gift to all of us and we wish him well! Cards can be sent to him @ 615 N Sheridan Ave, Colorado Springs, CO 80909-4519. Their telephone # is (719) 632-6003. *Note: Ken is pictured to the right attending Frokost.*



**Jill Johnson—Past President of Fjellheim Lodge:** Jill's memorial service will be held at the lodge on May 18, 2024 @ 1:00. Please support the family by your presence.

**Connie Mattox** has had successful endoscopy surgery for a perforated ulcer. She has been in physical rehabilitation and recovery. We wish her well as she fully recuperates.

**Sonja Gund** has injured her hand and is relinquishing her beautiful piano playing. Thank you for the music you have bestowed upon us over the years.



**Jerry Barslow**, Canon City, husband of Karen and friend to Clarence VerSluys, has passed. Services were held April 20 in Canon City; if you wish to see the service, please go to <https://www.youtube.com/watch?v=rbsBZLqAnY0>. If you wish to send Karen a card, her address is 3046 Pear Street, Canon City, CO 81212.

*Please keep these members, friends, and their families in your thoughts and prayers.*



*Thought for Memorial Day: "Our flag does not fly because the wind moves it.*

*It flies with the last breath of each soldier who died protecting it." - Unknown*



Fraternally, Karen Ravnaas, Sunshine Director, 719-390-0621 or [KRavnaas@q.com](mailto:KRavnaas@q.com)

*NOTE: Photo of Karen's Uncle George Ravnaas services US Marines, KIA July 28, 1942, buried Dec 16, 1948 (In ND during a blizzard).*

## MAY PRESIDENTS CORNER



Our spring Frokost event on 14 April was an exceptional event. Becky did a wonderful job in planning, purchasing and executing the breakfast. Other members helping were BJ M, Bev B, Leonard B, John L, Carol H, Kelly G, Lois H, Karen R, Ruth W, Maria, Kathie G, Annastacia H, Ginny J and Kerry H. Special thanks to Jeff who was called in to help with a plumbing problem. Fortunately, we were able to work around the issue ensuring that a great time was had by all.

Our April Heritage meeting was a travel log on scenic Norway. The May Heritage meeting's cultural program will be a theater presentation by Lodge members. I can attest that this presentation will be a lot of fun as the Troupe has been practicing at our home several times. Mark your calendar!



Lefse baking has begun. Come join us on Tuesdays in May. The Lodge will begin selling lefse at the Farmer's Market in June at Bancroft Park, Volunteer signup sheets for sales will be available at the May Heritage meeting.



Fjellaldalen Lodge will host the Syttende Mai Celebration on 18 May. Details will be provided at the May Heritage meeting and in this newsletter on page 6.

Susanne Arens has asked for members to provide testimonials concerning your Lodge for the web site. Your testimonials should be sent to [info@crystalpeak.com](mailto:info@crystalpeak.com).

In closing I would encourage everyone to participate in the Heritage meeting. We are refocusing the meeting to dedicate more time to the cultural program. Less business more fellowship/learning.

Terry



# Cultural Corner

**UPCOMING Cultural Presentations for the next 2 Heritage Meetings ! @ 7 pm**

**Date: May 8, 2024: Norwegian Culture Class Presentation the Advanced Norwegian Class-** The Advanced Norwegian students will proudly present a Norwegian Readers Theatre

**Date: June 12, 2024: Presentation on Tromsø Norway,** by James Mattox, a story of his grand-



**Lefse BAKING has** started at Fjelheim Lodge. Every Tuesday starting at 9 am for the next couple of months. Come and join the fun. Don't worry if you don't know how to roll.. we've got some bakers who will gladly show you how.

**Left:** BJ Mapstone getting ready to bake up a storm .

**Middle:** Lefse getting flipped to bake on the other side.

**Bottom Right:** Lefse baking equipment. A special thank you goes out to the **Viking Sisters** for purchasing 6 new lefse grills. It sure makes the process easier. Tusen Takk



## April 10th Heritage Meeting captured moments! Member Highlights!



**Left:** The Rostvit sisters, Janice and Faye or is Faye and Janice? They have traveled all over the world to sing Gospel and Christian music. If you get a chance to visit with them they've got some great stories to tell about their travels as identical twins and as missionaries in different parts of the globe. But they always come back to their native Colorado. They are active participants in the language class.

**Bottom:** Our new musical director **Denise Lambert**. She's a transplant from Northern California and has become an active member in a short time. Denise also participates in the language class when she's not searching for a perfect mountain home in Colorado instead of California.



# Frokost 2024! A resounding success!

Hipp Hurra for all the volunteers who worked so tirelessly to make it happen.



**A GOOD TIME WAS HAD BY ALL!**



- ◇ Clockwise from above: Bev Moe with Carol and Mike Johanson (Ya he's hidden but who can resist Bev's smile).
- ◇ The band 'Tidal Breeze' provided the entertainment fronted by the dessert table.
- ◇ Guests loading up at the Frokost Buffet Table. No complaints!
- ◇ Jerry Johnson in between bar keep duties.
- ◇ Some of our hard working volunteers in a rare quiet moment: Becky Tamblin, Maria Shay and Kelly Garret.
- ◇ Middle: Erik Tjelmeland (Norwegian Language Instructor) with his better half Patricia ready to find their table for the event.



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



"Mountain Valley"



# SYTTENDE MAI CELEBRATION

**Norway's Constitution Day**  
Sponsored by Fjelldalen Lodge # 6-162



## Menu

- Pølser**  
(Hot Dogs)
- Lefse**
- Røkt laks**  
(Smoked Salmon)
- Potetsalat**  
(Potato Salad)
- Sursild**  
(Pickled Herring)
- Geitost**  
(Goat Cheese)
- knækkebrød**  
(crispbread)
- Vafler**  
(Heart Waffles)
- Tyttebær**  
(Lingonberries)
- Iskrem**  
(Ice Cream)
- Kaffe**  
(Coffee)



**Saturday, May 18, 2024**

**11:30 am to 5:00 pm**

**Parade Starts At 12:00**



**Hot Dog Line Opens After Parade**

Donations of \$20 for adults, Children 12 and under \$5

**Please RSVP** to [publicity@fjelldalen.com](mailto:publicity@fjelldalen.com) by May 13th, You can send a check to Fjelldalen Lodge, 6392 S Reed Way, Littleton CO 80123, or use "ZELLE" to [treasurer@fjelldalen.com](mailto:treasurer@fjelldalen.com) or pay as you sign in.

Join us at Sterne Park, 2001 W Shepperd Ave, Littleton CO 80120 (South Shelter). Go South on Bemis St off Littleton Blvd to Shepperd Ave, turn Left. Look for the Norwegian Flag and Fjelldalen's canopy.

**Please RSVP** to [publicity@fjelldalen.com](mailto:publicity@fjelldalen.com) so we have a good count on how much FOOD to get!!!!



## Syttende Mai Celebration RSVP

Saturday May 18, 2024 at 11:30



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

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

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

# of Adults @ \$20.00 ea. \_\_\_\_ # of Children @ \$5.00 ea. \_\_\_\_ Total Enclosed \$ \_\_\_\_\_

**RSVP by May 13, 2024** Please make checks payable to; **Fjelldalen Lodge**  
Or "ZELLE" to [treasurer@fjelldalen.com](mailto:treasurer@fjelldalen.com)

# May Birthdays



Duane Bakken	1
Ruth Kos	1
Cheryl Cable	3
Nancy Allen	6
Lois E Halvorson	9
Briana Tillman	13
Dora Wolfe	14
Jack R Anderson	16
Steven Hermanson	20
Terri A Hamm Johnson	22
Linda Ann Wennerberg	23
Susan M Foust	24
James R Nau	27
Dorothy L Hanson	30
Candance E Lesoing	30

## Heritage and Youth

Eloise S Erickson	10
Elijah Dvorak	15
Bridget Nicole Isaly	15
McElvey Schneider	16



Ønsker dere alle  
en fin 17.mai



Wishing you all a very  
pleasant 17th of May



*Kendall Kjerstad*  
*Financial Benefits*  
*Counselor*

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



## FJELLHEIM - 2024 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	Denise Lambert	530-206-6878
Publicity	Eunice Bluhm	719-351-3554
Foundation	Kerry Hefta	719-651-3677
Librarian	Vacant	

### 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](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

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