

# The Fjellheim Flammen



Fjellheim Lodge 6-107

Sons of Norway

1045 Ford Street, Colorado Springs, CO 80915

719 574-3717

www.sonsofnorwaycs.com

April 2024

Volume 42 Issue #04

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 May Issue is April 20th



## EASTER TRADITIONS IN NORWAY

**Påskekrim (Easter Crime):** During Easter, Norwegians have a unique tradition of reading crime novels or watching detective shows. Many publishers release special "Easter crime" books, and TV channels air crime dramas. It's a cozy way to spend the holiday indoors.

**Easter Eggs:** Like in many other countries, Norwegians decorate eggs for Easter. They often use natural dyes from onion skins or beets to color the eggs. Children participate in egg hunts, searching for hidden eggs in gardens or homes.



**Påskefjell (Easter Mountains):** Easter is a popular time for Norwegians to head to the mountains for skiing or hiking. Families often rent cabins and enjoy the fresh mountain air. It's a great way to celebrate the arrival of spring.

**Påskebord (Easter Table):** Easter meals are an essential part of the celebration. Families gather for a festive meal that typically includes lamb, cured meats, salmon, herring, and various side dishes. Marzipan-filled desserts and chocolate eggs are also enjoyed.



**Birkebeinerrennet:** This is a famous cross-country ski race held during Easter. Participants ski 54 kilometers from Rena to Lillehammer, commemorating a historical event when two Birkebeiner warriors saved the infant heir to the Norwegian throne.

**Easter Bonfires:** On Easter Sunday, many communities light large bonfires along the coast. These bonfires symbolize the end of winter and the arrival of spring. People gather around the fire, sing songs, and enjoy the evening.



**Church Services:** Easter is a religious holiday, and attending church services is common. Maundy Thursday, Good Friday, and Easter Sunday are significant days for worship and reflection.

Remember that traditions can vary from region to region, but these are some of the common practices during Easter in Norway.

Enjoy the festivities!

# 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, jarlsberg, 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 =	\$
		<b>Total =</b>	<b>\$</b>

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 Spring and Summer 2024

Event	Date	Time	Place
Board Meetings	First Wed of Month, April 3rd	2:00 pm	Viking Lodge
FMC Meeting	Second Wed of the Month: April 10th	5:30 pm	Viking Lodge
Heritage Potluck Supper	Second Wed of the month: April 10th	6::30 pm	Viking Lodge,
Heritage Meetings	Second Wednesday of the month: April 10th	7:00 pm	Viking Lodge, Business and Cultural meetings begin
Card Social and Potluck	Tues April 2nd	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		4:30 pm	
Beginning Norwegian		5:30 pm	
Rosemaling	Sat: April 6th and 27th 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 Tuesdays starting April 2nd and continuing through April and beyond.	9:00 am	Viking Lodge,
Frokost	Sun Apr 14th	11:am and 2:00 pm	Viking Lodge, Flyer and registration see page 2
Memorial for Jill Johnson	Sat May 18th	1 pm	Viking Lodge
Syttende Mai Celebration	Sat May 18th	TBD	Hosted by Fjelldalen 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 See page 5 for more details
Old Colorado City Farmers Market	Most Saturdays June 10th through Oct 14th	8 am to 1 pm	@Bancroft Park, Old Colorado City
Summer Picnic	Sun Jun 16th, 2024	Noon to 3 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 am to 4 pm	Trollheim Lodge, 6610 W 14th Ave Lakewood, Co <i>Registration Questions contact Diane Edwards :</i> <i>At Diaedwards@cs.com or Julie Anderson at:</i> <i>Lv4painting@gmail.com</i> <i>See Page 6 for more details</i>

**Ready to Roll? And have some fun!**

Lefse Baking is every Tuesday in April 2nd, 9th, 16th, 23rd and 30th . And yes it will probably continue through May until whenever.



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

[See Yeah there!](#)

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

**Rosemaling is Saturday April 6th and 27th  
Both are from 11 am to 3 pm**

If you are interested in attending please call our instructor [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 for each session.

**Potluck and Cards Tuesday Apr 2nd, 20234**



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

Any questions call Ginny at 719-495-0253.

## Sunshine Report – April 2024



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

**Ken Halvorson:** In support of Ken and Lois,  
cards can be sent to them @ 615 N Sheridan Ave,  
Colorado Springs, CO 80909-4519. Their telephone  
# is (719) 632-6003.

**Norman Pechacek** has had hip replacement sur-  
gery and is doing quite well. Cards can be sent to  
him @ 2112 Broken Circle Rd, Colorado Springs, CO  
80915-1321

**Thought for the month:** "Here cometh April again,  
and as far as I can see the world hath more fools in it than  
ever." - Charles Lamb



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

### **Coming soon** to Fjellheim Lodge! **May 8th, 2024**

The Advanced Norwegian students will proudly present a  
Norwegian Readers Theatre (with translation), the first chap-  
ter of Ole Aleksander Filibom-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.



## APRIL PRESIDENTS CORNER

The Winter Tea was ready to go. The delicious treats were on hand,  
hostesses ready and the band was set. Unfortunately, we experienced  
TOO MUCH Winter just prior to the tea. After thoughtful discussions it  
was decided to cancel the event due to safety concerns.

Our March Heritage meeting was a film about Sonja Henie the famous  
Norwegian ice skater with popcorn provided. If you missed the meeting  
or are interested in learning more about Sonja Henie, you can see her  
films and documentaries on Prime Video. You then must provide your  
own popcorn!

We will be starting our lefse baking in April. Lefse sales have become a  
significant source of funds for the lodge but, more importantly, lefse bak-  
ing at the lodge is a fun activity. The baking provides an opportunity for  
fellowship with other members in a stress-free environment with coffee  
and desserts. Come join us on Tuesdays @9 am starting April 2nd.

Behind the scenes your Board has been completing the required Sons of  
Norway and Federal tax reporting Forms to maintain our non-profit sta-  
tus. A shout out to Karen R. as the secretary and John L. who does the  
auditing of the financial records.

Our next event is Frokost. To meet the number of attendees we have two  
servings so there is a heavy workload. There will be a sign-up sheet at  
the April Heritage meeting so please volunteer for a job.

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.

Fraternally, *Terry Mapstone*

## Cultural Corner

**UPCOMING Cultural Presentation for the next 3 Heritage Meetings**  
**See Yah there! 7 pm**

**[Date: April 10, 2024] Exploring Norwegian History –**

*Highlight the importance of understanding Norway's historical journey, from Viking explorations to modern achieve-  
ments. (Guest Speaker – UCCS Solveig Olson)*

**[Date: May 8, 2024] Norwegian Culture Class Presentation by BJ and Erick T-**

*Topic of discussion on Norwegian Culture and Folk Art. See 'Coming Soon' above.*

**[Date: June 12, 2024] Presentation on Tromsø Norway, by James Mattox, his grandmother's hometown**

# THE COLORADO ROSEMALING RETREAT

Trollheim Sons of Norway Lodge  
6610 W 14th Ave, Lakewood, CO 80214

## Dates and times:

July 17-20, 2024 Wednesday through Saturday  
9 a.m. to 4 p.m.  
Optional time for woodenware pick up and basecoating:  
Tuesday July 16, 2024 from 1:00 p.m. to 4:00 p.m.

## Instructors and class descriptions:

**Note:** The retreat fee includes unfinished surfaces for all classes. Painters will need to bring their own painting supplies. Supply lists will be sent to all participants.

### Louise Bath, VGM

Setesdal Rosemaling: In this class, participants will study and paint Setesdal Rosemaling on a 14" plate.

### Toshiko Ogishi, VGM

Os Rosemaling: In this class participants will study and paint Os Rosemaling on a 12" shallow bowl.

### Sallie DeReus, VGM

Transparent Flowers and Scrolls: In this class participants will study and paint flowers and scrolls with transparent techniques on a paper surface.

### Diane Edwards

Techniques tips and tricks: In this class, participants will learn more about working with found objects, flaws in woodenware and how to fix them, painting on different surfaces, backgrounding on various surfaces, colors and finishing your painting.

### Kirstin Lewis & Laria Lovce

Hallingdal Flowers on different background colors: In this class, participants will paint Hallingdal flowers on different background colors on coasters. Class will include color discussion such as color combinations, color harmony, and values.

### Julie Anderson

Embellishments: improving your painting by expanding your line work options and creativity: In this class participants will study and paint embellishments executed with a liner brush and the techniques that make a difference, such as impact of wet paint, dry paint, surface conditions, paint consistency, stroke direction, stroke variety and color on a paper surface.

**Open painting hosts:** Diane Edwards, Julie Anderson, Kirstin Lewis and Laria Lovce.



Setesdal - Bath      Os - Ogishi      Telemark - DeReus      Embellishments - Anderson

## Retreat Schedule

**Day One:** Wednesday, July 17, 2024  
9:00 a.m. - 10:00 a.m. Meet and Greet, coffee snacks  
10:00 a.m. to 12:30 p.m. Setesdal Rosemaling with Louise Bath, VGM  
12:30 p.m. to 1:30 p.m. Lunch  
1:30 p.m. to 5:00 p.m. Techniques tips and tricks with Diane Edwards\*

**Day Two:** Thursday, July 18, 2024  
9:00 a.m. to 12:30 p.m. Setesdal Rosemaling with Louise Bath, VGM  
12:30 p.m. to 1:30 p.m. Lunch  
1:30 p.m. to 5:00 p.m. Hallingdal Flowers on different background colors with Kirstin Lewis and Laria Lovce\*

**Day Three:** Friday, July 19, 2024  
9:00 a.m. to 12:00 p.m. Os Rosemaling with Toshiko Ogishi, VGM  
12:00 p.m. to 1:00 p.m. Lunch  
1:00 p.m. to 5:00 p.m. Os Rosemaling with Toshiko Ogishi, VGM\*

**Day Four:** Saturday, July 20, 2024  
9:00 a.m. to 12:00 p.m. Embellishments with Julie Anderson\*  
12:00 p.m. to 1:00 p.m. Lunch  
1:00 p.m. to 4:00 p.m. Transparent Flowers with Sallie DeReus, VGM  
\* There will be open painting time to finish projects, UFOs and collaboration.

**Cost:** \$375, covers all classes, snacks, surfaces and background paint.

**Who is this for?** Artists who have previously done rosemaling and can execute brush strokes used in Rosemaling and mix paint.

### Registration:

**Paper:** Send a check made out to Diane Edwards and mail to 3208 Snowbrush Place, Ft. Collins, CO 80521. With your check include your name, mailing address, phone number and email address.  
**Electronic:** Use Diane Edwards' Colorado Rosemaling Retreat Paypal link: [paypal.me/DEERetreat](https://paypal.me/DEERetreat) or go to [paypal.com](https://paypal.com) and send money to [diaedwards@cs.com](mailto:diaedwards@cs.com). Then email Diane at [diaedwards@cs.com](mailto:diaedwards@cs.com) with your name, mailing address, phone number and email address.

**Additional costs:** If you are not local, transportation and lodging. For all participants, lunch which you can order daily; and any additional purchases you decide to make.

### Other Information:

- The retreat will be limited to 35 participants, so please, register as soon as possible. If the demand is higher than the limit, there might be a small increase in the retreat size. If the retreat reaches capacity before you register, you will be put on a waitlist and immediately notified. The registration deadline is June 15, 2024.
- Tables will be set up for backgrounding (plastic under everything). Background paint will be available for your use.
- Tables will be set up for supply sales like woodenware specifically for projects, brushes, paint, etc. You are welcome to bring items to sell at the Bargain Table. These tables are for the sale of painting supplies you no longer need such as woodenware, books, paint, brushes, etc. If there are unsold items, seller will pick them up after the sale. **A 10% fee will be withheld and taxes collected for each item sold. A sales inventory sheet is available from Diane Edwards.** If you plan to sell items, each item you want to sell will be listed on an inventory sheet. You can email Diane at [diaedwards@cs.com](mailto:diaedwards@cs.com) if you want a copy of the inventory sheet before you arrive.
- Interested in volunteering? We will need volunteers for a variety of activities.

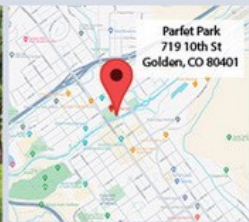
### Questions?

- Registration questions should be directed to Diane Edwards at: [Diaedwards@cs.com](mailto:Diaedwards@cs.com)
- Other questions and volunteering inquiries should be directed to Diane Edwards [Diaedwards@cs.com](mailto:Diaedwards@cs.com) or Julie Anderson at: [Lv4painting@gmail.com](mailto:Lv4painting@gmail.com)

To get more information or to register for this 4 day retreat Colorado Rosemalers may email Diane Edwards at [diaedwards@cs.com](mailto:diaedwards@cs.com)  
You're also welcome to contact Diane Molter who is also our Zone 8 director at [GRNBViking09@live.com](mailto:GRNBViking09@live.com) for more info.

# Scandinavian MIDSUMMER FESTIVAL

June 14-16, 2024  
NEW LOCATION in Golden, CO



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



In the heart of historic Golden Colorado, the Midsummer Festival celebrates our cultural heritage for it's 31st year! Preview vendors, have some drinks, and enjoy music as the festival builds around you! Join us and make new friends around the campfire in the evening.

Join us in a fun day of Scandinavian festivities such as the raising of and dancing around the Midsummer Pole, the Scandinavian Market, the Fjellborg Vikings in their living history encampment, craft demonstrations, storytelling and games with Leif the Viking, making crafts such as flower crowns and painting a Scandinavian ornament, and check out the Scandinavian Classic Car Show presented by the Rocky Mountain Volvo Group.

Over 80 artisans, organizations, and performers share our cultural heritage through food, crafts, performances and activities. This annual festival will surely become a much anticipated tradition. Check out the Scandinavian Classic Car Show with the Rocky Mountain Saab Club.



# Build the Hygge Hus!



The [Camp Norge](#) Board is excited to announce our "Build The Hygge Hus" Fund Raising Campaign. Starting today we are setting out on our goal to raise \$50,000 as Phase 1, of our ambitious project.

Our dream is to build a multi-unit cottage on the land behind the Heritage Hall. Most of our activities take place in the hall, but there's one problem. Our older and disabled guests have trouble getting around at camp. Our uneven campground terrain makes it a challenge to get around if you're using a cane, walker or wheelchair, or just have a "hitch in your giddy-up".

Too many of our guests end up having to stay home or book a room 15-30 minutes away in order to have a place to stay with a bathroom close by.

The Hygge Hus project aims to make [Camp Norge](#) a welcoming place for everyone, regardless of your ability to get around. Our vision is to have restrooms and kitchenettes in each unit. The cottages will be easy to access for our guests with mobility issues with close-by ADA parking and easy access to Heritage Hall.

All we need is your generous support!

And we are off to a great start with over \$16,000 already donated towards our \$50,000 goal!

Here's how to donate:

1. Write a check made payable to Camp Norge and **\*\*write Hygge Hus on the memo line\*\***, and send to Camp Norge. P.O. Box 622, Alta, CA 95701
2. EASIEST: Donate to our GoFundMe Campaign --> <https://gofund.me/62ff9cf7>

# April Birthdays



Kathy S Solberg	1
Tyrone L Steen	1
Kristine H Brindle	3
William M Meagher	5
Kenie L Simpson	8
Joan Ruth Magee	9
Jane E Johnson	11
Cynthia A Snell	11
Melanie Berg	15
Norman Pechacek	16
Jennifer J Forbes	22
Arthur Arens	24
Kristine Barager	24
Erik Tjelmeland	24
Marjorie E Erickson	27
Sheila P Eskridge	27
Carlton J Johnson	30

## Heritage and Youth

Kolben Barney	2
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### April Tanker: Litt på norsk

April er en vakker måned, hvor vinteren slipper taket og naturen våkner til liv.



April is a beautiful month, where winter lets go and nature comes to life.



*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	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

### Fjellheim 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  
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Kerry Hefta, Editor  
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