

# The Fjellheim Flammen



*Fjellheim Lodge 6-107*

*Sons of Norway*

*1045 Ford Street, Colorado Springs, CO 80915*

*719 574-3717*

*www.sonsofnorwaycs.com*

**Mars 2025**

**Volume 42 Issue #12**

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 15, 2025  
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: 4415 Flat Top Place  
Colorado Springs, CO 80923



## Fjellheim Event Schedule for Winter 2025

Event	Date	Time	Place
Advanced Norwegian	<i>All Mondays through March Dates are the 4th, 11th, 18th and 25th</i>	3:00 pm	Viking Lodge—email Erik Tjelmeland: <a href="mailto:norsk75usa@gmail.com">norsk75usa@gmail.com</a> <b>Please email Erik for book purchase requirements before the 1st class.</b>
Intermediate Norwegian		4:00 pm	
Advanced Beginning Norwegian		5:00 pm	
<b>*New</b> Beginning Norwegian		6:00 pm	
<i>Fjellheim Board Meeting</i>	<i>Wednesday, March 5th</i>	<i>2 pm</i>	<i>Viking Lodge</i>
<b>FMC Meeting</b>	<b>Wednesday, March, 12th</b>	<b>5:30 pm</b>	<b>Viking Lodge</b>
<i>Heritage Meeting and Supper</i>	<i>Wednesday, March, 12th</i>	<i>6:30 pm</i>	<i>Viking Lodge</i>
<b>Games and Cards</b>	<b>Tuesday, Mar 4th</b>	<b>12:30</b>	<b>Viking Lodge Details below</b>
<i>Viking Sisters Lunch</i>	<i>Thursday, Mar 6th</i>	<i>1 pm</i>	<i>Viking Lodge Details below</i>
<b>Winter Tea</b>	<b>Saturday, March 15th</b>	<b>2 pm</b>	Reservations::See Flyer page 1
<i>Frokost</i>	<i>Sunday, Apr 13, 2025</i>	<i>11:00 AM to 1:00 PM</i>	<i>(NOTE: one seating only between the posted hours.) Reservation See Flyer on page 5</i>





**Card Social** - will resume the first Tuesday of March, March 4th. Join this fun group for a potluck lunch at 12:30 followed by cards.  
Always a fun and relaxing afternoon.

Any questions contact Ginny Johnson @719-495-0253

**Viking Sisters** - Viking Sisters - Thursday, March 6th 1 pm for a re-organizational meeting following a light lunch at Viking Hall. Remember - all women of the lodge are Viking Sisters. Any questions contact Ginny at 719-495-0253. . Remember - ALL WOMEN of the Lodge are VIKING SISTERS.  
Any questions contact Ginny Johnson @719-495-0253.



## March Presidents Corner

The year has started out with our "World " famous fish fry. Members from several Colorado lodges were in attendance enjoying the walleye that was cooked by Carol Hackett. Assisting Carol was Dave Haugen, Maria, Terry, and Kathy Godsil as they skinned, deboned, and breaded the fish. Karen did an excellent job in reservations while Jean managed the bar. Cleanup was a success with Debbie House and Kathy leading the charge with cleaning dishes, pots, and pans. The serving line went fast with Kerry Hefta, and Norm and Cynthia Pechacek serving. The attendees had a wonderful time which is always the desired outcome.

The lodge will be hosting a Winter Tea in March. The hostesses have volunteered, the menu has been finalized, and the live musical has been selected. Last year's Winter's Tea was cancelled due to snow so the return of the Winter Tea this year is eagerly anticipated.

Next up, we will host the Frokost in April. The Frokost is a time intensive event and more volunteers are needed to produce our unforgettable meal.

Our cultural program for February was Erik Tjelmeland continuing his presentation on interesting facts about Norway. February meeting also included the Installation of officers and the new member welcome. The highlight of the meeting may have been 5 year old Teddy Lawrence singing Happy Birthday as our closing song. The March cultural presentation will be on Scandinavian emigration. Becky and Mark will provide a presentation on their 2024 Saint Olaf Pilgrimage in April. Still working on topics for the May cultural presentation. If you have any areas of interest that you would like to present to the members of the Lodge, please contact James Mattox.

The Games and Cards group is starting up again on 4 March with a Potluck lunch at 12:30 PM and the Viking Sisters are having a luncheon on the 6 March at 1:00 PM. Lefse making will be starting soon as we begin stockpiling frozen lefse for Frokost and the Scandinavian Festival. Coupled with language classes and Rosemaling there are many available activities but if you have any ideas on different activities please see any Board member.

A quick note about Viking Hall. We no longer rent the Hall for parties but you, as a member of the Lodge, can use the Lodge for special occasions at no cost.

In closing I would encourage everyone to participate in the Heritage meeting where you can share tasty food and fellowship.

## *Fraternally Terry Mapstone*

NOTE: To See all the pictures from our recent events go to our website [www.sonsofnorwaycs.com](http://www.sonsofnorwaycs.com) and choose the photo gallery tab! Kelly Garrett and Austin Miller do an outstanding job as our official photographers. Mange Takk!



Erik Tjelmeland giving his talk about Norway as the February cultural event



An example of our tasty food!  
Note it was all gone after the first serving



## Sunshine Report

### March 2025



*Happy Birthday and Happy Anniversary* to all who are celebrating these special occasions during February 2025. *Happy St Patrick's Day! Happy Spring!*

*Kenneth M Halvorson*, 91, died February 2, 2025, after a courageous 14-month battle with cancer. A service to honor and celebrate Ken's life will be held on Thursday, February 27, 2025, at 10:00am at Divine Redeemer Catholic Church 927 Logan Ave. Colorado Springs, CO 80909. After the funeral, a gathering will be held at 11:30am at Sons Of Norway, 1045 Ford St, Colorado Springs, CO 80915. There will be a committal ceremony with Military Honors at Pikes Peak National Cemetery at 2:00 pm on February 27, 2025. Please see memorial.

*Lois Halvorson* has had a carcinoma removed and is healing well. Please keep her in your thoughts and prayers.



#### *Thoughts for the month:*

*"It was one of those March days when the sun shines hot and the wind blows cold: when it is summer in the light, and winter in the shade." - Charles Dickens*

*"Springtime is the land awakening. The March winds are the morning yawn." - Lewis Grizzard*

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

**EDITORS NOTE:** The Sons of Norway is divided into districts. Fjellheim lodge is part of District Six. District Six, represents **California, Utah, Nevada, Arizona, Colorado, New Mexico and Hawaii**. District 6 has over 50 lodges in these states, with the vast majority located in California.

Within District Six there are 8 zones, with all Colorado Lodges being in Zone 8. Our current District Director is Diane Molter. She often attends our events.

District Six owns a mountain lodge, Camp Norge, in the Sierras, near Alta Ca., where they have a series of language and cultural events annually for youths and for adults. I am including the District Six Winter Newsletter with our local newsletter, the Flammen, so that everyone has a chance to check out the opportunities at Camp Norge and also to peruse what other fraternal lodges in our district are doing as well. Happy reading!

Also below are the links for the District Six Website and newsletters,

[District Six | Sons of Norway](#) or <https://Sofn6.org>

# Frokost – An Authentic Norwegian Breakfast



Fjelheim 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 13, 2025 - 11:00 a.m.

NOTE: Serving line will be open between 11:00 am and 1:00 pm. Come at your convenience.

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

	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>	

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 9, 2024.**

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

**NOTES/Special Requests:** \_\_\_\_\_





*In Loving Memory...*

*Kenneth M. Halvorson Sr.*

*September 13th 1933 - March 2nd 2025*



Kenneth Martin Halvorson Sr., 91, passed away at home on Sunday March 2, 2025, after a courageous 14-month battle with cancer. Ken was born on the family farm in Canton Township, Fillmore County, MN on Sept. 13, 1933, to Merland and Winifred (Johnson) Halvorson. He attended Prosper Elementary School, Canton Public School until 1951. Ken was drafted into the Army in April 1954. He served during the Korean conflict as well as Vietnam and retired in January 1979. Ken was a life member of DAV & VFW.

In 1958, he met the love of his life, Lois E. Schlee. On January 31, 1959, Ken and Lois were married in Mabel, MN and just celebrated 66 incredible years together. They fell in love with the Colorado Springs area and made this their lifelong home. Ken loved spending time in the mountains hunting, fishing, camping and all the outdoor activity Colorado has to offer.

In 2002, Ken and Lois joined Fjellheim Lodge, Sons of Norway, where he became involved in the many activities of the lodge. The friends he made there were dear to his heart, and he was dear to them. Ken loved to tell stories and share his experiences and was quick to laugh and bring a smile to everyone. He was genuine and kind and welcomed everyone who walked into the lodge as a special friend. A hug was not out of the ordinary. Ken was always ready to lend a hand and worked hard toward the success of the lodge. He will be deeply missed. RIP, Ken.

Ken and Lois traveled to see grandkids, made many trips to Arizona bringing back fresh oranges for friends and family, and in 2004, they made a 16-day trip to Norway, touring the country of his ancestors. In 2018, Ken was invited, and made a trip to Washington DC, with the 12th honor flight of Southern Colorado. During the trip he was able to visit the Vietnam and Korean War Memorial and pay respects to his fallen brothers and sisters in the military.

Ken is survived by wife Lois, children Kenneth Jr. (Deborah), Wayne (Tammy), Robert and Teresa (Mike Borders), eight grandchildren and twelve great grandchildren, three sisters, five sisters-in-law, one brother-in-law and many other family members.

A service to honor and celebrate Ken's life will be held on Thursday, March 27, 2025, at 10:00am at Divine Redeemer Catholic Church, 927 Logan Ave. Colorado Springs, CO 80909. After the funeral, a gathering will be held at 11:30am at Sons Of Norway, 1045 Ford St, Colorado Springs, CO 80915. There will be a committal ceremony with Military Honors at Pikes Peak National Cemetery at 2:00 pm on March 27, 2025. Please direct donations to Pikes Peak Hospice or Fjellheim Lodge, Sons of Norway, Colorado Springs.



The complete obituary can be found @ [Kenneth Halvorson Obituary | Afterall](#)



[pilegrimsleden.no](http://pilegrimsleden.no)

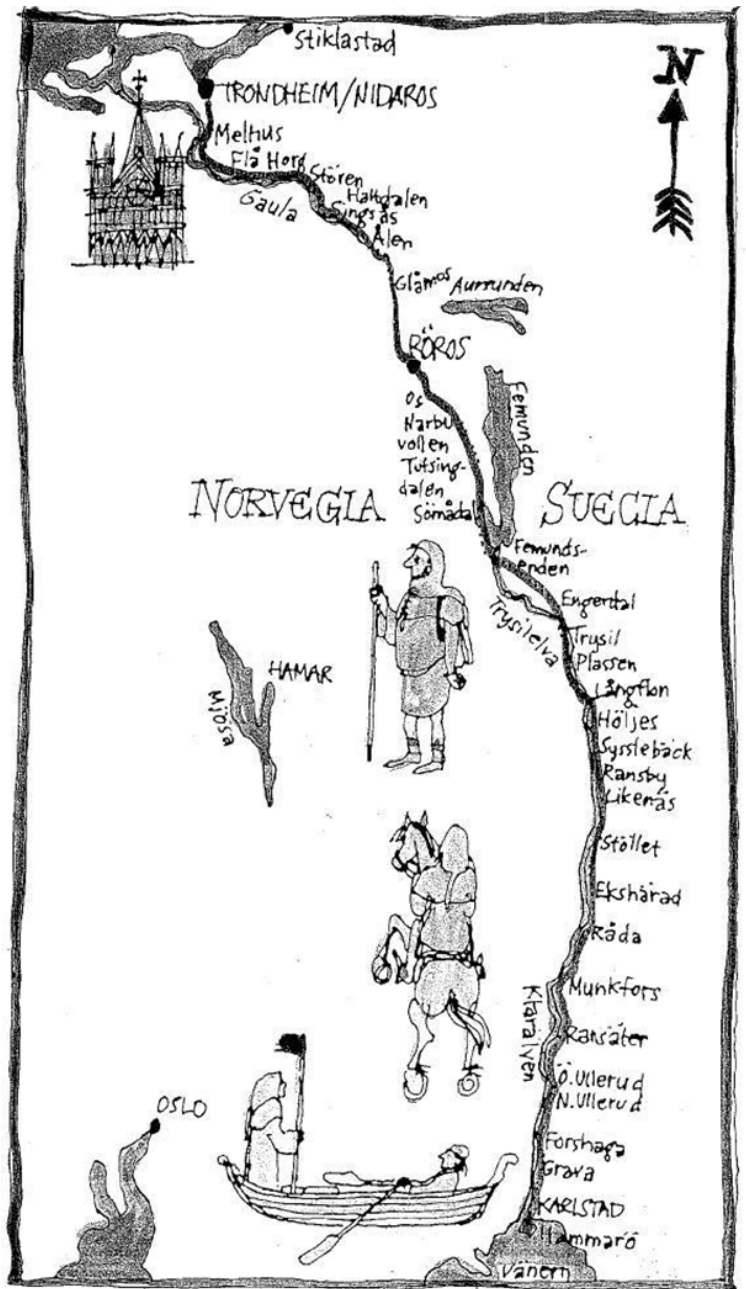
**St. Olav's Way**, also known as the **Pilgrim's Route**, is a pilgrimage route to the **Nidaros Cathedral in Trondheim, Norway**<sup>25</sup>. The cathedral is the site of the medieval tomb of **St. Olav**, a Viking king who united Norway and introduced Christianity to Scandinavia<sup>34</sup>. The main route is approximately 640 kilometers (400 miles) long<sup>2</sup>. It starts in the ancient part of **Oslo** and heads north along the lake **Mjøsa**, up the **Gudbrandsdalen** valley, over the **Dovrefjell** mountains, and down the through the **Oppdal** and **Gauldalen** valleys to end at the **Nidaros Cathedral**.<sup>11</sup>

## A pilgrimage in Norway

The St. Olav Ways – the pilgrim routes to Trondheim – consist of nine routes, all leading to the Nidaros Cathedral in Trondheim. The routes make up a total of around 3,000 kilometres of tranquil scenery through picturesque villages with a strong cultural heritage.

[Learn more about the pilgrim routes to Trondheim.](#)

You will find pilgrim paths all over Norway. The most popular are the nine St. Olav Ways, all of which lead to the iconic Nidaros Cathedral in Trondheim. Inside, Saint Olav's shrine has been the most important pilgrimage site in the Nordic countries since former Viking king Olav II Haraldsson was canonised in 1031



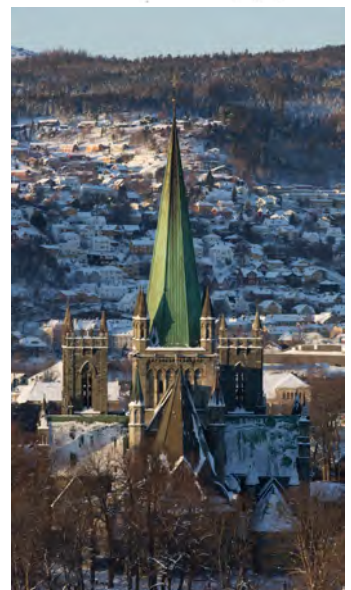
*Pilegrimsleden*



Left: Kilometer post for Pilegrimsleden in [Hamar Municipality](#)

Right: The Nidaros Cathedral in Trondheim, the ultimate destination for the pilgrimage.

[Photo credit to Thomas Bjørkan](#)



# March Birthdays

Eileen P Larson	2
Rory L Foresman	3
Mary Lou Bailey	6
Ruth Prentice	6
Debi M Fornero	10
Lucius Eli Tillman	11
Peter Sergejev	16
David Smith	16
Kristi J Erdal	17
Kari Malene Beck	18
Bill Crowell	18
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



**Kendall Kjerstad**  
*Financial Benefits*  
*Counselor*  
**Cell:** (970)-978-1634  
**Office:** (970)-697-1114  
 KJERSTADKENDALL@YAHOO.COM  
 WWW.SONSOFNORWAY.COM



## FJELLHEIM - 2025 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	Kathie Godsil	719-229-9289
Membership	Kathie Godsil	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	Vacant	
Librarian	Vacant	

### 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/Trustee	Terry Mapstone	719-351-5644
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
	Adam Lawrence	
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  
Viking Hall—Fjellheim 6-107  
1045 Ford Street  
Colorado Springs, CO 80915

James Mattox receiving the  
new membership certificate  
for Connie and Edie Mattox



Above the Fish Fry Kitchen Crew: Ginny Johnson, Carol Hackett, Terry Mapstone, BJ Mapstone, Sara Berge and Jean Luce



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