

# The Fjellheim Flammen



Fjellheim Lodge 6-107

Sons of Norway

1045 Ford Street, Colorado Springs, CO 80915

719 574-3717

www.sonsofnorwaycs.com

April 2025

Volume 43 Issue #4

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

## Frokost – An Authentic Norwegian Brunch



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 13, 2025 - 11:00 a.m.

NOTE: We are serving from 11:00 am to 1:00 pm.

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, assorted eggs, salmon mousse, shrimp salad, potato salad, cucumber salad, assorted beets & pickles, lingonberries, waffles, fresh fruit, Total crisp, lefse, julekake, cardamom bread, knekkebrod, apple cake, coffee, and orange juice.

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: \_\_\_\_\_

## Fjellheim Event Schedule for Late Winter/ Spring 2025

Event	Date	Time	Place
<i>Advanced Norwegian</i>	<i>All Mondays in April</i>	<i>3:00 pm</i>	<i>Viking Lodge—email Erik Tjelmeland: <a href="mailto:norsk75usa@gmail.com">norsk75usa@gmail.com</a> Please email Erik for book purchase requirements before the 1st class.</i>
<i>Intermediate Norwegian</i>		<i>4:00 pm</i>	
<i>Advanced Beginning Norwegian</i>		<i>5:00 pm</i>	
<i>*New Beginning Norwegian</i>		<i>6:00 pm</i>	
<i>Lefse Baking</i>	<i>All Tuesdays in April</i>	<i>9:00 am</i>	<i>Viking Lodge</i>
<i>Fjellheim Board Meeting</i>	<i>Wednesday, April 2nd</i>	<i>2 pm</i>	<i>Viking Lodge</i>
<i>FMC Meeting</i>	<i>Wednesday, April 9th</i>	<i>5:30 pm</i>	<i>Viking Lodge</i>
<i>Heritage Meeting and Supper</i>	<i>Wednesday, April 9th</i>	<i>6:30 pm</i>	<i>Viking Lodge</i>
<i>Card Social and Potluck</i>	<i>Tuesday, April 1st</i>	<i>12:30</i>	<i>Viking Lodge Details below</i>
<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 1</i>
<i>Syttende Mai Celebration and Picnic (and Bunad parade)</i>	<i>Saturday May,17</i>	<i>11:30 am to 4 pm</i>	<i>Sterne Park, Littleton, Co Details and registration page 8 Note: Registration is required so they have enough food! They ran out one year and don't want it repeated!</i>
<i>Scandinavian Festival</i>	<i>June 13 to 15</i>	<i>All Day</i>	<i>Details TBD, Golden Co</i>



### Lefse Baking is Back

Join us Tuesday Mornings at 9 am at the lodge to bake lefse this April. Don't know how? We will get you there!



### Card Social and Potluck

- will be the first Tuesday of the month, this month's date is April 1st. 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

## April Presidents Corner

Our major event in March was the Winter Tea. The attendees had a great time, which is always the desired outcome. Led by Kathie Godsil and Bjorg Mapstone, the Winter Tea was an immense success. Kathy did a great job in reservations and decorations. Bjorg selected the menu and lead our kitchen team in preparing the food and tea. Assisting Bjorg was Terry, Maria, Kathie, Kelly, Nancy, Jean, Debbie with her friend BJ, and Cheryl. Jean did a great job in selecting the music entertainment provided by the jazz band 'Double McGuffin' featuring Wayne Wilkinson. Key to the success of this event are the table hostesses. The hostesses were Kathie, Maria, Kelly, Linda, Nancy, Cheryl, Jean, Cynthia, Becky, Barb, Kerry, Denise, Eilene and Debbie. Great job everyone!



The April Event is Frokost which is led by Becky Tamblyn. This is an intensive event and many volunteers are needed to prepare and replenish the buffet food. April We are planning continuous service from 11 am to 1 pm so there should be less time to wait to get in the buffet line unless everyone comes at 11 am!

Our cultural program for March was a Vesterheim Museum presentation on Norwegian Emigration. This will be a reoccurring theme this year as we celebrate 200 years of Norwegian American contributions to the United States. The April cultural presentation will be Becky Anderson and Mark May providing a presentation on their 2024 Saint Olaf Pilgrimage in Norway. For the May cultural presentation, we will return to stories of emigration. If you have any areas of interest that you would like to present to the members of the Lodge during the fall, please contact James Mattox (@ 808-356-9964 or [james.mattox6@icloud.com](mailto:james.mattox6@icloud.com)).

Lefse making will be starting on Tuesday April 1<sup>st</sup> at 9 am as we begin stockpiling lefse for Frokost and the Scandinavian Festival. I know this sounds strange but getting together to make lefse is a fun event where you can enjoy working with and talking to other members. I've missed it and am glad that we are starting up again.

Just a quick reminder that we no longer rent Viking 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 good food, fellowship and cultural presentations.

*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!

[Photo Gallery – Sons of Norway Colorado Springs](#)





## Sunshine Report April 2025



*Happy Birthday and Happy Anniversary* to all who are celebrating these special occasions during April 2025. *Happy Easter!*



*George C. Gund*, 80, Fjellheim Lodge member since 8/13/1997, passed away in November 2024. He is survived by Sonja Gund and cards may be sent to her at PO Box 38266, Colorado Springs, Co 80937-8266.

*Kathie Godsil's* brother Faron passed away on March 12, 2025. She is currently in Portland attending to his memorial and their family. Cards may be sent to Kathie and her girls at 4415 Flat Top Place, Colorado Springs, CO, 80923-7321.



*Jennifer Forbes*, went skiing—and fell, tearing muscles and tendons and also fractured her shoulder in several places. She will have right shoulder replacement surgery on April 1, 2025. You can send cards to her at PO Box 471, Green Mountain Falls, CO 80819-0471.

*Pat & Gerald Rowe*, are both receiving treatment in care centers. *Connie Mattox* is receiving physical therapy to strengthen the muscles in her legs. During her last recovery, she became very weak and now has to regain her confidence.

Please keep all these folks and their families in your thought and prayers.

*Thoughts for the month: "April hath put a spirit of youth in everything."  
- William Shakespeare*

Fraternally,

Karen Rabnaas, Sunshine Director, 719-390-0621, [Krabnaas@aol.com](mailto:Krabnaas@aol.com)





# Winter Tea Photos



Above: Kelly Garret in full winter Tea Garb!



Above: The band playing during the Tea  
Right: Kerry Hefta with her guests.





# Living Easter the Norwegian Way:

## Påske in Norway

Easter is an important holiday in Norway, giving Norwegians a chance to celebrate the arrival of spring after the long, dark winter. Despite being a predominantly secular country, this holiday is eagerly welcomed by the people of Norway as a chance to celebrate the arrival of spring and to spend time with friends and family over a lengthy break from work and school.

The Norwegian word for Easter is Påske, a name derived from the Hebrew word “Pesach/Pasah” or Passover. In Norway, however, Easter does not pass over very quickly. Norway has the world’s longest Easter holiday. Traditionally, Norwegian shops and work places are closed over *skjærtorsdag* (Maundy Thursday), *langfredag* (Good Friday) and the Monday following Easter Sunday, known as *andre påskedag*, or the Second Easter Day. Schools are usually closed for the entire week preceding Easter.

### Evolving Traditions

Easter is basically a religious holiday that is marked with a number of holy days, religious practices and symbols. In addition, Norwegians have plenty of other nonreligious things to do with all of these days off. It applies to everything from ancient traditions such as the use of Easter eggs, the Easter bunny and yellow Easter chicks, to more recent traditions like the Easter Crime Genre (*påskekrim*), Easter nuts and the Pagan origin Easter tree.

Of course no holiday in Norway is complete without a large celebratory family meal. Because the Easter season includes several national holidays, Easter holiday for many becomes a time for family gatherings. The traditional Norwegian Easter lunch consists of boiled potato and vegetables with lamb meat, accompanied by Easter beer. The meal is followed by a selection of cakes and desserts as well as the ever present Easter eggs. The lunch table is decorated with daffodils and other Easter decorations.



Photo: Sondrekv | Snow and skiing on Hardangervidda, near Veggilifjell, Norway

### Mountain Trip and Skiing

Churches are naturally open for service through the Easter holiday for special services and enjoy higher attendance rates than on a normal Sunday. Many Norwegians choose Easter as one of their designated biannual visits to church. Another Easter tradition unique to Norway is the mountain trip, where Easter is celebrated up in the mountains enjoying the sunshine, skiing, and eating oranges and Kvikk Lunsj, a famous chocolate bar comprising of crunchy wafer covered with milk chocolate. The brown skin tone one gets after long outdoor days and sunbathing in the mountain air and snow rich environments, are often called “Easter brown” (Påskesol), while the increased traffic from the mountain in the first and last days of the holiday is called “Easter traffic”. Also “Easter Lead” is a term usually used for skiing at Easter, when the snow is often old, rough and grainy, wet during the daytime and crisp in the evenings.

### A Norwegian Easter Calendar

Palm weekend (Palmesøndag)– is the start of the Easter celebration, often with a great weekend excursion. Easter celebration starts for many with Palm weekend and is usually a time for cinema, where Easter films premiere on Friday before Easter weekend. Cinemas in Oslo and Akershus are open during Easter. Additionally, some churches organize palm walks in conjunction with Palm Sunday and other special services.

Monday, Tuesday and Wednesday after Palm Sunday is a workday for some, but since it is a school holiday throughout the week, many people are on vacation

# Living Easter the Norwegian Way:

## Påske in Norway—continued

### Maundy Thursday

Maundy Thursday is a public holiday in Norway. It is a day off for the general population, and schools and most businesses are closed.

Maundy Thursday is an early day of the Easter celebration, or Holy Week, and is also known as Passion Thursday, Paschal Thursday or Sheer (or Shere) Thursday. It is the day before [Good Friday](#).

### Good Friday and Easter Saturday

There are long queues on the major roads to Sweden because of the influx of Norwegians going Easter shopping on Good Friday (Langfredag), Good Friday is one of the three days a year the TV stations don't put commercials on TV – they show charity ads instead. Good Friday used to be a long day in which laughter, loud talking and extravagance were forbidden.

In Oslo, the Church City Mission still organizes walk through the city on Good Friday. Easter Eve Saturday in Easter week is not as sacred as the other Easter days and is celebrated often as a feast day. Easter Saturday is not a public holiday and the shops are open. Holy Saturday is usually the day the kids get Easter eggs filled with sweets. Many host fun Easter ski races and other activities on Saturday.

### Easter Sunday

Easter Sunday in Norway starts with a good Easter breakfast: eggs, usually colored, is an important part of the meal. Fresh bread is also indispensable in an Easter breakfast. The table is also decorated with Easter goods. Most Norwegian children receive Easter eggs on Easter Eve, but some have to wait for Easter Sunday. Tradition has it where the Easter Bunny comes with eggs on Easter Sunday and hides them around. The children are often up early and go hunting for eggs.

### Easter Monday

Easter Monday is associated as a relatively calm day. The day's most significant activities are packing, returning home and preparing to start a new work day, and then everyone has to wait for the next noteworthy tradition, namely the national day 17 May.



Photo : Haakon Flemen | Sun, Skiing and Hiking are three identical combination of the Norwegian Easter.



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



"Mountain Valley"



### Menu

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



## Saturday, May 17, 2025

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 12th, 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 17, 2025 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 12, 2025** Mail to Fjelldalen Lodge, 6392 S Reed Way, Littleton, CO 80123  
Checks payable to; *Fjelldalen Lodge* or **ZELLE** to [treasurer@fjelldalen.com](mailto:treasurer@fjelldalen.com)



# April Birthdays

Tyrone L Steen	1
Kathy S Solberg	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
Norman Pechacek	16
Jennifer J Forbes	22
Arthur Arens	24
Erik Melvin Tjelmeland	24
Kristine (Teena Van Horne Barager)	24
Sheila P Eskridge	27
Marjorie E Erickson	27
Carlton J Johnson	30

## Heritage and Youth

None this month



Download from Dreamstime.com

# God Påske



*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 Tamblin	719-271-3631
Secretary	Karen Ravnaas	719-390-0621
Treasurer/Finance	Kathie Godsil	719-229-9289

### Program Directors

Sunshine	Karen Ravnaas	719-390-0621
Cultural Coordinator	James Mattox	808-356-9964
Social Coordinator	Kathie Godsil	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	Susanne Arens	719-593-1449
Musician	Denise Lambert	530-206-6878
Publicity	Eunice Bluhm	719-351-3554
Foundation	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	

**Colorado Zone 8 Director** Diane Molter 303-288-6014

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**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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Colorado Springs, CO 80915



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