

The Fjellheim Flammen



Fjellheim Lodge 6-107

Sons of Norway

1045 Ford Street, Colorado Springs, CO 80915

719 574-3717

www.sonsofnorwaycs.com

Mai 2025

Volume 43 Issue #5

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

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 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 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 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

Fjellheim Event Schedule for Spring 2025

Event	Date	Time	Place
<i>Advanced Norwegian</i>	<i>Monday May 5th only, Se deg I September!</i>	<i>3:00 pm</i>	<i>Viking Lodge—email Erik Tjelmeland: norsk75usa@gmail.com 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 May</i>	<i>9:00 am</i>	<i>Viking Lodge</i>
<i>Card Social and Potluck</i>	<i>Tuesday, May 6th</i>	<i>12:30</i>	<i>Viking Lodge Details below</i>
<i>Fjellheim Board Meeting</i>	<i>Wednesday, May 7th</i>	<i>2 pm</i>	<i>Viking Lodge</i>
<i>FMC Meeting</i>	<i>Wednesday, May 14th</i>	<i>5:30 pm</i>	<i>Viking Lodge</i>
<i>Heritage Meeting and Supper</i>	<i>Wednesday, May 14th</i>	<i>6:30 pm</i>	<i>Viking Lodge</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 1 Note: Registration is required so they have enough food! They ran out one year and don't want a repeated!</i>
<i>Viking Sisters</i>	<i>Thursday, June 6th</i>	<i>1 pm</i>	<i>Viking Lodge Details TBD</i>
<i>Annual Fjellheim Picnic</i>	<i>June 22nd</i>	<i>Noon til 4 pm</i>	<i>Bear Creek Park Lunch is Potluck but lodge will provide utensils and drinks</i>
<i>Scandinavian Festival</i>	<i>June 28th and 29th</i>	<i>Saturday Noon til 9 pm Sunday 11 am to 6 pm</i>	<i>Civic Green Park in Highlands Ranch, CO More Info on Page 7</i>



Lefse Baking

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



Card Social and Potluck - will be the
first Tuesday of the month, this month's date is May
6th. 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

May Presidents Corner



Above: Terry, Right: Frokost Table

Springtime in the Rockies. How can you beat it? I started this message in seventy-degree weather and finished in a snowstorm! It's nice to have a constant- our lodge , friends and events.

April means Frokost which has been led by Becky Tamblyn for several years. Frokost was an immense success with many positive comments. I want to give a shout out to the many members who volunteered their time to make the event successful.

Frokost is our last major event til the September fish fry, but everyone is encouraged to attend the Syttende Mai Celebration, sponsored by Fjellalden Lodge, on 17 May. If you need a ride to Denver please give me a call and we will coordinate travel to Sterne Park, Littleton. In June the Lodge annual picnic at Bear Creek will be held on the 22nd .

Our cultural program for April was a wonderful presentation by Becky Anderson and Mark May on their 2024 Saint Olaf Pilgrimage in Norway. For the May cultural presentation, we will return to stories of emigration and Norwegian naming conventions. 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.

Lefse making started on 1 April as we begin stockpiling lefse for the Scandinavian Festival. The Scandinavian Festival is scheduled for 28-29 June at Civic Green Park, Highlands Ranch. Hopefully the Festival will be as good as last year.

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 monthly Heritage meeting where you can share good food, fellowship and cultural presentations.

Fraternally Terry Mapstone, Fjellheim President

NOTE: To See all the pictures from our recent events go to our website www.sonsofnorwaycs.com and choose the photo gallery tab!



Sunshine Report May 2025



Happy Birthday and Happy Anniversary to all who are celebrating these special occasions during May 2025. *Happy May Day, Happy Mother's Day, and have fun celebrating Syttende Mai!*

I haven't heard of any news to report, but let's not forget about *Jennifer Forbes* as she recovers from shoulder surgery, *Pat and Gerald Rowe* as they work through their medical issues, and those of you who have had the crud and suffered through that healing process. Uff da!

Thought for the month: "At last came the golden month of the wild folk – honey-sweet May, when the birds come back, and the flowers come out, and the air is full of the sunrise scents and songs of the dawning year." – Samuel Scoville Jr.



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

A Message from your Sons of Norway Financial Advisor

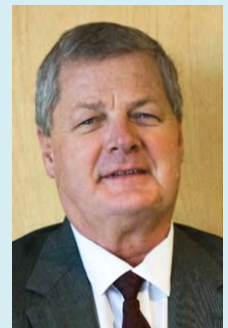


Waves Happen



The Stock market has had some significant ups and downs recently, some quite traumatic. It reminds me of the waves in the ocean. Clients will call me and ask, "How is my Sons of Norway investments looking?" Thankfully, I am always happy to report, "It looks good". Always it is followed by their reply "REALLY?". Yes, really. They then say, " You are the only ones that are not showing a negative in my portfolio". I guess the Vikings did know a thing or two about waves. Let the Sons of Norway help you have peace of mind and stability in a rough sea.

Fraternally, Kendall Kjerstad
Zone 8 Financial Benefits
Counselor



Frokost Recap

Review: The Fjellheim Lodge hosted a wonderful Spring Frokost Breakfast Event. They had all the favorite Scandinavian foods we love, plus more. If you missed the event, don't worry, they'll be hosting another one next year.



Above and to the right: Buffet Line,
Below: Just some of the Kitchen Crew



Becky and Mark's BIG Norwegian Adventure!

Reported on their St Olafs Way pilgrimage at our April Heritage Meeting!



Gudbrandsdalsleden 2024



Fjellheim members Becky Anderson

and Mark May hiked the beautiful Gudbrandsdalsleden last July and August, a route which spans 643 kilometers (399 Miles) from the capital of Oslo to Norway's third-largest city, Trondheim. It's one of the routes for pilgrims on the St Olaf way and the longest pilgrim way in the country and was the main road to Nidaros (now Trondheim) during the Middle Ages. It takes 32 days to complete!

Becky had planned to do this hike with Karen Swartley, who sadly passed suddenly last year. Everyone who knew Karen knew her as a positive, effervescent and lively presence who didn't let anything stop her and so to honor her, Becky decided to continue with the original plan. But who would/could go with her? At the last minute she found Mark May, who gamely decided that this was an adventure he wanted to try. It sounded like an experience of a lifetime! Who wants to try it next?

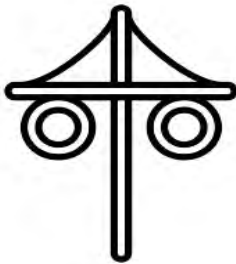
www.visitnorway.com/things-to-do/outdoor-activities/hiking/pilgrimage-on-the-st-olav-ways/

**COME CELEBRATE OUR
32ND YEAR!**

Midsummer Info — Scandinavian Alliance of Colorado

Celebrate the 32nd annual Midsummer Festival at the picturesque Civic Green Park in Highlands Ranch, CO! Shop among the Curated Vendors, Enjoy Traditional Scandinavian Folk Dance and Music around the Maypole, Relax at the Beer Garden, Make some FREE Scandinavian crafts, Check Out the Saab and Volvo Car Show, learn and battle with the Fjellborg Vikings, Make a Real Flower Crown, Dance to the Original Music of acclaimed Colorado band, Nordic Daughter, Learn about the Nordic Countries and Cultural Clubs in Colorado, and Make New Friends and MORE!

For more info check their webpage at: <https://scandinavianmidsummer.com/midsummer-info>



**Saturday
June 28**

12:00pm–9:00pm

**SCANDINAVIAN MARKET,
FOOD, PERFORMANCES,
ACTIVITIES, BEER GARDEN,
LIVEW MUSIC,
SCANDINAVIAN DJ**



**Sunday
June 29**

11:00am–6:00pm

**SCANDINAVIAN MARKET,
FOOD, PERFORMANCES,
ACTIVITIES, AND BEER
GARDEN**

May Birthdays

Duane Bakken	1
Cheryl Cable	3
Nancy Allen	6
Linda Klotz	8
Lois E Halvorson	9
Briana Tillman	13
Dora Wolfe	14
Jack R Anderson	16
Steven Hermanson	20
Terri A Hamm Johnson	22
Linda A Wennerberg	23
Susan M Foust	24
James R Nau	27
Daniela Lawrence	28
Dorothy L Hanson	30
Candance E Lesoing	30

Heritage and Youth

Elijah Dvorak	15
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Kendall Kjerstad
Financial Benefits
Counselor
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 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	757-710-7656

Colorado Zone 8 Director Diane Molter 303-288-6014
GRNBViking09@live.com
zone8@sofn6.org

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luella.grangaard@sofn6.org

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Above: Terry Mapstone and Leonard Beasley taking a coffee break between tasks at the Frokost

And The Dessert Table before it was raided by the hungry hordes!.

Kendall Kjerstad

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