

The Fjellheim Flammen



Fjellheim Lodge 6-107

Sons of Norway

1045 Ford Street, Colorado Springs, CO 80915

719 574-3717

www.sonsofnorwaycs.com

August 2025

Volume 43 Issue #7

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 September
Issue is August 20th**



Fjellheim Lodge, Viking Hall

Let's relax and have some fun and fellowship at the...

"Backyard" BBQ

Saturday, August 16, 2025, noon—3:00 p.m.

**Hamburgers, Hot Dogs wrapped in lefse, Chicken,
Sides, Desserts, and Drinks provided by the Lodge.**

**There will be cornhole, Klub (a Norwegian game), a movie will be
shown, and maybe – just a few surprises!**

**Please call Karen 719-390-0621 to sign up.
Donations requested to defray cost of food.**



NOTE: PLEASE BRING SIDE DISHES TO SHARE!

SEE YOU THERE!

Fjellheim Event Schedule for Summer 2025

Event	Date	Time	Place
<i>Lefse Sales at Bancroft Farmers Market</i>	<i>Saturdays in August 2nd, 9th, 16th, 23th and</i>	<i>8 am to 1 pm Or so</i>	<i>Bancroft Park, Old Colorado City</i>
<i>Rosemaling Class</i>	<i>Saturday, August 2</i>	<i>11 am to 3 pm</i>	<i>Viking Lodge Details below</i>
<i>Card Social and Potluck</i>	<i>Tuesday, August 5th</i>	<i>12:30</i>	<i>Viking Lodge Details below</i>
<i>Fjellheim Board Meeting</i>	<i>Wednesday, August 6th</i>	<i>2 pm</i>	<i>Viking Lodge</i>
<i>FMC Meeting</i>	<i>Wednesday, August 13th</i>	<i>5:30 pm</i>	<i>Viking Lodge</i>
<i>Salad Potluck</i>	<i>Wednesday, August 13th</i>	<i>6 pm</i>	<i>Viking Lodge</i>
<i>Heritage Meeting</i>	<i>Wednesday, August 13th</i>	<i>7 pm</i>	<i>Viking Lodge</i>
<i>Summer BBQ</i>	<i>Saturday August 16th</i>	<i>Noon til 4 pm</i>	<i>Viking Lodge</i>
<i>Norwegian Classes Norske Klasser</i>	<i>See you in September! Ses deg i september!</i>	<i>NA</i>	<i>Classes will start again September 8th. Undervisningen begynner igjen 8. september</i>
<i>Lefse Baking</i>	<i>Tuesdays in September</i>	<i>9:00 am</i>	<i>Viking Lodge</i>
<i>Anniversary Fish Fry</i>	<i>Saturday, September 13th</i>	<i>2 pm</i>	<i>Viking Lodge Reservation Form Page 6</i>
<i>Viking Fair</i>	<i>Saturday, October 18</i>	<i>9 am to 3 pm</i>	<i>Viking Lodge Detail TBD</i>

Rosemaling August 2nd.

The class is from 11 am to 3 pm
If you are interested in attending please call our instructor Cindy at (719)-330 1275 or BJ at (719)-440-3992 to get any change to dates and times and let them know you plan to attend.

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

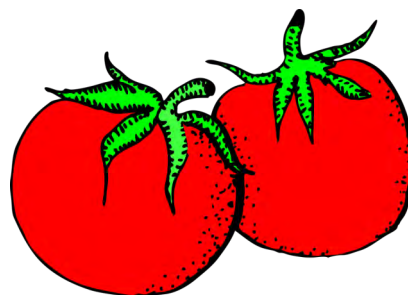
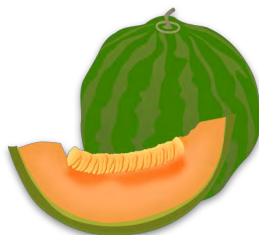


Card Social and Potluck - Tuesday, August 5th

potluck lunch at 12:30 followed by cards. Everyone welcome to come for a relaxing afternoon. Questions call Gainny Johnson 719-495-0253



Salad Potluck on August 13th— 6 pm. Bring your favorite summer goodies !



President's Message for August

I hope everyone is having a great summer. Bjorg, Erik, Patricia and I went to Norway on the Vesterheim Emigration tour. We all had a wonderful time and saw many things that you do not normally see on tours. You will hear more about the trip at the August Heritage meeting.



We had a great meal at our June Heritage Meeting as Mike cooked the lutefisk, adding a special seasoning, and I cooked super-size hot dogs wrapped in lefse. It was an interesting way to serve traditional food, and I can report that the lutefisk was the best I have tasted.

In June we had our annual picnic at Bear Creek Park, which was a fun event, and the Midsummer Scanfest at Highlands Ranch. Thanks to all our volunteers at both events.

Our members did an excellent job at the Midsummer Scandinavian festival selling lefse and had sales of over \$3000. That is the good news but on the other hand we still need to sell the lefse that we have left. Given the amount that remains in our freezers, the lefse committee decided that we need to go back to the Bancroft Farmer's Market starting August 2nd. The plan is to sell at the Market every Saturday in August until the lefse currently stored in the freezers has been sold. Of course, this means we need volunteers to help sell at the Market. If you can help, please call me, @ 719-351-5644, so that we can ensure we have enough but not too many volunteers each Saturday.

At the same time as we sell our previously made lefse we must start making new lefse for the fall. Our best guess is that we will need eleven sessions starting 2 September. I hope all you lefse makers and wannabes are ready for the next session of lefse fun.

On 16 August we will have a backyard BBQ at the Lodge starting at noon. The lodge will provide hot dogs, hamburgers, and chicken. Games will be available and a movie, the animated version of 'How to Tame your Dragon', will also be shown. Please bring a potluck dish to complete the meal.

Our September Fish Fry is on 13 September, and the walleye is already in the freezer! Cannot wait for the fish and pulled pork!

In closing, I hope everyone is enjoying their summer and are ready for the upcoming Heritage meetings, cultural presentations, language and painting classes and events beginning in August.

Fraternally Terry Mapstone



Sunshine Report

August 2025



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

Welcome to our newest and youngest member! *Emerson (Emmie) House* was born to Fjellheim member Casey House, July 16, at a healthy 5 lb 12 oz. Mom and baby are doing fine and Grandma Debbie House couldn't be prouder!

Kerry Hefta's and *Kristi Brindle's* mother, *Ardella Hefta*, passed away at almost 96 years young on July 30th in Grand Forks, ND. We miss her already.

Thought for the month: "In the garden, Autum is, indeed the crowning glory of the year, bringing us the fruition of months of thought and care and toil. And at no season, save perhaps in Daffodil time, do we get such superb colour effects as from August to November." - Rose G. Kingsley, *The Autumn Garden*

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

Kravnaas@aol.com



Lefse Report and Request



MIDSOMMERS FESTIVAL: Our members did a great job at Mid-sommer's Festival in Highland Ranch selling over \$3,000 of lefse. That leaves us with approximately 310 packages of lefse in the freezer. So, if you want lefse, notify me, Karen or Kathie and we will meet you at the lodge.



SELLING LEFSE AT BANCROFT: Lois and I coordinated with Rick, the Farmer's Market manager, and we can start selling lefse on **August 2**. The intent is to participate as long as we have lefse in the freezer. Based on previous years, I expect that we will be done after the first weekend in September. I will bring the tent/lefse/tables, etc. for each week. **Volunteers are needed.** If you are available, please call me @ 719-351-5644 so that I can add you to the work list to ensure we have the right number of volunteers for each week.

MAKING LEFSE FOR THE FALL: *We will start making lefse for the fall starting September 2.* Our best guess is that we will have to make lefse for 11 weeks to meet our own requirements plus selling at Viking Fair, Trollheim Christmas Market, and supporting another lodge.

Fraternally, Terry

719-351-5644

Fjellheim Lodge 6-107 2025 Event Calendar for last half of year *Save the Date*

Heritage Meeting Salad Potluck: August 13, 2025 @ 6:00 pm. Meeting at 7:00 pm.

Backyard BBQ: August 16, 2025 @ noon -- Viking Hall. The lodge will provide the food.
Details on Page 1 of the Flammen.

Anniversary Fish Fry: September 13, 2025 @ 2:00 pm. Reservations: Karen Ravnaas:
see the flyer in The Flammen on page 5 or on the website.

Viking Fair: October 18, 2025, 9:00 am - 3:00 pm. – Eunice Bluhm/Becky Tamblyn organizers
Breakfast served by FMC. Details TBD

Trollheim Christmas Fair: November 7-8, 2025 @ Trollheim Lodge, Lakewood. Details
TBD.

Lutefisk and Meatball Dinner: November 15, 2025; servings 1:00 and 4:00 pm.
Reservations: Karen Ravnaas, see flyer in The Flammen or on the website.

Family Christmas Potluck: Saturday, December 13, 2025, w/Social @ 1:30 p.m. and dinner @ 2:00 pm Lodge will provide the main course.
Reservations Karen Ravnaas: see flyer in The Flammen or on the website.



La oss ha det gøy!



Fjellheim 52nd Anniversary Fish Fry

Viking Hall, 1045 Ford Street

Colorado Springs, CO 80915

Saturday, September 13, 2025 @ 2:00 pm



Menu

Walleye, Pulled Pork
Baked Potatoes, Coleslaw
Fresh Rolls, Dessert



	Number Attending	Cost	Total
Members		X \$22.00 = \$	
Guests/Non-members		X \$25.00 = \$	
Student – age 10-16		X \$10.00 = \$	
Under 10		X \$ 0.00 = \$	
		Total = \$	

Your Name: _____

Phone Number: _____ E-Mail: _____

Please include your phone number and e-mail in case we need to contact you. Thanks.

Dinner Reservations: Seating is Limited

Payment Option (Check the circle to indicate your choice):

☐ Check: Make out to **Sons of Norway** and mail this 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, September 10, 2025.**

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

NOTES/Special Requests:

SCENES FROM THE MIDSUMMER SCANDINAVIAN FESTIVAL @HIGHLAND PARK, JUNE 28 AND 29, 2025





Fjellheim at ScanFest!

Above Left: Carol Hackett and Jean Luce

Above Right: Kerry Hefta with nephews at the Pole.

Left: Newell Nesheim, Mark Wedo and Mike Johaneson

Below: Kelly Garret, Mike Johaneson and Jane Johnson





August Birthdays

Philip Cable	03
Eunice C Senstelié-Bluhm	04
Alyssa R Smith	05
Mr Steven John Lien	06
Brian L Garrett	08
Cathrine Y Berg	10
Daniel Brant	12
Virginia M Johnson	16
Sara J Berge	21
Kristin Brown	26
Jane Lawrence	29

Heritage and Youth

Camryn Sergejev	18
Madison J Smith	21
Avery G Lawyer	26

Quick Norwegian Language Lesson

When meeting people	Pronunciation	English
God dag!	goo dagh	Hello (good day)!
God kveld!	goo kvelh	Good evening!
Morn!	morhn	Hi! (informal)
Hyggelig å treffe deg!	hee-geh-lee oh treh-feh-dai	Nice to meet you!



Kendall Kjerstad
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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

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

District 6 President Lis Barca
president@sofn6.org

Sons of Norway International Board Luella Grangaard
luella.grangaard@sofn6.org

Sons of Norway
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 Kerry Hefta, Editor
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 Colorado Springs, CO 80915



Left: Could that really be **VIKINGS** spotted in Colorado! Seen at the Midsummer Scandinavian Festival . Is an invasion imminent?.

Note: pics courtesy of Kelly Garrett.

Below: Rory Foresman is a former member of our Lodge. He's now selling Children's books !

Kendall Kjerstad

*Financial Benefits
 Counselor*



**SONS of
 NORWAY**



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Business: (970)-697-1114

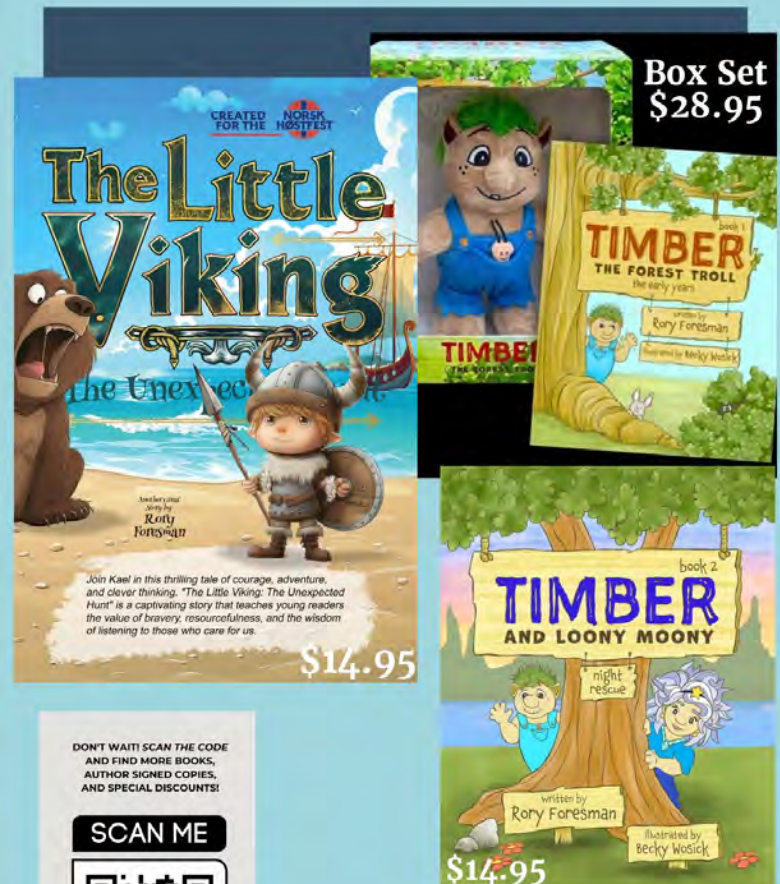
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