

The Fjellheim Flammen



Fjellheim Lodge 6-107

Sons of Norway

1045 Ford Street, Colorado Springs, CO 80915

719 574-3717

www.sonsofnorwaycs.com

September 2025

Volume 43 Issue #8

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 mem-

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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 October
Issue is September 20th**

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:

Fjellheim Event Schedule for Summer 2025

Event	Date	Time	Place
Card Social and Potluck	Tuesday, Sept 2nd	12:30	Viking Lodge Details below
Fjellheim Board Meeting	Wednesday, Sept 3rd	2 pm	Viking Lodge
Lefse Sales at Bancroft Farmers Market	Saturday Sept 6th	8 am to 1 pm	Bancroft Park, Old Colorado City
Rosemaling Class	Saturday, Sept 6th Saturday, Sept 27th Saturday, Oct 25th Saturday, Nov 8th	11 am to 3 pm	Viking Lodge Details below
FMC Meeting	Wednesday, Sept 10th	5:30 pm	Viking Lodge
Pre-Meeting Potluck	Wednesday, Sept 10th	6 :30 pm	Viking Lodge
Heritage Meeting / Anniversary Pin Ceremony	Wednesday, Sept 10th	7 pm	Viking Lodge See Below and Page 5 for information
Norwegian Classes Norske Klasser	Mondays in September after Labor Day See you in September! Ses deg i Sept 8!	3:30 Advanced 4:30 Intermediate 5:30 Intermediate/Beginner 6:30 Beginner	Viking Lodge contact Erik Tjelmeland : 719-205-2539 or norsk75usa@gmail.com See page 4 for more details.
Lefse Baking	All Tuesdays in September	9 am	Viking Lodge
Anniversary Fish Fry	Saturday, Sept 13th	2 pm	Viking Lodge Reservation Form Page 1
Cooking Club (Cookie Edition)	Thursdays Oct 2nd, 23rd and 30th	9 am to noon	Viking Lodge Exploring the seven cookies of a Norwegian Christmas!
Viking Fair Cookie Baking	Thursdays, October 9th and 16th	9 am to noonish	Viking Lodge Details TBD
Viking Fair	Saturday, October 18	9 am to 3 pm	Viking Lodge See Flyer page 6

Card Social and Potluck - Tuesday, September 2nd potluck lunch at 12:30 followed by cards. Everyone welcome to come for a relaxing afternoon.

Questions call Ginny Johnson 719-495-0253



Fall Rosemaling Begins— Planned dates are [Saturdays, Sept 6th, Sept 27th, Oct 25th, and Nov 8th](#)

The classes are 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 .

Ready to Roll?? - Lefse Making starts Tuesday, September 2nd at 9 am

and continues weekly for infinity! (No not exactly, but really sometime in November). Lots of humor, snacks, conversation and yeah some work .. But it's a great time!!



The Anniversary Pin Ceremony is September 10 at the Heritage meeting. We will celebrate long time members ranging from 5 years to 55 years. Check if your name is on the list on Page 5 and make sure to get your Pin.

September President's Message



By the time you receive this Flammen, Summer will be over and children will have returned to school. I always feel like Fall in the lodge is the second half of the "Viking" season.

We started out with a great August Heritage Meeting as Erik presented the first of a two-part presentation on the Vesterheim Emigration tour. On 16 August we had a backyard BBQ at the lodge. We had a very good turnout, and everyone had a good time catching up with each other. Our newest member, Emerson Lee, made a guest appearance and was the hit of the day!

I want to thank all who volunteered to sell lefse at the Farmers Market. We sold all the lefse available and handed out numerous lodge fact sheets on upcoming events.

We will have started making new lefse for the fall. Our best guess is that we will need eleven sessions. I hope all you lefse makers and wannabes lefse makers are ready for the next session of lefse fun.

Our September fish fry is on 13 September, and the walleye is already in the freezer! Can't wait for the fish and pulled pork! We will have sign-up sheets for volunteers at the next Heritage meeting.

On October 18 the Lodge will be sponsoring our annual Viking Fair. Vendors are being contacted, and FMC is planning the Brunch menu. The Fair has been a good community event every year. It is also a good time to clear you home of nice items that you no longer need for our White Elephant table. We also have a bake sale on that date and cookies and other baked good are needed. We will be making cookies for the bake sale on 9 and 16 Oct to supplement the home baking.

Separate from the bake sale baking, our cooking club will be focused on the seven cookies of Christmas. The plan is to have members demonstrate two/three different cookies per session. More details to follow but the dates are 2 Oct, 23 Oct and 30 Oct starting at 9 AM.

Fjellheim's officer elections for 2026 are right around the corner. Please consider either staying in your current position or assuming new responsibilities.

In closing I hope everyone enjoyed their summer and are ready for the upcoming Heritage meetings, cultural presentations, language and painting classes and special events.

Fraternally Terry Mapstone

Sunshine Report

September 2025



Happy Birthday and Happy Anniversary to all who are celebrating these special occasions during **September**.. A special Happy Birthday to Sissel on her 90th Birthday on September 29th.

Kerry Hefta's mother, Ardella, died on July 30, 2025. Our condolences to the Hefta Family.

Emmie (Emerson) House was born to **Casey House** on July 16 – Congratulations, Casey (and proud Grandma, Debbie).

To the others who have aches and pains, or anything more serious, please know that you are in our thoughts and prayers.

Thought for the month: *"September morn, do you remember how we danced that night away. Two lovers playing scenes from some romantic play. September morning still can make me feel this way."* - Neil Diamond and Gilbert Becaud



Fraternally, Karen Kravnaas, Sunshine Director,

719-390-0621, Kravnaas@aol.com



Left: Our newest member Emmie House.

Right: All three generations of House's attended the BBQ picnic on August 16th.



Do you want to learn Norwegian? Join our upcoming Norwegian Language Classes

The Sons of Norway Fjellheim Lodge will be conducting its newly installed 5th year of Norwegian language lessons, and will be starting on 8 September 2025. There are now four levels of instruction conducted every Monday, i.e., Advanced, Intermediate, Advanced Beginners, and New Beginners, with times of 3:30 pm, 4:30 pm, 5:30 pm, and 6:30 pm, respectively.

We encourage everyone with an interest in Norwegian heritage to join in. The only requirements for attendance are purchasing the applicable textbooks and being a member of the Sons of Norway. All ages are invited to attend, and historically, participants have ranged from 8 to 75. We are also in the process of establishing high school credit for our charter and/or homeschool participants.

If interested, please contact Erik M. Tjelmeland either by phone: 719-205-2539 or email: norsk75usa@gmail.com



ANNIVERSARY PIN CEREMONY

We invite you to join us in honoring
members receiving their anniversary pins.

 Wednesday, September 10, 2025

 7:00 PM

 Sons of Norway Lodge

All are welcome.



Sons of Norway Lodge



40 yrs

Gerald Rowe (Golden Member) and Patricia Rowe (Golden Member)

50 yrs

Donald C Ankley (Golden Member)

55 yrs

Pamela Bakken O'Neil (Golden Member)

Members Celebrating Anniversaries

5 yrs

Kristin Brown

Joyce Suter

Hazen Thomas

Sonja Thomas

10 yrs

Beverly Beasley

Leonard Beasley

Cheri Ann Hughes

Diane Lindholm

Valerie Lundy

Norman Pechacek

Cynthia Pechacek

15 yrs

Marjorie Erickson

20 yrs

Linda Ross

Madison Smith

25 yrs

Carol Eacker

Jennifer Forbes

Jerry Maines

Terry Mapstone

BJ Mapstone

Karen Ravnaas

30 yrs

Sonja Gund

35 yrs

Nanette Renee Walker Smith

16th Annual **Viking Fair** Bazaar & Brunch Community Cultural Event



Come by for

Unique Gifts, Arts & Crafts, Heritage Items,
Lefse & Baked Goods, Raffle, and More Fun!

Saturday, October 18, 2025

9 AM - 3 PM

Free Admission

Brunch \$12

Viking Hall

1045 Ford St.

Colorado Springs, CO 80915

719-574-3717



**SONS of
NORWAY**

Vendors - For more information call
719-351-3554

Cookbook by Scandinavians for Scandinavians

Discover the heart of Norwegian heritage in your own kitchen from the Sons of Norway Cookbook. Packed with authentic recipes passed down through generations, this beloved collection celebrates traditional flavors—from lefse and krumkake to savory meat dishes and comforting soups. This cookbook brings warmth, history, and deliciousness to your table. A perfect gift for food lovers and anyone with a love for Nordic culture!

Cost \$15.00 Get yours today! Call 719-593-911 or come to any lodge event for yours!



CULTURAL CORNER for Aug and Sept: The first Norwegians to immigrate to the US came in 1825 onboard the ship the Restauration.

Erik Tjelmeland was part of the tour sponsored by the Vesterheim Museum to celebrate the voyage by retracing some of their steps in Norway. He gave a partial presentation about what he learned on the tour in August and will finish on Sept 10 at the Heritage meeting. It was a very interesting presentation, so don't miss the second part!



Right: Also you can put a pin in our map to show where you family came in Norway!



Lefse Report !!

SELLING LEFSE AT BANCROFT: *Volunteers are still needed for Sept 6th.* 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 .



MAKING LEFSE FOR THE FALL: *We will start making lefse starting Tuesday, September 2 at 9 am and continuing on Tuesdays through September and October and probably part of November.* 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

Backyard Picnic and BBQ : August 16 2025 was well attended but the weather was a bit iffy that's why all the pics are inside. The food was great and conversation better!

Starting CC Left: Sonja and Hazen Thomas our greeters, Susanne Arens (who does Facebook and is our Webmaster) and Arthur Arens, Mike Johaneson past president, and BJ Mapstone another past president in a relaxed mode.



Bottom: Left to Right:

Patricia Tjelmeland with her granddaughter, and Mary Lou Bailey enjoying the meal.



September Birthdays



Casey House	01
John Larson III	01
Becky Torgerson	01
Sharon Martinez	03
Sr Rodger E Erickson	07
Jean Hagen-Luce	08
Kevin M Canestorp	11
Shane R Jahnke	13
Janice Rostvit	14
Faye Rostvit	14
La Rue D Hanson	16
Alexander Lewis	16
Carol A Johaneson	23
Ruth Wiig	25
Sissel O Disbrow	29
Mary A Brooks	30
Kelly House	30

Heritage and Youth

Quinn M Berge	04
James Hardy	05
Sascha Luke Tillman	16
Sydney Mach	19
Adelie R Tillman	22



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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

Monthly Newsletter

Kerry Hefta, Editor

Viking Hall—Fjellheim 6-107

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Colorado Springs, CO 80915



Kendall Kjerstad

*Financial Benefits
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Below: Rory Foresman is a past Fjellheim President. He and his wife, Roseanne, are still current members of our Lodge although they have moved away.

He's now selling Scandinavian Children's Books through his publishing company. Looks like a fun Christmas Gift for kids.

FREE Shipping for Sons of Norway Members

**Contact me directly for these and other great titles from ForesmanPublishing.com
I can sign and personalize your book**

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