

The Fjellheim Flammen



Fjellheim Lodge 6-107

Sons of Norway

1045 Ford Street, Colorado Springs, CO 80915

719 574-3717

www.sonsofnorwaycs.com

Oktober 2025

Volume 43 Issue #10

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 November
Issue is October 20th**

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

Fjellheim Event Schedule for Fall 2025

Event	Date	Time	Place
<i>Fjellheim Board Meeting</i>	<i>Wednesday, Oct 1st</i>	<i>2 pm</i>	<i>Viking Lodge</i>
<i>Card Social and Potluck</i>	<i>Tuesday, Oct 7th</i>	<i>12:30 pm</i>	<i>Viking Lodge Details below</i>
<i>Rosemaling Class</i>	<i>Saturday, Oct 25th Saturday, Nov 8th</i>	<i>11 am to 3 pm</i>	<i>Viking Lodge Details below</i>
<i>FMC Meeting</i>	<i>Wednesday, Oct 8th</i>	<i>5:30 pm</i>	<i>Viking Lodge</i>
<i>Pre-Meeting Potluck</i>	<i>Wednesday , Oct 8th</i>	<i>6 :30 pm</i>	<i>Viking Lodge</i>
<i>Heritage Meeting</i>	<i>Wednesday, Oct 8th</i>	<i>7 pm</i>	<i>Viking Lodge</i>
<i>Norwegian Classes Norske Klasser</i>	<i>All Mondays in October</i>	<i>3:30 Advanced 4:30 Intermediate 5:30 Intermediate/Beginner 6:30 Beginner</i>	<i>Viking Lodge contact Erik Tjelmeland : 719-205-2539 or norsk75usa@gmail.com</i>
<i>Lefse Baking</i>	<i>All Tuesdays in October</i>	<i>9 am</i>	<i>Viking Lodge</i>
<i>Cooking Club (Cookie Edition)</i>	<i>Thursdays Oct 2nd, 23rd and 30th</i>	<i>9 am to noon</i>	<i>Viking Lodge Exploring the seven cookies of a Norwegian Christmas! See Page 3</i>
<i>Viking Fair Cookie Baking</i>	<i>Thursdays, October 9th and 16th</i>	<i>9 am to noonish</i>	<i>Viking Lodge See Presidents Message Page 3</i>
<i>Viking Fair</i>	<i>Saturday, October 18</i>	<i>9 am to 3 pm</i>	<i>Viking Lodge See Flyer page 1</i>
<i>Trollheim Christmas Fair</i>	<i>Friday/Saturday November 7-8, 2025</i>	<i>9 am</i>	<i>Trollheim Lodge Lakewood, Co Flyer Page 9</i>
<i>Lutefisk and Meatball Dinner</i>	<i>November 15, 2025</i>	<i>Servings 1:00 and 4:00 pm.</i>	<i>Viking Lodge Registration Flyer Page 6</i>
<i>Family Christmas Potluck</i>	<i>Saturday, December 13, 2025,</i>	<i>w/Social @ 1:30 p.m. dinner @ 2:00 pm</i>	<i>Viking Lodge Details TBD</i>

October President's Message

The second half of the "Viking" season is off and running. Our Heritage meeting recognized our membership anniversaries. Both Bjorg and I were amazed that we had been members for twenty-five years. Congratulations to all members celebrating anniversaries. The recognition ceremony was followed by Erik continuing his presentation on the Vesterheim Emigration trip.



Our September fish fry on 13 September was a super success. We added lutefisk to the menu as a surprise. The fish coupled with the pulled pork, baked potatoes, coleslaw and buns can't be beat! Thanks to all the volunteers for their support.

October promises to be busy. The October Heritage meeting will feature Adam Lawrence doing a presentation on his summer trips to Norway and beyond. We will continue to be making lefse every Tuesday so come out and join us.

Our cooking club will have baking lessons on Thursday Oct 2nd, featuring krumkaker and sirupsnipper; and Thursday Oct 23 featuring tyskejiver and kringler; and 30 Oct featuring goro and kransekakestenger. An additional type of cookie, sandbakelse, will also be included. The lessons start at 9:00 AM. All supplies will be provided by the lodge. The seven cookies selected are some of the traditional seven cookies of Christmas. If any member has a desire to showcase a different cookie, please contact Bjorg.

On October 18th the Lodge will be sponsoring our annual Viking Fair. 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. Separate from the cooking classes, we have a bake sale at the Viking Fair and cookies and other baked good are needed for sale. Other types of homemade goods are also good sellers (honey or jam etc.) and may be donated. We will be making cookies for the bake sale on Thursday Oct 9 and Thursday Oct 16 to supplement your home baking efforts. So, bring your cookie baking supplies and enjoy the companionship as you make your donation.

New officer elections for 2026 are right around the corner. Please consider either staying in your current position or assuming new responsibilities. I will be wandering thru the Lodge and asking officers if they can continue in their current position or if they wish a different position.

In closing I hope everyone is finding some activity in the Heritage meetings, cultural presentations, language, painting classes and special events to enjoy. If you have suggestions, please contact me- we are willing to try anything!

Fraternally Terry Mapstone



Sunshine Report

October 2025



Happy Birthday and Happy Anniversary to all who are celebrating these special occasions during **October**. Remember, October 9 is Leif Erikson Day. Leif Erikson, also known as Leif the Lucky, was a Norse explorer who is thought to have been the first European to set foot on continental America. It is also the day the *Restauration** is set to land in New York City.

Ruth E. Young passed on August 26, 2025, at age of 97. She was Beverly Beasley's mother and a member of Fjellheim Lodge since May 14, 2016. See memorial later in the Flammen.

Steven R. Hermanson died September 12, 2025 while in hospice care. Refer to the write-up later in the Flammen.

Our thoughts and prayers are with Ruth's and Steve's families and friends.

Marje Erickson has had knee replacement surgery. To send her a card or call her, please see Karen for her address or phone number.

Info for the month: **Restauration* was a sloop built in 1801, in Hardanger, Norway. It became a symbol of Norwegian American immigration. On what is considered the first organized emigration from Norway to the United States, *Restauration* set sail from Stavanger on July 4, 1825, with 52 people aboard. The people who made this voyage, who are sometimes referred to as the "Sloopers", moved onward to their first settlements.



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

Kravnaas@aol.com

Fall Rosemaling Continues— Dates are *Saturdays, Oct 25th, and Saturday 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 Mak- ing every Tuesday in October at 9 am

Lots of humor, snacks, conversation and yeah some work .. But it's a great time!! See you there!

Tell your friends. We'll have a rolling good time!



In Loving Memory...
Ruth Elizebeth (Everson) Young
January 16, 1928 – August 26, 2025



Ruth Elizebeth (Everson) Young, age 97, passed away on August 26, 2025. She had been a resident of Colorado Springs for 49 years. She was a retired Registered Nurse.

Ruth was born on January 16, 1928, to Joseph Martin Everson and Violet (Bateman) Everson in Cheyenne Wells, CO. She married Carl Dean Young in Denver.

She graduated from Presbyterian School of Nursing in Denver in 1976 after raising her family. She is a 70-year member of the Order of Eastern Star, serving 3 terms as Worthy Matron. Ruth loved to travel and enjoyed several trips out of state with her family to camp or just be a tourist.

Ruth joined the Sons of Norway on May 14, 2016, and enjoyed her 9+-year membership in the Sons of Norway. She would be at the special events and loved to visit with all the members as they stopped by her table.

She is survived by her 3 daughters: Claudia Sue Young (Monte Vista, CO), Stephanie Dean Livingston (AZ), and Beverly Ann Beasley (Colorado Springs); son-in-law, Leonard Beasley; brother, Alonzo Everson (Sand Springs, OK); five grandchildren, three great-grandchildren, and 1 great-great grandson. Ruth was preceded in death by her husband and parents.



In Loving Memory...

Steven R. Hermanson

5/20/1951 - 9/12/2025

Steven Roy Hermanson, 74, passed away September 12, 2025. Steve was born May 20, 1951, in Minnesota. He has been a member of Fjellheim Lodge 6-107 since March 14, 2012. Although he joined in 2012, his parents were Charter Members of the lodge, and he remembered times he was at the lodge for special events. He is a Past President of the lodge and served as Counselor following that gig. Although we haven't seen him much because of illness, we will miss him greatly.

Rest in Peace, Steve.



Fjellheim Lodge Sons of Norway

LUTEFISK AND MEATBALL DINNER

Saturday, November 15, 2025 - 1:00 & 4:00 pm
Fjellheim Lodge, 1045 Ford Street
Colorado Springs, CO 80915

Dinner Reservations: Circle Preferred Seating: 1:00 pm 4:00 pm
Seating is Limited

Indicate Dine-In or Take-Out by checking below:

☐

Dine-In

☐

Take-Out

	Number Attending	Cost	Total
Members		X \$25.00 =	\$
Non-Members – 16+		X \$27.00 =	\$
Student – age 10-15		X \$12.00 =	\$
Under 10		X \$ 0.00 =	\$
		Total =	\$

Product Pre-Orders Cash or Check only:

Items	Quantity	Price per Unit	Total Product
Lefse – 5 rounds per pkg		X \$10.00	\$
Lutefisk – 1 lb. pkg		X \$15.00	\$
Herring		X \$12.00	\$
Lingonberries		X \$ 8.00	\$
		Total =	\$

Your Name: _____

Phone Number: _____ **E-Mail:** _____

Payment Option for Reservations only (Circle to indicate your choice):

⇒ Check: Make out to **Sons of Norway**

⇒ Pay at the door.—Cash or Credit Card

Mail reservations to Karen Ravnaas, 5295 Water Dipper Rd, Colorado Springs, CO 80911 by **November 12, 2025**. After that date, call Karen @ 719-390-0621 for space availability and registration.

NOTES/Special Requests: _____

Anniversary Pin Ceremony

Heritage Meeting, September 10th



Above: Joyce Suter receiving her 5 year pin from Fjellheim Vice President Mark Wedo

Left: 25 year recipients are starting from left: Karen Ravnas, Carol Eacker, Mark Wedo presenting the Pin, and Terry and BJ Mapstone.



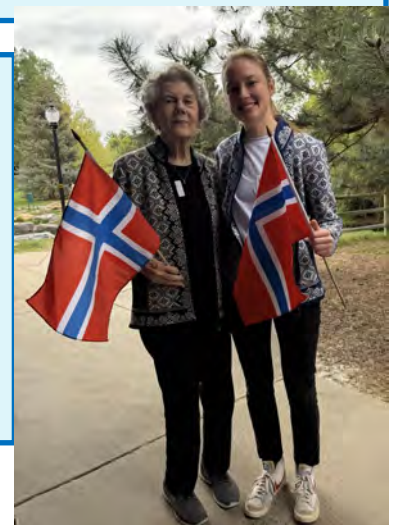
Above: Mark Wedo presenting 10 year pins to Beverly Beasley, Leonard Beasley, Cheri Ann Hughes, Cynthia Pechacek and Norman Pechacek.

Left: Mark Wedo presenting the 40 year pin to Golden Members Patricia and Gerald Rowe. It was wonderful to see you two at the meeting!



Also at the Heritage Meeting Golden Member Sissel Disbrow celebrated being 90 years young at the end of this month with a special cake she shared with the membership. Sissel has been an integral member of the Lodge for a long time. For example she initiated and organized the Christmas Tea (now the Spring Tea) event and for many years successfully led the Frokost events.

"Gratulerer med dagen, Sissel og tusen takk for alle du har gjort for Fjellheim! "





Anniversary Fish Fry Pictures!

Left: Martin Hefta, Future Fjellheim Pres?

Right: Clarence VerSluys

Middle: The Fish Fry Serving Line including Nancy Allen, Maria Shay, Cynthia Pechacek, Kerry Hefta, Mike Johaneson and Norman Pechacek.



Right: Ruth Wiig and Sharon Martinez



Below: Paul Wiig



Left: Walleye cooks Extraordinaire

Phil Cable and Carol Hackett



Trollheim Christmas Fair

SONS OF NORWAY, TROLLHEIM LODGE

6610 West 14th Ave.

303-232-1700

GOD JUL



November 7th & 8th, 2025

Doors open at 10:00 AM

Open until 3:00 PM

Admission: \$2.00

Children under 12: Free

Shopping

**Please note: Some vendors may only
accept checks or cash**

Shop for gifts. Shop for yourself. Shop at over
15 vendors. Shop at our Butikken. We have a
wide variety of merchandise so...

SHOP TILL YOU DROP!

Enjoy shopping in our

Wonderland Of Scandinavia

October Birthdays



Alex Johnson	03
James (Jim) Barager	04
Martha Ellen Miller	04
Margrethe Smith	06
Marjorie Lindskog	13
Lisa Tormoen Hickey	18
Aiden Torgerson	19
Michael Luce	23
Sonja Gund	24
Rodney Jensen	24
Linda K Ross	28
Jay G Santee	28
Geir S Ostrem	30

Heritage and Youth

Joshua R Lysne	16
Austin Allgood	24
Will M Berge	27
Theodore Tillman	29



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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

1045 Ford Street

Colorado Springs, CO 80915



Kendall Kjerstad

*Financial Benefits
Counselor*



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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

RoryForesman@gmail.com

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book 1
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