

The Fjellheim Flammen



Fjellheim Lodge 6-107

Sons of Norway

1045 Ford Street, Colorado Springs, CO 80915

719 574-3717

www.sonsofnorwaycs.com

November 2025

Volume 43 Issue #11

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-



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: _____

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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 December
Issue is November 20th

Fjellheim Event Schedule for Fall 2025

Event	Date	Time	Place
<i>Fjellheim Board Meeting</i>	<i>Wednesday, Nov 5th</i>	<i>2 pm</i>	<i>Viking Lodge</i>
<i>Card Social and Potluck</i>	<i>Tuesday, Nov 4th</i>	<i>12:30 pm</i>	<i>Viking Lodge</i> <i>Potluck first and then cards!</i>
<i>Rosemaling Class</i>	<i>Saturday, Oct 25th</i> <i>Saturday, Nov 8th</i>	<i>11 am to 3 pm</i>	<i>Viking Lodge</i> <i>Details page 4</i>
<i>FMC Meeting</i>	<i>Wednesday, Nov 12th</i>	<i>5:30 pm</i>	<i>Viking Lodge</i>
<i>Pre-Meeting Potluck</i>	<i>Wednesday , Nov 12th</i>	<i>6 :30 pm</i>	<i>Viking Lodge</i>
<i>Heritage Meeting</i>	<i>Wednesday, Nov 12th</i>	<i>7 pm</i>	<i>Viking Lodge</i>
<i>Norwegian Classes</i> <i>Norske Klasser</i>	<i>Mondays in November</i> <i>Nov 3rd, Nov 10th and Nov 24th.</i> <i>No class on the 17th</i>	<i>3:30 Advanced</i> <i>4:30 Intermediate</i> <i>5:30 Intermediate/Beginner</i> <i>6:30 Beginner</i>	<i>Viking Lodge</i> <i>contact Erik Tjelmeland : 719-205-2539</i> <i>or norsk75usa@gmail.com</i>
<i>Lefse Baking</i>	<i>Tuesday Oct 28 and Nov 4 and 13th</i> <i>Wednesday Oct 29 and Nov 5</i>	<i>9 am</i>	<i>Viking Lodge</i> <i>We're baking twice a week since we sold out and still need to supplies for Trollheim fair and Lutefisk Dinner.</i>
<i>Cooking Club</i> <i>(Cookie Edition)</i>	<i>Thursdays Oct 23rd and 30th</i>	<i>9 am to noon</i>	<i>Viking Lodge—See Page 3</i> <i>Explore the seven cookies of a 'Norsk Jul'! Ingredients supplied by the lodge.</i>
<i>Cookie Baking</i>	<i>Thursdays, Nov 6th and 13th</i>	<i>9 am to noonish</i>	<i>Viking Lodge</i> <i>See Presidents Message Page 3</i> <i>Bring your own dough for this one!</i>
<i>Trollheim Christmas Fair</i>	<i>Friday/Saturday</i> <i>November 7-8, 2025</i>	<i>9 am</i>	<i>Trollheim Lodge</i> <i>Lakewood, Co</i> <i>Flyer Page 5</i>
<i>Lutefisk and Meatball Dinner</i>	<i>November 15, 2025</i>	<i>Servings 1:00 and 4:00 pm.</i>	<i>Viking Lodge</i> <i>Registration Flyer Page 1</i>
<i>Family Christmas Potluck</i>	<i>Saturday, December 13, 2025,</i>	<i>w/Social @ 1:30 p.m.</i> <i>dinner @ 2:00 pm</i>	<i>Viking Lodge</i> <i>Details TBD</i>

November President's Message

I cannot believe I am writing this, but it feels like the Lodge has started the Holiday Season already. We had a major blowout success with the Viking Fair! Our vendors had great items for sale and that included many "Viking" items. Our lefse and Holiday baked goods flew out the building as we sold every lefse round and cookie that we had. The breakfast and lunch items were extremely well received and contributed to our Viking theme. Thanks to the many volunteers especially Eunice Blum, who did a wonderful job. Hope you saw our television promotion on KRDO with our speakers Adam, Mike and Eunice promoting the Fair. It really was unbelievable.



Our October Heritage meeting featured Adam presenting a very interesting talk on his family's emigration story followed by a You Tube presentation on his summer trip. Our November Heritage will focus on the current Norwegian food fads of taco Fridays and pizza. The lodge will be providing pizza and tacos. Members are encouraged to bring salads, desserts and other favorites.

Our cooking club will continue baking lessons on 23 Oct and 30 Oct. The first class featured making 'sirupsnipper' and 'goro' cookies. We still have 'tyskejiver', 'kringle', 'krumkake', 'sandbakels'e and 'kranskekakestenger' for future dates. The lessons start at 9:00 AM. The lodge will supply all the ingredients for the Cookie Classes. The seven cookies for these classes represent the types of cookies often used for the traditional seven cookies of Christmas in Norway.

Our major event in November is the Lutefisk Dinner on 15 November. Dave is already in Minnesota to pick up the lutefisk. In preparation for the Lutefisk bake sale we will be making cookies at the lodge on 6 and 13 Nov to supplement your home baking efforts. So, bring your cookie supplies and enjoy the companionship as you bake your donation.

New officer elections for 2026 will take place at the November Heritage meeting. Members have volunteered for the President, Vice President, Treasurer and Secretary positions. Other positions are still vacant. Please contact me if you wish to volunteer. New nominations will be accepted up to the actual voting.

I gave you the good news earlier that we sold all the lefse. The bad news is we sold all the lefse. In order to support the Christmas Market at Trollheim and our own lutefisk event we will be required to have more lefse making days. Our lefse baking schedule will be 28/29 October, 4/5 November and 11 November. I know that this adds more work to everyone's schedule, but I hope that enough members will turn out to meet the need.

Finally, December events begin with our lefse cooking for the Holidays on 6 December. Like last year the lodge will provide lefse dough for members/guests to make their own lefse. The lodge will also provide packing material for the finished lefse. There will be two sessions starting at 9:00 and 11:00. We will have sign-up sheets at the November Heritage meeting or you can call me.

In closing, Bjorg and I want to wish you a Happy Thanksgiving. I hope everyone is finding at least one Fjellheim activity in the Heritage meetings, cultural presentations, language classes, 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

November 2025



Happy Birthday and Happy Anniversary to all who are celebrating these special occasions during *November. Happy Thanksgiving* to everyone. *To all Veterans out there, Thank You for your service.*



Vivian I Johnson, 103, passed on October 9, 2025. Her daughter Lorraine, stated that Vivian died peacefully in hospice. Services will be scheduled at a later date. *Our thoughts and prayers are with Vivian's family and friends.*

Steven R. Hermanson's services have not been posted yet and when I hear something I will pass it on to you by e-mail. Steve's Obituary may be found at <https://www.shrineofremembrance.com/steven-hermanson-september-12-2025/>

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Thought for the month: "Crisp winds, bare trees, and golden sunsets — November invites us to slow down and breathe." and "In November, we are reminded that silence has its own beauty."



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??

WE SOLD ALL OUR Lefse!
Now we must double up our
baking times to keep everyone happy!

Lefse Dates **Tues Oct 28 and Wed 29**, and
Tues Nov 4th and Wed Nov 5th, and **Tues Nov 13th.**

See you there!!

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



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

The Viking Fair was a SMASHING SUCCESS!... We were so busy all these pictures were from before we opened the doors. Tusen Takk til KRDO. They really got the word out!



A little note, two young men came in FULL Viking attire and asked if they were in the wrong place but I urged them in with promises of great food. (see pic left). There was some Viking attire, this dress on the right. Cool isn't it? Hope to see you guys soon and talk about their research.

NO we need those Vikings!! And not just the foot- ball ones. GO Vikings..



Left: Linda Ault at her Booth, she attends many of our events.

Right: Nancy Allen selling cookies. We sold out of them too.



Just some of the items for sale from our vendors!





COOKIE BAKING AT THE LODGE

Left Side: It's a family affair with Danielle Lawrence top, and Teddy and Gunnar helping out. Bottom: Gunnar know his task if he wants delicious cookies.



Right Side: Top Cheryl Cable mixing it up.

Right Middle: Deb House forming Spritz.

Bottom Right: Patricia Tjelmeland and Kerry Hefta rolling Goros.

Bottom Middle: MJ Berg is ready to roll!



November Birthdays



Audrey Louise Jensen	01
Elizabeth Skrukud	03
Patricia Tjelmeland	04
Sarah G Ostrem	05
Steven Carlson	08
Edie Mattox	10
Karen Emanuelson-Sablan	11
Les Bailey	23
Annastacia T Hackett	23
Calvin Utke	24
Shari Brian	25
Donald M Simpson	28

Heritage and Youth

Gunnar Lawrence	07
Charlotte V Ostby	16
Noah A Hommel	30



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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
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	Norman Pechacek	719-574-1938
	Adam Lawrence	757-710-7656

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

Sons of Norway International Board Luella Grangaard
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Sons of Norway

Monthly Newsletter

Kerry Hefta, Editor

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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

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RoryForesman@gmail.com

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