

The Fjellheim Flammen



Fjellheim Lodge 6-107 Sons of Norway
1045 Ford Street, Colorado Springs, CO 80915
719-574-3717
www.sonsofnorwaycs.com

December 2025

Volume 43 Issue #12

The mission of the 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 on the second Wednesday of every month (except July).

6:30 pm Viking Hall,
1045 Ford Street

Send your flammen input to:
Erik Tjelmland
norsk75usa@gmail.com

Submission deadline for the January issue is December 20th



**Sons of Norway
Fjellheim Family Christmas Potluck
Saturday, December 13, 2025
2 pm social and 3 pm dinner**

Menu

*Turkey, Ham, Scalloped Potatoes (Lodge provided)
For Potluck, please bring appetizers, salads, sides,
and/or desserts*

*This event is open to Lodge members and their guests.
Let's enjoy this event and dance around the Christmas Tree.*

*For reservations, contact Karen Ravnaas at 719-390-0621
(land line - no texting!) no later than December 10, 2025. Also,
tell her which dish you are bringing.*

December President's Message



Following our major blowout success with the Viking Fair, the Lodge kept up the momentum with nearly three hundred guests at our Lutefisk and Meatball dinner. We had many volunteers, but I would be remiss if I didn't mention the kitchen crew of Phil, Cheryl, Carol, Loise, Maria, and Kathy Godsil. Bjørg was our shopping queen while Jean, Jane, and Nancy managed the bar and baked goods sale. Dave is still trying to get the smell of lutefisk out of his car.

Our November Heritage meeting featured the current Norwegian food fads of taco Fridays and pizza. With members bringing salads, desserts, and other favorites, it was easy to see why Norwegians are second only to Mexicans in per capita taco consumption.

Our cooking club finished the "six" traditional Christmas cookies, but we never got to kransekakestenger. The classes were well attended, and everyone enjoyed the cookies they had labored over.

New officer elections for 2026 took place at the November Heritage meeting. Mark Wedo will be our Lodge President, Kerry Hefta will be our Vice President, Kathy Godsil will be the Treasurer, and Karen Ravnaas will be our Secretary. There are further opportunities to contribute to the lodge as program directors, so please contact the incoming officers to volunteer.

Throughout October and November, we have been doing double duty, making lefse every Tuesday and Wednesday to support the Christmas Market at Trollheim and our own lutefisk requirements. We are taking a well-deserved break until 9 December, but we will have our lefse baking 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 offer packing material for the finished lefse. There will be two sessions starting at 9:00 and 11:00. This will be an excellent opportunity to meet your lefse holiday needs! So lefse baking for the Holidays on 6 December and our normal lefse baking on the 9th.

Our Heritage Program on 10 December will be a presentation by Janice and Faye on their trip to Ukraine. Our Family Christmas Potluck will be held on 13 Dec, starting with a social at 2:00 p.m., followed by dinner at 3:00 p.m. We hope you can come. If you are bringing children, please let us know when you make a reservation so we can have a small gift ready.

In closing, Bjørg and I want to wish you a Happy Holiday Season. I hope everyone is finding activities in the Heritage meetings, cultural presentations, language and painting classes, and special events to enjoy. Next year, we will be restarting our book club with details to follow. If you have suggestions, please contact me. We are willing to try anything!

Fraternally Terry Mapstone

Fjellheim Event Schedule for Fall 2025 - Winter 2026

Event	Date	Time	Place and Instructions
Card Social and Potluck	Tuesday, Dec 2nd Tuesday, Jan 6th	12:30 pm	Viking Lodge Potluck first and then cards!
Christmas Decoration Event	Wednesday, Dec 3rd	10:00 am til done	Viking Lodge
Fjellheim Board Meeting	Wednesday, Dec 3rd Wednesday, Jan 14th	2:00 pm	Viking Lodge
FMC Meeting	Wednesday, Dec 10th Wednesday, Jan 14th	5:30 pm	Viking Lodge
Pre-Heritage Meeting Potluck	Wednesday, Dec 10th Wednesday, Jan 14th	6:30 pm	Viking Lodge
Heritage Meeting	Wednesday, Dec 10th Wednesday, Jan 14th	7:00 pm	Viking Lodge
Norwegian Language Classes	Note: There will be no classes in December 2025. Classes will resume each Monday in January 2026	3:30 pm - Advanced 4:30 pm - Intermediate 5:30 pm - Advanced Beginner 6:30 pm - New Beginner	Viking Lodge Contact Erik Tjelmeland: 719-205-2539 or norsk75usa@gmail.com
Special Holiday Lefse Baking Event	Saturday, Dec 6th	0900 am - 11:00 am 1100 am - 1:00 pm	Viking Lodge See President's Message Page 2. The lodge will provide lefse dough for members/guests to make their own lefse.
Routine Lefse Baking	Tuesday, Dec 9th	09:00 am	Viking Lodge
Family Christmas Potluck	Saturday, Dec 13th	Social: 2:00 pm Dinner: 3:00 pm	Viking Lodge (See announcement on page 1)

Winter Rosemaling Continues —

The classes are from 11 am to 3 pm—**dates to be determined**. If you are interested in attending, please call our Instructor, Cindy, at (719)-330-1275, or BJ at (719)-440-3992 to get any changes to dates and times, and let them know you plan to attend. The class is approximately 4 hours long and has a \$20.00 fee.

Ready to Roll Once Again?



Special Holiday Lefse Baking: Fjellheim Membership can roll their own this Dec 6th at 9:00 am or 11 am.

Routine Lefse Baking: Dec 9th at 9:00 am.



Sunshine Report December 2025



Happy Birthday and Jubilant Anniversary to all celebrating these special occasions in December. **Merry Christmas** to everyone.

Ole Bakken, 91, passed on October 28, 2025.

Lillian Hermanson, 97, passed on October 25, 2025.

Vivian Johnson, 103, passed on October 9, 2025.

Marilyn Keck, a 23-year member of Fjellheim Lodge, passed at the age of 89.

Mary A. Brooks, 90, passed on February 14, 2025.

Our thoughts and prayers are with their families and friends.

Memorials for these wonderful people are on the following pages of this Flammen.

Cita Helseth was bullied by the fence gate and during a windstorm, and was pushed against her house, when she broke her shoulder in several places. She had shoulder replacement surgery, which included repairing a lot of the internal damage. Please keep her in your thoughts and prayers.

Post for the month: 'Twas the night before Christmas, when all through the house Not a creature was stirring, not even a mouse; The stockings were hung by the chimney with care, In hopes that St. Nicholas soon would be there.....' - Clement Clarke Moore

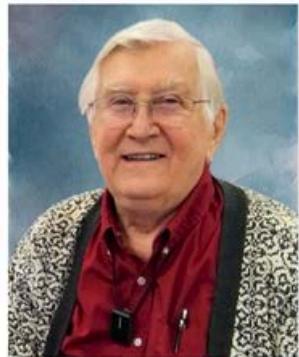


**Fraternally, Karen Kravnaas, Sunshine Director
719-390-0621, Kravnaas@aol.com**





In Loving Memory of
Duane 'Ole' M. Bakken
May 1, 1934 – October 28, 2025



Duane "Ole" Melvin Bakken was born on May 1, 1934, on a farm near Hanlontown, Iowa, to Melvin and Bertine (Bjaaland) Bakken. He attended Hanlontown Schools but graduated from Colorado Springs Main High after his family moved here in 1951. He attended Colorado State College of Education, now UNC, and was a member of the AFROTC program. Upon graduation, he served in the Air Force as a Navigator/Electronic Warfare Officer. He was a long-time teacher and librarian at North Junior High and Russell Junior High Schools in the city. Ole was known for his parodies presented at the end of the school year, which celebrated the year's events or current happenings at Russell Junior and at the Tutt Library of Colorado College. He was also employed as a part-time reference librarian for the Tutt Library at Colorado College for more than 38 years.

He married Clairette Joan Skinner on July 5, 1958. They celebrated 67 years together this year. Their love was a model and inspiration to all who knew them.

Ole was a Charter Member and a past President of Fjellheim Lodge of the Sons of Norway. He was wholly involved in everything the lodge stood for, from cultural events where he sang folk songs and chaired Lutefisk Dinners to serving as a mentor to the members. He was a leader to the officers and the members and was a great recruiter. Ole, along with Paul Wiig and Hans Bjornen, provided humor to everyone through skits, song parodies, and unlimited jokes. He sang traditional Norwegian songs, including "Den Storre Vite Flok" and "La Oss Leve," at memorial services for Scandinavian friends. As the family said in the obituary, Ole was a man of humor and wisdom who will be dearly missed.

He is survived by his wife and three sons, Kurt, Kevin, and Erling; his grandchildren, Arielle, Amber, Mitchell, Blake, Terrell, and Spencer; his sister, Karen Predovich; his brother-in-law, Dale Wilmeth; and many nieces and nephews. He was preceded in death by his parents and sisters.
(Paraphrased from the original obituary.)



*In Loving Remembrance of
Lillian M. Hermanson
February 9, 1928 – October 25, 2025*



Lillian was the third child born to Lloyd and Mary Inglett on February 9, 1928, at their family farm in Prosper, MN. She attended a 2-room country school in Prosper and would later attend and graduate from Mabel High School.

Lillian met Roy Hermanson at the Blue Moon dance hall in Eitzen. After Roy returned from the war to Waterville, he would meet Lillian again. They would marry on November 5, 1946. They settled and made their first home in Dubuque, IA. Later, they moved to Mabel, MN. Lillian worked at the Green Lea Manor Nursing Home. Together, they ran a restaurant at what later became the Red Barn, which is now the VFW. In 1972, they followed their son, Steven, to Colorado Springs, CO. She was active in the VFW and was a charter member of the Fjellheim Lodge, Sons of Norway, which they helped organize 52 years ago.

She loved quilting, cross-stitching, shopping, and decorating their home. She spent many days meeting her friends for a friendly game of cards.

Lillian was 97 when she passed on October 25, 2025. She was preceded in death by her husband, Roy; her sons, Steven and Brian; and her son-in-law, Allen Tenney. She is survived by her daughters, Linda (Charles) Redwing and Jeanne Tenney. RIP, Lillian, and know that you will be missed very much.



*In Loving Memory of
Vivian I. Johnson
July 13, 1922 – October 9, 2025*



Vivian I. Johnson, 103, died on October 9, 2025, in home hospice, Colorado Springs, CO. She was born to William and Sigrid Lindros on July 13, 1922.

Vivian joined Fjellheim Lodge, Sons of Norway, on February 8, 1978. The lodge members loved her for her smile, laugh, and congeniality. Vivian was an accomplished accordion player. She used this talent to entertain at the lodge, at Lodge picnics, and at other events.

She is survived by her children, Lorriane, Diane, Judy, and Steve, six grandchildren, nine great-grandchildren, and two great-great-grandchildren. Vivian was preceded in death by her husband, Clifton, five siblings, and two grandchildren. *RIP Vivian. We will miss you.*



In Loving Memory of
Marilyn M. Keck
May 2, 1935 - 2024



Marilyn passed away at the age of 89 1/2, after suffering a severe stroke that left her mostly bedridden for the last few years. Marilyn was born in rural Webster County, Iowa, and grew up on the family farm near Thor and Badger, IA, with eight brothers and sisters. She married Donald L. Keck, a Korean War veteran, and they had three sons, Timothy, Steven, and Erick, and a daughter, Kimberly. The family moved from IA to Colorado Springs, CO, where Marilyn went back to college and became an award-winning college teacher, winning teacher of the year at Blair College, among other accolades. After Don died in 1990, Marilyn raised Erick, and they traveled to Alaska, where she had an opportunity to teach high school for a few years. She returned to Colorado Springs, where she taught for many years before retirement.

The stroke in 2019 severely altered what was a very active life and she was restricted to residing in the nursing home, where for a year or so, she lived in the same room with her youngest son, Erick John, who was suffering from debilitating Diabetes.

Marilyn was a member of Fjellheim Lodge, Sons of Norway, from September 12, 2020, to January 2023. Marilyn enjoyed traveling to visit family, supporting the church, having a glass of wine with friends, and watching the Minnesota Vikings football game with Erick. She enjoyed a long, eventful life, and as she has said, "enjoyed the ride."

Marilyn was preceded in death by her husband, Donald, her youngest son, Erick, her parents, and five siblings. She is survived by three siblings, her three children, two grandchildren, and three great-grandchildren. *RIP Marilyn.*



In Memory of
Mary Alyce (Kuster) Brooks
September 30, 1934 - February 14, 2025

Mary Alyce Brooks, 90, passed on February 14, 2025. Mary was born on September 30, 1934, in Maywood, IL. She was the daughter of Ruben R. and Bessie May (Amundson) Kuster. Mary graduated from Proviso High School in 1952 and earned a Bachelor of Arts degree from Grinnell College in 1956, where she met the love of her life, Donald Brooks. The couple was married in 1957 at Trinity Methodist Church in Pueblo, CO. Their life together was marked by many moves due to Don's career in the U.S. Air Force. In 1971, they settled in Colorado Springs.

Always a lifelong learner, Mary continued to educate herself on a wide range of topics, demonstrating her passion for personal growth and for helping others. She was deeply involved in her church and other philanthropic organizations. Mary had been a member of Fjellheim Lodge, Sons of Norway, since June 12, 2006.

Mary was preceded in death by her parents, Ruben and Bessie Kuster. She is survived by her beloved husband, Don Brooks; her children, Tom Brooks (Deborah) and Susan Evans (Todd); four grandsons and their families; and six great-grandchildren. (Paraphrased from her obituary.)

November 15, 2025 Lutefisk and Meatball Dinner picture collage



John Gudwagon - accordianist



Robin Witte, Fjelleheim former bar manager, serving Cynthia Pechacek



Left to right: Adam and Gunnar Lawrence loading "riskrem",
i.e., rice cream/pudding, into cups



Left to right: Bev Moe, Pam Aakhus, Linda Ault, Kerry Hefta

Our Fjellheim's October Viking Fair was a smashing success.

Here is the 18 Oct 2025 KRDO news clip, as reported by Bradley Davis, bradley.davis@krdo.com. Click on this electronic **hyperlink** for the entire video. Below are some of our key participants in this fair.



Bradley Davis (KRDO reporter) interviewing Mike Johaneson



Viking Fair floor picture: Nearly 650 people attended



Adam Lawrence



Eunice Bluhm - Fjellheim Publicity Director



Becky Tamblyn



Cindy Bauer - Rosemaling instructor



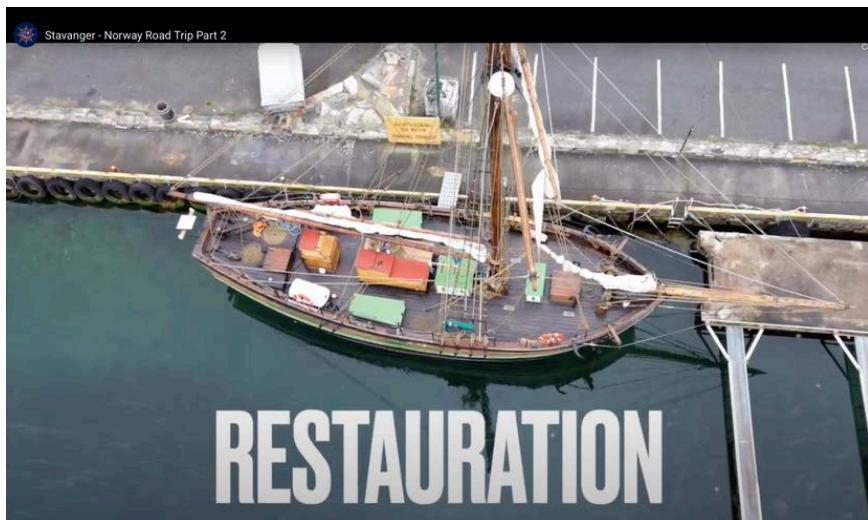
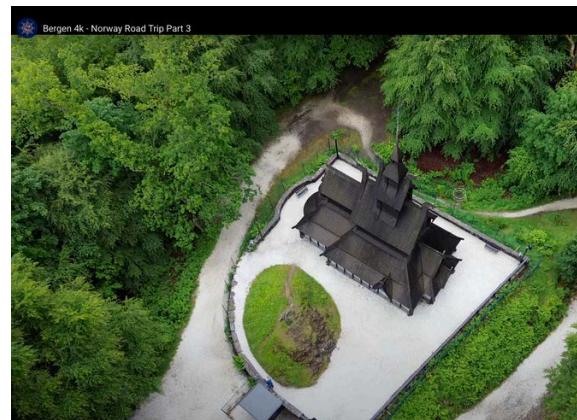
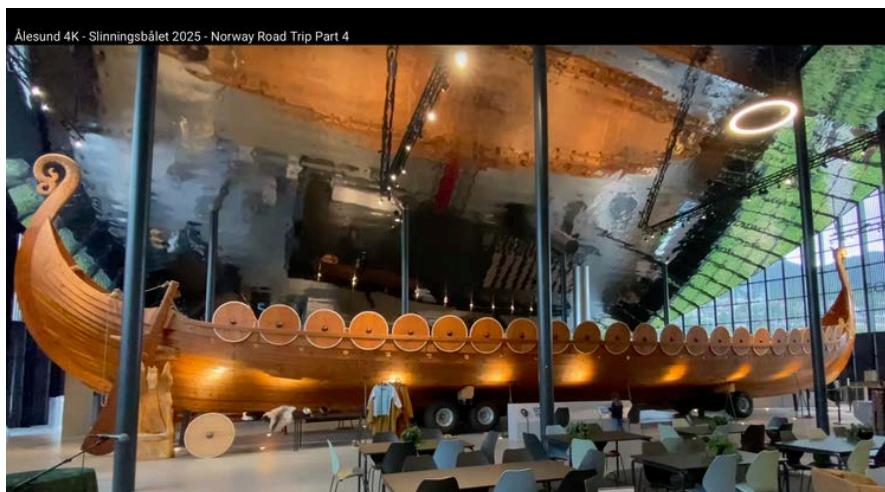
Left to right:

Karen Ravnaas and Jean Luce cashing-in the huge proceeds of our 2025 Viking Fair

For those who missed our October 2025 Heritage Meeting, here are some YouTube.com picture excerpts from our guest speakers, Adam and Daniela Lawrence, on their 2025 trip to Norway: Their entire YouTube video can be viewed at this electronic [hyperlink](#).



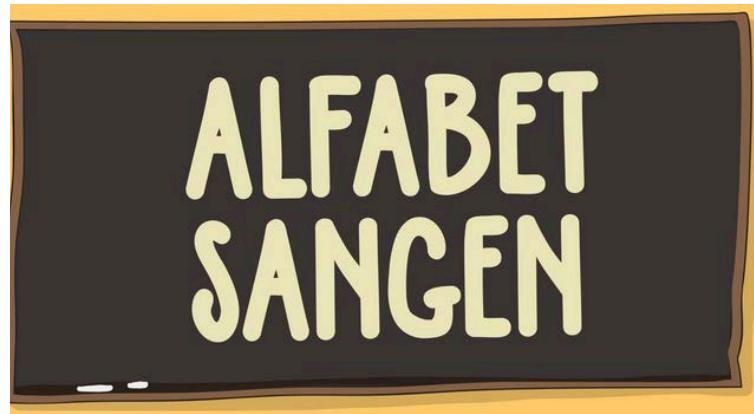
Adam and Daniela Lawrence



The Fjellheim Educational Corner

Barnehjørnet = The Kids Corner

Below is a red font hyperlink that your children or grandchildren may enjoy in a singing format that covers the phonics of the Norwegian alphabet.



[Alfabet Sagen](#)

Den unge voksne verden = The Young Adult World

(you are never too old)

*Below is another clickable red-font hyperlink, for all ages, that covers the most-viewed auditions from the 2025 Norwegian version of **The Voice**. In its 10 years of existence, it has garnered an international audience and tens of millions of YouTube views. The question is: Why? Many foreigners say that spoken Norwegian has a distinctive singing tone. This really comes to light when they actually sing in all languages, especially in English. See what you think? Which contestant did you think actually won this competition? (The answer will be revealed next month.)*



[The 10 Most Viewed Auditions on The 2025 Norway Voice Competition](#)

Book Club

Lastly:

The Fjellheim Lodge is now offering a Book Club (*done in English*) featuring Scandinavian-Norwegian themes. If you are interested, please get in touch with Linda Ross at LLR1028@gmail.com or 719-271-3439. Dates and times will be determined among its membership.

Also, for your information, the Sons of Norway offers a national book club. Below is a link to the established 2025-26 itinerary covering various book titles. Here is the upcoming SON Zoom class for Jan 2026.

Jan. 29, 2026 SON Book Club items

Butter in the Well: A Scandinavian Woman's Tale of Life on the Prairie by Linda K. Hubalek
Death at the Sanitorium by Ragnar Jonasson

Interested members need to sign up either via the Sons of Norway website or their email at SonsofNorwayBookClub@gmail.com, providing their name, SON district, and lodge number. Once this is done, a Zoom meeting link will be sent to all participants.

Calling for 2025 Photos

During the past year, many of you have taken pictures on your phone. Please review your photos, select the very best, and send them to Denise Lambert at denise.lambert59@gmail.com for inclusion in the 2025 History Book. Tusen Takk!

Time to Decorate the Lodge for the Holiday

SAVE THE DATE:
December 3, 2025,
from 10:00 – Done!

Please come join us for a jolly time decorating the lodge with lunch after it's done.



Volunteer Hours for 2025

It's time to submit the fraternal and community hours you worked in 2025 so they can be counted and submitted for the **Lodge of the Year** report. Submit them to KRavnaas@aol.com or call me @ 719-390-0621. Due 12/31/2025. Thank you very much!!

(If you signed any event worksheet, do not include those hours here)



Adult Names	December Birthdates
Newell Arnold Nesheim	1
Thomas Lysne	3
Catherine Wedo	6
Harvey William Bucholtz	7
Debra Nau	7
Rosanne M Foresman	7
Ellen Hardy	7
Ruth Mary Scott	10
Donald C Ankley	11
Beverly Ann Beasley	12
Jerry W Maines	13
Chris Gruschow	14
Rita Marie Bucholtz	14
Phyllis Nau	14
John H Peterson	17
Raquel Arens	18
Alix Hoffman	19
Sigurd John Torgerson	21
Brenda Bostow	22
Bjorg Mapstone	25
David A Disbrow	27
Cheri Ann Hughes	30
Heritage and Youth Names	December Birthdates
Trond Ostrem	17

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	Sonja & Thomas Hazen	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
		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

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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

