



April 2026

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Volume 45 Issue #4

Please Note: The electronic version of this Flammen contains multiple links that will enhance your correspondence, reading and viewing enjoyment. They are earmarked within a pink box enclosure, like so: This box contains my email as reference. See if it works and send in your thoughts about this Flammen)

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 promote quality insurance and financial products to its members.

Frokost – An Authentic Norwegian Brunch



Fjellheim Lodge, Sons of Norway
1045 Ford Street,
Colorado Springs, CO 80915



Let's celebrate Spring!

Menu lovingly prepared by your fellow lodge members who wish you a hearty... **Velkommen til bords!**

Sunday, April 12, 2026 – serving 11:00 am to 1:00 pm

Baked honey ham, roast beef, liver sausage, salami, roast pork, head cheese, gjetost, jarlsberg, other assorted cheeses, tomato aspic, coleslaw, pickled herring, sardines, oysters, smoked salmon, assorted eggs, salmon mousse, shrimp salad, potato salad, cucumber salad, assorted beets & pickles, lingonberry jam and waffles, fresh fruit, Total crisp, lefse, julekake, cardamom bread, knekkebrod, apple cake and other assorted desserts, coffee, and orange juice.

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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, Colorado Springs, Colorado 80915

Members: \$25.00	Non-Members: \$27.00
Students: 10 - 16: \$12.00	Children less than 10 @ no charge

	Number Attending	Cost	Total
Members		X \$25.00 = \$	
Guests-Non-members		X \$27.00 = \$	
Students – age 10-16		X \$12.00 = \$	
Under 10		X \$ 0.00 = \$	
		Total = \$	



Please send your Flammen Newspaper input to:
Erik Tjelmeland
norsk75usa@gmail.com
Submission deadline for the April edition is **March 20th 2026**

Your Name: _____

Phone Number: _____ E-Mail: _____

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

Check: Make payable to **Sons of Norway** and mail the form along with 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, April 8, 2026.**

After this date, contact **Karen at 719-390-0621** to verify space availability and register.

NOTES / Special Requests: _____

APRIL 2026 FJELLHEIM LODGE PRESIDENT'S MESSAGE

Cathy and I just got back from Hawaii, perfectly timed for our March Heritage meeting with all of you. April looks to be a busy month, starting on **Tuesday, April 7th at 9:00 AM** with dough rolling and lefse grilling. It's a fun social event where you can meet other members, help raise funds, and keep our lodge thriving. Bring a friend or neighbor, learn how those ["Norwegian tortillas"](#) are made ([see video](#)), and you'll get to try some yourself. I hope to see you there!

Many of your board members, directors, and counselors are working diligently to improve the lodge. Kerry Hefta is reviewing our membership and reaching out to members to encourage more involvement in our activities. Terry Mapstone and several others have upgraded the lodge's sound system and did excellent work. Erik Tjelmeland remains an active leader in Norwegian language classes and in distributing the Fjellheim Flammen newsletter each month, constantly finding new ways to improve its content. Adam Lawrence is sharpening the cultural program's focus on our heritage. Your leadership team has worked tirelessly to elevate your lodge. When you see one of your board members or directors, take a moment to thank them for all they do.



Our event schedule provides opportunities for everyone. All are invited to attend our Board meetings on the first Wednesday of each month. The upcoming meeting is on April 1, 2026, at 2:00 PM at the Lodge, where you can learn about our current projects. Don't forget the Norwegian Language Classes every Monday with our instructor Erik Tjelmeland. As mentioned earlier, on April 7th, we start our lefse baking, and at 12:30 PM, there will be a social card and potluck at the Lodge—I will be there. On April 8, we will hold our evening Heritage meeting and potluck at 6:30 AM, offering another great cultural event and fun for everyone. Please bring a friend, neighbor, or member we haven't seen in a while; everyone is welcome. The highlight in April is the "Frokost" breakfast on **Sunday, April 12, from 11:00 AM to 1:00 PM**. Karen Ravnaas is taking reservations.

"You can please some of the people some of the time, all of the people some of the time, some of the people all of the time, but you can never please all of the people all of the time." [Abraham Lincoln](#)

Mark Wedo
Fjellheim Lodge President



2026 Upcoming Fjellheim Meeting and Event Schedule

(April Flammen Edition)

Event	Next Upcoming Date(s)	Time	Place, Topic, and/or Instructions
Fjellheim Lefse Making	Tuesday, 07 April <i>Each Tue of each week, see instructions to the right</i>	9:00 am	Viking Hall <i>This will be an ongoing event through the months of May and June. After which the schedule will be reassessed.</i>
Card Social and Potluck	Tuesday, 07 April Tuesday, 05 May <i>(1st Tues of the month)</i>	12:30 pm	Viking Hall <i>Potluck first and then cards!</i>
Fjellheim Board Meeting	Wednesday, 01 April Wednesday, 06 May <i>(1st Weds each month, no July mtg)</i>	2:00 pm	Viking Hall
Fjellheim Management Corporation (FMC) Meeting	Wednesday, 08 April Wednesday, 13 May <i>(2nd Wed each month, no July mtg)</i>	5:30 pm	Viking Hall
Pre-Heritage Meeting Potluck	Wednesday, 08 April Wednesday, 13 May <i>(2nd Wed each month, no July mtg)</i>	6:30 pm	Viking Hall
Heritage Meeting	Wednesday, 08 April Wednesday, 13 May <i>(2nd Wed each month, no July mtg)</i>	7:00 pm	Viking Hall <i>See page 6 notice.</i>
Frokost	Sunday, 12 April	11:00 am to 1:00 pm	Viking Hall <i>Cost is \$25 for members, \$27 for non-members. Limit of 150 people. Reservations: see the Flammen flyer on page 1 or contact Karen Ravnaas directly at 719-390-0621.</i>
Fjellheim Book Club	Monday, 20 April Monday, 18 May <i>(3rd Mon each month)</i>	2:30 pm	Viking Hall <i>Contact Linda Ross: 719-271-3439, LRLR1028@gmail.com</i> <i>See subsequent announcement in this Flammen for details.</i>
Norwegian Language Classes	Monday, 20 April Monday, 27 April <i>Every Mon of the month</i> <i>2026 projected end date: 18 May</i>	3:30 pm - Advanced 4:30 pm - Intermediate 5:30 pm - Adv Beginner 6:30 pm - New Beginner	Viking Hall <i>Contact Erik Tjelmeland at 719-205-2539 or via his email: norsk75usa@gmail.com</i>
Clan Gathering	Saturday, 16 May	TBD	Sterne Park, Lakewood, Colorado <i>"Syttende mai ferie" (17th of May celebration)</i> <i>Details TBD</i>
Old Colorado City Farmers' Market	07 June to 11 October <i>Sundays during this time</i>	9:00 am to 2:00 pm	Bancroft Park, Old Colorado City, Colorado Springs, CO <i>Details to follow.</i>
SON District 6 Convention	12 - 14 June <i>Friday through Sunday</i>	TBD	Sacramento, California <i>A side trip to Camp Norge to be included on the 12th with details to follow.</i>

2026 Upcoming Fjellheim Meeting and Event Schedule

(April Flammen Edition Continued)

Event	Next Upcoming Date(s)	Time	Place and Instructions
Fjellheim Summer Picnic & Potluck	21 June <i>Sunday</i>	12:00 noon	Bear Creek Regional Park, Colorado Springs, Colorado <i>The Lodge provides drinks, utensils, and enjoyment. Reservations: Karen Ravnaas 719-390-0621 or see the upcoming flyer in the Flammen.</i>
Scandinavian Midsummer Festival	27-28 June ' <i>Saturday-Sunday</i>	TBD	Civic Green Park, Highlands Ranch, Colorado <i>Sponsored by the Scandinavia Alliance of Colorado</i>
Fjellheim Heritage Meeting Soup & Salad Dinner	Wednesday, 12 August	6:00 pm	Viking Hall <i>See the upcoming flyer in the Flammen.</i>
Backyard BBQ	Saturday, 15 August	noon to 3:00 pm	Viking Hall <i>The Lodge will provide BBQ meat; please bring potluck dishes. We will have cornhole, but if you want board games, bring your favorites.</i>
Fjellheim Annual Anniversary Fish Fry	Saturday, 12 September	2:00 pm	Viking Hall <i>Cost: \$25, contact Karen Ravnaas 719-390-0621, see the upcoming flyer in The Flammen.</i>
Fjellheim Viking Fair	Saturday, 17 October	TBD	Viking Hall <i>Point of Contact: Eunice Bluhm, Details TBD</i>
Trollheim Christmas Fair	Fri – Sat, 06-07 November	TBD	Trollheim Lodge, Lakewood, Colorado <i>Details TBD</i>
Lutefisk and Meatball Dinner	Saturday, 14 November	1:00 & 4:00 pm servings	Viking Hall <i>Reservations: Karen Ravnaas 719-390-0621 or see the upcoming Flammen flyer.</i>
Traditional Norwegian Julebord	Saturday, 12 December	1:30 pm - social 2:00 pm - dinner	Viking Hall <i>The Lodge will provide the main course and potluck for salads, sides, desserts, etc. Details TBD.</i>
Fjellheim Rosemaling Classes	A Saturday event <i>Specific dates TBA</i>	11:00 am to 3:00 pm	Site: TBD <i>Details to follow, Contact Cindy Baurer, 719-330-1275.</i>
Fjellheim Cooking Classes	TBD	TBD	Viking Hall <i>This 2026 event theme will be "Around the World." Proposed contact: Terry Mapstone, 719-254-0955</i>

Sunshine Report – April 2026

Happy birthday and joyful anniversary to everyone celebrating these events in April.

APRIL BIRTHDAYS			
Tyrone L Steen	1		Norman Andrew Pechacek 16
Kathy S Solberg	1		Jennifer J Forbes 22
Kristine H Brindle	3		Kristine (Teena) Barager 24
William M Meagher	5		Erik Melvin Tjelmeland 24
Kenie L Simpson	8		Arthur Arens 24
Joan Ruth Magee	9		Marjorie E Erickson 27
Cynthia A Snell	11		Sheila P Eskridge 27
Jane E Johnson	11		Carlton J Johnson 30
Melanie J Berg	15		
No Heritage or Juvenile Birthdays this month			



Happy Easter to everyone!

Connie Mattox passed away on March 8, 2026, after a long illness. Please keep James, Edith, and their families in your thoughts and prayers.

Nancy Allen was in an accident on her way to the Heritage Meeting on the 11th. She is at home healing, and we wish her well. **Kelly Garrett** fell and broke her ankle after leaving the Fish Fry last month. It was a very serious injury, and she is at home recuperating. **Phil Cable** had hip surgery on March 18, 2026. We wish them all a speedy recovery.

Please contact Karen Ravnaas at 719-390-0621 or Kravnaas@aol.com with any news about our members!

April-May 2026 Fjellheim Cultural Program



On April 8th, we have another Viking experience, this time focused on our taste buds, if you're interested. We might also enjoy a local brew called *Gorm the Old*. Adam Lawrence has arranged a visit with an owner of [Drekar Meadery](#) in Colorado Springs—either Mike Sonderby or Tim Martin—to discuss the ancient art of Viking mead-making. **Skål!**



On May 13th, our Erik Tjelmeland will take us on a historical journey through the creation and management of Norway's Sovereign Wealth Fund. Among all the factors that turned Norway into an economic powerhouse, this fund, established after the discovery of oil in 1969, is the most important. Erik will also explain how Norway avoided the “Resource Curse” that has affected many countries rich in natural resources.

Local Announcements



The Fjellheim Book Club



Pictured clockwise at our first Fjellheim Book Club are Dave Ross, Pat Rowe, Bjørg Mapstone, Jean Luce, Terry Mapstone, Patricia Tjelmeland and Linda Ross. (Erik Tjelmeland - not pictured)

At our last Fjellheim Book Club, we enjoyed discussing 'A Malmö Midwinter,' written by Torquil MacLeod. This Swedish murder mystery featured many red herrings across four crimes. **Spoiler Alert:** In the end, three perpetrators were uncovered, culminating with a dramatic crash into the Øresund Bridge. While reading this novel, we all became aware of an ingrained 1,000-plus-year tradition of the “Nisse” and “Tomte” guardianship.

Our next book will be on April 20, 2026: the first novel in the Inspector Sejer series, *Eva's Eye* by Karin Fossum, translated into English by James Anderson. Fossum is considered the Norwegian “Queen of Crime.”

Norway has a long-standing tradition of reading crime novels during Easter holidays. This tradition began on Palm Sunday, Saturday, March 24, 1923, when Oslo Aftenposten ran a front-page headline stating, *The Bergen Train Plundered Last Night*. It was a prank—an April Fools’ marketing stunt by two students, Nordahl Grieg and Nils Lie, using a joint pseudonym, Jonathan Jerv. The newspaper's audience, including Norway’s 2.6 million residents, believed it was real and reacted with panic. The “fake news” achieved its goal, increasing Aftenposten’s circulation and inspiring a best-selling book with the same title. This event marked the beginning of the Norwegian tradition called *Påskekrim*, or Easter Crime. During this four-day holiday, Norwegians often relax in their cabins, called *hytter*, by their fireplaces and read the latest crime novels. Today, bookstores, TV stations, and radio programs flood the holiday with crime content.

On May 18, 2026, we will discuss the novels *We Die Alone* by David Howarth and/or *The 12th Man*, which was first published in 2010 by Astrid Karlsen Scott and Dr. Tore Haug. The latter has a film adaptation. All are involved in sharing the epic story of Jan Baalsrud, a Norwegian WWII resistance fighter who endured incredible hardships and escaped with the help of some ingenious Sami after a failed sabotage mission in 1943.

Our book club centers on exploring Scandinavian themes. Upcoming recommended books include: The Viking Battalion by Olaf Minge, The Resistance Girls by Mandy Robotham, and Nordic Sherlock Holmes Mysteries by Karen Fossum. Join us and feel free to suggest a book of your own!



District, Zone, State and National SON Announcements



Spring Work Parties

Help us prepare for a busy 2026 season! In addition to our wonderful annual events, this year we welcome delegates from the District Six Convention.

The first work party will be held on:

Saturday, April 18th | 9am – 5pm

Helpers can stay the night at camp for free! Breakfast, lunch & dinner provided.

Bring gloves, tools, paint supplies, and cleaning supplies.

The second work party will be held on:

May 30, 2026, from 9am to 5pm.

Come for one day or both - projects for all ages & abilities.

Please RSVP — Email Fred at fred.hymans@campnorge.org

11 March 2026 Fjellheim Cultural Event

As part of our second Wednesday monthly Heritage program, we enjoyed an excellent presentation by Caitlin Horton, sponsored by John, Carissa, and Tammy Horton of **The Finnish Cottage in Colorado Springs**. Caitlin, also known as Sigríð Jónsdóttir in the Viking reenactment community, shared primary-source research on Norse clothing designs, fabrics, headwear, and shoe coverings for men, women, and children. She provided a detailed overview of how Vikings valued finer things and incorporated clothing and jewelry from their international travels, spanning more than 250 years from the 9th to the 11th centuries. It's worth noting that a [Viking bronze clothing pin](#) was found at L'Anse aux Meadows, Newfoundland, Canada, by the Helga and Anne-Sine Ingstad team during their excavation at the site in the 1960s. It served as a key piece of evidence that Norwegian Vikings were the first Europeans to reach the Americas, nearly 500 years before Christopher Columbus. Caitlin also discussed governance, social hierarchy, hygiene, and legal practices in Viking society during her presentation. Special thanks go to Adam Lawrence, our cultural director, for coordinating this event.

The Hortons aim to create a line of products that help our Nordic American families keep their ancestral traditions alive. They use their skills to craft heirloom-quality items that will bring “the North” into your home, so you can share this joy with friends and family.

You can explore The Finnish Cottage Nordic handcrafts (some of heirloom quality) online at [The Finnish Cottage](#). They also have a small display of their products in the gift shop of the [FestiviTea Company](#), located at 2336 Vickers Dr, Colorado Springs, CO 80918, a short drive from our Fjellheim Lodge.



Caitlin Horton in the act of her delivering presentation.



Caitlin Horton presents her collection of self-made Viking items: jewelry above and outer clothing below.



John Horton, Tammy Horton, Carissa Horton, Adam Lawrence (Fjellheim Cultural Director) and presenter Caitlin Horton



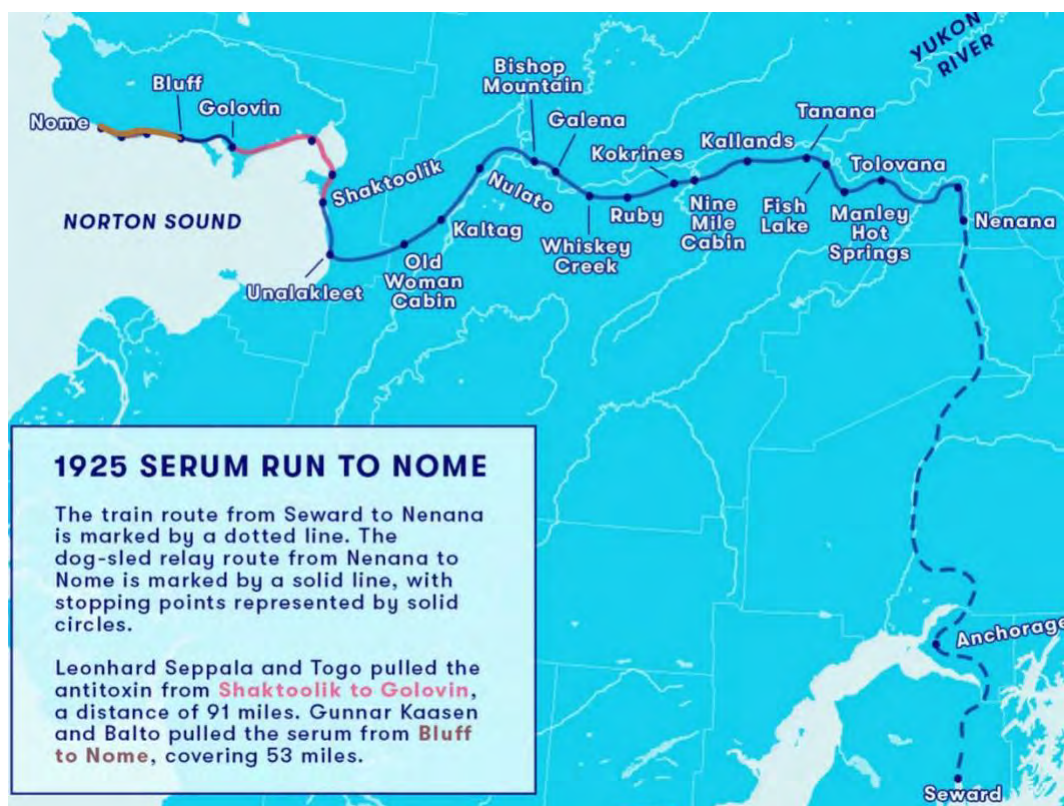
The April 2026 Fjellheim Educational Corner

By Erik Tjelmeland

So, what do Alaska, a couple of Norwegians of Sami and Kven descent, the late Jirdes Winther Baxter, Central Park in New York, a group of Siberian huskies, and a deadly disease all have in common?

All of these elements came together in 1925 when Nome, Alaska, faced a [diphtheria epidemic](#). At that time, this deadly respiratory disease was seen as a slow, suffocating death sentence. Recently, I learned that the last survivor of this epidemic, Jirdes Winter Baxter, died this January at age 101. She was only 11 months old then, facing certain death and completely isolated during an Arctic winter that lasted seven months with temperatures of -40 °F and winds over 60 mph.

So, how did Jirdes survive the crisis? It was thanks to a lone physician, Dr. Curtis Welch, who made the correct diagnosis and was aware of a recently developed horse serum antitoxin that could serve as the antidote. However, Dr. Welch's limited supply had expired, and the plan was to ship in a fresh supply from Anchorage, Alaska, about 900 miles away. The challenge was how to get the serum in time. The era of the bush pilot had not yet arrived; ships were stranded by a sea of ice, and intrastate roads were nonexistent. The only option was to transport the serum by rail to Fairbanks and then rely on a series of 20 mushers and their dog teams. This 675-mile journey would typically take over 20 days, even in the best winter conditions. The crisis and the race against time were set.



All the mushers, many of whom were Inuit, played vital roles in overcoming obstacles along their route, including failed transportation methods, blinding snow, near-total darkness, dangerous terrain with hidden crevasses, and the challenge of keeping the antiserum in a liquid state. Two notable Norwegian-born mushers were Leonard Seppala, a Sami, and Gunnar Kaasen, a Kven. Both arrived in Alaska during the Nome gold rush of the early 1900s. They recognized that training sled dogs to deliver gold supplies was a smarter financial choice than mining for gold. Seppala worked with a line of Siberian Huskies instead of larger Alaskan Malamutes, which were better suited to the task. His careful breeding and training practices resulted in dogs capable of following trails through blinding snow and with keen hearing—both essential for avoiding getting lost and steering clear of ice cracks over streams and lakes, which were always present. These sled dogs also had two additional key traits: speed and endurance. This bloodline still exists today, over 100 years later, and has rightly earned the name “**Seppala Siberian sled dogs.**”

Two of Seppala's lead dogs, Togo and Balto, became famous across the United States during the 1920s and 1930s. A [Disney movie](#) recently showcased Togo's and Seppala's efforts during the 1925 “Great Race of Mercy.” Balto was commemorated with a statue that still stands in Central Park, New York City. It was musher Gunnar Kaasen, with Balto as the lead and 12 other dogs, who completed the final 50-mile run to Nome, Alaska. The entire journey from Nenana (near Fairbanks) to Nome was finished in a record-breaking 5.5 days—a record that still stands today.



Leonhard Seppala with his sled dogs: Togo is at the far left with his other dogs from left to right, Karinsky, Jafet, Pete, Zeus and Fritz

[How Togo prevented an epidemic in Alaska | A Remarkable True Story](#)



Gunnar Kaasen with Balto

[Balto: a husky that saved an Alaskan town from an epidemic death.](#)



Balto, weighing 45 pounds, (left) and Togo, weighing 48 pounds, are currently on display in their taxidermy forms at the Cleveland Museum of Natural History, Ohio, and at the Iditarod Headquarters, Wasilla, Alaska, respectively. These dogs display the Norwegian-born Seppala's breeding and training expertise.

Directory and Advertisements

2026 Fjellheim Board Offices <i>March 2026 updates</i>	Office Holder	Phone Number
Board of Directors		
President	Mark Wedo	719-291-6387
Vice President/Membership Committee	Kerry Hefta	719-266-9429
Counselor	Terry Mapstone	719-254-0955
Secretary	Karen Ravnaas	719-390-0621
Treasurer	Kathie Godsil	719-229-9289
Program Directors		
Social Coordinator	Kathie Godsil	719-229-9289
Cultural Coordinator	Adam Lawrence	757-710-7656
Sunshine Report	Karen Ravnaas	719-390-0621
Hostesses (3)	Kathie Godsil	719-229-9289
	Beverly Beasley	719-471-1801
	Vacant	
Cultural Skills	Vacant	
Foundation	Vacant	
Sports Coordinator	Vacant	
Support Officers		
Greeters (2)	Hazen & Sonja Thomas	719-475-0429
Marshalls (2)	Leonard Beasley	719-471-1801
	Dave Haugen	719-599-0810
Flammen Editor	Erik Tjelmeland	719-205-2539
Historian	Denise Lambert	719-344-1076
Librarian	MJ Berg	719-659-4567
Musician	Denise Lambert	719-344-1076
Leading Photographer	Kelly Garrett	602-618-2343
Publicity	Eunice Bluhm	719-495-2029
Web Page/Facebook	Susanne Arens	719-593-1449
Web Page/Facebook backup	Kerry Hefta	719-266-9429
Committee/Special Activities		
Auditor	John Larson	719-570-0043
Volunteer Hours	Karen Ravnaas	719-390-0621
Fjellheim Management Corporation (FMC)		
Director/President	Mark Wedo	719-291-6387
Director/Secretary/Treasurer	Karen Ravnaas	719-390-0621
Director	Newell Nesheim	720-202-3161
Director	John Larson	719-570-0043
Director	K. Max Canestorp	719-685-4583
Director	Norman Pechacek	719-574-1938
Director	Adam Lawrence	757-710-7656
Director	Vacant	
Director	Vacant	

Sons of Norway Monthly Newsletter
Erik Tjelmeland, Editor
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Financial Benefits
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COZY NORDIC AND TEA SHOPPE HANDCRAFTS
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Colorado Zone 8 Director: Diane Molter, GRNBViking09@live.com, 303-288-6014

District 6 President: Lis Barca, president@sofn6.org

SON International Board: Luella Grangaard: luella.grangaard@sofn6.org

SON Insurance & Financial Agent: Kendall Kjerstad. 970-978-1634, 970-697-1114

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Celebrating 130 Years
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