



May 2026

www.sonsofnorwaycs.com

Volume 45 Issue #4

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.

Inside This Newsletter

Syttende mai flyer	1
President's Message	2
2026 Annual Event Calendar	3-4
Sunshine Report	5
Announcements	6-7
Lodge Picture Collage	8-9
Fjellheim Educational Corner	10-11
Directory/Advertisements	12

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



Fjellheim Lodge 6-107

Send your Flammen Newsletter input to:

Erik Tjelmeland
norsk75usa@gmail.com

The submission deadline for any upcoming newsletter is the 20th of the previous month.

SYTTENDE MAI CELEBRATION
 Norway's Constitution Day
 Sons of Norway • Fjellaldalen Lodge #6-162
Saturday, May 16, 2026
 11:30 AM to 4:00 PM
 Parade starts at Noon • Rain or Shine
 Adults \$30 • Children under 12 \$10
 Payable at the Entrance • Cash, Check, or Zelle

Traditional Menu

- Pølser (Hot Dogs)
- Lefse
- Røkt laks (Smoked Salmon)
- Potetsalat (Potato Salad)
- Sursild (Pickled Herring)
- Geltost (Goat Cheese)
- Knekkebrød (Crispbread)
- Vaffler (Hot Waffles)
- Iskrem (Ice Cream)
- Kaffe (Coffee)
- Lemonade

Location
Sterne Park
 2001 W Sheppard Ave
 Littleton, CO
SOUTH PAVILION

Sons of Norway
 Fjellaldalen Lodge #6 162
 Highlands Ranch, Colorado

Join Fjellaldalen Lodge for a cheerful celebration of Norway's Constitution Day!

May 2026 Fjellheim Lodge President's Message

As many of you know, Cathy and I travel around the world. The photo on the right shows us in a longhouse in Norway, a social hub during the Viking era, especially for travelers. Banquets were often held to celebrate various festivals, as well as weddings and funerals. Specific banquets were organized to teach proper etiquette and promote hospitality, showing how a host should behave toward their guests.

Cultural heritage is vital to our societal legacy. Heritage includes buildings, monuments, landscapes, books, and art. Our lodge is dedicated to exploring our heritage through various channels, such as language, history, books, cultural briefings, and more.



Your Fjellheim Board members have been busy enhancing your lodge every day through a range of projects. Our current priorities are listed below:

- a. Selecting delegates to represent our lodge at the District 6 Convention.
- b. Creating a new award for our lodge, “The Viking of the Year Award,” to recognize an individual who has dedicated themselves to this lodge.
- c. Creating a new Fjellheim “Memorial Ceremony” to honor and share the history of our recently deceased lodge members.
- d. Planning and preparing for our upcoming fundraiser, the Fjellheim *Frokost* (breakfast) celebration.
- e. Preparing and organizing the making of *lefse* and opening this opportunity to everyone in the lodge to learn more about our culture. Making *lefse* is one of our biggest fundraising events and helps us pay for the lodge. From April 7, 2026, through October 2026, we will be making *lefse* every Tuesday. Please join us and meet your fellow members.

Shoutout to two of our hardworking members who recently completed and submitted our Fjellheim Lodge tax paperwork. Kathie Godsil and John Larson dedicated themselves to handling this stressful task that everyone faces each year. This is a significant accomplishment, and we're fortunate to have talented and dedicated individuals like Kathie and John in our lodge. Thank you for your commitment. Please thank them the next time you see them; they truly deserve our gratitude.

Here's a bit of history for everyone to think about. Our ancestors showed real courage when they first traveled to the United States on the “Restoration” in 1825. Over three months on this ship, they faced relentless storms, crowded conditions, and food rationing, then arrived in a strange, unfamiliar land. May the spirit of those brave pioneers motivate us to face our fears of the unknown.

This month's quote is from one of our most renowned authors, *Mark Twain*.

“The two most important days of your life are the day you are born and the day you find out why.”

Mark Wedo

Fjellheim Lodge President



2026 Upcoming Fjellheim Meeting and Event Schedule

(May Flammen Edition)

Event	Next Upcoming Date(s)	Time	Place, Topic, and/or Instructions
Fjellheim Breakfast	Saturday, 02 May Saturday, 09 May <i>(Saturdays during May)</i>	0700-0900 am	Viking Hall <i>This event will be open to Fjellheim members and their guests. Cost is \$5.00 per person.</i>
Fjellheim Lefse Making	Tuesday, 05 May Tuesday, 12 May <i>(1st Tuesday of each week May-June)</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, 05 May Tuesday, 02 Jun <i>(1st Tues of the month)</i>	12:30 pm	Viking Hall <i>Potluck first and then cards!</i>
Fjellheim Board Meeting	Wednesday, 06 May Wednesday, 03 Jun <i>(1st Weds each month, no July mtg)</i>	2:00 pm	Viking Hall
Fjellheim Management Corporation (FMC) Meeting	Wednesday, 13 May Wednesday, 10 June <i>(2nd Wed each month, no July mtg)</i>	5:30 pm	Viking Hall
Pre-Heritage Meeting Potluck	Wednesday, 13 May Wednesday, 10 June <i>(2nd Wed each month, no July mtg)</i>	6:30 pm	Viking Hall
Heritage Meeting	Wednesday, 13 May Wednesday, 10 June <i>(2nd Wed each month, no July mtg)</i>	7:00 pm	Viking Hall <i>See page 6 notice.</i>
Fjellheim Book Club	Monday, 18 May Monday, 15 June <i>(3rd Mon each month)</i>	2:30 pm	Viking Hall <i>Contact Linda Ross: 719-271-3439, lrlr1028@gmail.com See page 7 for further details.</i>
Norwegian Language Classes	Monday, 04 May Monday, 11 May <i>Every Mon of the month 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 17th of May Celebration	Saturday, 16 May	11:30 am – 4:00 pm	Sterne Park, Lakewood, Colorado <i>“Syttende mai ferie” (17th of May celebration) See flyer on 1st page</i>
Fjellheim Cooking Classes	Thursday, 21 May	11:00 am to	Viking Hall <i>This will be open to Fjellheim members and their guests. Contact either Terry Mapstone, 719-254-0955 or Bjørg Mapstone: 719-440-3992. See page 6 for further details.</i>

2026 Upcoming Fjellheim Meeting and Event Schedule

(May Flammen Edition Continued)

Event	Next Upcoming Date(s)	Time	Place and Instructions
Fjellheim Rosemaling Classes	Saturday, 23 May Saturday, 06 June Saturday, 11 July	11:00 am to 3:00 pm	Viking Hall <i>Contact Cindy Baurer, 719-330-1275.</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	11 - 14 June <i>Thursday through Sunday</i>	<u>See District 6 schedule.</u>	Sacramento, California <i>A side trip to Camp Norge to be included on the 12th with details to follow.</i>
Fjellheim Summer Picnic & Potluck	Sunday, 21 June	12:00 noon	Bear Creek Regional Park, Colorado Springs, Colorado <i>Our Lodge will provide drinks, utensils, and enjoyment. Reservations: Karen Ravnaas 719-390-0621 or see the upcoming flyer in the Flammen.</i>
Scandinavian Midsummer Festival	Sat-Sun, 27-28 June	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>

Sunshine Report – May 2026

Happy Birthday and Joyous Anniversary to all of you celebrating these events in May.

May Birthdays «Gratulerer Med Dagen»	
Cheryl Cable	03
Nancy Marie Allen	06
Lois E Halvorson	09
Jack R Anderson	16
Terri A Hamm Johnson	22
Susan M Foust	24
James R Nau	27
Daniela Lawrence	28
Dorothy L Hanson	30
Juvenile and Heritage	
Patrick Pierce	01
Elijah Dvorak	15



Happy May Day and a Wonderful Syttende Mai to each and every one!

Rodger Erickson passed away on April 17, 2026. Our thoughts and prayers are with Marjorie and the rest of his family. More information will be provided when arrangements are published.

Sharon Martinez's sister has died; Sharon has been going back to Nebraska to be with family and take care of the business of the estate. Our thoughts and prayers are with you, Sharon.

Nancy Allen is recovering from a car accident, and **Kelly Garrett** is still recuperating after a very serious fall. We wish you a successful recuperation and hope to see you back at the Lodge very soon. We miss you!

Phil Cable is mobile and doing well after hip surgery, while **Terry Mapstone** is ambulatory again after his previous knee replacement was serviced.



Please contact Karen with any news about our members!

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

Local Announcements:

May-June 2026 Culture Program



On May 13th, Erik Tjelmeland will take us on a historical journey through the creation and management of Norway's Sovereign Wealth Fund. Among 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 resource-rich countries.



Next month, on 10 June 2026, we will host a presentation by our prodigious future naval engineer, Gunnar Lawrence. His topic will be Naval Engineering at the Dawn of the Viking Age. He will discuss the revolutionary “clinker-built” design that gave their long ships extreme flexibility and a shallow draft, enabling them to navigate all of Europe's rivers and the high, rough seas all the way to America.

The Fjellheim Cooking Class:



This 2026 event features an “Around the World” food theme and is limited to our Fjellheim members and their guests.

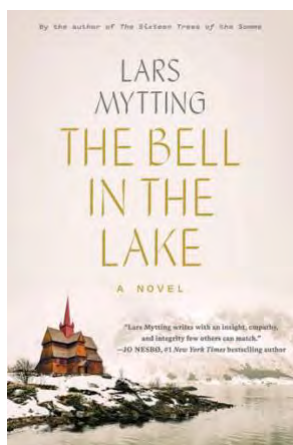
On 21 May, starting at 11 AM, we will go Italian by making homemade pasta using a KitchenAid mixer and a pasta roller. We will also prepare a homemade sauce and garlic bread from scratch, which we will enjoy later with red wine. Please RSVP to Terry or Bjorg at 719-351-5644 or 719-440-3992 respectively.

Fjellheim Book Club:



At our last Fjellheim Book Club, we enjoyed discussing *Eva's Eye*, spearheaded by Terry Mapstone. This is the first novel in the Inspector Sejer series, written by Karin Fossum and translated into English by James Anderson. Fossum is considered the Norwegian “Queen of Crime,” and the novel is a classic of the crime genre, with 2 seemingly unrelated murders cracked by the Sejer team of investigators, keeping the reader in suspense until the very end. This book also presents the cultural interrelationships governed by the social norms of Janteloven, i.e., the law of Jante.

On May 18, 2026, we will discuss the novels *We Die Alone* by David Howarth and/or *The 12th Man*, 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 ingenious Sami after a failed sabotage mission in 1943.



On June 15, we will discuss Lars Mytting's *Bell in the Lake*, the first book in the *Sister Bells trilogy*. It is a historical novel set in late 19th-century Norway that blends folklore, romance, and cultural clashes as a new pastor challenges tradition, particularly regarding the village's mystical stave church and its legendary bells. This challenge forces a young woman to choose between her homeland and a new future.

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!**

March – April 2026 Picture Collages
(identifications in a left-to-right sequence)

Fjellheim Tuesday Lefse Making

During the past few months, we have had a dedicated cadre of folks replenishing our lefse stock, which was totally depleted after our most successful fundraiser ever at our 2025 Viking Fair.



Beverly Beasley, Karen Ravnaas
Bjørø Mapstone, Debbie House



Kathie Godsil, Maria Shea, Cheryl Cable, Bjørø
Mapstone, Carol Hackett, Beverly Beasley



Cathy Wedo, Mike Johaneson, Tenna Baranger

Saturday, 21 March Fjellheim Spring Tea Party

Our Spring Tea was a lovely event with live music! Special thanks to all the hostesses, food preparers, and setup/cleanup crews. A job well done and appreciated by all.



A thoughtful place setting with precise detail



The Double McGuffin Band, featuring Wayne Wilkinson

Saturday, 21 March Fjellheim Spring Tea Party (continued)



Our lodge full of "Tea Party" diners



Diane Barbier, daughter of Ginny Johnson (right)

Sunday, 12 April Fjellheim Frokost Celebration Picture Collage

Karen Ravnaas' comment. "Tusen Takk to Becky Tamblyn, BJ (Bjørn Mapstone), Kathie Godsil, and all the other volunteers who made this event so wonderful for our 144 guests. As people left the building, I heard nothing but praise, with remarks like "Oh, that was delicious" and "I couldn't eat another bite."



Jean Luce, putting on the final touches



Sonja and Hazen Thomas



Casey House and Emerson

The aftermath of a successful April 2026 Frokost, a bushed but happy crew.



The breakdown crew: Dave Haugen, Les Bailey, Leonard Beasley



A few of our dozen-plus industrious kitchen crew: Beverly Beasley, Debbie House, Sharon Martinez, Barbara Stemple

May 2026 Fjellheim Educational Corner

By Erik Tjelmeland

Norway observes 13 official public holidays that celebrate seven different events. In May, the country marks four of these over five days, each of which has evolved over time. This educational segment will highlight those occasions. As you'll see, three of these days have Christian roots, creating an interesting paradox for a secular country. Currently, 97% of Norwegians show no devotion to these Christian events and do not even observe their own Sabbath religiously. It all comes down to cultural tradition. This video will explain this phenomenon: [“Are Norwegians Religious?” The Truth About Faith & Sundays in Norway](#). Please note: The 2026 religious dates below are altered depending when Easter is celebrated.

- **1 May:** Labor Day (*Arbeidernes dag*)

May first is Norway's Labor Day, which, interestingly, traces its origins to the Chicago Haymarket Affair of May 1-4, 1886, when workers protested for an 8-hour workday. This day is celebrated throughout Europe. Norway has over 50% of its workforce in a union, compared with 10% in the United States. Mass parades are part of the celebration, as shown in this informative video: [Norwegian Holidays - Labor Day - Arbeidernes dag](#).



- **14 May:** Ascension Day (*Kristi himmelfartsdag*)

Ascension Day is one of four Christian observances recognized as a formal Norwegian public holiday. It commemorates the [Ascension of Jesus](#) into Heaven, exactly 40 days after Easter. This observance began in 1736, during Denmark's rule, which lasted nearly 450 years. This day is often celebrated with family gatherings, usually held outdoors, and of course, hiking.



- **17 May:** Constitution Day (*Grunnlovsdagen*)

Syttende mai (the 17th of May) is when Norway celebrates its Constitution, also known as *Grunnlov*, which literally means “the ground law,” the legal foundation of Norwegian law. It is the most important Norwegian holiday, established in 1814 and inspired by the American Constitution. Christian Magnus Falsen is considered the father of the Norwegian Constitution, having led an assembly of 112 representatives (*Riksforsamlingen*) that declared Norway's independence from Sweden; however, this independence was not fully realized until June 7, 1905, 86 years later.



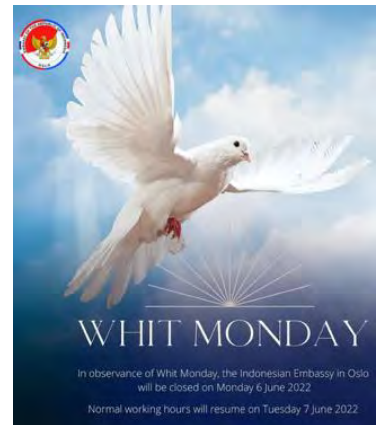
- **17 May: Constitution Day (*Grunnlovsdagen*)**

A unique *Syttende mai* tradition is the children's parades (*barnetogene*), which almost every community hosts, rather than the military demonstrations common in other countries. In Oslo alone, more than 30,000 elementary and high school students join into the festivities.



- **24 May: Pentecost/Whitsun (*Første Pinsedag*) and 25 May: Whit Monday (*Andre Pinsedag*)**

The religious importance of Pentecost, also known as Whitsun, marks the day the Holy Spirit descended on Jesus' disciples, empowering them to spread the gospel in many languages, as symbolized by tongues of fire on their heads. FYI: Pentecost comes from the Greek word *pentekoste*, meaning "fiftieth," and in this case, it is exactly 50 days after Easter. Whitsun is an old English compound blend of two words, meaning "White Sunday." Historically, people who observed this Sunday would wear white robes or clothing.



Norwegians celebrate this public holiday, often leading to a long weekend (the Saturday before, Whit Sunday, and Monday), which is also used for family gatherings and outdoor spring activities. Many shops, banks, and schools are closed on 1st Pinsedag (Whit Sunday) and 2nd Pinsedag (Whit Monday).

- **1-17 May: high school graduation celebrations (*russefeiring*)**

One should not overlook an unofficial public celebration in Norway that dates back to the mid-1800s and culminates on May 17th. It is Norway's longest continuous celebration, lasting over 30 days, beginning in April. This event is called *russefeiring*, a nationwide celebration for high school seniors. In recent years, these celebrations have become excessive, leading to criminal activity, according to Prime Minister Jonas Gahr Støre. Here's a [video](#) summarizing an American response to this month long event.



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	

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

Sons of Norway Monthly Newsletter
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SONS of NORWAY

Celebrating 130 Years
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