



June/July 2026

www.sonsofnorwaycs.com

Volume 45, Issue #6

Please Note: Pink font or borders contain valuable electronic links with additional or contact reference information.

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.

**Fjellheim Lodge Summer Picnic
At Bear Creek Park**

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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



**Southeast Corner of 21st St and West Rio Grande
June 21, 2026 @ 12:00 Noon**

Potluck picnic, so bring your favorites: casseroles, meats, side dishes, buns, desserts, chips, dips, etc.
The lodge will provide drinks, plates, hardware, and games.

Fjellheim Lodge 6-107



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Send your Flammen Newsletter input to:

[Erik Tjelmeland
norsk75usa@gmail.com](mailto:Erik.Tjelmeland@norsk75usa@gmail.com)

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

Join us for a time of fun, fellowship, and relaxation.
Please call or e-mail Karen Ravnaas @ 719-390-0621 or KRavnaas@aol.com for a headcount and to reserve your place on the bench!

JUNE/JULY 2026 FJELLHEIM LODGE PRESIDENT'S MESSAGE

Cathy and I just returned from another trip, this time to Branson, Missouri. Our plan for the Golden Years, which we sometimes call the “Rusty Years,” is to stay very active in our community, see the world, and enjoy life. I hope that is the same goal as many of you.

Your board members, directors, and counselors continue to work hard to improve the lodge. Kerry Hefta is working to energize our membership program. A number of your board members volunteer every Tuesday morning to make lefse for our events and fundraising. I would love to see you all come out and enjoy the camaraderie. In May, Terry Mapstone and several others have been serving breakfast at the lodge, helping raise additional funds, bringing our members together more often, and just having a good time. Erik Tjelmeland continues to be a busy leader, teaching Norwegian language classes, getting the Fjellheim Newsletter out each month, and finding new ways to improve its content.



I've shared with you that we are bringing a new award to our lodge called the “Viking of the Year Award.” It will be finalized this month, and we will send nominations to the Committee for selection. Once it is complete, we will reveal the special design and award our first annual winner at our Heritage Meeting. It is intended to honor members who have dedicated their talents to this organization.

What's New.

The Membership Manager at the Fine Arts Center in Colorado Springs recently contacted me and a few other board members to ask whether we could provide someone to give a presentation on Nordic culture. They came across Sons of Norway while looking for local groups connected to Nordic history and culture, and our Viking-themed programming caught her attention. We are planning to have a representative put together a program for the Fine Arts Center to help them better understand our culture and to provide us with greater exposure within the Colorado Springs community.

Why be part of the Sons of Norway?

Have you ever been told what it means to be part of the Sons of Norway? How about what Sons of Norway does? Our organization is not only made up of the people who are in it, but it can be measured by the many things we do: We give our time and talents, serve our lodge and community, educate our members and others, and perform many hours of volunteer work. Within our lodge, we feel the satisfaction of doing something for others, a sense of connection through shared work, and camaraderie with fellow lodge members.

This month's quote comes from one of our most notable Presidents, Abraham Lincoln. He has often been quoted for his well-thought-out sayings. The one I like best is:

On Perseverance: “When you reach the end of your rope, tie a knot and hang on.”

Mark Wedo
Fjellheim Lodge President

2026 Upcoming Fjellheim Meeting and Event Schedule
(June/July Flammen Edition)

Event	Next Upcoming Date(s)	Time	Place, Topic, and/or Instructions
Fjellheim Lefse Making	Tuesday, 02 June Tuesday, 09 June	9:00 am	Viking Hall <i>It is anticipated that 02 and 09 June will be the last of these upcoming events. After which the schedule will be reassessed. See subsequent announcement in this Flammen for details.</i>
Card Social and Potluck	Tuesday, 02 June Tuesday, 04 August <i>(1st Tuesdays each month, no July mtg)</i>	12:30 pm	Viking Hall <i>Potluck first and then cards!</i>
Fjellheim Board Meeting	Wednesday, 03 June Wednesday, 05 August <i>(1st Weds each month, no July mtg)</i>	2:00 pm	Viking Hall
Fjellheim Management Corporation (FMC) Meeting	Wednesday, 10 June Wednesday, 05 August <i>(2nd Wed each month, no July mtg)</i>	5:30 pm	Viking Hall
Pre-Heritage Meeting Potluck	Wednesday, 10 June Wednesday, 05 August <i>(2nd Wed each month, no July mtg)</i>	6:30 pm	Viking Hall
Heritage Meeting	Wednesday, 10 June Wednesday, 05 August <i>(2nd Wed each month, no July mtg)</i>	7:00 pm	Viking Hall <i>See page 6 notice.</i>
Fjellheim Cooking Classes	Thursday, 18 June	11:00 am until done	Viking Hall <i>This will be open to Fjellheim members and their guests. Contact either Terry Mapstone, 719-351-5644 or Bjørg Mapstone: 719-440-3992. See subsequent announcement in this Flammen for details.</i>
Fjellheim Rosemaling Classes	Saturday, 06 June Saturday, 11 July	11:00 am to 3:00 pm	Viking Hall <i>Contact Cindy Bauer, 719-330-1275. See subsequent announcement in this Flammen for details.</i>
SON District 6 Convention	11 - 14 June <i>Thursday through Sunday</i>	See District 6 schedule	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

(June/July Flammen Edition Continued)

Event	Next Upcoming Date(s)	Time	Place and Instructions
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 page 1 in this Flammen.</i>
Trollheim's Scandinavian Fair "Jul" in July	Friday-Saturday, 24-25 July	10:00 am – 3:00 pm	Sons of Norway, Trollheim Lodge, 6610 West 14 th Street, Lakewood, Colorado. <i>See subsequent announcement in this Flammen for details.</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. See subsequent announcement in this Flammen for details.</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>
Norwegian Language Classes	Monday, 14 September 2026 Monday, 21 September 2026 <i>Every Monday each month</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. See subsequent announcement in this Flammen for details.</i>
Fjellheim Book Club	Monday, 14 September Monday, 19 October <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>
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>



«Gratulerer med Dagen»



Happy Birthday to all our fellow Fjellheim members celebrating in June and July

** Gratulerer Med Dagen **	
June Birthdays	
Rex Johnson	2
Lisa N Johanson	3
Matthew Harrington Disbrow	5
Curtis Lawrence Miller	6
Michael H Johaneson	8
Daryl Wayne Lundquist	11
Peter Osburnsen	12
Kelly JW Garrett	16
Diane N Lindholm	23
Steven Phillip Erickson	25
James Mattox	26
Heritage Members	
Joe Pierce	1
Silje Ostrem	22
Kylie Sergejev	22

** Gratulerer Med Dagen **	
July Birthdays	
Jered J Freng	1
Valerie B Lundy	3
Patricia C Rowe	3
Terry L Mapstone	6
Barbara L Stemple	7
Pamela Bakken-O'Neill	9
Bob Eskridge	9
Maynard O Larson	10
Adam Lawrence	11
Steve Robert Schuetze	11
Gerald L Rowe	12
Leah Davis Witherow	15
Carol Hackett	16
Austin Miller	16
Diane Marie Bradley	18
Kathie Dawn Godsil	21
Susanne A Arens	26
Debbie Lee House	28
Joyce C Suter	30
Heritage & Juvenile Members	
Emerson House	16
Lillian Lewis	23



State and Local Announcements:

Fjellheim Culture Program:

(Please note: There will be no Fjellheim Heritage meeting or cultural program in July)



On June 10, 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, which 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.

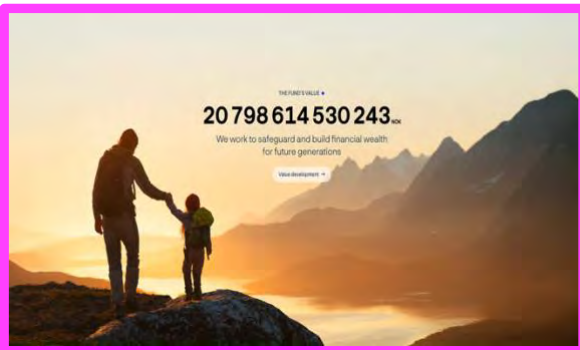


Do you know why Norwegians are so quiet, reserved, and modest by nature? An unwritten social norm, originating in the early 1900s, has dictated this behavior. It is called *Janteloven*, and it speaks for itself without being spoken about. On August 12, Kerry Hefta will share her experiences with this social norm during her adolescent and adult years in North Dakota.

Fjellheim Cooking Club:

Our next international stop will be in Germany on Thursday, June 18, starting at 11 am. The menu will feature rouladen and German potato salad. Please RSVP to Terry or Bjorg at 719-351-5644 or 719-440-3992, respectively.

Fjellheim Investment Club Offering:

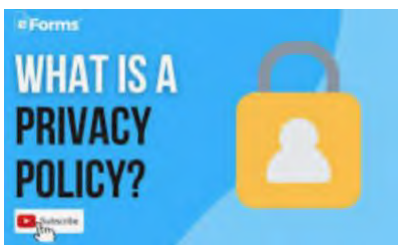


During our 13 May 2026 Heritage/Cultural Meeting, the Norwegian Sovereign Wealth Fund presentation highlighted the exceptionally strong long-term results of the world's largest state-run monetary fund, a \$2 trillion-plus pool of capital that now drives global stock, bond, and real estate markets. This sparked interest among those in attendance to learn about its trading philosophy in a possible Fjellheim Lodge Investment Club.

The mission of this entity would be purely educational, exploring the types, methods, and investment ideologies available to us. We will also dive into the myriad of [Good Company Podcasts](#) hosted by Nicolai Tangen, CEO of Norges Bank Investment Management, which features interviews with leading international figures in business, technology, and athletics.

This proposed club will **not** provide investment advice on any specific company, entity, or product. If you are interested in participating, please contact Erik Tjelmeland at norsk75usa@gmail.com.

Fjellheim Privacy Policy:



The Fjellheim Management Board is now addressing our lodge consent policy and the practice of using full names in our close-up collage photos, which are periodically featured in our Flammen Newsletters. If you have input on this issue, please contact Mark Wedo at cmwedo@comcast.net. Here is a proposed policy:

The Sons of Norway, Fjellheim Lodge, has permission, once the subject or guardian has given verbal acceptance, to use their likeness and identity in a photograph, video, or other digital media in any and all of its publications, including web-based social releases, without payment or other consideration.

Please note: The Flammen Editor will **not** accept close-up photos for publication in Flammen unless they include the *printed* first and last names of all participants. This requirement ensures compliance with the policy above and, more importantly, personalizes our recognition for members and their guests by *ensuring correct spellings*.

Fjellheim Lodge Spring Clean-up:



We'd appreciate your volunteer support on Saturday, 30 May 2026. After a Lodge-provided breakfast starting at 7 AM, we will begin raking leaves and performing general exterior and interior maintenance at about 9 AM. The only tool you need to bring is your lawn rake. Please contact Terry Mapstone at terry.mapstone@comcast.net or 719-351-5644.

Fjellheim Norwegian Language Classes:



Our formal class sessions in the Viking Hall for this academic year ended on 18 May 2026. Our in-class sessions are projected to resume on 14 September 2026. However, we are considering hosting a Zoom video conference in June and July for those interested. Erik Tjelmeland, with the help of Susanne Arens, will set up a host Zoom account, which should be online by 01 June. There are pros and cons to this type of virtual instruction compared with traditional methods. We will see how it goes.

Fjellheim Rosemaling classes:



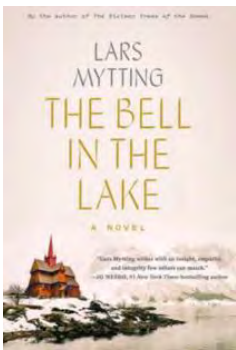
On Saturday, May 23, Fjellheim Lodge hosted an exciting rosemaling class led by Cindy Bauer. Here are some of the unique creations by Bjørg Mapstone (left) and Karen Emanuelson (right).

Cindy will hold two more Saturday classes on 06 June and 11 July, starting at 11:00 am and lasting about 4 hours each. If interested in learning this authentic Norwegian skill, please contact Cindy Bauer at 719-330-1275.



Fjellheim Book Club:

Our book club will be on pause for the summer. However, the next two books on the schedule for late summer and early fall are:



On September 14th, we will discuss Lars Mytting's *Bell in the Lake*, the first book in the Sister Bells trilogy. Set in late 19th-century Norway, it is a work of historical fiction 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.

Fjellheim Book Club: *Continued*



On October 19th, we will discuss *The Resistance Girl* by Mandy Robotham. Set in Nazi-occupied Norway in 1942, the novel explores the bravery, misfortune, and resilience of the Norwegian resistance. The main character is Rimi Orlstad, a member of the Norwegian resistance. Her father, Peder, is involved in the Shetland Bus operation, which smuggled resistance agents, weapons, and supplies across the North Sea between Norway and the Shetland Islands.

Rimi's fiancé, Magnus, also works with the resistance, but he drowns in the North Sea during a Shetland Bus mission. After Magnus's death, Rimi grows disheartened about her resistance activities and withdraws. Two months later, she rescues another resistance fighter, Jens, who had parachuted into a tree near Bergen, Norway. They form an uneasy alliance, and Rimi ultimately re-engages with the resistance.

Later, Rimi learns that her close friend Anya has been forced into a Lebensborn facility in Norway by the Nazis. The Lebensborn organization, created in 1935 by Adolf Hitler and Heinrich Himmler in Germany, was intended to facilitate the birth of blond, blue-eyed Aryan children by almost any means. Rimi decides she must help free Anya.

The Fjellheim book club focuses on exploring Scandinavian themes. Upcoming recommended books include *The Viking Battalion* by Olaf Minge and *Nordic Sherlock Holmes Mysteries* by Karen Fossum. Join us, and you are encouraged to suggest a book of your own!

As previously mentioned, the Fjellheim lodge will **not** hold a book club meeting until September. However, for those interested, [the SON hosts an international book club](#) that meets virtually and offers an extensive 2026-7 schedule.

Interested in acquiring the art of making Norwegian Lefse? Come join us!!



In June, the Fjellheim lodge will host expert lefse artisans who will guide you through the process of making Norwegian lefse. Experience the joy, as Lauren Lehmann did, as shown to the left. Her first lefse experience showcased everyone's patience and coaching.

Baking lefse is a major fundraiser for our Fjellheim lodge and a great social event for everyone. We're excited to teach newcomers. After all, the more, the merrier.

Meet us at our Viking Hall. We're baking for one more Tuesday in May and two more in June. Join the fun! See the exact location, dates, times, and contact information below.

Yes, one can stop by and buy a package for just \$10 while we're there. Sons of Norway membership isn't required, but I guarantee you'll want to join afterward!



Location: 1045 Ford Street, Colorado Springs, Colorado 80915

Upcoming lefse dates: Tuesday, May 26; Tuesday, June 2nd; and Tuesday, June 9th. Time: 9 am to 11am-ish

Email address: fjellheim385@gmail.com

Website: www.sonsofnorwaycs.com

Facebook: [Fjellheim Lodge, Sons of Norway, Colorado Springs | Facebook](#)

Fjellheim Special Guest Possibility:



Jonas Stensrud Fjeldberg. Special thanks go to Kristine Lynn, who is working with the Colorado Switchbacks to arrange an appearance by a 28-year-old Norwegian professional football (soccer) player on the team. Here is a short KOAA Channel 5 video from Colorado Springs about Jonas and his American experience. **Kickin' it with the Switchbacks: Diving into the background of forward Jonas Fjeldberg.** Hopefully, Jonas will grace our Viking Hall shortly, and maybe they will talk about Norway's appearance in the International Federation of Association Football (FIFA) World Cup, after a 28-year hiatus, in the United States this summer.

A Nordic Play:



During June and July, the Steel City Theater Company in Pueblo will present **The Norse Mythology Ragnasplosion** (a comedy) by Don Zolidis, a highly acclaimed, madcap one-act that parodies Norse mythology. The play is widely praised for its rapid-fire humor, chaotic energy, and clever take on the apocalypse. Critics and audiences alike (including its popularity at festivals like the Edinburgh Fringe) love how the play balances ridiculous antics with the epic doom of Ragnarok.

Trollheim's Scandinavian Fair
'Jul' in July
 Sons of Norway, Trollheim Lodge
 6610 West 14th Ave.
 303-232-1700
 July 24th & 25th, 2026
 Doors open at 10:00 AM
 Close at 3:00 PM
 Admission: Free
Lite Lunch
 11:30 - 1:00
 \$5.00
 Please note:
 Some craft vendors may
 only accept checks or cash
 Shop for gifts.
 Shop for yourself.
 Shop at our Butikken.
 We have a wide variety
 of merchandise so...
**Shop til
 You Drop**



Fjellheim Lodge, Viking Hall

Let's relax, have some fun, and share fellowship at the...

"Backyard" BBQ

Saturday, August 15, 2026, noon—3:00 p.m.

Lodge provided Hamburgers, lefse-wrapped Hot Dogs, and Drinks
 Potluck Sides and Desserts – bring your favorites.

There will be cornhole, "Klub" (a Norwegian game), and other surprises!

Open to members and their guests. Donations appreciated!

Please call Karen at 719-390-0621 to sign up.



Fjellheim’s May Picture Collage: *(left-to-right pictured identities)*

Fjelldalen Lodge Syttende Mai Celebration



Sissel Disbrow and Fjellheim Lodge ex-President Mike Johaneson enjoying the Fjelldalen Syttende Mai celebration in Highlands Ranch, Colorado with a host of participants in their traditional bunads.

The Fjellheim Month of May Saturday Breakfast Fest:

In May, Fjellheim hosted a free breakfast for our members. On 23 May (below), we enjoyed a delightful English Breakfast with a touch of Norwegian. We had all the trimmings, including a variety of eggs, bacon, smoked links, baked mushrooms and potatoes, heart-shaped waffles with strawberry jam (*vafles med jordbær syltetøy*), and, of course, pork and beans with baked sliced tomatoes. Throughout the month, nearly 50 members enjoyed the camaraderie without an agenda, fostered by a zero-dark-thirty wake-up call (0430) from Terry and Bjørg Mapstone. Thanks for a job well done! It was appreciated by all in attendance!



Kathie Godsil, Jerry Johnson, Ginny Johnson, Sharon Martinez, Bjørg Mapstone, Carol Eaker, Lois Halverson, and Patricia Tjelmeland



Terry Mapstone, Dave Haugen, Bjørg Mapstone, Beth Sutherland, Kenie Simpson, Don Simpson, Newell Nesheim, and Jean Luce.

June/July 2026 Fjellheim Educational Corner
By Erik Tjelmeland

This June, specifically on the 6th, marks the 82nd anniversary of the Allied invasion of Normandy, which marked the beginning of the end of WW2. Much has been written about the valor of the men and women who were instrumental in protecting the liberties many of us often take for granted. From a United States perspective, approximately 73,000 troops were involved, directly and indirectly, in the landings on the beaches of Normandy. Another 83,000 military members, primarily from **Britain and Canada, also participated**. It must be noted that this invasion also involved forces from France, Australia, Czechoslovakia, Poland, the Netherlands, New Zealand, Greece, South Africa, Southern Rhodesia (Zimbabwe), and yes, Norway.

One cannot underestimate Norway's contributions to D-Day and to the Allied effort that defeated the Axis powers of Germany, Italy, and Japan. Even though Norway was occupied for over 5 years, its population of 2.95 million led a massive resistance against their Nazi occupiers. It is **well documented** that up to 400,000 Nazi troops occupied Norway (roughly 1 occupier for every 8 Norwegians). This Nazi resistance permeated every sector of Norwegian society and was particularly emblematic among the educator class, who were imprisoned and tortured. The **"Paperclip Resistance"** was duly noted by English authorities and even by President Franklin Delano Roosevelt in his speech **"Look to Norway."** Hundreds of acts of localized and strategic sabotage by Norwegian quasi-military and civilians added to the exasperation of the Nazi military and the Quisling puppet government. Operations *Grouse*, *Freshmen*, and *Gunnarside* destroyed Nazi Germany's attempt to build an atomic bomb via the **Vemork heavy water plant** in Telemark.

Another notable act of rebellion involved children who were instrumental in smuggling their country's \$53.5 million in gold bullion past German guards and onto the waiting ship *Cleung Peerson* during the Royal Family's evacuation to England. The historical fiction ***Snow Treasure* by Marie McSwigan** recounts this real-life daring mission. For those interested in listening to this novel, intended for an audience of 8- to 12-year-olds, I highly recommend both the **audio** and **film** versions on YouTube.com.

All the above heroic feats greatly weakened the Nazi D-Day defenses, but the most remarkable Norwegian achievement during WW2 was the merchant marine, numbering 30,000, including 4,000 *children* ages 14-17 and 100 women. 90% of the Norwegian fleet was at sea when the Nazis invaded Norway on April 9th, 1940. Under the direction of King Håkon VII and the Norwegian government, these mariners and a fleet of 1,000 ships were consolidated into Nortraship, the largest maritime force at the time. The British politician and 1959 Nobel Peace Prize laureate, **Philip Noel-Baker**, commented after the war, "The first great defeat for Hitler was the **Battle of Britain**. It was a turning point in history. If we had not had the Norwegian fleet of tankers on our side, we would not have had the aviation fuel to put our **Hawker Hurricanes** and our **Spitfires** into the sky. Without the Norwegian merchant fleet, Britain and the allies would have lost the war."

The Norwegian shipping company Nortraship, an acronym for **Norway, Trade and Shipping**, transported essential supplies, food, oil, equipment, and troops across the globe, including the **Pacific theater**, with operations in Guadalcanal, Saipan, Okinawa, Australia, and New Zealand. Many Norwegian sailors were held as Japanese prisoners of war.

During D-Day, Norway provided 1,000 personnel, two fighter squadrons, 10 naval vessels, and 43 merchant ships, supplying the logistics that helped bring about the fall of the Third Reich a year later. Accolades during the war and immediately thereafter honored these selfless mariners. Winston Churchill famously emphasized the massive logistical capacity of Norwegian seamen, declaring that their fleet was worth more to the Allies than a million soldiers during World War II.

However, this ultimate victory came at a steep price, with over 700 Norwegian merchant ships lost during the war (a 70% kill rate by U-boats) and approximately 3,670 Norwegian merchant sailors and 977 foreign crew members serving on Norwegian ships losing their lives. All of them came home alone as forgotten warriors, and many suffered from Post Traumatic Stress Disorder before it was recognized. There were hundreds of divorces and separations, and many died by

suicide or from alcoholism. The worst part of this horrific story is that the Norwegian War Sailors Fund, funded by their own maritime shipping activities, was confiscated by the Norwegian government and upheld by the 1954 Supreme Court decision.

Was justice finally rendered to these warriors? See the video presentation below for the final outcome. It has English closed captioning, but it is unnecessary because of the universal emotional language it conveys.

Det hemmelige fondet som ødela tusenvis av liv | Sannheten om Nortraship

(The secret fund that destroyed thousands of lives: The truth about Nortraship.)



(Above) A few of the remaining War Sailors at the public apology ceremony in Risør, Norway, on 3 August 2013

(Left) The War Sailer Monument in Bygdøy (western Oslo), which contains the following inscription:

In the Second World War, 1939-1945, over a thousand Norwegian ships from the merchant fleet and navy participated. They carried out countless military missions and carried 145 million tons of cargo of invaluable importance to the Allied victory. The merchant ships were armed, and more than half were lost. Dangers and toils left their mark on most of the 35,000 war sailors; 4,500 of them died in the battle for the liberation of Norway. The courage and loyalty of our mariners will always be remembered with deep respect and gratitude.



In Loving Memory ...
Rodger Earl Erickson
September 7, 1938 - April 17, 2026

The man, whose smile and sparkling blue eyes delighted everyone, saw Jesus, his Lord and Savior (as he said in every prayer), and went with Him to heaven on April 17, 2026. Rodger was born in Albert Lea, MN, on September 7, 1938, to Leslie Earl Erickson and Ida Louella (Grasdalen) Erickson. He was proud of his Norwegian heritage. At age 6, his family moved to Minneapolis, where he lived until they relocated to Colorado Springs in 1952.

Rodger attended South Junior HS and Colorado Springs HS, graduating in 1957. His first job was helping a classmate install AT&T cables. He married Penny Pinette in October 1960. They moved to California, where he worked as a heavy equipment operator. He worked in Cheyenne, WY, for 20 years as a Greyhound bus driver. After retiring, he transported cars across the country.

At his 50th-class reunion, he reconnected with his classmate, Marjorie Swearingen. Romance followed. They married a year later in a fairy-tale wedding at Palmer High School on August 16, 2008.

He was a member of St. Paul's United Methodist Church, CSHS/Palmer Alumni Assn, El Paso County Pioneers Assn, and Fjellheim Lodge: Sons of Norway, where he had been a member since February 2008. He enjoyed birdwatching, fishing, the Rockies, the Broncos, and the Wyoming Cowboys. He faithfully attended Heritage Pentecostal Church at Sunny Vista.

He is survived by his beloved wife, Marjorie Swearingen-Erickson; his children, grandchildren, and a great-grandson; his sister, Arlene Reid; several nieces and nephews; and Marje's family. Rodger was preceded in death by his parents; his sisters Virginia (Nordeen) Nelson, Doris (Chuck) Lake, and Mildred (Bob) Wildie; his brothers Sherwood (Jean) and Leslie (Judy) Erickson; and his brother-in-law, Byron Reid.

Rodger leaves a host of special friends, including the staff and residents at Sunny Vista Living Center, where he was loved and cared for over the past four years, as well as cherished neighbors Matthew and Samuel Cole and their mother. Memorial Service to be announced. The full obituary is available at [Dignity Memorial](#).



In Remembrance of ...
Constance "Connie" Elizabeth Mattox
January 7, 1961 - March 8, 2026

Constance E. Mattox was born on January 7, 1961, and went to heaven on March 8, 2026. She graduated from Barbe High School in Lake Charles, Louisiana, and from McNeese State University with a degree in Physical Education.

She is survived by her husband, Dr. James B. Mattox (retired Colonel). They had been happily married for 33 years. James is a retired wounded warrior who served in the Army for 30 years. When they married, James changed his last name to Connie's last name, Mattox, which has sometimes caused confusion.

She and James are members of Broadmoor Baptist Church in Shreveport, Louisiana. They joined Fjellheim Lodge, Sons of Norway, in Colorado Springs, CO, on 2/21/2023, where they celebrated James' Norwegian heritage.

Connie is also survived by her parents, Tom and Edie Mattox; her brother, Chris, and his wife, Theresa; her sister-in-law, Beverly; and many nieces, nephews, and cousins. She loved them all dearly. Connie's only children were her three dogs, Naddie 1, Naddie 2, and Gracie Mae, and they will miss her as only a loving pet can. She was preceded in death by her grandparents, Gene and Leela Burge, and Tom and Rube Mattox.

The family expresses appreciation for friendship, acts of kindness, and prayers. We know she is in God's hands, and we miss her so much. We know where she is, and we will see her again. We are comforted by God's love and grace. Thank you, Jesus, for the promise of Heaven. Connie, we'll see you later.

Directory and Advertisements

2026 Fjellheim Board Offices <i>June 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	719-351-5644
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	719-640-6948
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	

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