



August 2026

www.sonsofnorwaycs.com

Volume 45, Issue #7

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.

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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



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, "Kubb" (a Swedish lawn game, called kilkastning in Norwegian), and other surprises

Open to members and their guests. Donations appreciated!

Please Call Karen at 719-390-0621 (do not text) to sign up.



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.

AUGUST 2026 FJELLHEIM LODGE PRESIDENT'S MESSAGE

Most of us are familiar with Norway's mountains, valleys, and fjords. We have seen them in many cultural settings, including books and movies. Some of you have been to Norway and seen them firsthand. Some of you recently told me that you will be traveling to Norway for the first time this year and will see many of these beautiful landscapes in person, which is very different from seeing them in pictures. It's a long way to travel to Norway, but it is well worth it, and you will have memories to cherish for a lifetime.



We certainly live in a changing world. It's just how life is. But we can respect and remember our important traditions while continuing to improve what we do. We need to increase our membership by bringing in younger members and using their skills at the Lodge so they can share their knowledge with us. The Sons of Norway was built on helping neighbors, which benefits us all as a Lodge. We have all had to adapt to a changing world for the last several decades.

Technology has greatly affected us, from cell phones and computers to the way we drive some of these new cars. What would the founding members have thought about all these changes in life?

Successful organizations embrace change and adapt for the benefit of all. We don't have to do things the way we always have; we should continue to embrace change while nurturing our traditions.



One of the many changes in life happened right here at our Lodge when we formed a committee to create a new Award for our Lodge members, the first-ever "Viking of the Year Award." The committee selected Mr. Terry Mapstone as our first-ever recipient. We held a special ceremony for the Award at our Heritage meeting on 10 June 2026. It was a very special event, and everyone enjoyed it and was enthusiastic about the ceremony. We were honored to select Mr. Terry Mapstone as the Sons of Norway Fjellheim Lodge recipient for grateful recognition of his dedication and service to the Sons of Norway. His exceptional leadership, spirit, and unwavering commitment are unmatched. Congratulations, Terry, on a well-

deserved honor.

I hope you will continue to join us every Tuesday to make lefse and enjoy the camaraderie of fellow members. During May and June, we had one of our biggest turnouts yet, and it was great. Please join us for the fun. Have a blessed day.

"If you always do what you've always done, you'll always get what you've always got ." —Henry Ford

Change often starts with discomfort. When you know it's time to act, whether that means leaving a job, having a difficult conversation, or choosing a different path in life, that is the start of change for the better.

Mark Wedo

Fjellheim Lodge President

2026 Upcoming Fjellheim Meeting and Event Schedule

(August Flammen Edition)

Event	Next Upcoming Date(s)	Time	Place, Topic, and/or Instructions
Card Social and Potluck	Tuesday, 04 August Tuesday, 01 September <i>(1st Tues each month)</i>	12:30 pm	Viking Hall <i>Potluck first and then cards!</i>
Fjellheim Board Meeting	Wednesday, 05 August Wednesday, 02 September <i>(1st Weds each month)</i>	2:00 pm	Viking Hall
Fjellheim Management Corporation (FMC) Meeting	Wednesday, 12 August Wednesday, 09 September <i>(2nd Wed each month)</i>	5:30 pm	Viking Hall
Pre-Heritage Meeting Potluck	Wednesday, 12 August Wednesday, 09 September <i>(2nd Wed each month)</i>	6:30 pm	Viking Hall
Heritage Cultural Event	Wednesday, 12 August Wednesday, 09 September <i>(2nd Wed each month)</i>	7:00 pm	Viking Hall <i>See the subsequent announcement in this Flammen for details.</i>
Fjellheim Cooking Classes	Thursday, 10 September	10:00 am until done	Viking Hall <i>This will be open to Fjellheim members and their guests. Contact either Terry Mapstone at 719-351-5644 or Bjørg Mapstone at 719-440-3992. See the subsequent announcement in this Flammen for details.</i>

2026 Annual Fjellheim Lodge (Bear Creek) Summer Picnic on 21 June 2026



From front to back and left to right

1st row: Teddy Lawrence, Britte Beckett, and Gunnar Lawrence

2nd row: Patricia Tjelmeland, Kjersti Beckett, Daniela Lawrence, Bjørg Mapstone, Cynthia Pechacek, Jennifer Forbes, Eileen Larsen, Jeff Tamblyn, Becky Tamblyn, and Terry Mapstone

3rd row: Sarah Beckett, Norm Pechacek, Kathie Godsil, Cathy Wedo, and John Larson

4th row: Adam Lawrence, Andy Beckett, and Mark Wedo

2026 Upcoming Fjellheim Meeting and Event Schedule

(August Flammen Edition Continued)

Event	Next Upcoming Date(s)	Time	Place and Instructions
Fjellheim Heritage Meeting Soup & Salad Dinner	Wednesday, 12 August	6:30 pm	Viking Hall <i>The dinner potluck theme for this event is your favorite soups and salads. Additional food items to include deserts will be welcome.</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 the 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 at 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 at his email address norsk75usa@gmail.com. See the subsequent announcement in this Flammen for details.</i>
Fjellheim Book Club	Monday, 21 September Monday, 19 October <i>(3rd Mon each month)</i>	2:30 pm	Viking Hall <i>Contact Linda Ross: lrlr1028@gmail.com or 719-271-3439. 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 at 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 salads, sides, desserts, etc., will be potluck. Details to follow.</i>



Emmie's first birthday party held at Fjellheim Lodge on July 18th with Casey and Debbie House.

Sunshine Report – August 2026

Happy Birthday and Joyous Anniversary to all of you who are celebrating these events in August. See you at the Backyard BBQ.

** Gratulere Med Dagen **	
August Birthdays	
Philip Cable	03
Eunice C Sensteli-Bluhm	04
Alyssa R Smith	05
Steven John Lien	06
Brian L Garrett	08
Cathrine Y Berg	10
Daniel Brant	12
Ginny Johnson	16
Kristin Brown	26
Jane Lawrence	29
Heritage and Juvenile Members	
Camryn Sergejev	18
Madison J Smith	21
Avery G Lawyer	26



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

August 2026 Flammen Local and National Announcements

1. Fjellheim Privacy Policy:



The Fjellheim Board has approved the following informed consent signage, which will be displayed at our Viking Hall entrances and in other relevant media:

"NOTICE: By entering Viking Hall, Fjellheim Lodge, Sons of Norway, or other sponsored locations, you consent to being photographed, filmed, or recorded. These images may be used for The Fjellheim Flammen, our website, the District 6 Newsletter, or advertising. If you do not wish to be photographed, please inform the photographer or the person at the registration desk."

Please note: The Flammen Editor will not accept close-up photos for publication in Flammen unless they include the printed first and last names (left to right) 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 spelling.

2. Fjellheim Culture Program: (2nd Wednesday of each month at 6:30 pm)



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

On 9 September 2026 at 6:30 pm, Erik Tjelmeland will give a presentation on the "cradle-to-grave" benefits available to all Norwegian citizens. He will conclude with burial considerations, which will lead into a talk by Teresa "Terri" Cain, a Dignity Memorial representative, on 14 October 2026.



3. Fjellheim Norwegian Language Classes:



We are scheduled to resume our Norwegian in-house lessons at Fjellheim Lodge on Monday, September 14, 2026. Classes will be held in the Viking Hall at 3:30 pm, 4:30 pm, 5:30 pm, and 6:30 pm for our Advanced, Intermediate, Advanced Beginner, and New Beginner classes.

4. From the LingoStories team:



The **LingoStories** team, a free, ad-free online platform, loves the spirit of our Fjellheim Lodge, including the "Jul in July" fair, 25+ years of lutefisk dinners and lefse baking, and a welcoming approach to anyone interested in Scandinavia, regardless of background. "That open, fellowship-first approach is wonderful."

This organization offers instruction in a dozen languages, including **Norwegian**, through interactive stories, and provides instant translations from native speakers so students can read and listen at the same time. It includes comprehension exercises, longer chapter-based novels, a vocabulary trainer that saves words and uses spaced repetition, and a progress dashboard — all free and available without an account. It's a fun, no-pressure way for members curious about the language to get started. In addition, there is an online Norwegian Library.

5. 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 as follows: On September 21st, 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.



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 Orstad, 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 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!*

6. Fjellheim Cooking Club:



Our next international stop will be an English treat featuring a Cornish pasty on Thursday, September 10, starting at 10 am. A pasty is a semicircular turnover filled with diced beef, potatoes, rutabaga, and onions. Please RSVP to Terry at 719-351-5644 or to Bjørge at 719-440-3992.

7. 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 attendees in learning 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 **In Good Company** podcasts

hosted by Nicolai Tangen, CEO of Norges Bank Investment Management, featuring 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.*

8. Sons of Norway District 6 News:



SON District 6 issues a quarterly newsletter. **The 2026 summer/fall newsletter** has just been released and is packed with pertinent information for 7 states and 49 local lodges. It covers the recent June convention, Foundation Updates, Kids Pages, the Folk Art Exhibition, Viking Magazine Submissions, the Photo Circle, and several other items. Enjoy!

August 2026 Fjellheim Educational Corner

By Erik Tjelmeland

The past 16 months, from March 2025 to the knockout stage of our International Association Football Federation (FIFA) World Cup, have been an unprecedented generational achievement for Norway. There have been numerous viral moments worldwide that have brought acclaim to Norway's sporting accomplishments and culture. Norway's football team reached the quarterfinals before losing to England in overtime. It was Norway's first appearance in the World Cup in 28 years, culminating in water cannons dousing the team plane as it arrived at Oslo-Gardermoen airport and a victory celebration in which 150,000 Norwegians turned out outside the King's Palace and along Karl Johansgate. Watching the video “[Norway Lost The World Cup — and Won The World](#)” captures the euphoria of this event.

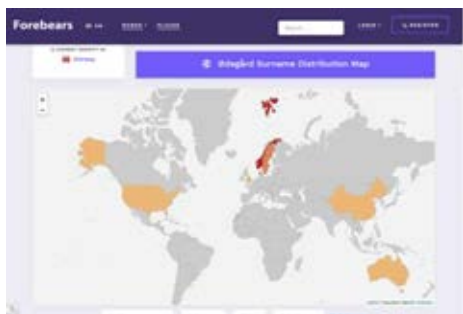
Norway's rise to the elite ranks of football was driven by the emergence of great national players and coaches, as well as a strong ethos of teamwork. It was more than that. It was a cultural phenomenon that brought worldwide attention to Norway's location, history, and culture, and, of course, to [The Viking Row](#).

As Norway progressed through the qualifying rounds, their surnames came to the fore. With names like Haaland, Ødegaard, Solbakken, Nyland, Berge, Berg, Selvik, Vassbakk-Ajer, Bjørkan, Hauge, Schjelderup, Langås, Heggem, Thorsby, Pedersen, Thorstvedt, Ryerson, Møller-Wolfe, Stand-Larsen, Østigård, Aasgaard, Sørloth, Nusa, and Bobb, people wondered about the uniqueness of these names. How did they come to be? The table at the end of this article will provide a brief origin, historical connotation, and/or meaning for these names. With this knowledge, one can see how important Norway's previous agrarian society, geography, and history were in giving rise to these family names. Of special note is the name of midfielder Martin Ødegaard, or its variations, including Odegaard, Odegard, and Ødegård, which originated during the 1349-50 Black Death that decimated 60% of Norway's population.

A "Lasting and Living" Legacy of Norway's Black Death

One distinctive consequence of Norway's Black Death is evident in its lexicon. Norwegians in the 14th century developed a term for the “deserted” or “ghost” farms and buildings that dotted the countryside after the Plague. The Norwegian term for this is «Ødegård or Ødegaard», meaning “abandoned or desolate farm.” As Norwegian history or family pride would have it, the people who occupied these farms as new owners, tenants, or even squatters adopted this word as their surnames. Thus, «Ødegård or Ødegaard» is a present-day and unique Norwegian surname.

An ancestral search on [forebears.io](#) for this family name and its variants shows an astonishing presence across four continents, with nearly 10,000 hits. Below is one of these searches. Yes, it is not as common as Olsen, Johnson, or Erikson, but it is still significant. You might say that the 14th-century Norwegian Black Plague victims now have living representatives across the globe. On the forebears.io map below, we see that the [Ødegård](#) surname appears in Norway, Sweden, the USA, Australia, and even China.



The photo above shows an actual elevated ødegård stabbur, a farm storehouse, preserved from the time of the Norwegian Black Death. It is dated to 1334 AD based on dendrochronological (tree-ring) analysis by Associate Professor Terje Thun at the Museum of Natural History and Archaeology in Trondheim, Norway. This elevated building was in continual use until 1908, when it was moved to an outdoor museum in Hallingdal, Norway. (Photo: Hallingdal Museum).

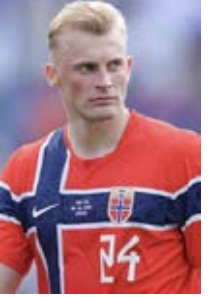
These structures and similar ones were a common sight among the many abandoned farmsteads in the countryside after the Black Plague. They were called ødegård (abandoned farm) and became the surname for hundreds of Norwegians after the 1349-51 Black Death. Today, there are more than 10,000 Ødegård surnames (or variations) worldwide. Norway's "Black Death" may just have had a happy ending...after all.

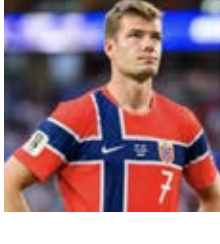
How do you pronounce these surnames? Here is an [Instagram clip](#) featuring the team members and their name pronunciations. (Please note that the nameplates have been Anglicized.)

Here is King Harald's official announcement of the [2026 Norwegian Football Team](#). A few players on the bubble did not learn their fate until this proclamation on 21 May 2026. Their names were displayed but not announced. Can you spot all of them in this video?

The chart below is the 2026 Norwegian National Football Team Member chart, which provides insight into the origins and meanings of their names, along with other distinctive details. For our avid "norsk fotball" fans, I have also included short YouTube clips of these players. Just click their pink-font names below.

Ørjan Håskjold Nyland Ørjan: earth worker or farmer via the Greek word Georgios Håskjold: high or the Lord's shield Nyland: new land		Fredrik Aursnes Rik: rich, wealthy, (Fred) kingdom Aursnes is a Norwegian surname composed of two Old Norse words: Aurr: meaning "gravel" or "coarse sand". Nes: meaning "headland" or "peninsula".	
Egil Selvik Egil: Old Norse origin meaning "edge of a sword" or "awe, terror" Selvik: meaning "seal bay." Selvik is a village of about 3,400 people in Holmestrand Municipality, Vestfold County, Norway.		Patrick Berg Berg: means mountain, hill, rock He is Norway's first third-generation international footballer	
Sander Tangvik Tangvik: seaweed" or "kelp bay Tangvik represented the Norway under-17 national team, making a total of seven appearances between 2018 and 2019.		Sander Berge Berge: means to save or rescue Has a Swedish mother and a love of basketball.	
Kristoffer Vassbakk Ajer Kristoffer: "Christ-bearer" or "one who bears Christ" Vassbakk: water bank" or "water slope Ajer: plowed land" or an acre.		Oscar Bobb Oscar: This name has Old Norse roots (meaning "god's spear") and was popularized in Scandinavia by King Oscar Bobb is the product of a Gambian father and a Norwegian mother and is fluent in Norwegian, English, and Portuguese.	

Fredrik Björkan (a musical tribute to Björkan) Fredrik: German origin, meaning "peaceful ruler" The surname consists of two parts: Björk: The base noun for "birch" with an -an suffix, a common suffix in Northern Norwegian geography and family names, that translates roughly to "the birch" or indicates "the place of the birch trees." Fredrik André is the son of former professional football player Aasmund Björkan.		Jens Petter Hauge The name Jens is a traditional Scandinavian male given name meaning "God is gracious." Hauge: the Old Norse word <i>haugr</i>, meaning "hill," "mound," or "burial mound" Hauge has a younger brother, Runar, who is also a professional footballer and plays for Hobro IK.	
Henrik Falchener Henrik means "ruler of the home" or "lord of the house." The name Falchener is derived from Old Germanic and English words meaning "falconer," "hawker," or someone who keeps and trains birds of prey for hunting.		Antonio Nusa The Nusa surname originates in Nigeria's historic Benin Kingdom and translates to "What God says will come to pass." Nusa has a Norwegian mother and a Nigerian father. At 21, he is the youngest member of Norway's national team and plays professionally for Red Bull Leipzig.	
Sondre Langås Sondre: Norse word <i>Sundri</i>, which translates to "to swim," or <i>Suðr</i>, meaning "south" In Norwegian, Langås is a common habitational surname (and place name) that literally translates to "long ridge."		Andreas Schjelderup Andreas means "manly" or "brave." It derives from the ancient Greek name <i>Andreas</i>, from <i>anēr</i>, meaning "man." Schjelderrup: derived from Old Norse <i>skjald</i>, meaning "shield," and <i>thorp</i>, meaning "settlement" or "village."	
Torbjørn Heggem Torbjørn is a traditional Scandinavian name of Old Norse origin, combining <i>Þórr</i> (Thor, the Norse god of thunder) and <i>björn</i> (bear). It translates directly to "Thor's bear" or "thunder bear." The name honors the strength and bravery associated with Thor. The surname Heggem originates in Old Norse. It is a habitational name derived from a specific farmstead. The name derives from the word <i>hegg</i>, which translates to "bird cherry" (tree).		Morten Thorsby Morten: This Scandinavian first name is a variation of the Latin/Roman name <i>Martinus</i>, itself a diminutive of Mars, the Roman god of war. It essentially translates to "warlike" or "dedicated to Mars." Thorsby: "Thor's farmstead" or "Thor's village" Thorsby is an advocate for environmentalism in light of climate change.	
Marcus Holmgren Pedersen Holmgren is a toponymic surname combining holm (meaning "small island") and gren (meaning "branch"). Pedersen means "son of Peder."		Kristian Thorstvedt Kristian: "follower of Christ" or "anointed one" Thorstvedt: "Thor's clearing" or "the farmstead in the clearing dedicated to Thor."	

Julian Ryerson <i>Ryerson is an anglicized form of the Norwegian patronymic surname Reiersen. It literally translates to "son of Reier." The root personal name Reier derives from the Old Norse Reitharr, a combination of reith (meaning "house" or "home") and arr (meaning "warrior" or "defender").</i>		Martin Ødegaard <i>Martin: Roman mythology-God of war, warlike</i> <i>Ødegaard or Ødegård translates literally to "deserted farm," derived from the Black Death pandemic.</i>	
David Møller Wolfe <i>In Norwegian, møller translates directly to the English word "miller." It is a traditional occupational surname and noun derived from the word for a mill (mølle), indicating an ancestor who operated a grain mill. It shares the same linguistic roots as the English "Miller" and the German "Müller."</i> <i>In German, Wolfe (a variant of Wolf) means wolf. It derives from the Middle High German word wolf and signifies strength, bravery, or a fierce warrior.</i> Wolfe has strong transitional speed, allowing him to halt opposition counterattacks.		Erling Braut Haaland <i>Erling: Old Norse, the name combines "erl" with the suffix "ing," which transforms an infinitive verb into a noun meaning a warrior, earl, or nobleman.</i> <i>Braut: a Norwegian Nynorsk word meaning a steep, rugged path or a dug-out road.</i> The surname Haaland (also spelled Håland) means "high farm" or "steep land" in Norwegian. It is a habitation name derived from Old Norse farmsteads located on elevated, hilly terrain.	
Leo Østigård (fluent also in Italian) <i>Leo: A first name of Latin origin meaning "lion."</i> <i>It combines Øst (meaning "east") and gård (meaning "farm" or "enclosure"), historically referring to an eastern farmstead or settlement.</i> His older sister, Rikke, was a very talented handball player at the elite level.		Jørgen Strand Larsen <i>Jørgen means "farmer" or "earth-worker."</i> <i>Strand: In Norwegian, strand translates to beach or shore. Derived from Old Norse (strönd), it generally refers to land bordering the sea, a fjord, or a lake.</i> <i>Larsen literally means "son of Lars."</i>	
Thelonious Aasgaard <i>Thelonious: Beloved of God (Greek)</i> <i>Asgard (Old Norse: Ásgarðr, meaning "Enclosure of the Æsir") is a location associated with the gods in Nordic mythology. It appears in several Old Norse sagas and mythological texts, including the Eddas.</i> Aasgaard was born in Liverpool, England, and has a Norwegian father and a French mother.		Alexander Sørloth <i>Alexander: "defender" and/or "protector of mankind"</i> <i>Sørloth: southern farm/land</i> He is the son of former Norwegian international striker Gøran Sørloth.	
		Ståle Solbakken, Head Coach <i>Ståle: A traditional Norwegian given name meaning "steel," symbolizing strength, toughness, and endurance.</i> <i>"Solbakken" (meaning "sunny hill")</i> Solbakken was a member of the Norwegian team that qualified for the 1998 World Cup. On December 3, 2020, Solbakken became the Norway international manager on a four-year deal.	

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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