



September 2026

www.sonsofnorwaycs.com

Volume 45, Issue #8

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

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 53rd Anniversary Fish Fry

Viking Hall, 1045 Ford Street
Colorado Springs, CO 80915

Saturday, September 12, 2026 @ 2:00 pm

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Monthly heritage meetings are held on the second Wednesday of every month (except July) at 6:30 pm, Viking Hall, 1045 Ford Street, Colorado Springs, Colorado 80915.



Menu

Walleye, Pulled Pork
Baked Potatoes, Coleslaw
Fresh Rolls, Dessert



Dinner Reservations: Seating is Limited

	Number Attending	Cost	Total
Members		X \$25.00 =	\$
Guests/Non-members		X \$30.00 =	\$
Student – age 10-16		X \$20.00 =	\$
Under 10		X \$ 0.00 =	\$
		Total =	\$

Your Name: _____
Phone Number: _____ E-Mail: _____
Please include your phone number and e-mail in case we need to contact you.
Thank you.

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

- ☐ Check: Make out to **Sons of Norway** and mail this form and your check to:
Kathie Godsil, 4415 Flat Top Pl, Colorado Springs, CO 80923-7321
☐ Pay at the door—Cash, Check or Credit Card

NOTE: Mail reservations to arrive no later than **Wednesday, September 9, 2026**.
After that date, call Kathie @ 719- 229-9289 for space availability and registration.

NOTES/Special Requests: _____



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.



SEPTEMBER 2026 FJELLHEIM LODGE PRESIDENT'S MESSAGE

Summer is here, and soon it will be Fall before we know it. Work at the Lodge by Terry Mapstone, Dave Haugen, and others has been busy with repairs to the Lodge and upkeep of the property. We had our summer picnic at Bear Creek Park, and now we are getting ready for our Annual Fish Fry and Viking Fair. I hope you will be able to join us and enjoy the festivities. Bring your friends and neighbors and have a great time with us; it is always a great experience for all.

JUST A LITTLE BIT ABOUT NORWEGIAN CULTURE: Norway's Viking past influences many customs, from architecture to festivals. Rural traditions, including wooden houses, cabin culture, and local crafts, remain strong, especially outside major cities. Families often stay in the same region for generations, reinforcing local identity and continuity of traditions. At our last Heritage meeting, Kerry Hefta noted that Norwegian society is known for punctuality and respect for individuals. Relationships tend to be few but deep, and social equality is a core value.

One thing Norwegians don't have in common with other countries is that personal space is highly respected in Norway. Norwegians don't like to stand close to strangers. We don't talk to strangers on the bus, in the elevator, or in a waiting room. We heard in Kerry's cultural discussion that Norwegians aren't huggers; we don't like to sit next to strangers on the bus. We stand as far away from each other as possible while waiting for public transportation. If you want to sit on the bench while someone else is sitting there, they will most likely move; you are way too close.

Norwegians are nature enthusiasts. We spend a lot of time in nature every day. Norway is beautiful, and we have trails and hikes everywhere. It is easy for us to just put on our shoes and get outside. You can even download apps to register for hikes and find the popular "sjekkUT" signs along many popular trails across the country.

Quote on Traditions by Winston Churchill

“A love for tradition has never weakened a nation, indeed, it has strengthened nations in their hour of peril.” – Winston Churchill, emphasizing tradition's unifying and stabilizing power.

.
Mark Wedo
Fjellheim Lodge President

2026 Upcoming Fjellheim Meeting and Event Schedule

(September Flammen Edition)

Event	Next Upcoming Date(s)	Time	Place, Topic, and/or Instructions
Card Social and Potluck	Tuesday, 01 September Tuesday, 06 October (1st Tues each month)	12:30 pm	Viking Hall <i>Potluck first and then cards!</i>
Fjellheim Board Meeting	Wednesday, 02 September Wednesday, 07 October (1st Weds each month)	2:00 pm	Viking Hall
Fjellheim Management Corporation (FMC) Meeting	Wednesday, 09 September Wednesday, 14 October (2nd Wed each month)	5:30 pm	Viking Hall
Pre-Heritage Meeting Potluck	Wednesday, 09 September Wednesday, 14 October (2nd Wed each month)	6:30 pm	Viking Hall
Heritage Cultural Event	Wednesday, 09 September Wednesday, 14 October (2nd Wed each month)	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>
Fjellheim Annual Anniversary Fish Fry	Saturday, 12 September	2:00 pm	Viking Hall <i>Contact Kathie Godsil at 719-229-9289. See the flyer in the first page of this Flammen.</i>



At our 12 August 2026 Heritage Meeting, Kerry Hefta (left) delivered a well-received presentation on Norway's cultural behavioral norms embodied in *Janteloven*.

2026 Upcoming Fjellheim Meeting and Event Schedule

(September Flammen Edition Continued)

Event	Next Upcoming Date(s)	Time	Place and Instructions
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 Rosemaling Classes	Saturday, 19 September Saturday, 10 October Saturday, 21 November	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>
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	See detailed announcement below	Viking Hall <i>Points of Contact: Eunice Bluhm and Becky Tamblyn at becky.tamblyn@gmail.com</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>Julebord, our every other year Christmas event, will be a buffet. Details, to include reservation POC and cost, will follow.</i>



17th Annual Viking Fair Bazaar & Brunch Community Cultural Event



Come by for Unique Gifts, Arts & Crafts, Heritage Items, Lefse & Baked Goods, Raffle, and More Fun!
Saturday, October 17, 2026, 9 AM - 3 PM

Free Admission
Brunch \$12

Viking Hall
1045 Ford St.
Colorado Springs, CO 80915

719-574-3717, sonsofnorwaycs.com

Vendors: For more information, call 719-661-7667





Sunshine Report – September 2026

Happy Birthday and Joyous Anniversary to all of you who are celebrating these events in September. See you at the Anniversary Fish Fry.

Gratulerer Med Dagen			
September Birthdays			
Casey Michelle House	1	Carol A Johaneson	23
John Olaf Larson III	1	Ruth Wiig	25
Maria Pierce	1	Sissel O Disbrow	29
Becky I Torgerson	1	Kelly Anne House	30
Sharon Ann Martinez	3		
Jean Hagen Luce	8	Juvenile & Heritage	
Kevin M Canestorp	11	Quinn M Berge	4
Janice Ann Rostvit	14	James Hardy	5
Faye Victoria Rostvit	14	Sascha Luke Tillman	16
La Rue D Hanson	16	Sydney Mach	19
Trevor Nau	20	Adelie R Tillman	22

Ruth Wiig, 85, died on the morning of August 20, 2026. She was the wife of Paul Wiig, and both are Charter Members of Fjellheim Lodge. When available, details of her services will be sent via e-mail. Cards can be sent to their home at 1546 E Owen Circle, Colorado Springs, CO 80915-2105. Please keep Ruth's family in your thoughts and prayers.

Fraternally, Karen Ravnaas, Sunshine Director

Unedited, per request, with format requirements



719-390-0621, Kravnaas@aol.com

September 9th is a special day for our 6:30 pm Heritage Meeting!

We will honor our Sons of Norway Anniversary members with pins and certificates to recognize their dedication, commitment, and years of service. *Let's join them in celebrating these milestones!*

5-Year Members: Raquel Arens, Olivia Arens, Hunter Lewis (JV certificate), Trevor Nau, Newell Nesheim, Mark Wedo, Catherine Wedo

10-Year Members: Les Bailey, Mary Lou Bailey, Kevin Canestop, Sharon Martinez, Patricia Tjelmeland

15-Year Members: Kari Beck, Quinn Berg (JV certificate), Carol Johaneson, Clarence Versluys

20-Year Members: Austin Allgood (JV certificate), Will Berge (JV certificate), Michael Johaneson

30-Year Members: Kris Barney, Kristi Erdal, Margrethe Smith

35-Year Members: Susan Foust, LaRue Hanson, Dorothy Hanson.

45-Year Member: Candace Lesoing

50-Year Member: Julie Furstenau



Thank you for your membership and loyalty over the years.

September 2026 Flammen Local and National Announcements

1. Fjellheim Privacy Policy:



The Fjellheim Board has approved the following informed consent signage, to 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)

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



3. 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 Bjørg at 719-440-3992.

4. 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.

5. Camp Norge Fall Rosemaling Retreat:

Camp Norge, California, will offer a rosemaling retreat for all skill levels on September 25-27, 2026. Lodging is available at Camp Norge. Please see <https://campnorge.org/site/rosemaling/> for more details or contact Lynn Skrukrud, Rosemaling Retreat Committee, at 530.263.7742.

6. The District Six Foundational Benefits:

Our District Six SON offers many benefits, including [Sons of Norway Foundation Scholarships](#) and [Grants](#) for children or grandchildren of active members. If interested, please contact James Adams, District Six Foundation Director, at 619-417-6300.

7. 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, this historical fiction 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 Orlstad, a member of the Norwegian resistance. Her father, Peder, runs 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 work 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!*

8. 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 explore the myriad *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.*

9. Fjellheim Rosemaling classes:



Cindy Bauer will hold one more of her exceptional rosemaling classes on September 19th, from 11:00 am to 3:00 pm, at our Viking Hall. Here are some unique creations by Bjørg Mapstone (left) and Karen Emanuelson (right), created under Cindy's guidance.

As part of her ongoing program, two additional classes are scheduled for October 10th and November 21st, all at the same time.

If interested in learning this authentic Norwegian skill, please contact Cindy Bauer at 719-330-1275.



Celebrate International Rosemaling Day!

Trollheim Lodge #6-110 invites you to join our

American Rogaland Rosemaling Class

Saturday, Sept. 12th and Sunday, Sept. 13, 2026

9am to noon and 1pm to 3pm MDT

Instructor: Lois Mueller, VGM Artist and Author

Your payment of \$140 (to cover your registration fee and a 12" wooden plate for you to paint in class) is expected by Tuesday, Sept. 1st.

Call Diane Molter at 970-364-8013 or email GRNBViking09@live.com to register and receive a supply list, or to get more information. *This class can be done either in oil or acrylic paints.*

A big video screen and classroom space will be available prior to, during, and following the ZOOM times at: **Sons of Norway Trollheim Lodge Hall
6610 W. 14th Avenue in Lakewood, CO**

If you prefer to participate in this class from home, you can get the ZOOM link when registering.



The Flammen Educational Corner

The Musical Nature of the Norwegian Language

By Erik Tjelmeland

In our Fjellheim language classes, we have discovered many distinctive characteristics of Norwegian. One is its musical nature, with two distinct tones or pitch accents that differentiate similar-sounding words, e.g., nearly 2000 homonyms with widely different meanings. Norwegians and their Scandinavian counterparts can distinguish subtle nuances in the speech sounds of their own language, as well as in other languages. This skill has been further nurtured by *kulturskole* (cultural school), a compulsory performing-arts curriculum for primary, lower, and upper secondary students.

These qualities have been showcased in music not only to European and North American audiences but also worldwide. Over the years, groups such as ABBA (*Dancing Queen*), A-ha (*Take on Me*), and M2M (*Pretty Boy*) have embedded their lyrics in the subconscious of multiple generations. Individual Norwegian singers who have reached international prominence include Astrid Smeplass, to whom we sing her version of the Norwegian national anthem at our Fjellheim Heritage/Cultural meetings (*– Ja, vi elsker dette landet*); Angelina Jordan Astar (*Unchained Melody*); and Sissel Kyrkjebø (*Slow Down*).

Recently, Norway's version of *The Voice* has become a very popular television show in Europe and has garnered 10s of millions of YouTube views from our American audience. Here, ordinary Norwegian citizens have showcased their musical talents to a global audience, including Herman Lie (*Wicked Game*), Mia Lund (*Unstoppable*), and Jørgen Dahl Moe (*Dancing in the Dark*).

One Norwegian has become a global musical phenomenon without even singing. Who might that be? Here are a few facts about this artist. He was born in Singapore to Norwegian parents and now lives in Bergen, Norway. He developed his own *Tropical House* genre with his 2014 hit *Firestone*. As a child, while his peers played outside, he spent countless hours on a military-discounted upright piano. He is the fastest artist to reach 1 billion Spotify streams. His global tours remain sold out, and he has performed for a crowd of 65,000 in Mexico City. Early in his musical career, he rarely wrote his own lyrics, instead reviving others' hits.

Who might this be? His name is Kyrre Gørvell-Dahl, or KYGO, his stage name, formed from the first two letters of his first and last names. Kygo had humble beginnings, learning classical piano pieces in a region of Norway that gave rise to Edvard Grieg and Ole Bull. After high school, he studied economics and finance at the University of Edinburgh in Scotland, thinking his music was probably in the rearview mirror. However, his inspiration as a remix composer, *Avicii*, lingered in the background. His first hit, *I See Fire*, was a re-creation of Ed Sheeran's hit for Peter Jackson's 2013 fantasy film *The Hobbit: The Desolation of Smaug*. After that, Kygo never looked back. He performed at the *Rio de Janeiro Olympic Games* closing ceremonies (an audience of 800 million) and at the *2015 Nobel Peace Prize* as a 24-year-old. His most recent 2024 creation, *Kygo - The Album*, took 2 years of planning, earned critical and popular acclaim (nearly 1 billion Spotify streams), and features spectacular scenery from Trolltunga. It was pure Norway, with a stunning view that takes your breath away!

By the way, Kygo is scheduled to headline the Global Dance Festival in Denver on Friday, September 11, 2026.

Top to bottom, left to right: (#1) Kygo dressed in his traditional bunad; (#2) Kygo as an 11-year-old; (#3) Mom and Kygo; (#4) Kygo with his sweetheart, Victoria Nadine, birth name: Victoria Karlskås Andersen, an acclaimed Norwegian singer in her own right, featured together in – [Can't Get Enough](#); (#5) Kygo's 2022 Mexico City appearance with 65,000 fans.





In Loving Memory of...
Forbes C. Sutherland
09/15/1934 - 05/5/2026

Forbes Sutherland, 91, died on May 5, 2026, after a courageous battle with head and neck cancer. Forbes and his wife, Beth, were friends of our Lodge for many years, attending social events and volunteering at several of them. Forbes lived across the street for decades and was a special friend to Terry and Bjørg Mapstone. Through them, Forbes and Beth became close friends with all of us.

Forbes was born in New York City and, with his family, moved to Vermont and Maine. He joined the US Air Force, traveled extensively, and retired 23 years later, in 1976. He continued his education and worked in the security industry and in his own business. After fully retiring, he spent the rest of his life with Beth and the family and friends he loved, doing the things he enjoyed most.

A memorial service with military honors for Forbes was held on August 14 at Pikes Peak National Cemetery. Rest in Peace, Forbes Sutherland. We will miss you dearly.

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	Terry Mapstone	719-351-5644
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

Viking Hall – Fjellheim 6-107

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Kendall Kjerstad

Financial Benefits

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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



**SONS of
NORWAY**

*Celebrating 130 Years
1895-2025*