



October 2026

www.sonsofnorwaycs.com

Volume 45, Issue #9

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

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

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



2025 Viking Fair: Nearly 650 people attended

Vendors: For more information call

719-661-7667

OCTOBER 2026 FJELLHEIM LODGE PRESIDENT'S MESSAGE

This October, Cathy and I will be away – traveling again, this time to Alaska, Japan, Hong Kong, Taipei, and Vietnam, and finally to Singapore, where we will fly home. We will be thinking of all of you, and, unfortunately, we will miss the next Heritage meeting and The Viking Fair.



2026 Wedo Reunion in Iowa

I hope you will enjoy the October Flammen, as we are adding a corner for our members called “Getting to Know Your Membership.” Each month, we will ask 5 members to share a little about themselves with a photo, and I hope each of you will provide a short narrative about yourself or your family when we ask for your story. For October, I thought I’d start with myself and a few others you probably already know.

Norwegian Families

Norwegian families traditionally emphasize togetherness, mutual support, and respect for individual space. Historically, families were tightly knit and often worked together in agricultural or small community settings. Today, although family structures have diversified, close family ties remain a cultural cornerstone in Norway. In Norway, “family” refers to a household connected by marriage, but culturally it also reflects deep values of support, closeness, and shared traditions.

Norway’s Culture and Way of Life

Over the past several months, we have been sharing stories with everyone about what it means to be Norwegian and what life is like in Norway. These include stories about shipbuilding, hiking in Norway, the traditions we grew up with, and the cradle-to-grave discussions we have had. Our goal is to share as much as we can about Norway’s culture, and we hope you are enjoying all the wonderful topics we have shared with you.

Cultural Values and Traditions

Cultural values play a significant role in shaping family life in Norway. One of the most prominent values is equality and fairness, deeply embedded in Norwegian society. This principle extends to family dynamics, where both parents are encouraged to share responsibilities equally, whether in childcare or household chores.

Quote on Families: “Author unknown.”

“Families are like branches on a tree. We grow in different directions, yet our roots remain as one.”

Mark Wedo
Fjellheim Lodge President

2026 Upcoming Fjellheim Meeting and Event Schedule
(October Flammen Edition)

Event	Next Upcoming Date(s)	Time	Place, Topic, and/or Instructions
Card Social and Potluck	Tuesday, 06 October Tuesday, 03 November (1st Tues each month)	12:30 pm	Viking Hall <i>Potluck first and then cards!</i>
Fjellheim Board Meeting	Wednesday, 07 October Wednesday, 04 November (1st Weds each month)	2:00 pm	Viking Hall
Fjellheim Management Corporation (FMC) Meeting	Wednesday, 14 October Wednesday, 11 November (2nd Wed each month)	5:30 pm	Viking Hall
Pre-Heritage Meeting Potluck	Wednesday, 14 October Wednesday, 11 November (2nd Wed each month)	6:30 pm	Viking Hall
Heritage Cultural Event	(2nd Wed each month) Wednesday, 14 October Wednesday, 11 November	7:00 pm	Viking Hall <i>See the subsequent announcement in this Flammen for details.</i>
Fjellheim Cooking Classes	TBD	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>



At our 9 Sep 2026 Heritage Meeting, Erik Tjelmeland delivered an informative presentation on Norway's Womb-to-Tomb Benefits, which every Norwegian citizen is eligible for. As part of the presentation, Norwegian Sami Ronald Sagatun shared his experience of sorrow and the difficult work every Norwegian next of kin faces alone during their burial proceedings.

On 14 Oct 2026, Terri Cain of Dignity Memorial, a specialist in burial pre-planning and aftercare, will present the 2nd part of this cultural presentation. She will discuss a private insurance coverage option not available in Norway that locks in your price and provides pre-, during-, and post-administrative assistance during this difficult time.

Ronald Sagatun is giving a eulogy for his father Rolf



Terri Cain

Alix Hoffman, right, a fellow Fjellheim Lodge member, illustrated one of the many benefits of being a Norwegian citizen, the pristine nature of the Lofoten Islands, this past June.



2026 Upcoming Fjellheim Meeting and Event Schedule

(October Flammen Edition Continued)

Event	Next Upcoming Date(s)	Time	Place and Instructions
Norwegian Language Classes	Monday, 19 October 2026 Monday, 26 October 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, 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, 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	9:00 am – 3:00 pm	Viking Hall <i>Point of Contact: Eunice Bluhm (719.351.3554) and Becky Tamblyn at becky.tamblyn@gmail.com. Vendor information: Jean Luce, 719 -661-7667</i>
Trollheim Christmas Fair	Fri – Sat, 06-07 November	10:00 am - 3:00 pm	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>This sponsored Fjellheim Lodge event will provide the main course, and salads, sides, desserts, etc. Details to follow.</i>

Our Current Fjellheim Leadership Team



Mark Wedo
President



Kerry Hefta
Vice
President/Membership



Karen Ravnaas
Secretary



Kathie Godsil
Treasurer



Terry Mapstone
Counselor



Sunshine Report – October 2026

Happy Birthday and Joyous Anniversary to all of you celebrating these events in October. See you at the Viking Fair!

Gratulerer Med Dagen			
October Birthdays			
Alex Erin Johnson	03	Sonja Sue Gund	24
James Vernon Barager	04	Jay G Santee	28
Martha Ellen Miller	04	Linda K Ross	28
Steven Don Anderson	05	Geir S Ostrem	30
Margrethe Smith	06		
Lynne Bliss	12	Juvenile & Heritage	
Marjorie Lindskog	13	Joshua R Lysne	16
Lisa Tormoen Hickey	18	Austin Allgood	24
Aiden Torgerson	19	Will M Berge	27
Robert A Boyum	22	Theodore Tillman	29

Ruth Wüig, 85, died on the morning of August 20, 2026. Her memorial appears later in this issue of the Flammen and in her [obituary](#) posted by The Springs Funeral Services. At her request, there will be no memorial services.



In light of Ruth's passing, *Paul Wüig* has relocated to Grand Junction to be closer to his family. His new address is 3260 N. 12th Street, Apt. 311, Grand Junction, CO 81506.

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

Fjellheim Lodge Sons of Norway

LUTEFISK AND MEATBALL DINNER



Saturday, November 14, 2026 - 1:00 & 4:00 pm
Fjellheim Lodge, 1045 Ford Street
Colorado Springs, CO 80915

Dinner Reservations: **Circle Preferred Seating: 1:00 pm 4:00 pm**
Seating is Limited

Indicate Dine-In or Take-Out by checking below:

☐ **Dine-In** ☐ **Take-Out**

	Number Attending	Cost	Total
Members		X \$25.00 =	\$
Non-Members – 16+		X \$30.00 =	\$
Student – age 10-15		X \$20.00 =	\$
Under 10		X \$ 0.00 =	\$
		Total =	\$

Product Pre-Orders:

	Quantity	Cost*	
Lefse – 5 round pkg		X \$10.00 =	\$
Lutefisk – 1 # pkg		X \$15.00 =	\$
Herring – per jar		X \$12.00 =	\$
Lingonberries – per jar		X \$ 8.00 =	\$
		Total =	\$

*Product prices are subject to change.

Your Name: _____

Phone Number: _____ E-Mail: _____

Payment Option for Reservations only (Circle to indicate your choice):

Check: Make out to **Sons of Norway**

Pay at the door. — **Cash or Credit Card**

Mail reservations to Karen Ravnaas, 5295 Water Dipper Rd, Colorado Springs, CO 80911 by **November 11, 2026**. After that date, call Karen at 719-390-0621 for space availability and registration.

NOTES/Special Requests: _____

October 2026 Fjellheim Flammen Announcements:

1. PILLAR Institute for Lifelong Learning:



The mission of this organization is to provide non-accredited educational programs, trips, and social opportunities for older adults in the Pikes Peak region. This program offers a wide array of subjects taught by preeminent instructors in their fields of endeavor. If interested, call 719-633-4991 or email at Director@PillarInstitute.org

2. Grytt Fjall Viking Village:



Help build a living Viking museum just an hour away in Hartsel, Colorado. Your support helps create a hands-on cultural and heritage center where visitors can experience Viking-era skills, traditions, and daily life. Your donations help the surrounding community find employment and support children's education in Colorado by helping create a fully living Viking village in the Colorado Rockies. Possible Upcoming Sponsors: American Scandinavian Society, Sons of Norway, Gudvangen Viking Village.

We are dedicated to educating the next generation through real, hands-on experience. This village will change how children view history by offering an immersive experience in one of the most imaginative, mysterious, and beautiful cultures that still shapes our lives today! A registered nonprofit. Alan Nelson, CEO, 719-725-4222. Donate at Gryttfjall.com.

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

Previously, Erik Tjelmeland presented "Womb To Tomb" benefits available to all Norwegian citizens. Part two will conclude with American burial considerations, by Teresa "Terri" Cain, a Dignity Memorial representative, on 14 October 2026.



4. Fjellheim Norwegian Language Classes:



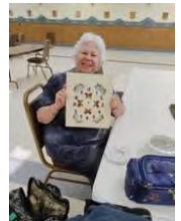
Our in-house Monday Norwegian language lessons at Fjellheim Lodge are being held in the Viking Hall at 3:30 pm, 4:30 pm, 5:30 pm, and 6:30 pm for our Advanced, Intermediate, Advanced Beginner, and New Beginner classes. Our next upcoming classes will be on October 19th.

5. Fjellheim Rosemaling classes:



Cindy Bauer will hold one more of her exceptional rosemaling classes on October 10th and November 21st, 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.

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



6. Fjellheim Book Club:

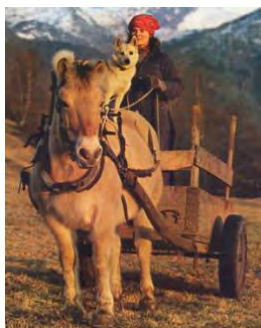


On October 19th, we will discuss *The Resistance Girl* by Mandy Robotham. Set in Nazi-occupied Norway in 1942, the novel explores the bravery, misfortune, and resilience of the Norwegian resistance. The main character is Rimi Orlstad, a member of the Norwegian resistance. Her father, Peder, runs the 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.



Our November 16 book event will feature the improbable story of *The Accidental Shepherd: How a California Girl Rescued an Ancient Mountain Farm in Norway* by Liese Greensfelder. This past June, your Fjellheim Lodge representatives attended an hour-long presentation by Liese at this year's SON District 6 Convention. It was a compelling true story about her as a naïve 20-year-old California girl in 1972. Expecting a month-long summer internship at a remote mountain farm in Øystese, Norway, she arrived only to find her employer, Johannes Hovland, hospitalized after a stroke. With no prior farming experience and little to no Norwegian, she was left alone on a farmstead high above the Hardanger Fjord to care for 115 sheep, two cows, a calf, a draft horse, and a herding dog named Bella. The story that follows is a tribute to her compassion, dogged determination, and the kinship of her neighbors, which later made her a nationwide Norwegian celebrity and earned her a SAS first-class seat home to California. Here is an [interview](#) with Liese Greensfelder that will be a great prelude to your reading of this intriguing book.

*The Fjellheim book club, led by Linda Ross, 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 feel free to suggest a book of your own!*

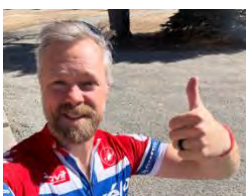
Getting to know your Fjellheim Fellow Members ...



I am Mark Wedo, your current Sons of Norway Fjellheim Lodge President. You can see my beautiful wife, Cathy Wedo, in the attached photo. I grew up in Northeast Iowa. After high school, I joined the Air Force, retired after 24 years, and then worked 20 more years as a defense contractor. Now we are retired and living life to the fullest, traveling the world and staying very busy. If you see me at the Lodge, come up and say hello; I would like to get to know you all better.



I, Dave Haugen, grew up in a small farming community in northern Minnesota. After graduating from the Air Force Academy, I flew C-130s in the military for 26 years. I continued in aviation as a commercial airline pilot and retired from American Airlines in 2017. Juana and I have one son, who is married and serves in the Air Force. I have been a member of Sons of Norway Fjellheim Lodge since 2012 and currently serve as your supporting officer marshal.



Our Fjellheim Cultural Director, Adam Lawrence, was born in upstate New York, the grandson of a Norwegian immigrant, Mangard Gundersen, who left southeast Norway in 1929 in search of a bigger life in America. Adam grew up split between New York and Virginia, where he joined the Navy at age 18. His last duty station was here in Colorado Springs at NORAD and United States Northern Command, where he retired after 20 years of service. His wife, Daniela, and two boys, Gunnar and Teddy, now live in the San Luis Valley but still make the trip to Colorado Springs to attend our heritage meetings regularly. Adam has stayed in close contact with his family in Norway and plans to visit again in June 2027.



I, Erik Tjelmeland, have been your Fjellheim Norwegian language moderator for the past 5-plus years. For the past year, I have served as your Flammen Editor. I hope you have enjoyed the many efforts of our contributors.

My faithful wife of 52 years, Patricia, has really enjoyed the Sons of Norway camaraderie, especially being in the Lodge kitchen making lefse. We retired in Colorado Springs 13 years ago after a 30-year career in the Dental Corps of both the United States Navy and the Air Force. We look forward to meeting all of you at our monthly Heritage meeting and at special events held throughout the year at our Viking Hall.

September 2026 Fish Fry, Heritage Meeting & Anniversary Member Picture Collage (identities pictured left to right)

September 9, 2026, was a special day at our 6:30 pm Heritage Meeting!

We honored our Sons of Norway Anniversary members with pins and certificates to recognize their dedication, commitment, and years of service.

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 Lesoung

50-Year Member: Julie Furstenau

Say "Tusen Takk" to them for their membership and loyalty over the years.



Kerry Hefta is presenting Mark Wedo, Catherine Wedo and Newell Nesheim with their 5-year certificates.



Kerry Hefta is joining our 10-year certificate holders: Les Bailey, Mary Lou Bailey, Patricia Tjelmeland and Sharon Martinez.



Clarence Versluys and Kari Beck, both 15-year members via Mark Wedo



Kerry Hefta presenting Michael Johaneson with 20-year certificates for him and his wife, Carol.



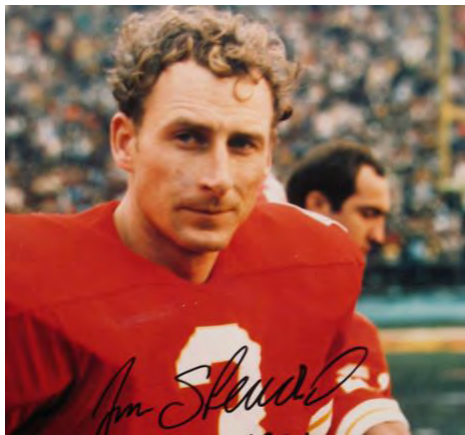
Mark Wedo and Kerry celebrating with our 30-year **Golden Member**, Margrethe Smith



Ready to enjoy a walleye feast: Daryl Skoog, Joan Skoog, Michael Hove Romans, Jutta Romans, Cita Helseth, and Lori Coughlin

Eunice C. Sonsteli-Bluhm and her grandson Hunter Hughes enjoying generational get together at our 53rd Annual Fish Fry.

The Norwegian Who Changed the Game of American Football



This Norwegian didn't just play football; he fundamentally changed how the game was played. As the first "pure" placekicker inducted into the Pro Football Hall of Fame, he stands as a monumental figure in American sports history. He bridged the snowy hills of Norway and reached the highest echelons of the National Football League, transforming a sidestepping, soccer-style technique into a precise, indispensable weapon.

Before he ever laid eyes on an American football, Jan Stenerud was an elite athlete in a completely different sport. Born in Fetsund, Norway, in 1942, he earned a scholarship to Montana State University for his ski-jumping prowess.



The Accidental Phenom: From Ski Jumps to the Stadium Steps

His path to football immortality began by chance. While running stadium steps for a workout in 1964, he casually kicked a football with the side of his foot—a soccer habit from his childhood. The ball didn't just clear the crossbar; it flew past the goalposts and deep into the stands. Seeing this raw power, the coaching staff promptly gave him a tryout. In his first college season, he shattered expectations by booting a historic 59-yard field goal, convincing the Kansas City Chiefs to select him in the 1966 AFL Draft.

A Revolution in Style and Substance

When Stenerud entered professional football, kicking was largely a part-time job handled by rugged linemen or quarterbacks who kicked with a straight toe. Stenerud—alongside early pioneers such as the Gogolak brothers—helped normalize the elegant, high-speed, soccer-style approach. But Stenerud's unparalleled combination of distance, trajectory, and consistency truly revolutionized the position.

He forced opposing coaches to rewrite their defensive playbooks. Suddenly, teams had to respect an offense that could score from beyond the 40-yard line. His finest hour came in Super Bowl IV in 1970, when he accounted for the Chiefs' first 9 points by drilling three consecutive field goals—including a then-Super Bowl record 48-yarder—propelling Kansas City to an incomprehensible victory over the Minnesota Vikings.

The Tale of the Tape: Career Accomplishments

Over an astonishing 19-season career spanning 263 games, Stenerud proved to be an iron man, famously never missing a game due to illness or injury.

Milestone / Honor	Achievement Details
Pro Football Hall of Fame	Inducted in 1991; the first exclusive kicker to enter Canton.
Career Points scored	1,699 points (ranked 2nd all-time at his retirement).
Field Goals Made	373 successful kicks.
All-Star Selections	6-time All-Star (4 NFL Pro Bowls, 2 AFL All-Star games).
All-Pro Honors	6-time First-Team All-Pro (4 NFL, 2 AFL).
All-Time Teams	Named to both the NFL 75th and 100th Anniversary All-Time Teams.
Team Hall of Fames	Enshrined by the Kansas City Chiefs and Green Bay Packers.

Endurance, Resilience, and Legacy

Though his 13 years in Kansas City defined his prime, Stenerud's longevity was remarkable. He later brought crucial consistency to the Green Bay Packers in the early 1980s and concluded his legendary career with the Minnesota Vikings, playing at an elite level until retiring at age 43 in 1985.

Stenerud faced the unique psychological pressures of the kicker position with immense grace. When he struggled or missed heartbreaking kicks—such as the infamous double-overtime Christmas Day playoff game in 1971—he never deflected blame or made excuses. He simply kept practicing, letting his lifetime of statistics speak for themselves.

When Jan Stenerud stood at the podium in Canton in 1991, he humbly, in typical Norwegian style, noted that his induction belonged to every kicker who would follow. Today, the Chiefs have retired his iconic No. 3 jersey, and a street in his hometown of Fetsund bears his name. He transformed a specialized footnote of the position into an art form, proving that a single foot could alter the course of football history.



In Loving Memory...
Ruth Annette Wiig
Sep 25, 1940 – Aug 20, 2026

The world lost a kind and beautiful soul with the passing of Ruth Wiig, age 85, who passed away peacefully at home on August 20, 2026, surrounded by family.

Ruth was born on September 25, 1940, in Minneapolis, Minnesota, to Mable and John Grussing. She grew up in Hopkins, Minnesota, with her five siblings. Some of her fondest childhood memories were ice skating at the local rink in Minnesota and visiting relatives at the family farm in Clara City.

Ruth met the love of her life, Paul Wiig, in high school. What began as a young love grew into an extraordinary partnership that would span a lifetime. Ruth and Paul shared 68 years of marriage, building a beautiful life together with their family. Their love, built on laughter, bargains, sales, books, friendship, and unwavering commitment, was truly special and served as an example and inspiration to everyone fortunate enough to witness it.

Together, Ruth and Paul welcomed two sons, Robert and Randy, and eventually watched their family grow to include grandchildren and great-grandchildren, who became among Ruth's greatest joys. After working in retail and the food industry, Ruth and her family relocated to Colorado Springs in 1968. There, she found great joy in watching her sons grow, cheering them on through sports and life's milestones. She took immense pride in the men they became and was always one of their greatest supporters.

There, Ruth found her passion in a career that seemed tailor-made for her. Her heart had always belonged to children and books, and she became an elementary school librarian with Colorado Springs School District 11. For Ruth, being a librarian was never simply a job. It was an opportunity to make children feel welcome, valued, and loved. Ruth made every moment with each student special through the magic of imagination and storytelling. She taught children to believe in themselves and in their ability to become anything. Her school library was a special place. Children could climb into the bathtub she kept there and curl up with a book, or gather around her as she read aloud, somehow bringing the characters, adventures, and magic within the pages to life. She had a remarkable gift for making children feel important, and her students returned her love many times over. Generations of children were fortunate enough to know her not simply as their librarian, but as someone who made their school and their world...a little brighter.

Her grandchildren will remember moments that might have seemed ordinary at the time but became some of life's most treasured: back-to-school shopping trips, wandering through the bookstore, attending church on Christmas Eve, family ski trips, special brunches and luncheons with tea at the Broadmoor, swimming, and visiting the North Pole. Of all the beautiful memories her family will carry forward, the sound of her voice singing 'You Are My Sunshine' as they swung together in the hammock will remain one of the most precious. Above all, Ruth will be remembered for how she loved people.

She loved her husband and family unconditionally, but her kindness did not stop there. As a natural optimist and caregiver, Ruth had a way of offering the same love, compassion, and acceptance to nearly everyone who crossed her path.

Her smile, gentleness, laughter, love of children and books, and the incredible warmth she brought to others will be deeply missed. Her family is profoundly grateful for the years they were blessed to spend with her and for the example she set in living with kindness, generosity, hope, and unconditional love.

Ruth is survived by her beloved husband of 68 years, Paul Wiig; her sons, Robert Wiig (Christy Wiig) of Grand Junction, Colorado, and Randy Wiig of Montrose, Colorado; her cherished grandchildren, Heidi, Kari, and Chris; and her beloved great-grandchildren, Autumn, Hunter, Dominic, Chase, and Zoe. She is also survived by her sister, Joan; her brothers, Don and Marv; her sisters-in-law; her nieces and nephews; her extended family; her former students; and many others whose lives she touched with her kindness. Ruth was preceded in death by her parents, Mable and John Grussing; her brother, John Grussing Jr.; and her sister, Judy Booth.

In lieu of flowers, the family requests that memorial contributions be made to The Sons of Norway Lodge, 1045 Ford St., Colorado Springs, CO 80915, in Ruth's honor. Ruth and Paul were Charter Members of the Lodge, established in September 1973. During her 53 years of membership, she was a mainstay in volunteer activities and skits and went above and beyond to foster fellowship for everyone who came through the doors.

In keeping with Ruth's wishes, no formal memorial service will be held. Instead, she wanted those who knew and loved her to remember the good times—the laughter, the adventures, the stories, the family gatherings, and all the beautiful moments they were fortunate to share with her. Perhaps the greatest tribute to Ruth is simply to live as she did: love people generously, believe in the good in others, make children feel special, find joy in a good story, and leave the world a little kinder than when you found it.

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

1045 Ford Street, Colorado CO 80915



Kendall Kjerstad

Financial Benefits

Counselor

Cell: (970)-978-1634

Office: (970)-697-1114

KJERSTADKENDALL@YAHOO.COM
WWW.SONSOFNORWAY.COM



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THEFINNISHCOTTAGE.ETSY.COM

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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

