

November 2026 **Volume 45, Issue #10**

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

www.sonsofnorwaycs.com

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.**

SONS of NORWAY
Celebrating 50 Years
Fjellheim Lodge | Colorado Springs
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.

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 $10.00 =	$
Cookies – Large Box		X $15.00 =	$
		Total =	

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 & registration.

NOTES/Special Requests: _____



It's been a busy time for us at the Lodge, as we just wrapped up the Viking Fair, which was a great success. We have a number of folks to recognize for a job well done in putting it all together. I'll do my best to recognize them at our next Heritage meeting, as I don't want to forget anyone on the list. A host of volunteers organized and staffed the event, and I want to send them all a special thanks.

As you may know, Cathy and I have been traveling again for the past 30 days, and we just arrived home. We went to Alaska, Japan, Taiwan, Hong Kong, Vietnam, and finally Singapore. On the trip, we met so many great people both on the ship and at each stop. We found Asian culture to be among the politest and kindest you could meet. I hope everyone has a chance to experience these countries one day. All of them were great, and I wondered what Vietnam would be like, but they welcomed us with open arms. The Vietnamese folks really accepted us and welcomed us in many ways. There is no doubt that they are a communist country, and they do talk a lot about the war with us, but they seem to generally like Americans. We visited many temples and historic sites.

While traveling, I often wore my Sons of Norway hat, and several folks came up to talk to me, many of them from Canada and other parts of the US, since they were members. It was great to talk with other SON members from other countries. Overall, it was a wonderful time for us; now back to real life here at home, catching up on appointments.

We will soon be experiencing snow and cold weather; for some it is already here. We will also be sharing Thanksgiving meals together and opening Christmas presents before you know it. We have many events coming up, and I look forward to seeing each and every one of you there.

Our cultural team has been busy planning events for our Heritage meeting, and I think you will really enjoy them. I'd like to thank them for bringing together these special guests and events for our Heritage meeting, as organizing them takes a lot of time.

I hope everyone is doing well, and I look forward to speaking with you at the next Heritage meeting or special event. Until then, enjoy life, and thank you for allowing me to represent this wonderful organization.

I wish you peace and harmony.

Mark Wedo

The huge gathering of our 2026 Viking Fair



2026 Upcoming Fjellheim Meeting and Event Schedule

(November Flammen Edition)

Event	Next Upcoming Date(s)	Time	Place, Topic, and/or Instructions
Card Social and Potluck	Tuesday, 03 November Tuesday, 01 December *(1st Tues each month)*	12:30 pm	Viking Hall *Potluck first and then cards!*
Fjellheim Board Meeting	Wednesday, 04 November Wednesday, 02 December *(1st Wed each month)*	2:00 pm	Viking Hall
Fjellheim Management Corporation (FMC) Meeting	Wednesday, 11 November Wednesday, 09 December *(2nd Wed each month)*	5:30 pm	Viking Hall
Pre-Heritage Meeting Potluck	Wednesday, 11 November Wednesday, 09 December *(2nd Wed each month)*	6:30 pm	Viking Hall
Heritage Cultural Event	Wednesday, 11 November Wednesday, 09 December *(2nd Wed each month)*	7:00 pm	Viking Hall *See the subsequent announcement in this Flammen for details.*
Fjellheim Cooking Classes	TBD	10:00 am until done	Viking Hall *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.*
Norwegian Language Classes	Monday, 02 November Monday, 09 November Every Monday each month	3:30 pm - Advanced 4:30 pm - Intermediate 5:30 pm - Adv Beginner 6:30 pm - New Beginner	Viking Hall Contact Erik Tjelmeland at 719-205-2539 or at his email address norsk75usa@gmail.com. See the subsequent announcement in this Flammen for details.
Fjellheim Rosemaling Classes	Saturday, 21 November	11:00 am to 3:00 pm	Viking Hall Contact Cindy Bauer, 719-330-1275. See subsequent announcement in this Flammen for details.
Fjellheim Book Club	Monday, 16 November (3rd Mon each month)	2:30 pm	Viking Hall Contact Linda Ross: lrlr1028@gmail.com or 719-271-3439. See subsequent announcement in this Flammen for details.
Trollheim Christmas Fair	Fri – Sat, 06-07 November	10 am to 3 pm	Trollheim Lodge, Lakewood, Colorado Details TBD
Lutefisk and Meatball Dinner	Saturday, 14 November	1:00 & 4:00 pm servings	Viking Hall Reservations: Karen Ravnaas at 719-390-0621 or see the upcoming Flammen flyer.
Traditional Norwegian Julebord	Saturday, 12 December	1:30 pm - social 2:00 pm - dinner	Viking Hall This sponsored Fjellheim Lodge will provide the main course, and salads, sides, desserts, etc. Details to follow.



Sunshine Report – November 2026

Happy Birthday and Joyous Anniversary to everyone celebrating in November.

See you at the Lutefisk Dinner!

Gratulerer Med Dagen

November Birthdays

Gwen Carlson	1	Les Bailey	23
Elizabeth Ann Skrukrud	3	Calvin Dale Utke	24
Patricia Ann Tjelmeland	4	Donald M Simpson	28
Sarah G Ostrem	5	Heritage and Juvenile Members	
Edie Mattox	10		
Karen Lynn Emanuelson-Sablan	11	Gunnar Lawrence	7
Maria E King	18	Charlotte V Ostby	16
Annastacia T Hackett	23	Noah A Hommel	30

Lois Halvorson is recovering from hip replacement surgery. She is doing well and healing quickly.

Beverly Beasley is recovering from surgery to remove cancerous tissue from her left arm and face. She is recovering slowly but steadily and hopes to be back in November.

Please keep these folks in your thoughts and prayers.



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

Our Lutefisk and Meatball Dinner is an event you don't want to miss! See flyer on first page.



Mike Johanasen serving up his speciality - Norwegian lutefisk

Left and right pictures taken in 2025



Cynthia Pechacek and Eileen Larson looking forward to a great meal.

November 2026 Fjellheim Flammen Announcements:

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



On November 11, 2026, we are honored to host Tony Hjelmstad, a genealogist from our neighboring Highlands Ranch, Colorado, Sons of Norway Fjelldalen Lodge.

Tony will present strategies for navigating the fluidity of patronymic changes, family naming variations, and shifting farm identifiers when tracing Norwegian ancestors. He will guide you through key American sources—including naturalization papers, census schedules, and federal homestead files—to reliably connect records and establish true identities. Tony will also detail transatlantic travel routes, passenger lists, and port records to help you reconstruct your ancestors' complete journey from Norway to North America.



On December 9, 2026, Lt. Col. Mitch Utterback, a retired U.S. Army Special Forces officer and Sons of Norway member, will speak about Operation Rype: the only U.S. combat mission in Norway during World War II. *Rype* is the Norwegian term for the alpine grouse, or ptarmigan, a bird known for surviving harsh, snowy northern climates.

On March 24, 1945, during the final weeks of the war in Europe, the Office of Strategic Services ski troops parachuted onto the frozen *Gjefsjøen* lake in north-central Norway, near the Swedish border, to sabotage transportation lines. Their objective was to destroy the railroad tracks the Germans would use to move nearly 400,000 occupation troops out of Norway to defend Nazi Germany. Patriotic Norwegians supported Operation Rype at every stage, from the initial parachute jump to the *syttende mai* victory parade in Trondheim.

In March 2025, Mitch Utterback led an expedition commemorating the 80th anniversary of Operation Rype. He has published two articles about the mission in Viking Magazine. His presentation will take you back to 1945. As a prelude, you will gain insight into this patriot's humanity through the audio titled Family and Friends: Mitch Utterback.



10 February 2026: The Science Behind Contrast Therapy will be presented by Thomas (Thom) Salo, Col., USA (Ret.). Long before it became a wellness trend, Nordic families stepped out of a hot sauna and into the snow or an icy lake.

Thom Salo of Sisu Longevity Studio will explain what happens in your body when you go from hot to cold, drawing on decades of Finnish research on sauna bathing and the studies of Danish researcher Dr. Susanna Søberg on winter swimmers. You'll leave with simple, practical ways to bring this old Scandinavian ritual into your routine, whether or not you ever set foot in a cold plunge.

2. Fjellheim Norwegian Language Classes:



Our in-house Monday Norwegian language lessons at Fjellheim Lodge 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. These classes cover grammar, reading, writing, translation, and pronunciation, and you will also be immersed in Norwegian current events, culture, and mindset.

3. Fjellheim Book Club:



Our November 16th 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*

4. Fjellheim Rosemaling classes:



Cindy Bauer will hold one more of her exceptional rosemaling classes on November 21st, from 11:00 am to 3:00 pm, at our Viking Hall. Here are unique creations by Bjørg Mapstone (left) and Karen Emanuelson (right), made under Cindy's guidance.

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



5. Books on our Norwegian American past at a Deep Discount



Here is a wide range of Norwegian maritime publications by Olaf Engvig, perfect for a great Christmas gift. Olaf Engvig is an award-winning Norwegian American author. He has been a Sons of Norway member for 30+ years and is well known for his presentations. He holds a graduate degree in maritime history and is an expert on Scandinavian ships and their construction materials (wood, iron, and steel). Born in Norway, he now resides in California. He was named Scandinavian American of the Year in 2015, received the Karl Kortum Maritime History Award in 2018, and received two Norwegian royal medals for his work preserving our maritime heritage. Contact Olaf and Mona Engvig at 818-266-5170 or monaenvig@earthlink.net for the applicable discount on this offering.

Getting to know your Fjellheim Fellow Members …



I, Kerry Hefta, grew up in eastern North Dakota and northwestern Minnesota as the oldest of eight children. Because my dad managed grain elevators, we moved from one small town to another before finally settling in the "big city" of Grand Forks—population 60,000, which is pretty big by North Dakota standards! I spent summers on farms in Traill County with my grandmothers and my Norwegian bachelor uncles. With about 90% of the county's population Norwegian, I assumed every adult over 40 spoke more than one language!

I attended the University of North Dakota in Grand Forks, where I majored in Math and Education. I taught math in two small North Dakota towns before earning a Computer Science degree. Along the way, I took a short-lived gig as a blackjack dealer at the American Legion—a job that has given me stories to this day!

I then joined Sperry Corporation in the Twin Cities as a software engineer, where I worked for 17 years. During that time, I became active in the cycling community and even tried my hand at bike racing for a while. Who knew? It turned out I was a better sprinter than a long-distance cyclist! I also took up Nordic skiing and competed in many citizen ski races. I even finished the Birkebeiner in Cable, Wisconsin, seven times—but don't ask me what my times were!

In 2001, I moved to Colorado to work for Lockheed Martin. Wanting to keep my Norwegian traditions alive—something a little harder to do out here—I joined Sons of Norway. I also took up downhill skiing, though I never quite got used to the idea that there was no uphill section to help scrub off speed! I was disappointed by how mild the winters were and by how little snow we kept. No skiing right out the door here!

While working at Lockheed Martin in Colorado Springs, I met my husband, David Crawford. I retired in 2017 and have never looked back. Retirement has given me more time to enjoy my Fjellheim community, family, and activities such as cycling, hiking, gardening, skiing, traveling, and, of course, lefse-making. I wouldn't have it any other way!



I am Terry Mapstone. My wife, Bjorg, and I have held various positions in the Lodge, including treasurer, president, and lodge councilor. I am from Pennsylvania/New York, and Bjorg was born in Alta, Finnmark County, Norway. We have two children, Scott and Ellen, and six grandchildren. We settled in Colorado Springs in 1998 after 27 years in the Army. You will usually find me fixing things in the lodge and kitchen during our major events, such as Lutefisk and Fish Fries.

November 2026 Viking Fair Collage



Debbie House and Joyce Suter selling lefse and cookies



The kitchen crew:
Ellen Hardy, Carol Hackett, Adam Lawrence, B.J. Mapstone, Chris Hardy, Jane Johnson



Eunice Bluhm, publicity officer



Kerry Hefta sold Norwegian sweaters.



Rosemaling instructor Cindy Bauer & daughter, Katie Ackerman



Jean Luce & Karen Ravnaas sold breakfast and lunch tickets



Nancy Allen and Tenna Barager sold cookie boxes & other goodies

To our great Fjellheim volunteers, members, guests and vendors:

Thank you to our generous, thoughtful members, friends and vendors for supporting this year's 17th Viking Fair. The event was a great success, with steady attendance. This is a major Fjellheim fundraiser, and we met our goal, raising nearly $4000 in gross revenue.

Everyone seemed to enjoy our venue and what we offered that day. Our visitors gave countless kudos to the baked goods, brunch casseroles, lefse, heritage items, "the white elephants objects", and the raffle table. Your volunteer time and energy in selling these items, greeting visitors, and directing attendees to the delicious Scandinavian food from our kitchen staff were invaluable. This also included the Norwegian nisse handouts with bokmål words and pictures, as well as face painting, which made the day special for several children.

Thanks to our members who worked on our signage and communications, helped our valued vendors with their contributions, set up and decorated our Viking Hall, cleaned up, and pitched in wherever it was needed. Below is a list of individuals and their most valued contributions. Even Scandinavians can be proud enough to pat themselves and others on the back. A job well done! ***Tusen Takk!***

Til slutt takker vi alle som deltok på messen. Vi håper å se dere neste år.
(In closing, we would like to thank everyone who attended the fair. We hope to see you all next year.)

Eunice Bluhm
A Grateful Fjellheim Publicity Director

Viking Fair Directors/Coordinators:		
Eunice Bluhm	**Jean Luce**	**Becky Tamblyn**

The Tasty-Sweet cookie, brownie, fudge, pie, granola and pumpkin bite preparers:						
Nancy Allen	Brenda Anderson	MJ Berg	Eunice Bluhm	Kelly Garrett	Kathie Godsill	Jane Johnson
Kerry Hefta	Debbie House	Cheri Hughes	Jean Luce	Bjørg Mapstone	Terry Mapstone	Sharon Martinez
Cynthia Pachacek	Maria Pierce					

The Fancy Cookie Box Packers:					
Nancy Allen	Kathy Godsil	Debbie House	Jean Luce	Jane Johnson	Maria Shea

The Way-Cool Kitchen Staff:							
Carol Hackett	Ellen Hardy*	Chris Hardy*	Jane Johnson	Adam Lawrence	Bjørg Mapstone	Terry Mapstone	Norm Pachacek

** Ellen and Chris, daughter and son-in-law of the Mapstones, came all the way from California!*

Front room sales and auction organizers:					
Teena Barager	Kerry Hefta	Debbie House	Ginny Johnson	Jerry Johnson	Eileen Larson
Kathie Godsil	Lauren Lehman	Sharon Martinez	Cynthia Pechacek	Maria Shea	Joyce Suter

Table and "Heavy Item Slingers":				
Dave Haugen	John Larson	Newell Nesheim	Joe Pierce	Patrick Pierce

Large room sales, table arrangers, decorators, clean-up crew and social butterflies:					
Kathie Godsil	Gunnar Lawrence	Jean Luce	Maria Pierce	Terry Mapstone	Newell Nesheim
Karen Ravnaas	Becky Tamblyn				

Note: *If we missed anyone or anything, please let Erik Tjelmeland (norsk75usa@gmail.com) know so we can make a correction and express our appreciation in our December Flammen.*

November 2026 Fjellheim Educational Corner

Important November Dates in Norwegian History

November is an important month in Norwegian history, marked by events that reflect Norway's struggle for independence, the development of its democracy, its cultural heritage, and its commitment to peace. Although May 17, Norway's Constitution Day, is the country's most famous national celebration, several dates in November also mark significant turning points in Norwegian history.





November 4, 1814, is one of Norway's most significant dates. Following the Napoleonic Wars and France's defeat, Norway became a prize of war, and Sweden took control after centuries of Danish rule. Norway adopted its own constitution on May 17, 1814, at Eidsvoll, declaring its independence. However, after a brief conflict with Sweden, the Norwegian Storting revised the constitution on November 4 to accommodate the new union. The Swedish king, Charles XIII, was elected king of Norway. Importantly, Norway retained its constitution, parliament, and considerable internal independence. This arrangement helped preserve Norwegian national identity and laid the foundation for the country's eventual independence in 1905.

(The two pictures on the left show the Constitutional Hall in Eidsvoll, Norway, where Christian Magnus Falsen (1782–1830), the author, presided over the signing.)

November 1905 marked another major milestone in Norwegian history. After Norway peacefully dissolved its union with Sweden on June 7, 1905, the country had to decide whether to become a republic or retain a monarchy. On November 12–13, 79.8% of Norwegian voters backed the government's proposal to invite Prince Carl of Denmark to become king. On November 18, Prince Carl accepted the Norwegian throne and became King Haakon VII. He arrived in Kristiania (now Oslo) on November 25 with his wife, Queen Maud, and their young son, Crown Prince Olav. King Haakon VII became a powerful symbol of Norwegian independence and later of national resistance during the German occupation in World War II.

Although Norway remained neutral during World War I, the conflict severely affected Norwegian shipping, trade, and daily life. Hundreds of Norwegian merchant ships were lost, and many sailors died. The November 11, 1918, armistice ended fighting in Europe and marked a pivotal moment for Norway's maritime community. The war demonstrated how vulnerable a neutral nation could be in international conflicts.

November 1944 was a significant period in Norway's experience of World War II. Following the Soviet advance into northeastern Norway in October, German forces retreated westward, destroying towns, homes, and infrastructure throughout Finnmark and northern Troms. In November, Norwegian forces began returning to the liberated areas of eastern Finnmark. This marked the start of the restoration of Norwegian authority in the region, although the occupation of the rest of Norway continued until May 1945.



(Right: Soviet Liberation Monument (Frigjøringsmonumentet) in Kirkenes, Norway)

On November 28, 1994, a national referendum confirmed that Norwegian voters rejected membership in the European Union. Approximately 52.2 percent voted against joining. The decision reflected concerns about national sovereignty and a desire to retain their own currency, agriculture, fisheries, and control over natural resources. Norway, however, maintained close economic ties with Europe through the European Economic Area agreement.

These important November dates underscore Norway's long journey toward independence, democracy, and national self-determination. From the 1814 constitutional compromise and the 1905 establishment of an independent monarchy to the challenges of two world wars and the 1994 European Union referendum, November has repeatedly brought pivotal decisions and historical change. Together, these events demonstrate the Norwegian people's determination to safeguard their independence, democratic institutions, and national identity.

Directory and Advertisements

2026 Fjellheim Board Offices *June 2026 updates*	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	

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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