

# Fjelldalen's NYTT



"Mountain Valley"



## SONS of NORWAY

Fjelldalen Lodge #6-162  
Highlands Ranch, Colorado

September-October 2024  
Volume 29, Issue 5

Christ Lutheran Church  
8997 S. Broadway, Highlands Ranch

<https://www.fjelldalen.com/>  
<https://www.facebook.com/groups/fjelldalen.lodgecolorado/>



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### August 2024

- 27 6:30 Board Meeting
- 31 10:00 IKEA Breakfast

### September 2024

- 7 9:30 **Genealogy—Zoom Meeting**  
Follow Up—What to do next!!!
- 14 12:00 **Potluck and Lodge Meeting**  
Bryan Campbell, Norse Mythology
- 21 9:30 **Hiking Vikings**
- 24 6:30 Board Meeting
- 28 10:00 IKEA Breakfast

### October 2024

- 5 9:30 **Genealogy—Zoom Meeting**  
Using Spreadsheets for Genealogy
- 12 12:00 **Potluck and Lodge Meeting**  
Remembrance of Friends
- 19 9:30 **Hiking Vikings**  
*Stein Fjell Scandinavian Dinner*
- 26 10:00 IKEA Breakfast
- 29 6:30 Board Meeting

### November 2024

- 09 *Fjelldalen Lutefisk Dinner*
- 16 *Trollheim Lutefisk Dinner*

### SONS OF NORWAY MISSION STATEMENT

The mission of Sons of Norway is to provide quality insurance and financial products to our members, promote and preserve the heritage and culture of Norway, and to celebrate our relationship with other Scandinavian countries.





# Fjell dalen Lodge #6-162 Highlands Ranch, Colorado



# SONS of NORWAY



<https://www.fjell dalen.com/>

facebook

<https://www/facebook.com/groups/fjell dalen lodge colorado>

## Upcoming Lodge Events !!!

- 31 August IKEA Breakfast—10:00 Meet and Greet
- 14 Sept. Potluck and Lodge Meeting—12:00  
Bryan Campbell, Norse Mythology
- 21 Sept. Hiking Vikings—9:30—email will come
- 28 Sept. IKEA Breakfast—10:00 Meet and Greet
- 12 Oct. Potluck and Lodge Meeting—12:00  
Remembrance of Friends
- 19 Sept. Hiking Vikings—9:30—email will come
- 26 Oct. IKEA Breakfast—10:00 Meet and Greet
- 9 Nov. Lutefisk — Dinner 1:00



Web Site



Facebook



Zoom Link

## Genealogy Meetings (ZOOM)

- 7 Sept. Follow Up—What to do next!!!
- 5 Oct. Using Spreadsheets for Genealogy
- 2 Nov. How to use a Bygdebok

Genealogy Zoom ID: 860 5229 1262 Passcode: 700388

Email [Genealogy@Fjell dalen.com](mailto:Genealogy@Fjell dalen.com) for more information.

[Click Here to Join ZOOM Meeting](#)

<https://us02web.zoom.us/j/86052291262?pwd=Vm9vR3F6dnNOcHhWNXNENlpXZjM3UT09>



Email Link



## King Soopers donations give Fjell dalen an income of about \$800 a year.

If you shop at King Soopers, use your Rewards Card account (sign up for one if you don't have it) and designate Fjell dalen Lodge as the target of your donations.

Go to <https://www.kingsoopers.com/account/communityrewards>.

If you need help, Contact Don Speas at 720-299-7309 or [Publicity@fjell dalen.com](mailto:Publicity@fjell dalen.com).





Fjell dalen Lodge #6-162  
Highlands Ranch, Colorado



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## President's Message

Hei Friends,

At the District Six Convention this past June, Fjell dalen was named Lodge of the Year for 2022!!! Congratulations everyone! You make our Lodge a special place.

We all had a nice time together at our annual Picnic at Redstone Park on August 10th. Thank you to Lise for making the reservation and to Don and Marilyn for all your preparation and supply work! I know I had a great time acting as 'The Grill Master'... I hope you all had enough to eat.

I am really looking forward to the presentation on Norse Mythology at our September meeting. Cecile is doing a great job setting up all these interesting programs!

I know Crystal has put a lot of hard work into our upcoming Remembrance of Friends for our October meeting. I hope you will make every effort to attend this special Day, as this is what we are all about—family and friends!

Our Brunch at Ikea on the fourth Saturday of the month is gaining steam... I think we had over 30 people at our last get-together! It's just what it sounds like: brunch with Friends. If you haven't made it out yet, we would love to see you there!

Our Lodge is growing by Leaps and Bounds. I am so happy to see so many new faces and meet so many new friends. I hope you feel at home and love our Lodge as much as I do. Please let me know if you would like a more active role or if you would simply like to 'ease in'... which is totally OK!

Please feel free to invite your family & friends to any of our meetings or events. We would love to meet them!

Hilsen, Kris

### ***Tidløs is coming! They need young Musicians!***

Tidløs, a Norwegian band, is gaining attention with their unique blend of folk-inspired melodies, ambient soundscapes, and indie rock. Their name, meaning "timeless," reflects their goal of creating music that resonates across generations. Known for haunting vocals, intricate guitar work, and evocative lyrics, Tidløs captures the beauty and mystique of Norway in their music.

Tidløs is planning their 5th U.S. tour in the fall of 2025. They will bring their timeless hymns and folk tunes to Trollheim's Lodge Building.

***They need children who sing or play instruments to come play with them when they perform.***

If you have a child or grandchild who sings or plays an instrument, please contact Bev Moe at [bevm259@comcast.net](mailto:bevm259@comcast.net).



# Fjelldalen Lodge #6-162 Highlands Ranch, Colorado



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## The Sunshine Troll

• It was good to see Gayle Rodgers at our picnic. Gayle cannot be left alone and is in her wheelchair when not in bed. Cards and visitors are welcome.



Anthem Place, 6767 S. Broadway, Littleton 80122.

If you know any Lodge member having issues, please contact any of the following with news on any of our members! Let us know if you want the rest of the Lodge to know.

Marylee—[mlhtutor@aol.com](mailto:mlhtutor@aol.com) Don—[publicity@Fjelldalen.com](mailto:publicity@Fjelldalen.com) Tony — [Editor@fjelldalen.com](mailto:Editor@fjelldalen.com)

## CHRIST LUTHERAN CHURCH



Fjelldalen Lodge will be helping Christ Lutheran Church with their Sheridan Food Drive (Partnered with Food Bank of the Rockies)

Don will be emailing "Fjelldalen News" before the meetings of the non-perishable food items that are requested. Please drop off the items in the shopping cart as you come into the meeting. Any questions, contact Don at [publicity@fjelldalen.com](mailto:publicity@fjelldalen.com)

A Sons of Norway  
Community Project

### FOOD DRIVE

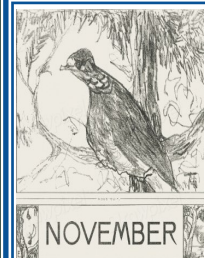
If you change your contact information, want a mug, or need a name badge, contact



Don Speas  
720-299-7309  
[publicity@fjelldalen.com](mailto:publicity@fjelldalen.com)



**Recent New Members**  
Hege & Oliver Lepire  
Destry Gillette  
Jane Gurecki  
Karyn Kingrey



The *December—November 2024* newsletter comes out the last week of October. All items for the next newsletter must be submitted by:

**October 15th, 2024**

Submit to Tony Hjelmstad at

[tony@norsky.net](mailto:tony@norsky.net)





Fjellaldalen Lodge #6-162  
Highlands Ranch, Colorado



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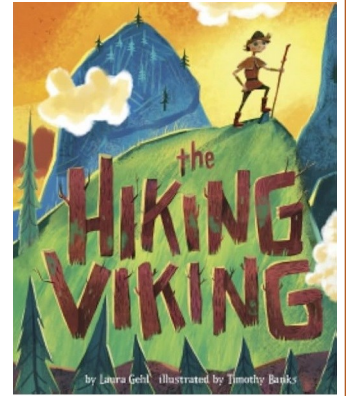
## Fjellaldalen Activities

### Fjellaldalen's Hiking - Viking Club

The Fjellaldalen Lodge hiking/walking club—Hiking Vikings—meets once or twice a month for a walk/hike.

We explore trails in the Highlands Ranch and the surrounding area and usually have a get-together after at one of the local establishments for a meal and drinks.

Information on each hike will be emailed and/or posted on Evite and we would like your response so we know how many to expect for the after hike social time. You don't have to go on the hike, just join us after for social time.



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### Fjellaldalen's Matklubb (Cooking Club)

Matklubb meets at the Christ Lutheran Church's kitchen prior to our regularly scheduled Lodge Meetings on the second Saturday of the month.



We usually prepare something for the Lodge Potluck that proceeds the Lodge Meeting. In November, we'll help prepare the Lutefisk dinner, in December we'll make cookies for the Cookie Exchange, and in January we'll bake a cake for the Lodge Officer Installation.

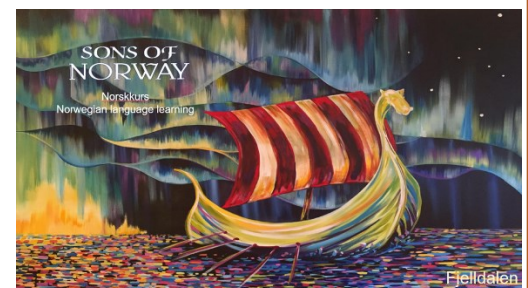
If you are interested in preparing Norwegian recipes, join us at 9:30 am before the Fjellaldalen's monthly meeting. Future recipes will be posted on "Fjellaldalen News", Website and Facebook.

Any questions, contact Don at [publicity@fjellaldalen.com](mailto:publicity@fjellaldalen.com)

## Språklubb Norskurs

Fjellaldalen is starting a Norwegian Language Club. The purpose is to create a modern and effective Norwegian language learning option for our Lodge members and Friends. The language learning will be based on Duolingo, a free Smartphone application, which allows participants to move at their own speed, yet learn as a group. The language learning can be complementary to any other system, apps, tools for anyone at any level of Norwegian language proficiency. We will do this with a monthly meeting and a facebook page.

Contact Eivind Skildheim, 512 289 9143, [vp@fjellaldalen.com](mailto:vp@fjellaldalen.com)





# Fjelldalen Lodge #6-162 Highlands Ranch, Colorado



# SONS of NORWAY

## Fjelldalen Lodge #6-162 Officers for 2024

**President:** Kris Bussell 303-335-5116  
[president@fjelldalen.com](mailto:president@fjelldalen.com)

**VP:** Eivind Skildheim 512-289-9143  
[vp@fjelldalen.com](mailto:vp@fjelldalen.com)

**Secretary:** Karen Campbell 303-364-3827  
[secretary@fjelldalen.com](mailto:secretary@fjelldalen.com)

**Treasurer:** Amber Gardner 720-394-8304  
[treasurer@fjelldalen.com](mailto:treasurer@fjelldalen.com)

**Counselor:** Donita Zblewski 360-791-5858  
[donitanorsk@gmail.com](mailto:donitanorsk@gmail.com)

**Cultural Director:** Cecilie Kingsolver 918-697-4450  
[ckingsolver@yahoo.no](mailto:ckingsolver@yahoo.no)

**Membership:** Lise LeBlanc 303-242-6460  
[mark\\_and\\_lise@yahoo.com](mailto:mark_and_lise@yahoo.com)

**Social Director:** Marilyn Speas 720-299-2158  
[marilynspeas@hotmail.com](mailto:marilynspeas@hotmail.com)

**Auditor:** Guy Duncan 720-254-7594  
[rollydog15@gmail.com](mailto:rollydog15@gmail.com)

**Cultural Assistant:** Linda Ault

**Editor:** Tony Hjelmstad 303-771-1428  
[editor@fjelldalen.com](mailto:editor@fjelldalen.com)

**Social Committee:** Jeanie Erickson  
Leslie Reingold

**Genealogy:** Tony Hjelmstad 303-771-1428  
[genealogy@fjelldalen.com](mailto:genealogy@fjelldalen.com)

**Marshalls:** Dan Schauer 303-795-2255  
[bablan1@q.com](mailto:bablan1@q.com)  
Guy Duncan 720-254-7594  
[rollydog15@gmail.com](mailto:rollydog15@gmail.com)

**Social Media:** Kris Bussell 303-335-5116  
[president@fjelldalen.com](mailto:president@fjelldalen.com)  
Cyndee Ormsby

**Musician:** Jane Hoskinson

**Greeter:** Karen Campbell 303-364-3827  
[karensue61@comcast.net](mailto:karensue61@comcast.net)  
Ruth DeLattre

**Publicity & Webmaster:** Don Speas 720-299-7309  
[publicity@fjelldalen.com](mailto:publicity@fjelldalen.com)

**Foundation:** Ruth DeLattre 623-628-1256  
[rmdelat@yahoo.com](mailto:rmdelat@yahoo.com)

**Historian & Photographer:** Cyndee Ormsby

**Sunshine:** Marylee Hagen 303-771-3778  
[mlhtutor@aol.com](mailto:mlhtutor@aol.com)



President



Vice-President



Secretary



Treasurer

## DISTRICT 6 OFFICERS

**District Six President:** Lis Barca [president@sofn6.org](mailto:president@sofn6.org)

**International Director:** Luella Grangaard [luella.grangaard@sofn6.org](mailto:luella.grangaard@sofn6.org)

**Zone 8 Director:** Diane Molter [zone8@sofn6.org](mailto:zone8@sofn6.org)

**Financial Benefits Counselor:** Kendall Kjerstad 970-697-1114 [kjerstadken-](mailto:kjerstadken-)

Revision 1-1-2024



## Fjelldalen's Matklubb Recipes

### Mushroom Lamb Stroganoff

Serves 2-3

#### Ingredients:

Leftover roast lamb – about 2 cups, cubed	12 (approximately) chestnut mushrooms	1 medium onion
1 clove garlic	4 oz cream	2 tbsp butter
2 Tbsp. flour	a splash of sherry (optional)	1/4 tsp. paprika
1/2 tsp. dried rosemary	1 cup lamb stock	salt & pepper to taste

#### Directions:

- Cube the lamb, crush the garlic and slice the onions and mushrooms. Heat the butter in a heavy-bottomed frying pan and sauté together the onions, garlic and lamb. If the lamb is pre-cooked, sauté the onions and garlic until the onions are translucent and beginning to brown, then add the lamb to heat through. Add the mushrooms at the very end, as they need minimal cooking.
- Once the mushrooms, onions, lamb and garlic are done, remove from the pan with a slotted spoon and keep warm. Stir the flour into the pan juices, stirring to pick up any bits sticking to the bottom of the pan. Cook for a minute or two, then add a splash of sherry (optional), the paprika and rosemary, followed by the stock. Mix well and remove from heat before adding the cream, stirring all the time to prevent lumps. Return to heat and stir to get a smooth sauce. (If the sauce is too thick, add a little milk to thin it.)
- Stir the lamb, onion and mushroom mix into the sauce, heat through and serve on a bed of creamy mashed potatoes.



### Easy Rutabaga Soup

4 servings

#### Ingredients:

olive oil	1 medium onion, chopped	2 garlic cloves, chopped
18 oz. rutabaga, cubed	1 lb. potatoes peeled, cubed	2 medium carrots, sliced
32 fl. oz. (2 cups) vegetable stock (hot)	1/2 bunch of parsley, chopped	1 Tbsp. chopped dill
salt, pepper	chili flakes (optional)	plain yogurt (for serving)
some more chopped dill (for serving)		

#### Directions:

- Peel the onion and garlic and chop. Peel the rutabaga and cut it into cubes. If your rutabaga has leaves, you can use them as well (without the stems) and chop them finely. Peel and cube the potatoes. Peel the carrots and cut them into thin slices. Wash, dry, and chop the parsley. Set everything aside.
- Add some oil to a large pot (or Dutch oven) and heat up. Add the onions and sauté until soft and glossy. Add the garlic, rutabaga, potatoes, and carrots to the pot and continue cooking for 2-3 minutes while stirring often. Add the hot veggie stock, chopped parsley, and chopped rutabaga leaves (if you have some), season with salt and pepper and bring everything to a boil. When the soup starts boiling, cover the pot, reduce the heat and let everything simmer for about 25-30 minutes or until the veggies are done.
- Add the chopped dill and continue cooking for 2-3 minutes. Use an immersion blender or a potato masher and puree/mash a small part of the veggies in order to get a soup with a thicker consistency – this is optional. Season with more salt and pepper. If you like it hot, add some chili flakes as well. Serve with some yogurt and more chopped dill sprinkled on top.





# Fjelldalen Lodge #6-162 Highlands Ranch, Colorado



# SONS of NORWAY

## Fjelldalen Views—Summer

IKEA Breakfasts are popular!



Hiking Vikings were active



Fjelldalen Picnic



A good looking bunad!



Linda and Linda did Rosemaling at the Colorado Rosemaling Retreat





Fjell dalen Lodge #6-162  
Highlands Ranch, Colorado



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## FINANCIAL MOMENT

### *Life is a journey; protect yours and those you love.*

You have worked hard to build a reliable lifestyle for your loved ones. With life insurance you can ensure it is maintained should something happen to you. Even without you, their journey is important! The funds from a life insurance policy can potentially provide enough money to help your family members pursue their dreams.

Don't waste precious time sifting through endless search results on Google. Instead, take advantage of this membership perk and call Kendall.

Best Wishes

Mange Takk,

**Kendall Kjerstad**

Financial Advisor

**970-978-1634**

[Learn More Now](#)

[https://www.sofn.com/financial\\_products/](https://www.sofn.com/financial_products/)

[kjerstadkendall@yahoo.com](mailto:kjerstadkendall@yahoo.com)

**Office 970-697-1114**

**Cell**



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## Grant and Scholarship Applications Open October 1

It's time once again to open the applications for grants and scholarships. As of October 1, you will be able to apply for the grants and/or scholarships that the Sons of Norway Foundation offers. You can visit the "Foundation" tab of [sofn.com](http://sofn.com) to learn more.

The Foundation's grant program is a great way to add programming to your lodge's lineup or secure funding for an update or a repair to your lodge or meeting space.

The **Together We Are the Future** campaign returns October 1 through January 15. This special annual fund-raising campaign has raised over \$615,000 to bring grants and scholarships to life. *Thank you in advance for your support! Visit [sofn.com/foundation](http://sofn.com/foundation) to learn more.*



## Modern Pilgrims Follow St. Olaf's Path

When Norway first converted to Christianity around 1020 under Olaf II of Norway, much of the populace became Catholic. It was not until Danish king Christian III ordered his subjects to convert to Lutheranism in 1536, that Norway became Protestant.

Olav II, Norway's patron saint, as many kings before him, had traveled The Old Kings' Way between Kristiania (now Oslo) and Nidaros (now Trondheim). After his death, this journey became a popular medieval pilgrimage route to visit and pray at St. Olav's resting place.

The pilgrim's paths—a network of trails leading to Nidaros Cathedral—draw people who hike, bike and motorcycle the journey.

The Gudbrandsdalsleden path, which traces the shores of Lake Mjøsa and climbs the heights of Dovrefjell Valley, spans 643 km or 400 miles in total. Of the nine different pilgrim paths, this one is the most popular.

This past summer, around 50 youths from Norges Unge Katolikker (Norway's Young Catholics) traversed portions of the pilgrim's path in two groups. Marie Foss, 21, from Oslo, told the Register that "Walking on the old route and passing all these medieval churches, in some of which the original floors were even preserved, really reminded us that we were walking in the footsteps of the early pilgrims and made us reflect on the meaning of being pilgrims."



Fjell dalen Lodge #6-162  
Highlands Ranch, Colorado



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**STEIN FJELL LODGE**

Loveland, Colorado



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**Save The Date** for our  
**43rd Annual Stein Fjell Lodge Sons of Norway**  
**Scandinavian Dinner**

Dinner includes Lutefisk, white sauce/butter, Swedish meatballs, vegetables, potatoes, herring, pickled beets & pickles, lingonberries, lefse, Scandinavian cookies, riskrem, coffee & lemonade

**Saturday, October 19<sup>th</sup>, 2024**

**>>>Pre-Paid Tickets Required<<<**

This year's Scandinavian Dinner is still in the planning stages  
but we do have a date,

**Saturday October 19th, 2024**

at Faith Church, 2707 N.Wilson Ave, Loveland, CO

**Mark your calendar now**

**Ticket sales begin on September 1st**

You will be able to buy tickets online  
or by phone from your friendly local ticket seller

We will send more details before Sept 1<sup>st</sup>

For the latest information, use this QR code  
or go to the Event Flyer tab on steinfjell.com



.... and, new this year, a **silent auction!**

In addition to our butikk and our cookie sales, we will have  
a diverse and attractive collection of items for you to bid on

We do not have space here to tempt you,  
so visit Stein Fjell on Facebook or go to the Event Flyer tab on steinfjell.com  
for information about auction items together with website details for the donors