

Fjelldalen's NYTT



"Mountain Valley"



SONS of NORWAY

Fjelldalen Lodge #6-162
Highlands Ranch, Colorado

November-December 2024
Volume 29, Issue 6

Christ Lutheran Church
8997 S. Broadway, Highlands Ranch

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



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November 2024

- 2 9:30 Genealogy—Zoom Meeting
How to use a Bygdebok
- 9 1:00 Fjelldalen Lutefisk Dinner
- 16 9:30 Hiking Vikings
Trollheim Lutefisk Dinner
- 26 6:30 Board Meeting
- 23 9:30 IKEA Breakfast

December 2024

- 7 9:30 Genealogy—Zoom Meeting
WikiTree and MyHeritage
- 14 12:00 Potluck and Lodge Meeting
Julefest and Cookie Exchange
- 21 9:30 Hiking Vikings
- 28 10:00 IKEA Breakfast
- 31 6:30 No Board Meeting

January 2025

- 4 9:30 Genealogy — No meeting
- 11 12:00 Potluck and Lodge Meeting
Installation of Officers
- 19 9:30 Hiking Vikings
Stein Fjell Scandinavian Dinner
- 26 10:00 IKEA Breakfast
- 29 6:30 Board Meeting

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.



**DAYLIGHT
SAVING
TIME
ENDS**

**SET YOUR CLOCK BACK
ONE HOUR, PLEASE**



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>

Web Site



- Nov. 9 1:00 Fjell dalen Lutefisk Dinner
- Nov. 16 9:30 Hiking Vikings
Trollheim Lutefisk Dinner
- Nov. 26 6:30 Board Meeting
- Nov. 23 9:30 IKEA Breakfast
- Dec. 14 12:00 Potluck and Lodge Meeting
Julefest and Cookie Exchange
- Dec 21 9:30 Hiking Vikings
- Dec. 28 10:00 IKEA Breakfast
- Dec. 31 6:30 No Board Meeting

Facebook



Zoom Link



Genealogy Meetings (ZOOM)

- 2 Nov. 9:30 How to use a Bygdebok
- 7 Dec. 9:30 WikiTree and MyHeritage Web Sites
- 4 Jan. No Meeting

Genealogy Zoom ID: 860 5229 1262 Passcode: 700388

Email Genealogy@Fjell dalen.com for more information.

[Click Here to Join ZOOM Meeting](#)

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.





Fjell dalen Lodge #6-162 Highlands Ranch, Colorado



SONS of NORWAY

President's Message

Hei Friends!

As the year winds down, I want to extend my heartfelt thanks to all of you for making 2024 such a memorable and active year at our lodge. We've shared so many great times together, and there are still a couple of exciting events on the horizon to close out the year in true Norwegian style.

First and foremost, our Annual Lutefisk Dinner is coming up on Saturday, November 9th, during Veterans Day weekend. This year, we're honoring our veterans by offering them a free meal. Whether you're a fan of lutefisk or prefer the meatballs, it will be a delicious and lively event. After last year's unfortunate cancellation due to snow, we're crossing our fingers for better weather! I hope everyone will plan on attending, and please invite family and friends—it's a great opportunity to introduce others to our traditions.

Also, our Julefest will be coming up in December. This is always a great time. I love playing the gift exchange game and have never been disappointed. I have also invited The Julenissen (Santa Claus!) to attend, so bring those kids and grandkids!

In the spirit of community and staying active, don't forget about our Hiking Viking Club, which meets once a month for a leisurely hike in the beautiful local area. Don't let the chilly weather deter you—we are Norwegians, after all! A little cold air only adds to the adventure. Dress warmly and come join us for some fresh air and camaraderie. It's a wonderful way to stay connected to nature and each other.

Additionally, I encourage you to join our monthly brunch at Ikea, held on the fourth Saturday of every month. It's a casual, fun gathering with great food and even better company.

Lastly, I'd like to remind you to invite your family and friends to any of our lodge meetings or events. We always welcome new faces and would love to meet those close to you.

Looking forward to seeing everyone at these upcoming events!

Vennlig hilsen,
Kris

Nominating Committee and District 6 News

We need a nominating committee for the slate of officers and directors for the election in the December Lodge meeting.

Planning for the the 2026 SofN District 6 Convention is under way. They are considering Camp Norge with likely dates around June 12th, 2026— which is Father's Day Weekend or June 19th.



Tidløs is coming! They need young Musicians!

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

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.

If you have a child or grandchild who sings or plays an instrument, please contact Bev Moe at bevm259@comcast.net.



Fjelldalen Lodge #6-162 Highlands Ranch, Colorado



SONS of NORWAY



The Sunshine Troll

Marilyn Lyle's son passed away.
Please send condolences.



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 Don—publicity@Fjelldalen.com Tony —
Editor@fjelldalen.com

Birthdays:

GM Golden Members!
HM Heritage Members

Name	Mon	Day	Type
Jane Gurecki	11	3	
Drew Distin	11	5	
Claudia Deasy	11	7	GM
Karen Campbell	11	7	
Tabatha Bartels	11	12	
Riley Erickson	11	15	HM
Gloria Vatne	11	18	
Cecilie Kingsolver	11	18	
Ed Eskelson	11	25	
Danny Schauer	12	1	
Vernon Tweed	12	4	
Donald Speas	12	5	
Crystal Sundet	12	6	GM
Karen Egenes	12	9	GM
Pamela Lugo	12	11	
Val Ingram	12	16	
Pamela Groth	12	17	
Hege Lepire	12	17	
Skylar Gambill	12	18	
Wendy Allen	12	19	
Greta Grande	12	23	
Marko Johnson	12	24	HM
David Speas	12	24	HM
Derek Schroeder	12	27	

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

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

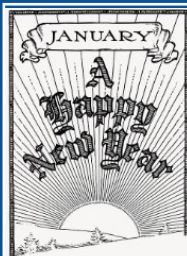


Name



Recent New Members

David Giboo
John Grothe



The January—February 2025 newsletter comes out the last week of December. All items for the next newsletter must be submitted by:
December 15th, 2024
Submit to Tony Hjelmstad at
tony@norsky.net





Fjelldalen Lodge #6-162
Highlands Ranch, Colorado



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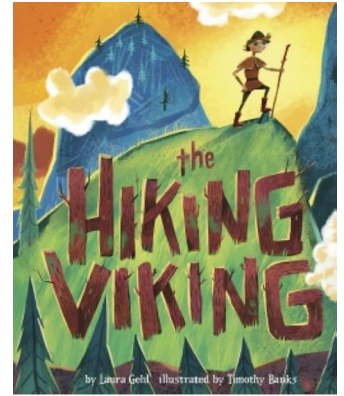
Fjelldalen Activities

Fjelldalen's Hiking - Viking Club

The Fjelldalen 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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Fjelldalen'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.

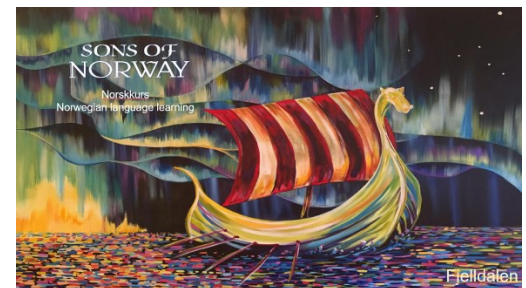
If you are interested in preparing Norwegian recipes, join us at 9:30 am before the Fjelldalen's monthly meeting. Future recipes will be posted on "Fjelldalen News", Website and Facebook.

Any questions, contact Don at publicity@fjelldalen.com

Språklubb Norskurs

Fjelldalen 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@fjelldalen.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

VP: Eivind Skildheim 512-289-9143
vp@fjelldalen.com

Secretary: Karen Campbell 303-364-3827
secretary@fjelldalen.com

Treasurer: Amber Gardner 720-394-8304
treasurer@fjelldalen.com

Counselor: Donita Zblewski 360-791-5858
donitanorsk@gmail.com

Cultural Director: Cecilie Kingsolver 918-697-4450
ckingsolver@yahoo.no

Membership: Lise LeBlanc 303-242-6460
mark_and_lise@yahoo.com

Social Director: Marilyn Speas 720-299-2158
marilynspeas@hotmail.com

Auditor: Guy Duncan 720-254-7594
rollydog15@gmail.com

Cultural Assistant: Linda Ault

Editor: Tony Hjelmstad 303-771-1428
editor@fjelldalen.com

Social Committee: Jeanie Erickson
Leslie Reingold

Genealogy: Tony Hjelmstad 303-771-1428
genealogy@fjelldalen.com

Marshalls: Dan Schauer 303-795-2255
bablan1@q.com
Guy Duncan 720-254-7594
rollydog15@gmail.com

Social Media: Kris Bussell 303-335-5116
president@fjelldalen.com
Cyndee Ormsby

Musician: Jane Hoskinson

Greeter: Karen Campbell 303-364-3827
karensue61@comcast.net
Ruth DeLattre

Publicity & Webmaster: Don Speas 720-299-7309
publicity@fjelldalen.com

Foundation: Ruth DeLattre 623-628-1256
rmdelat@yahoo.com

Historian & Photographer: Cyndee Ormsby

Sunshine: Marylee Hagen 303-771-3778
mlhtutor@aol.com



President



Vice-President



Secretary



Treasurer

DISTRICT 6 OFFICERS

District Six President: Lis Barca president@sofn6.org

International Director: Luella Grangaard luella.grangaard@sofn6.org

Zone 8 Director: Diane Molter zone8@sofn6.org

Financial Benefits Counselor: Kendall Kjerstad 970-697-1114 kjerstadken-

Revision 1-1-2024



Fjelldalen's Matklubb Recipes



Baked Lutefisk—Like Fjelldalen Makes!

Ingredients:

- Enough thawed lutefisk for however many you are feeding
- Salt

Recipe

1. Heat oven to 400°
2. Place lutefisk—skin side down— in a greased glass bak-



ing dish and salt

3. Cover dish with foil and loosely seal

4. Bake 20 to 35 minutes—depending on the thickness of the fish

Serve with cream sauce, melted butter, mustard, bacon, or any combination.

Almond Star Cookies

Ingredients:

For the Cookies

- | | |
|--------------------------------------|------------------------------|
| • 2 sticks unsalted butter, softened | 1 cup whole blanched almonds |
| • 1/2 cup sugar | 2 cups flour |
| • 1/4 tsp. salt | 1 tsp. almond extract |



Recipe

- 1) Puree 1/2 cup of the whole blanched almonds in food processor and set aside. Coarsely chop the remaining 1/2 cup of almonds and reserve for later.
- 2) In a large mixing bowl, whisk the flour and salt together and set aside.
- 3) Cream the butter with an electric mixer. Add the pureed almonds and sugar. Blend together until well-combined, and remember to scrape down the sides of the bowl occasionally. Add almond extract and mix until well combined. Next, add the flour mixture and beat until just incorporated.
- 4) Prepare a lightly floured surface and pour out the dough, dividing it in half. Shape each half of the dough into a disc and wrap it in plastic wrap. Refrigerate the discs for at least an hour.
- 5) While dough is resting, line cookie sheets with parchment paper.
- 6) After dough has rested, preheat oven to 325°. (Use an in-oven thermometer to make sure that the temperature of your oven is accurate. Most ovens are 10-25° off of the temperature shown.)
- 7) Lightly flour your work surface and roll out one disc of dough until it is about 1/4" thick. Cut out shapes using various star cookie cutters. Sprinkle with the coarsely chopped almonds.
- 8) Place the cut cookies onto cookie sheets lined with parchment paper and bake for 15-20 minutes. Keep an eye on your first sheet of cookies. You will know they are done when the edges start to turn golden brown. You now know how long each batch should take and can set your timer with no guess work.
- 9) Place your cookies on a wire rack to cool. Once your cookies have cooled, dust them with powdered sugar or with sanding sugar if you want more color. Another great option are luster pearl deco dots.



Fjellaldalen Lodge #6-162
Highlands Ranch, Colorado



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Fjellaldalen Views



Bev gives Kris awards
Fjellaldalen won at the D6
Convention—including
Lodge of the Year!

Hiking Vikings meet
every month for a
hike and lunch.



Our September Lodge
meeting.





Fjell dalen Lodge #6-162 Highlands Ranch, Colorado



SONS of NORWAY

Financial Moment



Outstanding Planning

The Norwegians have always been great planners. Take for example, looking at the Vikings of over a thousand years ago, not only the world's first Marines, but also discoverer's of the New World. Another example is, Roald Amundsen, the Artic and Antartic explorer. It's just in their blood.

Recently, my wife Kari and I attended another impressive occurrence that has taken place for forty three consecutive years. The Sons of Norway Stein Fjell Lodge in Loveland, Colorado, also displayed what great planning can accomplish. This past weekend when they prepared and served nearly four hundred hungry mouths at the Faith Evangelical Church in Loveland. Just think of it, peeling enough potatoes, cooking them and then serving them to that large a crowd. Oh, did I mention the main item on the menu was Lute Fisk. This together with eighty one pounds of meat balls. What a tremendous feat, and such a wonderful time. It just goes to show what we can accomplished when we all work together.

Planning is the key to retirement transition.

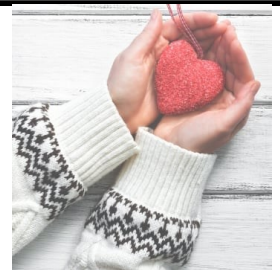
Skal,
Kendall Kjerstad
Financial Advisor

[Learn More Now](https://www.sofn.com/financial_products/) https://www.sofn.com/financial_products/
kjerstadkendall@yahoo.com
Office 970-697-1114 Cell 970-978-1634

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 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.



World's Best at Geoguessr

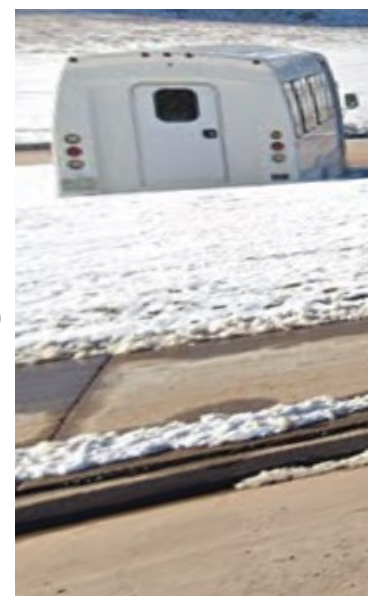
There is an online game that has grown in popularity in recent years. The concept of the game is simple, but the execution is quite difficult for most. The game is called Geoguessr and the objection is to guess the location from a Google Street View image you are given. Keep in mind that the images can be from all over the world and often times there are

very few clues to go off.

A player in Trondheim, Norway, Håvard Vesterheim, has solidified himself as one of the world's best at the game. He has learned an incredible amount about various parts of the globe, as is evident by the 400 -page document he created on Nigeria's Google Street Views or his extensive knowledge of a location in Botswana based on where Venus is in the sky.

It's sleuthing skills like this that have made him so successful at such a challenging game. Vesterheim believes the game intrigues many because of its real-world applications. The more you play, the more you learn about the world around us.

CHALLENGE!!! The photo on the right is from Google Street view and is common place you might see as a Sons of Norway member. Can you guess where it's from?





Fjellaldalen Lodge #6-162
Highlands Ranch, Colorado



**SONS of
NORWAY**

*Sons of Norway
Fjellaldalen Lodge #6-162
Highlands Ranch, Colorado*



"Mountain Valley"

Menu

- Lutefisk*
- Kjøttkaker (Meatballs)*
- Lefse*
- Kokte Poteter (Potatoes)*
- Saus (Gravy)*
- Fløtesaus (Cream Sauce)*
- Erter (Peas)*
- Syltet Rødbeter (Pickled Beets)*
- Lingonberries*
- Tyttebær (Cranberries)*
- Smør (Butter)*
- Risikrem*
- Småkaker (Cookies)*
- Kaffe (Coffee)*
- Brus (Lemonade)*

**Lutefisk and Lefse
Dinner
Hosted by Fjellaldalen Lodge**

You bet your lutefisk

I'm Norwegian



Saturday, November 9th, 2024
1 serving; 1:00 PM, 150 Limit

Christ Lutheran Church
8997 S Broadway
Highlands Ranch, CO 80129

Ticket Donation
Adults - \$25.00
Children 4 to 12 - \$10.00
Under 4 Free

Veterans eat free



**Kransekake
Raffle**
3 Tickets for \$5.00
Or
\$2.00 a Ticket

Please **RSVP** by **November 4th, 2024**. There will be a **limit of 150**, so get your reservations in early. Please fill out the form below, send it with payment to: Fjellaldalen Lodge, 6392 S. Reed Way, Littleton CO 80123 or call (720) 299-7309. You may pay by "Zelle" to treasurer@fjellaldalen.com sorry no Credit Cards.

Look us up at www.fjellaldalen.com or on Facebook **Fjellaldalen Lodge Colorado**



Lutefisk and Lefse Dinner, Nov 9th



**SONS of
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Name: _____

Phone: _____

Address: _____

City/State/Zip: _____

Email: _____

of Adults \$25.00 ea. ____ # Vets ____ # of Children \$10.00 ea. ____ Total Enclosed \$ _____

RSVP by November 4th, 2024 Please make checks payable to; **Fjellaldalen Lodge**



Fjellaldalen Lodge #6-162
Highlands Ranch, Colorado



**SONS of
NORWAY**

Trollheim Christmas Fair

SONS OF NORWAY, TROLLHEIM LODGE
6610 West 14th Ave.
Lakewood, CO 80226
303-232-1700

November 1st & 2nd, 2024

GOD JUL Doors open at **10:00 AM**



Open until **3:00 PM**

Admission: **\$2.00**

Children under 12: **Free**

No food or drinks will be served

Shopping

**Please note: Some vendors may only
accept checks or cash.**

Shop for gifts. Shop for yourself. Shop at over
15 vendors. Shop at our Butikken. We have a
wide variety of merchandise so...
SHOP TILL YOU DROP!

Enjoy shopping in our

Wonderland Of Scandinavia



Fjell dalen Lodge #6-162
Highlands Ranch, Colorado



SONS of
NORWAY



2025 Barneløpet

Saturday, February 22nd, 2025

at The YMCA of the Rockies Snow Mountain Ranch

A Cross Country Ski Race for Youth and an Event for The Whole Family! The Sons of Norway's District Six Colorado Lodges invite you to participate in the children's Barneløpet for young people ages 0 - 16. Barneløpet is a **noncompetitive ski event** for children modeled after similar ski events in Norway. Literally translated, Barneløpet means "children's race." Every skier finishes a winner! Sons of Norway's Barneløpet is a FREE event open to boys and girls of all skill levels. It's an event where the whole family can get involved. Parents, grandparents and other spectators can line up at the finish line to cheer the skiers on with cowbells, and to give out medals and flags. If your little one needs assistance skiing the course, parents can accompany their child on skis. Chariots will be allowed. After the race, skiers and their families are invited to a reception where the Host Lodges will serve a light lunch of Norwegian hot dogs, snacks and beverages.

Cross Country ski rentals, sponsored by the host Lodges, are available to Barneløpet racers at no charge at Snow Mountain Ranch Nordic Center. It is best to call them at 970-887-2152 to set up rentals in advance for pickup. You'll need to tell them your child's height and weight.

Things to Remember:

- As per YMCA regulations, no walking or snowshoeing on groomed trails.
- Participants need to provide their own skis, rent at no charge (sponsored by host Lodges) at the Snow Mountain Ranch Nordic Center, 970-887-2152, or check your local rental establishment.
- Ski rental and trail access provided for free
- Bring sunglasses and sunblock for the children
- Carpooling is encouraged
- Early walk-ins welcome!

Lodging:

Make reservations early if you plan to stay overnight in Grand County!

Snow Mountain Ranch YMCA: 888-613-9622

Destination Granby: 970-887-2311

Grand Lake Chamber of Commerce: 970-627-3402

Let us know if you'll be attending!