

Fjelldalen's NYTT



SONS of NORWAY

Fjelldalen Lodge #6-162

Highlands Ranch, Colorado

"Mountain Valley"

March-April 2024

Volume 29, Issue 2

Christ Lutheran Church
8997 S. Broadway, Highlands Ranch

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

February 2024

- 27 6:30 Board Meeting—[Join via Zoom](#)
- 28 5:00 Help Serve Lenten Dinner at CLC

March 2024

- 2 9:30 Genealogy—[Zoom Meeting](#)
RootsTech – Karen Campbell
- 9 9:30 Cooking Club at CLC
- 12:00 Lodge Meeting and Soup Potluck
Scam and Fraud Prevention

- 16 2:00 Fjellheim Winter Tea

- 26 6:30 Board Meeting—[Join via Zoom](#)

April 2024

- 6 9:30 Genealogy—[Zoom Meeting](#)
Immigrant Workshop
- 13 9:30 Cooking Club at CLC
- 12:00 Lodge Meeting and Potluck Lunch
Watch for Announcements

- 14 11 & 2 Fjellheim Frokost

- 30 6:30 Board Meeting—[Join via Zoom](#)

May 2024

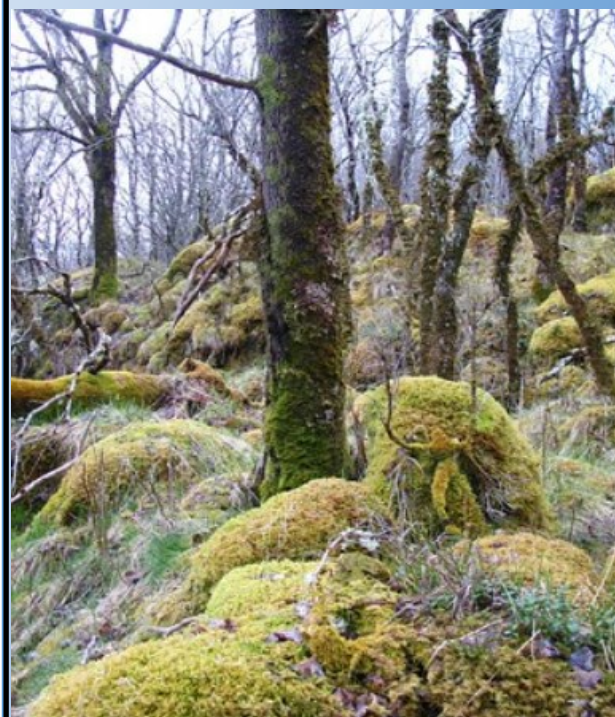
- 4 9:30 Genealogy—[Zoom Meeting](#)
Immigrant Workshop
- 11 9:30 Cooking Club at CLC
- 12:00 Lodge Meeting and Potluck Lunch
- 18 Syttende Mai Celebration
- 26 6:30 Board Meeting—[Join via Zoom](#)

What's Inside

Lodge & Genealogy Meeting Topics.....	2
King Soopers Rewards.....	2
President's Message.....	3
From District 6—We Need Convention Delegates!.....	4
Fjelldalen Cultural Skills and Sports Counselor.....	4
Tubfrim is Back !!!.....	4
From District 6—Convention and Delegates Information.....	5
Sunshine Troll.....	6
Lutefisk Dinner Cancelled Again!!!.....	6
Scandinavian vs. Nordic.....	6
Next Newsletter Deadlines.....	6
Fjelldalen News.....	7
The Fjelldalen Hiking Vikings.....	7
CLC Food Pantry Donations.....	7
Matklubb.....	7
Fjelldalen Views.....	8
2024 Fjelldalen Lodge Officers.....	9
Financial Moment—Kendall Kjerstad.....	10
Fjelldalen Coffee Mugs—Buy One!.....	10
If you change your Address or Email.....	10
Order Fjelldalen Name Badges.....	10
Counties Go Separate Ways.....	11
Sons of Norway Web Site Feature.....	12
Birthdays & New Members.....	12
Matklubb Recipes.....	13
The Cooking Club is Meeting before Lodge meetings.....	13
The Fjelldalen Cookbook is Coming.....	13
Suksessterte med Sjokolade og Appelsin.....	13
Blandaball.....	13
Flyers.....	
Scandinavian Winter Tea.....	14
Frokost.....	15
Colorado Rosemaling Retreat.....	16

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>

Lodge Meetings are on the Second Saturday at 1:00 pm!!!

- **9 March 2024— 9:00 Cooking Club at CLC**
12:00—Lodge Meeting and bring your favorite soup for the Potluck Lunch
Deputy Ryan Falkner from the Douglas County Sheriff's Office will be at our March meeting. He is the Senior Resource Deputy at the Douglas County Sheriff's Office and a specialist in scam and fraud prevention for seniors.
- **13 April 2024— 9:00 Cooking Club at CLC**
12:00—Lodge Meeting & Potluck Lunch
Watch for Announcements
- **11 May 2024— 9:00 Cooking Club at CLC**
12:00—Lodge Meeting and Potluck Lunch

Genealogy Meetings are ZOOM on the First Saturday at 9:30 am!!!

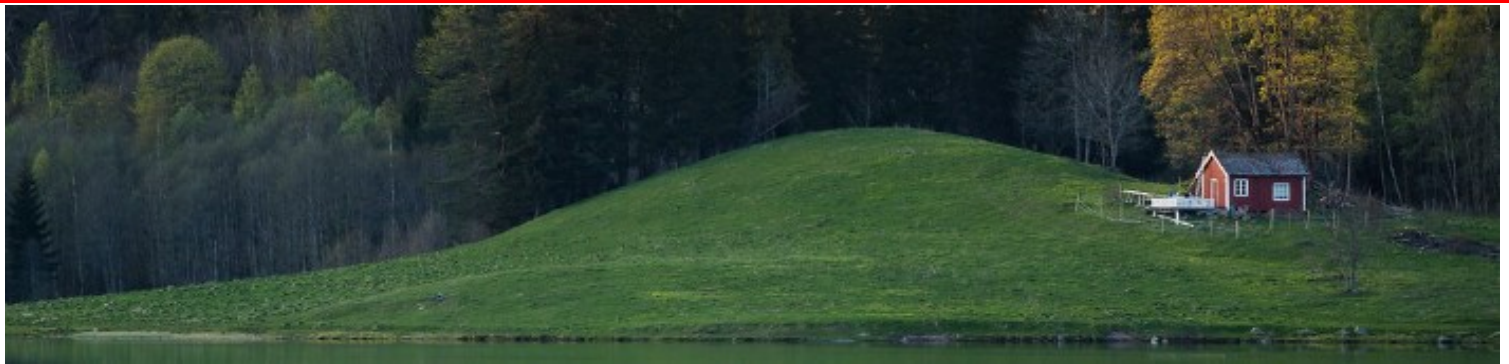
- March 2nd – **RootsTech – Karen Campbell**
- April 6th – **Immigrant Workshop**
- May 4th – **Immigrant Workshop**

Join the Genealogy Zoom Meeting Meeting ID: 860 5229 1262 Passcode: 700388

Call Tony at 303-771-1428 if you need help.

[Click Here to Join ZOOM Meeting](#)

<https://us02web.zoom.us/j/86052291262?pwd=Vm9vR3F6dnNOchHWNXNENlpXZjM3UT09>



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

Hei Friends,

I was very happy to, once again, attend The Annual All Colorado Lodges Conference and Leadership (Zone 8) last month. This meeting was organized and facilitated by our District Six Director, Diane Molter, and hosted at Trollheim Lodge in Lakewood. This was a perfect chance to meet and network with other Colorado Lodge friends and share our ideas on many Lodge topics. These topics included such things as events, retention, community outreach, organizational updates, and much more. I will be incorporating a lot of information and ideas from this conference in our upcoming meetings.

President's Message

We are taking nominations and volunteers to be one of our Fjell dalen Delegates to represent our Lodge at the upcoming District Six Sons of Norway Convention to be held at the Tuscan Suites Hotel and Casino, Las Vegas, Nevada June 21 – 23, 2024.

Every lodge within the district is entitled to two delegates for the lodge and one for every fifty members or major fraction thereof, based on the last semi-annual (membership) report prior to the election... Therefore, our Lodge is allowed up to five (5) delegates.

The election of these delegates must take place by March 31 before a district lodge meeting. At the same time, an equal or greater number of alternates may be elected to fill the seats of duly elected delegates prevented from attending the meeting. Also, guest passes are available at a reduced rate.

If you are interested in being a Fjell dalen Delegate, please let me or another board member know as soon as possible. A stipend (*TBD*) for this convention will be granted by our Lodge to each delegate to assist in covering your expenses.

That is not to say that this is a paid vacation and all free-time. The convention is a very busy undertaking, with events, meetings, and lectures packed into the short time period.

I was a Delegate for our Lodge at the convention two years ago and it really helped me understand and become connected to our organization and the SofN culture. I made a lot of great contacts and friends within our District and picked-up many ideas and tips that helped me in my Presidential journey.

I hope you will consider taking this opportunity to be a Fjell dalen Delegate.

I am sorry that we had to cancel our Lutefisk Dinner this year. When it was first scheduled in November, CLC (our host meeting location) was dealing with a water main break. The church received some damage that had to be addressed. Thankfully, all the damage was repaired and we were able to reschedule for February. But Colorado weather being as unpredictable as it is, we again had to cancel due to a projected snow emergency... Better safe than sorry!

However, we will be hosting a Lenten Dinner at Christ Lutheran Church on Wednesday, 2/28/2024 from 6-7:00 PM MST in the newly revitalized Fellowship Hall! This soup and salad dinner will benefit CLC and let us say a warm 'Tusen Takk' to CLC for letting us use their magnificent kitchen and meeting facilities all year long!

Our Matklubb (cooking club) made "The World's Best Cake" (*Kvæfjordkake*) for our January meeting and our installation of new officers. Look for news on our next yummy creation for March.

Hiking Viking took a short break in February, but we hope to come roaring back in March, so stay tuned to the Fjell dalen News email updates for information regarding our next hike!

CLC Food Drive is still going strong! Thank you, and please continue to bring your non-perishable donations to drop in the shopping cart in the CLC lobby prior to our regularly scheduled meetings.

As always, please feel free to invite your family and friends to any of our Lodge events!

Hilsen,

Kris



*Fjelldalen Lodge #6-162
Highlands Ranch, Colorado*



**SONS of
NORWAY**



We Need District 6 Delegate Volunteers

Fjelldalen Lodge will 5 delegates to the District Convention in Las Vegas: June 20-24, 2024, Tuscany Suites and Casino, Las Vegas, NV—see next page.

Fjelldalen usually provides some monetary assistance to offset the registration fee and the travel costs. The Convention gives attendees the opportunity to be involved in District actions and see what other lodges and the National group are doing.

Cost estimates are \$325 for registration, about \$800 for hotel, and your travel and food expenses. The lodge usually helps out with about \$500, but can't pay for all of it.

Fjelldalen can also send Alternates—no voting rights—but you get to attend all the events. Depending on how many delegates we are awarded and how many Lodge members volunteer, the stipend may not apply to alternates.

Contact any Board member if you are interested.

From Tony - Fjelldalen Cultural Skills and Sports Counselor

Fjelldalen has re-instituted awarding Sports Medals and Cultural Skills Pins. We will award them once a year at the June meeting. We will also award membership awards at the same meeting.

If you're interested in any of the many Sports and Cultural awards that are available, check with me and we'll get you going.

For information see:

Cultural Skills Program | Sons of Norway

https://www.sofn.com/member_resources/cultural_programming/cultural_skills_program/



Sports Medal Program | Sons of Norway

https://www.sofn.com/member_resources/cultural_programming/sports_medal_program/

TUBFRIM 90 YEARS



1928 - 2018

www.tubfrim.no

Tubfrim is Back!!!

Start collecting your stamps! We are looking for a Tubfrim coordinator who will collect the stamps and forward them on—the Lodge will pay the shipping.

Cut the stamps from any mailing—leaving 1/4" beyond the stamp. Save them up and bring them to Lodge meetings.

Tuberculosis Stamp Store (later shortened to TUBFRIM) was established at Nesbyen in 1928. Postmaster Ditlef Frantzen took the initiative, and the purpose was to collect and sell used stamps for tuberculosis work among children in Norway.

Today, the profits go to health and well-being measures for children and adolescents in Norway, and to the fight against tuberculosis. The National Association for Public Health is the owner of TUBFRIM and distributes the profits.

In total, we have now distributed more than NOK 25 million in the form of TUBFRIM funds.



Fjell dalen Lodge #6-162 Highlands Ranch, Colorado



SONS of NORWAY



SONS of NORWAY

District Six

California, Utah, Nevada, Arizona, Colorado, New Mexico, and Hawaii



Greetings,

This is a reminder of the process for the election of delegates and alternates to the 2024 District Six Lodge Meeting and Convention. The notification of the number of delegates allowed for each lodge will be sent out in January 2024, after the year end membership reports are available. From the District Six Bylaws, Article V, paragraph 12: *Every lodge within the district shall be entitled to two delegates for the lodge and one for every fifty members or major fraction thereof, based on the last semi-annual (membership) report prior to the election.* From the Sons of Norway Charter and Bylaws, 14.6.2 – *Election of delegates must take place by March 31 before a district lodge meeting. At the same time, an equal or greater number of alternates may be elected to fill the seats of duly elected delegates prevented from attending the meeting, the first duly elected alternate filling the first vacancy, the second the next vacancy, etc.*

2024 District Six Convention at Tuscany Suites Hotel and Casino, Las Vegas, Nevada June 21 – 23, 2024

Thursday, June 20 – evening Board and Committee meetings

Friday, June 21 – Cultural Presentations and Workshops, Vendors, and evening President’s Reception & Dinner – Viking Style

Saturday, June 22 – Leadership Workshops, Memorial Service, Opening Ceremony, District Lodge Meeting, Vendors, Folk Art Exhibition

Sunday, June 23– District Lodge Meeting, Recreation Center Meeting, Folk Art Exhibition, evening Installation of New Officers, Banquet and Awards

Monday, June 24 – morning meeting of the newly elected District Board of Directors, including outgoing board

Delegates are required to be in attendance for the entire Saturday and Sunday District Lodge Meeting sessions, and preferably for Friday President’s Reception and Dinner, as well. Come early for the fun Viking/Cultural Sessions on Friday. Remember, any lodge member may attend as a guest. Check out the Convention website often as information is added periodically - 2024.sofn6.org

Costs are a key concern for delegates and lodges. Now might be the time to start a discussion about special fundraising to assist in sending delegates to the Convention. The delegate package is \$325 (\$275 if received and paid by April 15); guest package is \$285. Room costs at the Tuscany Suites Hotel and Casino are \$79 for Thursday and Sunday nights and \$179 for Friday and Saturday nights - plus 13.38% occupancy tax, roughly \$146.26 per night average if attending four nights. The \$79/night rate applies to pre/post reservations based on availability. Assistance with finding a roommate will be available – note such request on your registration form.

If you are running for a district office or otherwise planning on assisting in convention activities, you must notify your lodge so that you can be elected as a delegate. Attending a District Convention is fun and educational: you learn more about Sons of Norway; you are updated and informed about the state of District Six; you meet folks from other lodges; you gain insight from cultural sessions and leadership sessions; you help chart the course of our organization; and of course, you enjoy seeing wonderful entries in the Folk-Art Exhibition and the. Delegates come back enthused with new ideas to help lodges grow and thrive. Conventions are including more heritage and culture, but be assured, there’s business to attend to as well. Next year’s Convention will be full of fun, heritage, and culture as well as the business of our future. We hope to see you there.

Fraternally, Nancy Madson, District Six Secretary



Fjellaldalen Lodge #6-162
Highlands Ranch, Colorado



SONS of
NORWAY



The Sunshine Troll

- Please pray for Marilyn Elrod who is been dealing with eye cancer surgery and the cancer has metastasized in her liver. She now lives in Florida.
- Marilyn Lyle had hip surgery and is mending at home. Send cards or call.
- Marylee's brother had a serious bout with covid, is on oxygen 24/7, and in a rehab nursing home.

- Several members attended a memorial service for Gail Kettelsen Feb. 5th.
- Louise Bath's husband Murray passed away Feb. 6th. Services will be April 27th at Horan and McConaty Funeral Home, 5203 E. County Line Road, Centennial CO 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 Don—publicity@Fjellaldalen.com Tony —Editor@fjellaldalen.com

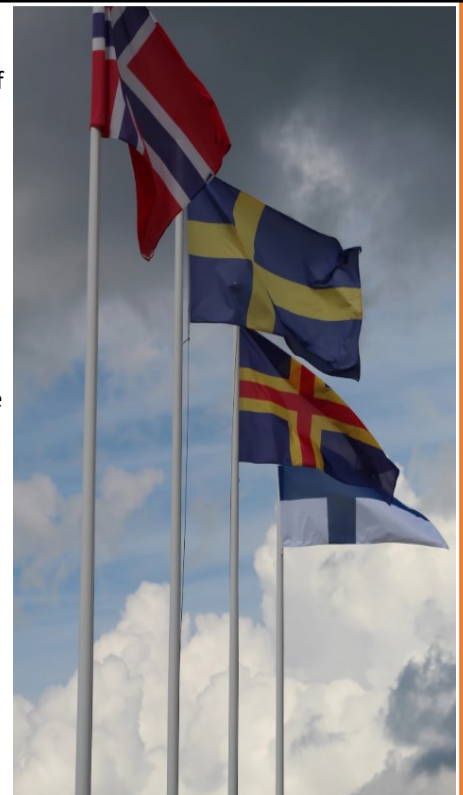
Lutefisk Dinner Cancelled—Again

We're not having much luck this year with our Lutefisk Dinner—first the water pipes broke, and then we got snowed out. If you paid money in advance, expect to be contacted about a refund. Next November should be a Great Dinner—with much pent-up appetite!

Scandinavian vs. Nordic

What's the difference between "Scandinavian" and "Nordic?" Good question! For those outside of the region, the terms often get used interchangeably. However, if you look a little closer, you will discover that they are not one and the same.

- Geographically, Scandinavia refers to the peninsula that Norway, Sweden, and a small northern part of Finland sit on
- The most common use of the term Scandinavia refers to the three countries of Sweden, Norway, and Denmark which share geography, language, and history
- In general, speakers of Swedish, Norwegian, and Danish can understand each other well enough to communicate, because of the three languages' similarities
- Sámi people who live in Norway and Sweden may not identify as Scandinavian because of the complicated history of assimilation policies the countries had
- The term Nordic refers to five countries: Norway, Sweden, Denmark, Finland, and Iceland - and the autonomous regions those countries have jurisdiction over - the Faroe Islands, Greenland, and the Åland Islands
- Nordic countries are linked by cultural, historical, financial, and political influence on each other
- Nordic countries have a strong tradition of intergovernmental cooperation, with the foundation of the Nordic Council in 1952 that allowed citizens easy travel between the countries
- You won't hear people refer to themselves as "Nordic" because it's often seen as an added layer of their Norwegian, Swedish, Danish, Icelandic, or Finnish identity.



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



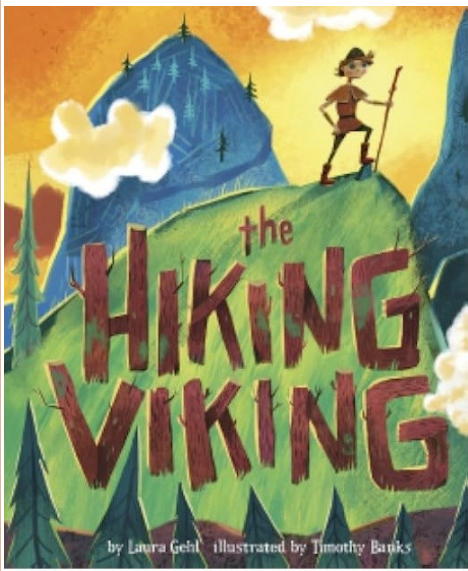
Fjelldalen News

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.



Text copyright © 2022 by Laura Gehl, Illustrations copyright © 2022 by Timothy Banks
All rights reserved. Used with permission from Capstone Publishing, Mankato, Minnesota



FOOD DRIVE

JOIN US IN HELPING THOSE IN NEED



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

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 January, we'll cook cakes for the Memorial and the Installation of Officers. In February, 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





Fjell dalen Lodge #6-162
Highlands Ranch, Colorado



SONS of
NORWAY

Fjell dalen Views



Officer Installation at the
January Meeting

Our End-of-Year Luncheon at Helga's Restaurant

Hiking Viking's January Hike at
the Sweigert Ranch Trail





Fjellidalen Lodge #6-162 Highlands Ranch, Colorado



Fjellidalen Lodge #6-162 Officers for 2024

President: Kris Bussell 303-335-5116
president@fjellidalen.com

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

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

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

Social Committee: Jeanie Erickson
Leslie Reingold

Genealogy: Tony Hjelmstad 303-771-1428
genealogy@fjellidalen.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@fjellidalen.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@fjellidalen.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

Life Insurance Products

A wide variety of life insurance products are available in today's marketplace. However, they basically fall into two categories, either temporary coverage or permanent coverage.

Annuities: An Annuity is an investment designed for protection from the market risk while offering You a guaranteed rate of return. An Annuity is a contract between you and an insurance company. Annuities give you the option to simply let your money grow with interest, ability to access free withdrawals, or take systematic payments over a set number of years; there are even life time payment options.

Let's talk about what type of life insurance will best meet your personal needs: As a Sons of Norway Professional I can help! Let me help you figure out what strategy is best for you. Please reach out to me now for a free consultation.

Best Wishes
Mange Takk,

Kendall Kjerstad
Financial Advisor

Learn More Now

https://www.sofn.com/financial_products/

kjerstadkendall@yahoo.com

Office 970-697-1114

Cell 970-978-1634



If you would like a Fjelldalen 11 oz. coffee mug, let Don Speas know by email publicity@fjelldalen.com or by phone 720-299-7309. They will be \$12.00 ea.

Name	Quantity	Total	Paid	Phone # or Email Address



Magnet



Pin

Fjelldalen Name Badges

If you would like a new Fjelldalen name badge, email Don Speas at publicity@fjelldalen.com. Include the first and last name you want on it and what type of fastener you would like. Badges are \$6.00 each.



If you change your mailing address, phone number or email address please contact
Don Speas, 720-299-7309 or publicity@fjelldalen.com

Counties Go Separate Ways

In 2017, Norway's Storting voted to combine several fylker, and 19 counties became 11 regions in January of 2020. This administrative reform attempted to strengthen each region and improve coordination between municipalities, regions and state.

According to the website LifeinNorway.net, several of these combined regions decided that the set-up was not working and have rolled back the mergers as of January 1, 2024.

Now there are a total of 15 counties. Here is the current line-up of fylker:

Continuing as merged counties:

- Agder
- Vestlandet
- Trøndelag
- Innlandet

Splitting:

- Troms og Finnmark are breaking up
- Viken will revert to Buskerud, Akershus and Østfold counties
- Vestfold og Telemark will also roll back the changes

Unaffected by both 2020 and 2024 changes:

- Møre og Romsdal
- Nordland
- Oslo
- Rogaland

Not everyone was in favor of the restructuring, including the police service, who will need more resources and officers to cover the increased number of counties.



Photo Credit: KDD/KARTVERKET, www.regjeringen.no



Sons of Norway Web Site Feature

Sons of Norway — <https://www.sofn.com>

Sons of Norway Leadership

https://www.sofn.com/about_us/leadership/

Executive Committee:

Ron Stubbings, Mark Agerter, Mary B. Andersen, Robin Fossum

International Directors:

Dennis Rusinko, Chris Hicks, Kathy Dollymore, Claudia Berg, Duane Kittleson, Luella Grangaard, Erik Brochmann, Per Mikalsen, and Dean Stiller. CEO Chris Pinkerton

District Presidents:

Mark Haugen, Gerald Erickson, Stephen Helmold, Jerry Saude, Cheryl Wille-Schlesser, Lis A. Barca, Gloria Benazic, and Tor Arild Halvorsen



Birthdays:

GM Golden Members!

HM Heritage Members

Name	Mon	Day
Anne-Marie Fanakra	3	2
Lorraine Anderson	3	4
Dawn Munson	3	4
Marilyn Lyle	3	5
James Beatty	3	7
Molly Parrish	3	8
Lindsay Appesland	3	11
Abigail Von Rader	3	16
Kathryn Alvestad	3	17
John Von Rader	3	17
Ava Runung	3	18
Conner Einarsen	3	22
Linda Ault	3	24
Jason Runung	3	27
Fox Peterson	4	3
Jane Hoskinson	4	12
John Strachan	4	12
Eivind Skildheim	4	19
Bernice Hegge	4	21
Frank Young	4	22
Donna Krowen	4	23
Anyia Runung	4	25
Nicole Green	4	26
Carol Sue Toffoli	4	28
Teri Hjelmstad	4	29



Recent New Members

Erik and Karsten Skildheim

The Schroeder Family

Darek, Maren, Benedikte,

Maria, Per, and Rita



Matklubb Recipes—one for each month!

The Matklubb meets before Lodge meetings at 9:00 to cook something Good!

Suksessterter med Sjokolade og Appelsin (Success Cake with Chocolate and Orange)

Source: Living a Nordic Life

Serves 12

Ingredients For the base:

4 egg whites	150 g / 5.3 oz. icing sugar or powdered sugar
150 g / 5.3 oz. chopped almonds, Leave the skins	1/2 tsp. baking powder
90 g / 3 oz. chopped chocolate or chocolate chips	

For the topping:

100 ml / 3.5 fl. oz. double or heavy cream	125 g / 4 oz. sugar
4 egg yolks	150 g / 5.3 oz. butter, at room temperature
Grated rind of 1 orange	

To decorate:

A little melted chocolate	Thin strips of orange peel
---------------------------	----------------------------

1. Preheat the oven to 160°C / 320°F. Line the bottom of a 25 cm (about 10 inch) diameter springform cake pan with a circle of baking or greaseproof paper. There is no need to grease the tin.
2. Whisk the egg whites until they form stiff peaks.
3. Sift the icing sugar and baking powder together and stir in the almonds and chocolate.
4. Carefully fold this into the whipped egg white, taking care not to knock out too much air.
5. Pour into the prepared cake tin and smooth the top.
6. Bake in the center of the preheated oven for about 30 minutes. When it's cooked it'll be a nice rich golden brown and rebound slightly to a light touch. Remove from the oven and let cool completely before even attempting to remove springform.
7. Once cooled, run a blunt knife around the inside of the tin to loosen the cake. Place a plate on the top and tip the pan upside down. Lift the tin off and carefully peel off the baking paper. Place a serving plate on top of the cake and tip it back so it is the right way up.
8. Wash the ring part of the cake and slip it back over the cake to form a ring. Don't worry if you don't have a springform pan, simply make a ring shape from some foil and shape it around your cake to form a "wall."
9. To prepare the topping, put the cream, sugar and egg yolks into a pan and cook slowly over a low to medium heat stirring constantly. The mixture will gradually thicken and turn less opaque. You really do need to stir all the time or it will split. Try not to boil the mixture. It will take about 5 minutes.
10. Stir in the grated orange rind. Allow it cool for a minute or two before stirring in the butter a cube at a time. You will end up with a smooth, rich and shiny topping that is a beautiful golden color.
11. Pour the topping over the cake and gently tease it to the edges.
12. Put it in the fridge to cool and set for a couple of hours. When it's set, you can carefully remove the tin or foil from around it.
13. Decorate with melted chocolate and orange peel or however you like!



Photo Credit: livinganordiclife.com/post/suksessterter

Blandaball – Mixed Dumplings A traditional dish from Møre.

Recipe source: [Recipe Reminiscing](https://www.recipere-miniscing.com) and [Oppskrift.klikk.no](https://www.oppskrift.klikk.no)

4 servings

Ingredients:

2.2 lbs / 1 kg fish fillets (preferably pollock, haddock or sole)	2 lbs / 900 g raw potatoes
1 large onion	1 Tbsp. salt 1/2 tsp. Pepper
2 Tbsp. coarse barley	2 Tbsp. Flour fried bacon crumbles

1. Cut the clean fish fillet into pieces. Peel and cut potatoes and onions into pieces. Shred fish, potatoes and onions in a meat grinder or food processor on coarse setting.
2. Stir salt, pepper and flour into the mixture. Form the mixture into round balls, and if desired, use your finger to make a hole and press pieces of bacon into the center of each ball.
3. Place the balls in simmering lightly salted water or fish stock, and let them simmer for 20-30 minutes. Check for done by dividing a ball in two to see if it is cooked through.
4. Serve blandaball hot with sides of fried bacon and turnips, rutabaga, carrot and/or potatoes. Leftovers can be pan-fried in slices or frozen.



Photo Credit: www.recipere-miniscing.com



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



**SONS of
NORWAY**

*You're invited to our
Scandinavian Winter
Tea*

*Fjellheim Lodge - Sons of Norway
1045 Ford Street
Colorado Springs, CO
Saturday March 16, 2024
At 2:00 PM
\$25 per person*

RSVP Required and Space is Limited
Contact Kathie @719-229-9289

Make checks payable to: Sons of Norway
Send checks to: Kathie Godsil
4415 Flat Top Place
Colorado Springs, CO 80923





Fjell dalen Lodge #6-162
Highlands Ranch, Colorado



**SONS of
NORWAY**

Frokost Meny

Authentic Norwegian Breakfast

Sunday, April 14, 2024

11:00 - 1:30 PM

Sons of Norway Lodge
1045 Ford St., Colorado Springs

Baked honey ham
Roast beef
Liver sausage
Salami
Roast pork
Head cheese
Gjetost
Jarlsberg
Swiss cheese
Bond ost
Salmon mousse
Tomato aspic

Pickled herring
Sardines
Smoked salmon
Scrambled eggs
Deviled eggs
Tomatoes
Lingonberries
Waffles
Fresh fruit
Pickled beets
Dill pickles
Shrimp salad

Potato salad
Cucumber salad
Cole slaw
Lefse
Julekake
Cardamom bread
Apple cake
Flat bread
Rye crisp
Assorted jams
Coffee
Orange juice

Lovingly prepared by your fellow members
who wish you a hearty:

Velkommen til Bords!

Members: \$18.00

Children 12 and under: \$8.00

Non-members: \$20.00

Children not requiring a seat: Free

RSVP by April 9, 2014. Make checks payable to Sons of Norway.
Send checks to Karen Ravnaas, 5295 Water Dipper Road,
Colorado Springs, CO 80911, 719-390-0621



Fjell dalen Lodge #6-162 Highlands Ranch, Colorado



SONS of NORWAY

THE COLORADO ROSEMALING RETREAT

Trollheim Sons of Norway Lodge
6610 W 14th Ave, Lakewood, CO 80214

Dates and times:

July 17-20, 2024 Wednesday through Saturday
9 a.m. to 4 p.m.

Optional time for woodenware pick up and basecoating:
Tuesday July 16, 2024 from 1:00 p.m. to 4:00 p.m.

Instructors and class descriptions:

Note: The retreat fee includes unfinished surfaces for all classes. Painters will need to bring their own painting supplies. Supply lists will be sent to all participants.

Louise Bath, VGM

Setesdal Rosemaling: In this class, participants will study and paint Setesdal Rosemaling on a 14" plate.

Toshiko Ogishi, VGM

Os Rosemaling: In this class participants will study and paint Os Rosemaling on a 12" shallow bowl.

Sallie DeReus, VGM

Transparent Flowers and Scrolls: In this class participants will study and paint flowers and scrolls with transparent techniques on a paper surface.

Diane Edwards

Techniques tips and tricks: In this class, participants will learn more about working with found objects, flaws in woodenware and how to fix them, painting on different surfaces, backgrounding on various surfaces, colors and finishing your painting.

Kirstin Lewis & Laria Lovec

Hallingdal Flowers on different background colors: In this class, participants will paint Hallingdal flowers on different background colors on coasters. Class will include color discussion such as color combinations, color harmony, and values.

Julie Anderson

Embellishments: improving your painting by expanding your line work options and creativity: In this class participants will study and paint embellishments executed with a liner brush and the techniques that make a difference, such as impact of wet paint, dry paint, surface conditions, paint consistency, stroke direction, stroke variety and color on a paper surface.

Open painting hosts: Diane Edwards, Julie Anderson, Kirstin Lewis and Laria Lovec.



Setesdal - Bath

Os - Ogishi

Telemark - DeReus

Embellishments - Anderson