

Fjelldalen's NYTT



SONS of NORWAY

Fjelldalen Lodge #6-162

Highlands Ranch, Colorado

"Mountain Valley"

November-December 2023

Volume 28, Issue 6

Christ Lutheran Church
8997 S. Broadway, Highlands Ranch

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

November 2023

- 3-4 Trollheim Christmas Fair
- 4 9:30 Genealogy—[Zoom Meeting](#)
Ways to Prove Your Emigrant
- 11 8:00 Cooking Club at CLC—
Cooking Lutefisk Dinner
- 1:00 Lodge Meeting - Lutefisk Dinner
Veterans eat free!
- 28 6:30 Board Meeting—[Join via Zoom](#)

December 2023

- 2 9:30 Genealogy—[Zoom Meeting](#)
Christmas Tree History
- 9 9:30 Cooking Club at CLC
12:00 Lodge Meeting and Potluck Brunch
Julefest and Gift/Cookie Exchange
- 16 Noon Luncheon at Helga's
- 26 **No Board Meeting**

January 2024

- 6 9:30 Genealogy—[Zoom Meeting](#)
- 13 9:30 Cooking Club at CLC
12:00 Lodge Meeting and Potluck Brunch
New Officers

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About Us

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



Fjellaldalen Lodge #6-162 Highlands Ranch, Colorado



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<https://www.fjellaldalen.com/>

facebook

<https://www.facebook.com/fjellaldalenlodgecolorado>

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

- 11 November 2023— 8:00 Cooking Club at CLC—we'll help cook the Lutefisk Dinner
12:00—Our Lutefisk Dinner will be our Lodge meeting—Come and Enjoy—See Flyer
- 9 December 2023— 9:00 Cooking Club at CLC—we'll make Cookies for the Cookie Exchange
12:00—Lodge Meeting and Potluck Brunch— Julefest and Gift/Cookie Exchange
- 13 January 2024— 9:00 Cooking Club at CLC—we'll make a cake to celebrate Officers
12:00—Lodge Meeting and Potluck Brunch—Lodge Officer Installation

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

- November 4th—Tracing your Immigrant to Emigrant
- December 2nd—Norwegian origins of the Christmas Tree

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](#)



King Soopers donations give Fjellaldalen 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 Fjellaldalen 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@fjellaldalen.com.

Keep up the good work!





Fjellaldalen Lodge #6-162
Highlands Ranch, Colorado



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President's Greeting

Hei Friends,

Thank you to Lansdowne Arms for letting us host our October meeting at the pub. The Library Room was very cozy and the service and food were outstanding!

Ruth presented us with the very interesting history of Leif Erikson, which I really enjoyed.

We are very sorry to hear that our home-base at CLC suffered water damage due to a broken pipe. Hopefully, this will be all cleared-up prior to our Annual Lutefisk Dinner, currently scheduled for November 11th (Veteran's Day). We will keep you informed, as we receive updates.

Also in November, our Nominating Committee will be making recommendations for new Lodge Officers & Committee Directors, and these nominations will be presented to you in December for approval. Your continued volunteerism is what enables our Lodge to function. I really appreciate all the support we have received in 2023, and I look forward to your continued support in 2024.

We are looking forward to our annual Julefest, in December. The gift exchange game is always a Lodge favorite and I have heard that the Julenissen may make an appearance!

We have planned a luncheon outing for Saturday, December 16th at Helga's Haus: German Restaurant & Bier Garten. I hope you will mark your calendars and plan to attend.

As the weather turns crisp and cold, please remember that we are still having our monthly Hiking Viking excursion. If you have not been able to join us yet, please plan to come out with us on one of our upcoming hikes. As I have previously mentioned, don't let the word "Hiking" deter you... this is for all levels and is more of a leisurely walk with friends. We also usually have a nice time of fellowship afterwards when we meet somewhere for lunch. If you have a local hike in mind, even you favorite neighborhood walk, please let me know. I am always looking to update our list.

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

I hope you and your family have a lovely Thanksgiving and a very Merry Christmas!

Tusen Takk,

Kris



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



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From District 6



Mark the Date for the District Six Lodge Meeting and Convention!

June 20-24, 2024, Tuscany Suites and Casino, Las Vegas, NV

Hosted by Vegas Viking Lodge # 152 and the District Six Board

Folk Art and More

It's time to start working on projects for the 2024 Folk Art Exhibition at the biennial District Six Lodge Meeting & Convention in June, 2024. New this year, is a 'Viking' category to go along with the Viking Vision logo/ theme. An 'Olaf' award will again be presented to a favorite digital/ electronic program. So, start (or keep going) on your knitting, stitching, carving, painting, etc. or get creative with a digital program and/or the Viking theme.



From Tony - Fjell dalen Cultural Skills and Sports Counselor

Fjell dalen 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 Pins Skills

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

Sports Medals

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



Fjellaldalen Lodge #6-162
Highlands Ranch, Colorado



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The Sunshine Troll



Crystal is back home and doing well. Give her a call or send her a card.



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

Together We Are the Future Campaign

The campaign Together We Are the Future is under way! The campaign supports the work of the Sons of Norway Foundation in grants and scholarships for our members, our lodges, and our communities. District Foundation Directors have additional details if you would like them for your next lodge meeting. You can learn more and give online at <https://www.sofn.com/give2023/> through December 31, 2023 so please share the link with your members and friends. Tusen takk!

Together We
Are The **Future**



Together We Are the Future helps to fund the scholarships we award to our amazing young leaders and the grants that we give to our lodges for events and programming. Your gift makes an impact! See the 2022 Foundation Annual Report for more in-depth highlights of past winners.

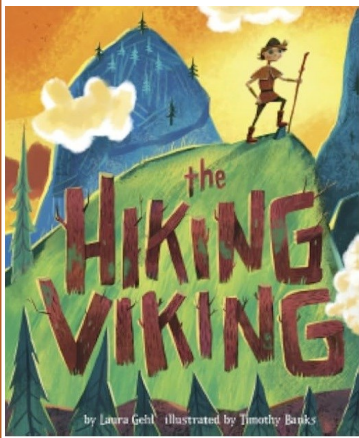
january

The **January—February 2024** newsletter comes out the last week of December.

All items for the next newsletter must be submitted by:
December 15th, 2023

Submit to Tony Hjelmstad at tony@norsky.net

FEBRUARY



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.

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 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



Fjell dalen Lodge #6-162
Highlands Ranch, Colorado



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Fjell dalen Views

Ana's Bakeri

Hiking Vikings



Matklubb

Last minute meeting change to Lansdown Arms—CLC Flooded





Fjellaldalen Lodge #6-162 Highlands Ranch, Colorado



SONS of NORWAY

Celebrating 125 Years

1895-2020

Fjellaldalen Lodge #6-162 Officers for 2023

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

VP: Kristina Feste-Hanson 720-925-2984
vp@fjellaldalen.com

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

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

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donitanorsk@gmail.com

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ckingsolver@yahoo.no

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

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

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Leslie Reingold

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editor@fjellaldalen.com

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

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

Musician: Jane Hoskinson 303-601-0398
janehoskinson67@gmail.com
Amy Martinson

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

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

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

Historian & Photographer: Gayle Rodgers 303-929-0909
gaylerodgers@gmail.com
Cyndee Ormsby

Foundation: Linda Ault 303-953-2716
lindaault@comcast.net

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



President
Kris



Vice President
Kristina



Secretary
Karen



Treasurer
Amber

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 kjerstadkendall@yahoo.com

Revision 2-15-2023

Products We Offer

Life Insurance—Term and Permanent

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. Let's take a look at how they differ.

Annuities

An Annuity is an investment designed for protection from 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 meet your personal needs: A Sons of Norway Insurance Professional can help!



SONS of NORWAY

[Learn More Now](#)

Kendall Kjerstad

kjerstadkendall@yahoo.com

970-697-1114



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

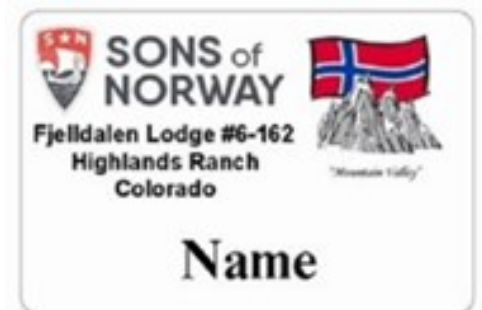
Fjelldalen Name Badges

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.



Magnet



Pin

Hardanger fiddle



A Hardanger fiddle (Norwegian: hardingfele) is a traditional stringed instrument considered to be the national instrument of Norway. In modern designs, this type of fiddle is very similar to the violin, though with eight or nine strings (rather than four as on a standard violin) and thinner wood.

The F-holes of the Hardanger fiddle are distinctive, oftentimes with a more "sunken" appearance, and generally straighter edges (unlike the frilly, swirly F-holes of a violin). Four of the strings are strung and played like a violin, while the rest, named understrings or sympathetic strings, resonate under the influence of the other four. These extra strings are tuned and secured with extra pegs at the top of the scroll, effectively doubling the length of a Hardingfele scroll when compared to a violin. The sympathetic strings, once fastened to their pegs, are funneled through a "hollow" constructed fingerboard, which is built differently than a violin's, being slightly higher and thicker to allow for these extra strings. The resonant strings lie on the center of the special bridge, attached to extra hooks (or fine-tuners) on the tailpiece. Carved out within the center of the bridge is a smaller secondary "bridge", or opening, designed specifically for these resonant strings to pass through. This is where the resonance is picked up and reverberated; as notes are played, the vibrations are sent through the bridge, where the sympathetics echo those notes.

The instrument is often highly decorated, with a carved animal (usually a dragon or the Lion of Norway) or a carved woman's head as part of the scroll at the top of the pegbox, extensive mother of pearl inlay on the tailpiece and fingerboard, and black ink decorations called 'rosing' on the body of the instrument. Sometimes pieces of bone are used to decorate the pegs and the edges of the instrument.

The earliest known example of the hardingfele is from 1651, made by Ole Jonsen Jaastad in Hardanger, Norway.[1] Originally, the instrument had a rounder, narrower body.[2] Around the year 1850, the modern layout with a body much like the violin became the norm.

The 2023 Sons of Norway Christmas ornament is ready to order!

With its rosemaling design in the Valdres style, this elegant ornament will be a treasured addition to your holiday decor. Packaged in a full-color gift box containing a Christmas greeting from Sons of Norway and an informative description of the Valdres style of rosemaling, this ornament is a unique gift for someone who enjoys their Norwegian heritage as much as you do.

ORDER TODAY before they are gone!

Order Now



<https://sonsofnorway.us17.list-manage.com/track/click?u=acc843e6627f1536c5a7088bf&id=f2b0623a25&e=995b322cf8>

Sons of Norway Web Site Feature

[Sons of Norway](https://www.sofn.com) — <https://www.sofn.com>

Norwegian Culture

Sons of Norway is your destination for discovering and celebrating the rich tapestry of Norwegian culture – from recipes and cultural programming to language lessons and travel benefits - we've got something for everyone.

https://www.sofn.com/norwegian_culture/



Sports Medals

The Sons of Norway Sports Medal Program is a fun and engaging way to stay active while enjoying the Norwegian tradition of *friluftsliv* (outdoor life and recreation)! It's uniquely designed to reward healthy habits at every age, activity level and exercise preference.



Birthdays:

GM Golden Members!

HM Heritage Members

Name	Mon	Day	Type
Drew	11	5	
Claudia	11	7	GM
Karen	11	7	
Tabatha	11	12	
Riley	11	15	HM
Gloria	11	18	
Cecilie	11	18	
Ed	11	25	
Dan	12	1	
Vernon	12	4	
Don	12	5	
Crystal	12	6	GM
Karen	12	9	GM
Pam	12	11	
Lee	12	12	
Val	12	16	
Pam	12	17	
Skylar	12	18	
Greta	12	23	
Marko	12	24	HM
David	12	24	HM



Recent New Members

Paul, Alex, and Ellis
Kingsolver



Matklubb Recipes—one for each month!

***The Matklubb meets before Lodge meetings at 9:00 to cook something Good!
Come one and come all!!!***

**The Fjelldalen Cookbook is Coming !!
Send recipes—with photos—to Publicity@Fjelldalen.com**

Traditional Norwegian Christmas Dinner — Pinnekjøtt and Rotmos

Ingredients

1. 4—5 lbs pinnekjøtt (salted lamb ribs)
2. 3—4 lbs swede (Rutabaga) peeled and chopped
3. 3 carrots—chopped
4. 2 medium potatoes—peeled and chopped
5. 1/4 cup double cream
6. 1/4 cup cream
7. 4 tbsp salted butter
8. Pinch of ground nutmeg
9. Salt and pepper to taste



The day before (skip this if using fresh lamb ribs):

Place the meat in casseroles or big bowls (or a pyrex dish – anything will do) and cover with plenty of water. Leave in room temperature for approx. 30 hours.

Why do we do this? Pinnekjøtt is meat that has been salted and dried, soaking it ensures it regains its consistency – as well as making it palatable by removing most of the salt. How long this takes depends on the thickness of the meat, as well as the temperature of the water. Tepid water will speed up the process.

3 hours before you plan to eat:

Pour off the water and place the meat to one side.

In your biggest casserole(s), place a metal rack or birch branches in the bottom. Add water until it covers the rack or your branches. Place your meat on top and cover with a lid.

Cook at low heat (gently steam) for approximately 3 hours. Sausage can be added to the casserole for cooking for the last 15-20 minutes; chop into chunks of 2-3 inches to ensure they cook through. When done, the meat falls easily off the bone.

For the Swede Mash - Rotmos

Peel your vegetables and chop coarsely into even-sized pieces. Boil until tender in lightly salted water. Leave for 3 minutes to dry, then mash by hand. Add cream and butter and give it a good stir. Add salt and pepper to taste. Add a pinch (not too much – this has a very strong flavor) of ground nutmeg if liked – the slight sweetness goes really well with the salty meat. If you think the mash is too thick, loosen it with some of the pinnekjøtt cooking water.

Serve with pinnekjøtt, lingonberry jam, perhaps some freshly boiled potatoes and a good shot of aquavit.



Fjellaldalen Lodge #6-162
Highlands Ranch, Colorado



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



Lutefisk and Lefse Dinner Hosted by Fjellaldalen Lodge

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)

You bet your lutefisk

I'm Norwegian



**Saturday, November 11,
2023**

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



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

Please **RSVP** by November 5, 2023. There will be a **limit of 150**, so please get your reservations in early. Please fill out the form below, send it with payment to:
Don Speas, 6392 S. Reed Way, Littleton CO 80123 or call (720) 299-7309 or pay by "Zelle" to treasurer@fjellaldalen.com

Because this dinner is on Veterans Day: Veterans eat FREE



Lutefisk and Lefse Dinner, Nov 11



**SONS of
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Name: _____

Phone: _____

Address: _____

City/State/Zip: _____ Email: _____

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

RSVP by November 5, 2023

Please make checks payable to; **Fjellaldalen Lodge**



Fjell dalen Lodge #6-162
Highlands Ranch, Colorado



**SONS of
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Free Children's Cross Country Ski Event



BARNELØPET

1.0 Km, 2.5 Km & 5.0 Km for ages 0 - 16



**SONS of
NORWAY**

Saturday, February 24, 2024



**Snow Mountain Ranch ~YMCA~ Granby,
Legett Hall**

Sponsored by Sons of Norway

- Register at www.barnelopet.com or at 9:30 a.m. on the day
- Check in at 9:30 AM, Beginner Ski Lessons from 10:00-11:00 AM, Event begins at 11:15 AM
- Free ski rentals at YMCA Nordic Center
- After event reception with refreshments
- *For further information contact:*

*Lois Hodne at (303) 324-1880 or
loishodne@gmail.com
or Jon Eirik Holm-Johansen,
Coordinator
(970) 412-0433 or tvchiro@gmail.com*

SKIGUARD
made in Norway

