



SONS of NORWAY

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

"Mountain Valley"



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.

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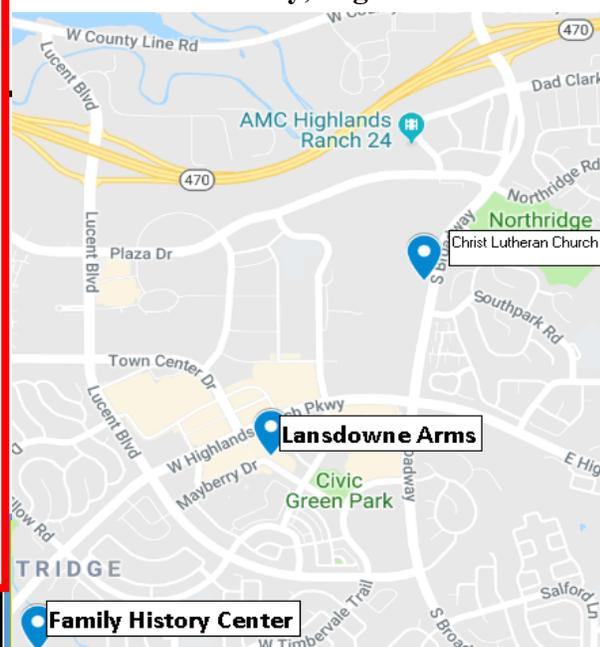
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Fjellaldalen's NYTT

Volume 24 Issue 2, March—April 2019

**Christ Lutheran Church
8997 S. Broadway, Highlands Ranch**



New Members

**Amber Quilling
Daryl, Conner, and Daphne Einarsen
Lee Corns**

Coming Up

March

10:00 **Not at Church**
Genealogy—Other ways in
Family History Center
9800 B Foothill Canyons Blvd
Highlands Ranch

12:00 **Luncheon - Lansdowne Arms**
Town Hall Square,
Highlands Ranch

1:00 **No Meeting at Church**
26 6:30 **Board Meeting**
Lone Tree Library

April

6 10:00 Genealogy
Organize Your Research

12:00 Pot Luck Soup, Salad, Desserts

1:00 Meeting

30 6:30 **Board Meeting**
Lone Tree Library



March Meetings—Change of Place

We can't hold our Genealogy and normal lodge meetings at Christ Lutheran Church in March—the meeting rooms became unavailable to us.

The Lodge meeting will become a Luncheon at Lansdowne Arms, Town Hall Square, in Highlands Ranch, at 12:00 noon. The menu will be a choice of Fish & Chips, Shepherd's Pie, Reuben Sandwich, French Dip Sandwich, or a Chicken Salad Sandwich—with a choice of having soup and/or salad. It will be individual checks.

The Genealogy meeting will be held at the Family History Center, 9800 B Foothill Canyons Blvd, in Highlands Ranch, at 10:00 am. The subject will be Other Ways In, non-traditional immigration paths.

President's Message

Dear Fjell dalen Lodge members,

I want to start out my first message by thanking you for allowing me to serve you as the Fjell dalen Lodge President. I hope to be able to do a good job and continue in the great footsteps of those who've held the position before me. As many of you have heard me say, I've served in many Lodge positions previously. In my former Daughters of Norway and Sons of Norway lodges in Washington State, I've been the Social Director, Vice President, President and a Grand Lodge Financial Secretary. Belonging to three different Lodges in Olympia and Tacoma has provided me with varied experiences I hope to share with all of you. In the last 15 months I've been a member of Fjell dalen Lodge, I have enjoyed the friendships made and participation in all the Lodge has to offer. Thank you for making me and my husband feel welcome.

Now is the time for both Winter and Spring. I'm learning the weather in Colorado is a daily surprise but what I love the most is how much sunshine there is to enjoy here. Everything seems better with a little sunshine added to it. If there is anyone in our lodge who needs some 'sunshine' please be sure to let us know. Fellowship in the lodge is an important part of why we come together as a group.

Our March meeting ran into some scheduling conflicts with the church so our great Vice President, Crystal, took time to find us a back-up place where we can meet for lunch together. We will meet at the Lansdowne Arms – Town Hall Square in Highlands Ranch at 12noon on March 2nd. There will not be a program for this luncheon and we hope to see many of you come join us this day.

Plans for April's Lodge Cultural Program is still in the works and will be announce by email. What we do know is it will be fabulous! Our group of Lodge executives are working hard to find good Social/Cultural Programs that will entertain, educate and delight you. We are also looking for small 'break out' groups, such as our current Cooking Group, that lodge members can attend and not only learn something in but socialize together. If you have any suggestions or questions, please let me know! Our Lodge is a group of lovely and caring people who enjoy good company so bring your friends and let them enjoy with us! I look forward to seeing you soon.

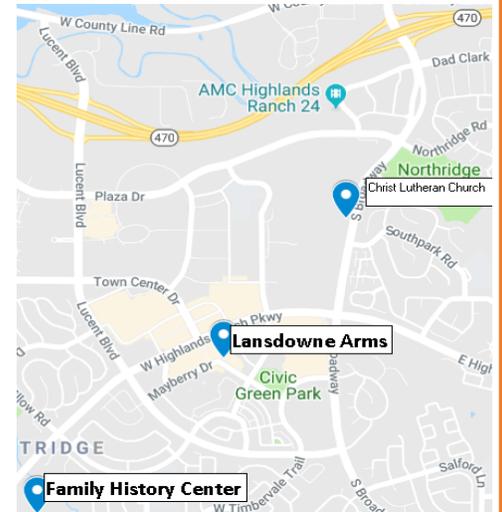
Be safe, be happy, and have joy.

Fraternally, Donita

The Value of Membership

As a member of Sons of Norway, you're invited to enjoy the numerous benefits we have. Whether your interests lie in financial products, travel, culture or heritage, Sons of Norway has a lot to offer, including the assistance of Financial Benefits Counselors and the fellowship and philanthropy opportunities of your local lodge.

Discover all that's here for you at Sons of Norway. **Thanks, Crystal and Lise**





SPESIELLE INTERESSEGRUPPER

Fjell dalen Lodge is starting a few special interest groups. We need members—and non-members—that are interested to join these groups. We are also looking for leaders to support the groups.

If you don't see a group you're interested in contact a Board member and we'll see if there's enough interest to form a new group.

So far, we have the following Groups:

- ◆ Norsk Klasse: Social get togethers while speaking in Norse! This is an open group that will converse in Norwegian (and English) while socializing. Come together to socialize while learning and speaking Norwegian! All are invited and with any level/ability to speak.
- ◆ Håndverker: Craft group get togethers. Meet to learn new crafts as well as work on your own projects and share ideas!

This group needs a leader and/or someone willing to host the group.
- ◆ Koret: Literally Choir, but in this case a social folk-singing group. If you enjoy singing, want to meet-up with others, and want to learn Norwegian songs to share at lodge meetings, this is for you. Open to all levels of talent.



To join a group, contact Donita or any Board member. Donita—donitanorsk@gmail.com

From Sons of Norway—District 6

IF YOU ARE NOT RECEIVING YOUR VERY OWN COPY OF THE SUPER SIXTH DISTRICT NEWSLETTER, DELIVERED TO YOUR EMAIL INBOX, PLEASE CLICK ON THE FOLLOWING LINK: <https://sofn6.org/districution-lists/> TO ADD YOURSELF TO THE "SUBSCRIBE" - ALL MEMBER EMAIL DISTRIBUTION MAILING LIST.

OR

GO ONLINE TO www.sofn6.org, CLICK ON THE RESOURCES TAB THEN CLICK ON "DISTRIBUTION LISTS" TAB, THEN GO TO THE "ALL DISTRICT SIX MEMBERS" LINE AND CLICK ON "SUBSCRIBE" TO ADD YOURSELF TO THE DISTRIBUTION LIST.

Mange takk! Kaye Wergedal, PRO

The May-June 2019 newsletter comes out the last week of April. All items for the next newsletter must be submitted by

April 15th.

Submit to Tony Hjelmstad at



This Month's SofN Web Site Feature

FEATURED RECIPES

Sons of Norway members enjoy full access to all the recipes in our files, from soups and salads, to desserts and main dishes. Our recipe box is overflowing with traditional Norwegian dishes, and the ones on this page are just a few of our favorites.

Some Examples:

Vær så god! (Bon Appetit!)

Gløgg

The most important part of this recipe? Plan ahead – you want the mixture to stand for at least 12 hours before enjoying!

[VIEW RECIPE](#)



Rømmegrøt

Sour cream porridge with dried meats was festive food in the olden days and still considered that today.

[VIEW RECIPE](#)



Lefse

A holiday tradition that fires up appetites any time of year – how about some lefse today?

[VIEW RECIPE](#)



Want to see all recipes?

The Sons of Norway online recipe database contains nearly 100 dishes to make, enjoy and share with friends and family – and we're always adding more.

[RECIPE BOX](#)

Birthdays:

March

- 4 **Lorraine Anderson**
- 5 **Marilyn Lyle**
- 8 **Richard Aspnes**
- Molly Parish**
- 22 **Conner Einarsen**
- 24 **Linda Ault**

April

- 21 *Bernice Hegge*
- 23 **Donna Krowen**
- 24 *Arvid Brekke*
Madison Crowley
- 26 *Barbara Robb*
- 28 **Carol Toffoli**
- 29 **Teri Hjelmstad**
- 30 **Lloyd Newland**

And a wonderful upcoming year to one and all of our *Birthday Celebrants*

Names in *Gold* are Golden Members!

Names in *Red* are Life Members!

Names in Italics are Heritage or Unga Venner Members!





TUBFRIM

NO-3540 NESBYEN - NORGE



How to help.

Bring your stamps to our Lodge meetings and give them to Lloyd!!

Please, never throw away canceled stamps and phonecards. Stamps from any country in the world can be used.

Just cut or tear the stamps off the envelopes, leaving a slight margin (approx. 1/2 inch) to keep the perforation intact. Damaged stamps (damaged perforation, edges etc.) are worthless and are to be thrown away.

Lloyd is also happy to receive stamp collections, old envelopes, covers and postcards. If envelopes, postcards etc. are more than 50 years old, then please do not cut off the stamp, but give the whole envelope/postcard!



Collect stamps and give or send to
Lloyd Newland, Special Activities.



Matlagings Klubb

We are looking for new members and anyone who is interested should contact Lise or Donita for times, locations, and next item we're cooking. We have also posted about our meetings on the Fjelldalen Facebook page.

If anybody has any questions please ask away!

Lise LeBlanc

Donita Zblewski



The Sunshine Troll Contact Donna Newland (303-973-8097 / aahhhco@gmail.com) and about any Member who needs some tender greetings from Fjelldalen Lodge!

As far as I know, everyone's healthy, wealthy, and wise.

Let's keep it that way for a while!



Recipe of the Month—Walnut and Cheese (Valnøtter og ost)

Ingredients

Walnut halves

Normanna cheese (Norwegian Roquefort)

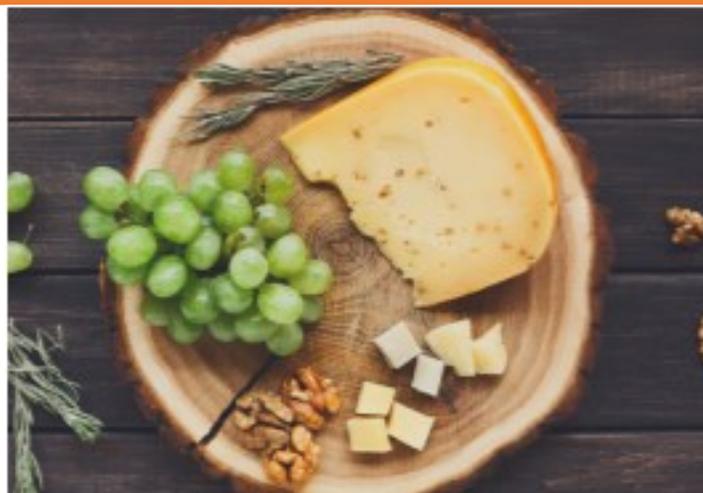
Butter or light cream

Green grapes

Step 1 Rub cheese through a sieve, or mash with a fork and blend with a little butter (room temperature) or cream.

Step 2 Place a small amount of cheese on whole walnut halves, press a grape into the cheese on one half and top with the other half.

Step 3 Place a toothpick into the grape. Arrange the appetizers on a platter with curly endive.



Find this recipe and more on Sons of Norway's online recipe box at https://www.sofn.com/norwegian_culture/recipe_box/.

Unique WW II Airplane Unearthed in Norway after 76 Years

A rare World War II fighter plane, piloted by a Scotsman who was a key figure in "The Great Escape," has been recovered largely intact from a Norwegian mountainside.

In 1942, RAF Flight Lieutenant Alastair "Sandy" Gunn, 22, was on a clandestine mission to take photos of a German battleship in Trondheim Fjord when his plane was shot down by German fighter planes. Gunn and nearby villagers first considered whether he could escape to safety in Sweden, but he abandoned that idea because he didn't know how to ski. Gunn turned himself in, and after four weeks of interrogation, was transferred to the Stalag Luft III prison camp for Allied POWs in Poland. As one of the men who carried out the famed Great Escape breakout in March of 1944, Gunn and 49 others were ultimately re-captured and executed by the Nazis.



Image Credit: TONY HOSKINS

This plane wreckage is a rare find. Of only 400 Spitfire AA810s that were made, 398 were lost in World War II, one is in Sweden, and this last one was left mostly untouched for over seven decades. Because they were used for espionage, these ultra-lightweight long-range aircrafts had no armor, weaponry, or radio, but extra fuel reserves increased their range from 600 miles to 2,000. Spitfire AA810 pilots went on risky missions to photograph infrastructure, buildings, troop locations and German battle-ships.

FINANCIAL MOMENT

For any long-term financial plan, it is important to work with a trusted financial professional to create a plan that fits your personal needs while protecting you and your family. It never hurts to equip you with all the information you can gather on your own. Using these calculators can help educate yourself on life insurance and other financial products. This will prepare you to discuss your needs with your Financial Benefits Counselor.

[Use Our Calculators](#)

Kendall Kjerstad

Financial Benefits Counselor 605 939-1714 kjerstadkendall@yahoo.com

Some of our new officers and volunteers—Gayle, Don, Lise, Ed, Dan, Donita, Tony, Erik, Crystal, Bev, Teri, Marilyn, and Karen



We played Bingo in Norwegian—callers Marilee and Agnes, winners Leslie, Ed, and Teri



Arnie, Agnes, and Marilee enjoy pizza for lunch



The Lodge sings the Table Prayer before we have our snacks!

Marilyn gave a program about the Antarctic Hurtigruten Cruise



Fjelldalen Lodge #6-162 Officers for 2019

President: Donita Zblewski 360-791-5858
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Vice-President: Crystal Sundet 720-283-8592
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Tubfrim: Lloyd Newland 303-973-8097
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DISTRICT 6 OFFICERS

District Six President: Luella Grangaard president@sofn6.org

International Director: Mary Beth Ingvoldstad internationaldirector@sofn6.org

Zone 8 Director: Beverly (Bev) Moe 720-746-9755 bevm259@comcast.net

Financial Benefits Counselor: Kendall Kjerstad 605-939-1714 kjerstadkendall@yahoo.com

Camp Norge Needs You!

Join us at Camp Norge for the next Work Party Weekend.

Saturday and Sunday, March 30/31, 2019.

We are inviting hard working* volunteers for a fun weekend of teamwork to help get our buildings and grounds ready for a busy summer season.

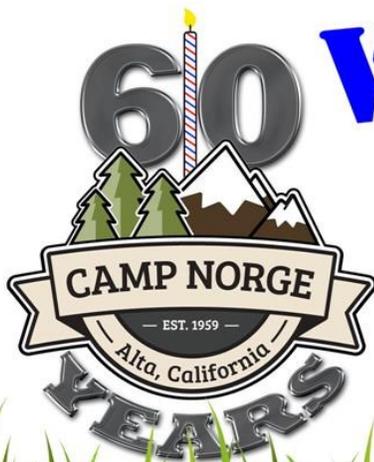
Projects include: landscaping, light painting, window washing, light repair work, kitchen cleanup, dusting, raking and sweeping, etc.

Even better, meals and lodging are **FREE!**

Lunch & Dinner on Saturday and Breakfast on Sunday
are provided for all volunteers.

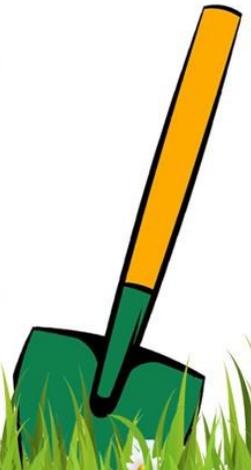
Please contact Susan Winje today to reserve your room:
(530) 389-2508 or susan.winje@campnorge.org.

* We realize everyone works at a different pace and energy level. We have projects for every age and work capacity. Join us!



WORK PARTY WEEKEND

VOLUNTEERS
NEEDED!



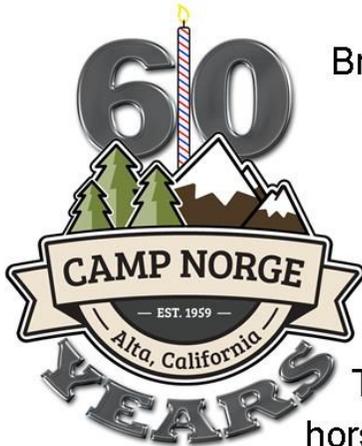


Celebrate Memorial Day at Camp Norge

May 25, 26 and 27th, 2019

The Camp Norge Board invites you to **Camp Norge** for a fun and relaxing three-day camping experience at your own recreation center, our “*Jewel of the Sierras.*” Come celebrate this true American Holiday with us. There are a variety of fun activities for everyone to enjoy!

- ♥ Our annual **Field Trip** on Saturday is the perfect way to begin the weekend!
- ♥ **Cocktail Party and Wine Tasting** Saturday
- ♥ **Family Movie Night** Saturday night
- ♥ Scenic and energizing **Hike** on Sunday
- ♥ Annual **Meatball Cook-off** and **Aquavit Tasting**
- ♥ Plus craft workshops and more!



Bring your tent or RV or **call Camp to reserve a room at (530)389-2508**. Not familiar with the rooms or want to learn more? Click on ⇒ www.campnorge.org

Delicious meals will be provided for the weekend and served in the Heritage Hall. **See page 2 for details.** The usual amenities will be available: swimming pool, horseshoe pits, games, hiking trails and more!

We expect another big crowd this year so call and reserve early!

