



"Mountain Valley"

Fjelldalen Lodge #6-162

Christ Lutheran Church
8997 S. Broadway, Highlands Ranch
Fjelldalen.com



SONS of NORWAY

Celebrating 125 Years

1895-2020

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Coming Up

February

28 4:00 Matlagings Klubb—Leek Soup

March

4 10:00 Genealogy

Histreg.no—new website

1:00 Lodge Meeting

Poulsbo, WA

Charming Little Norway

8 11:00 Finlandia Foundation 55th

Anniversary, Mt Vernon CC

16 TBD Corned Beef & Cabbage Trollheim

31 6:30 Board Meeting, Lone Tree Library

April

1 10:00 Genealogy

The 6 Inger Andersdatters

12:00 Soup Potluck

1:00 Lodge Meeting

Påskekrim—Easter Crimes

18 TBD Damaklubben Tea

Trollheim—see flyer

19 11:00 Frokost Viking Hall Fjelheim

28 6:30 Board Meeting, Lone Tree Library

May

2 Lodge Meeting & Genealogy

3 TBD Finlandia Foundation Vappu

Dakota Lodge

17 12:00 Syttende Mai —Picnic Sterns Park

June

6 11:30 25th Anniversary Party

Pinehurst Country Club

18-21 District 6 Convention, Mesa, AZ

26-28 Scandinavian Midsummer

Festival, Estes Park

August

1 11:00 Picnic—place TBD

October

17 2:00 & 4:30 Lutefisk Dinner

December

4 5:00 Finlandia Foundation

Kauneimmat joululaulut

Finnish Christmas Church

5 12:00 Potluck, Jul Fest—place TBD

Cookie Exchange

5 5:00 Finlandia Foundation

Piikijoulu—Trollheim Lodge

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.



Fjelldalen Lodge #6-162 Highlands Ranch, Colorado



President's Message

Dear Fjelldalen Lodge members,

With the beautiful Fall lingering on well into December and January, we are sure being reminded it is Wintertime now. Brrr.... I hope you are all staying warm and being safe as you travel about your daily routines. In January Fjelldalen Lodge was well represented at the District Six, Zone 8 Membership Meeting Bev Moe hosts. Once again, we had the most members in attendance and, I believe, benefited from the associations and information Bev so wonderfully plans for us. Several of our own Lodge Members even did presentations – which shows you the great leadership and knowledge our lodge has to offer. We are so lucky!

I wish you and your families a God Påske this April 12th . Getting ready for Easter starts in February with Fat Tuesday/Mardi Gras, February 25th. There are several ways to kick off the celebrate with a Norwegian tradition in your home including some delicious Fastelavens Bollers (Fat Tuesday buns) Yummy! We made these in our Cooking Group last year and I'll be baking some up for family and friends. For Påske you can check out the Sons of Norway website for other tasty recipes or join the cooking group and see what's cooking these next few months! We'll look forward to April bringing a few showers (and of course some sunshine) for our May flowers. Our Cultural and Social Directors are busy at work planning great programs for us you won't want to miss so be sure to put the lodge meetings on your calendars. We are scouting out a Craft group as previously revealed, the Cooking group is back in action meeting the last Friday of each month and stay tuned for Norwegian Language group information (letting me or Erik Collett know if you are interested).

I know I say this all the time (and it is worth repeating) ... we are such a fun group. Proof of that was clear at our February meeting where we played Trivia and had lots of fun getting to know each other a little better. It was so lovely to see the great turnout we had; I was delighted. Our Lodge is truly a group of friendly, fun and caring people who enjoy good company so bring your friends! I look forward to seeing you soon.

Be safe, be happy, and have joy.

Fraternally,

Donita

Marilyn Needs To Know Numbers !!!

**Read the flyers for Syttende Mai and the 25th Anniversary Celebration
AND**

Let Marilyn know if you can come so she can plan the food!!

Social Director: Marilyn Speas 303-973-2158 marilynspeas@hotmail.com



This Month's SofN Web Site Feature

Save with Sons of Norway!

Your Sons of Norway membership is your ticket to savings on a wide spectrum of goods and services. Check out all the discounts to see how you can start saving today. Need assistance? Call 800-945-8851

Some Examples - See the Sons of Norway Website for more information.

PerkSpot

By visiting Sons of Norway's exclusive [PerkSpot portal](#) you can start saving today on products and services, like travel, clothing, food, entertainment and electronics. But that's not all! Every month new discounts are added to enhance the benefit and, once you create your account, the discounts you see will be tailored to your area!

Films of Norway

Films of Norway offers Norwegian movies and TV series via an internet streaming service for a monthly subscription rate. Enjoy full length films, documentaries, children's programming, food/cooking shows and much more. New titles are added to the selection of available offerings every week. A one week free trial is available.

AVIS and Budget Car Rental

Sons of Norway members can receive a discount of up to 30% at participating locations worldwide when renting from Avis and Budget.

Best Western

Receive your 10% Business Advantage hotel discount at any Best Western hotel within the United States, Canada and select properties in Scandinavia.

Borton Overseas

Members enjoy a 5% Sons of Norway member discount when booking a qualifying tour package with Borton Overseas! Simply a tour from Borton Overseas' Unique Scandinavia, Incredible Africa, Antarctica or Fred Olson Cruise Lines catalogues.

Radisson Hotels

Sons of Norway members qualify for 5% off the regular rate at Radisson Blu, Radisson®, Country Inns & Suites By CarlsonSM, Park Inn by Radisson and Park Plaza®.

Icelandair

Sons of Norway members receive a 10% discount on any published Icelandair fare when tickets are booked through one of the following travel agent.

Porsgrunds Porselænsfabrik and Hadeland Glassverk

Two stunning Norwegian brands, Porsgrunds porcelain and Hadeland glasswork, are offering 20% off to members.

Birthdays:

Name	Mon	Day	Type
Lorraine Anderson	3	4	
Marilyn Lyle	3	5	
James Beatty	3	7	
Richard Aspnes	3	8	
Molly Parrish	3	8	
Linda G Ault	3	24	
Janice Ernster	3	27	
Fox Peterson	4	3	HM
Jane Hoskinson	4	12	
Bernice Hegge	4	21	GM
Donna Krowen	4	23	
Avid Brekke	4	24	GM
Madison Crowley	4	24	HM
Gail Kettelson	4	28	
Carol Sue Toffoli	4	28	
Teri Hjelmstad	4	29	
Lloyd C Newland	4	30	

GM Golden Members!
LM Life Members



Recent New Members

Taryn Duncan
Sharon Ingram



Rommogrot

A favorite Scandinavian dish that can be made from scratch or from a mix purchased in local Denver markets.



Participate in our work.

Most Norwegian Embassies, Consulates, Seamen's Churches and many private persons and groups participate in the TUBFRIM program. Outside of Norway, the greatest collection takes place in the United States through the organization Sons of Norway.

In USA you may also send stamps and telephone cards to the nearest participating Sons of Norway lodge, or to the Norwegian Seamen's Church in San Francisco or in San Pedro. The material is sent to Norway by DSV Air & Sea free of charge at very low costs.

We sincerely thank those of you who loyally send us stamps, and heartily welcome new collectors.

To help Tubfrim do its crucial work, simply clip canceled stamps from envelopes, leaving at least a quarter of an inch around the edge. When you have collected a pound of stamps, give or send to

King Soopers Community Rewards

If you shop at King Soopers, here's a good fund raiser for Fjelldalen. King Soopers has a Rewards Program that benefits Fjelldalen by giving a percentage of what you spend back to our lodge. All you have to do is sign up on your King Soopers account, and use your KS SooperCard when you check out.

1. Go to www.kingsoopers.com
2. Select **Welcome Sign** in upper right
3. Select **My Account** (drop down under sign in)
If you don't have a King Soopers account, create one
4. **Enter** your email and password
5. Click on **Community Rewards** (left side)
6. Under **Find an organization** enter: our code is TI915
(capital T, capital I, numbers 915)
7. When "FJELLDALEN" comes up - select **Enroll**



If you're having problems and need help, you can call 800-576-4377 and ask for Vicky. She will walk you through the process while you are on your home computer.

Or if you want help, call Don Speas at 720-299-7309 (donspeas@hotmail.com) and I'll give you a hand. If need be, I could stop by and help you on your computer.



King Soopers donations account for about \$800 a year in donations to Fjelldalen. Keep up the GOOD work!



The Sunshine Troll Contact Donna Newland (303-973-8097 / aahhh-co@gmail.com) AND the newsletter editor Tony Hjelmstad (303-324-5381 / tony@norsky.net) about any Member who needs some tender greetings from Fjelldalen Lodge!





Erika the Red?

Viking warriors are a big part of Scandinavian history, often depicted as fierce, muscular, bearded men. However, using facial recognition technology, British scientists have challenged this view as they recreated the remains of a woman warrior buried in a Viking graveyard in Solør, Norway. At first discovery, the burial site was not considered a warrior grave, “simply because the occupant was a woman,” according to archaeologist Ella Al-Shamahi. However, the scientists found that the woman was buried with multiple deadly weapons including an axe, spear and sword. Perhaps more shocking, she had suffered a major head injury

that resulted in a serious dent, most likely caused by a sword. A similar situation occurred with the Birka Warrior in Sweden. The remains were originally believed to be male, but scientists proved later that they were in fact female. Professor Neil Price, a Viking expert, stated “There are so many other burials in the Viking world...It wouldn’t surprise me at all if we find more [female warriors].”

Spread Nordic Love With Heritage Membership!

“I grew up in a Sons of Norway lodge and loved every minute of it. I love the ability to ensure that my daughter feels tied to the culture...” “My son is inspired to learn more about his Norwegian heritage, and attended a Norwegian language camp... these opportunities to connect with his cultural heritage are very valuable to him.” Did you know members in good standing can sponsor free Heritage membership for family members age 15 and younger? They may enjoy taking part in lodge celebrations and activities, or earning pins and medals through the youth Cultural Skills and Sports Medal programs. All Heritage members can access fun online resources including the Just for Kids activity pages and the Recipe Box (with help from a parent, if needed) at sonsofnorway.com. Heritage members receive a welcome kit with a personalized member ID Card that is valid until their 16th birthday. After that, they can continue in a Family membership or join Sons of Norway as an Individual member.

Contact Sherry at fraternal@sofn.com for more details.

Bergen Rum Balls

Submitted by: Vesterheim Museumsbutikk

Ingredients

For the pastry

3 1/2 Tbsp. sugar
3/4 cup flour
1/3 cup margarine

For the cream puffs

2/3 cup water
3 Tbsp. margarine
1/2 cup flour
2 eggs

For the filling

2 egg yolks or 1 egg
1 1/2 Tbsp. sugar
1 3/4 Tbsp. corn starch
1 cup full-fat whole milk
2-3 Tbsp. rum
Scant 1/2 cup whipping cream
12-14 cocktail cherries

Instructions

For the pastry

1. Combine sugar and flour and cut in the margarine.
2. Knead lightly. Form into a ball, wrap in plastic. Chill 1 hour. Preheat the oven to 210 C (425 F).

For the cream puffs

1. Bring water and margarine to a boil.
2. Add the flour and stir until the mixture forms a ball.
3. Remove from the heat. Cool slightly, then beat in the eggs, one at a time.
4. The mixture should be thick enough to just keep its shape. Make 12-14 balls with a spoon and place far apart on a greased baking sheet.
5. Roll out the pastry. Cut out round cookies with a 6-7 cm (2 1/2") cutter. Drape them over the balls and press carefully against the baking sheet.
6. Bake until golden, 25-30 minutes.

For the filling

1. Whisk together eggs, sugar, cornstarch and milk in a saucepan.



Financial Moment—Making a Difference

Have you read the Sons of Norway Brochure titled, "Making a Difference?" If not pick one up at your next lodge meeting. "Making a difference" highlights the three core areas of Sons of Norway: Fraternal, Financial and Foundation.

For the purpose of this article let's focus on Financial.

Highlights from the brochure: "In addition to being a fraternal organization Sons of Norway is a \$360 million dollar life Insurance company that is dedicated to protecting the financial future of its members." Also, "Sons of Norway's Insurance operations play a significant role in supporting our fraternal endeavors by providing more than \$1 million dollars in funding annually from its Financial and Insurance operations to support items such as the Viking Magazine and Lodge Programming.

Take advantage of being a Sons of Norway member and utilize the Financial Services of Sons of Norway. Examples of just a few ways I have helped our members: 1) Set-up certificates to financially protect families; to leave members an inheritance; or to leave money to the Sons of Norway Foundation. 2) Move CD monies or roll retirement accounts to SofN for safety and security. 3) Set up Pre-Funded Funeral plans for members. 4) Assist in Estate Planning. 5) Re-position "Lazy Money" that isn't doing much or make it work for our members.

Every member should own a Sons of Norway Insurance or Financial product: Make this the year to add one to your portfolio to help yourself and support Sons of Norway

Kendall Kjerstad Financial Benefits Counselor 970 697-1114 kjerstadkendall@yahoo.com

Scholarship Opportunities for District Six Youth

District Six offers up to 3, \$1,000 scholarships per year for students ages 16-23. These scholarships are available for students attending an accredited post-secondary school or training institution. The deadline for this scholarship is May 1, 2020.

District Six offers a \$1000 scholarship to the Concordia Skogfjorden Language Camp. The deadline for this scholarship is April 14, 2020.

Applications are available on the District Six website at www.sofn6.org. Please send completed applications to c/o Luella Grangaard, PO Box 832, Morongo Valley, CA 92256 or e-mailed to moorongo2@verizon.net.

In addition there are many scholarships offered by the Sons of Norway Foundation at www.sofn.com. Please take advantage of this District Six Member opportunity.

Youth Half Camperships Available for District Six Members

The District provides ½ camperships to youth in our district for Camp Trollfjell ages 8-13 and Trollfjell Folkehøgskule ages 14-17. Camp is held at the Recreation Center Camp Norge, Alta, CA. This year Trollfjell Folkehøgskule will be from June 28-July 11, 2020 and Camp Trollfjell will be from July 12-25, 2020. The amount of the half camperships for 2020 is \$450.00. The application form is available on the District Six Website. All applications must be received by April 15th. Please send the applications to District Six Campership Committee c/o Luella Grangaard, PO Box 832, Morongo Valley, CA 92256.

It is time to sign up for 2020 camp!!!



The Most Haunted Places in Norway

Here are nine haunted places in Norway you probably don't know about but should. Don't read this one alone!

<https://www.lifeinnorway.net/haunted-places/>

January Lodge Meeting



Pizza Lunch to celebrate the 125th!

Officer Installation—Bev, Marylyn, Dan, Eldon, Gayle, Linda, Helen, Tony, Jane, Donna, Teri, Leslie, Ed, Lloyd, and Karen

Rich With easy to make air purifiers.




SONS of NORWAY


 Fjellaldalen Lodge #6-162
 Highlands Ranch
 Colorado



 "Mountain Valley"

Don Speas

New Fjellaldalen Name Badges !!!

This is a sample of the new Fjellaldalen name badge. \$6.00 each and you select a pin fastener or a magnet fastener.

To get yours, sign up at any Lodge meeting or contact Don Speas—303-973-2158 donspeas@hotmail.com

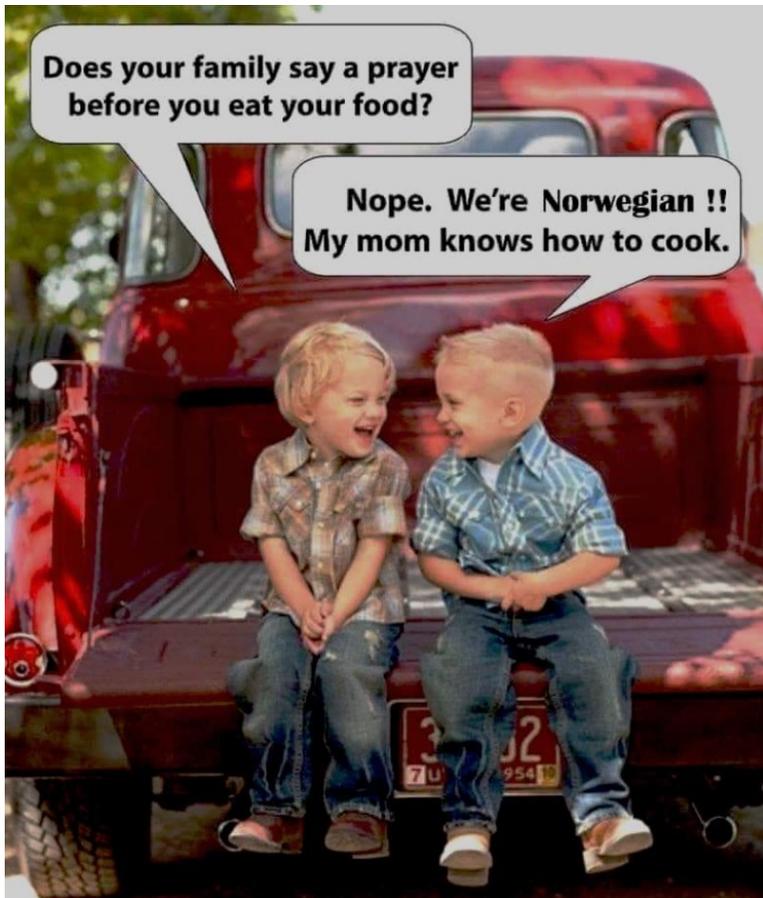
February Trivia Contest



Agnes—45 year pin, and Gay—15 year



Andrea helps with the Trivia Contest



Why you need to attend the Matlagings Klubb!

We Need Meeting Program Ideas !!!

If you have any ideas for good meeting programs or thoughts about Norwegian/Scandinavian culture, celebrations, cooking, music, living, visiting, etc,

Contact Andrea Peterson — 303-717-1930
andreastone1313@gmail.com





Fjellaldalen Lodge #6-162 Highlands Ranch, Colorado



SPESIELLE INTERESSEGRUPPER

Fjellaldalen Lodge has some special interest groups you may want to consider. We need members—and non-members—that are interested to join these 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.



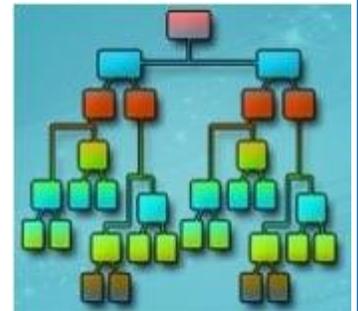
- ◆ Håndverker: Craft group get togethers. Meet to learn new crafts as well as work on your own projects and share ideas! This group needs a leader and/or someone willing to host the group.

- ◆ 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.



- ◆ Matlagings Klubb: The cooking group meets once a month and eats their results! This group meets in a volunteer's home on the afternoon of a 3rd or 4th Friday and cooks or bakes a Norwegian delicacy. Everyone brings things to go in or with the recipe and they all enjoy the companionship. Open to all levels of talent. Contact Lise—mark_and_lise@yahoo.com or Donita—donitanorsk@gmail.com

- ◆ Slektforskningklubb: The Genealogy group meets at the Church at 10:00 am on the morning before a lodge meeting. They look at both general genealogy and Norwegian and Scandinavian specific tools and discuss how to use and work on practical examples. Help sessions usually occur for the last half of the meeting. Contact Tony Hjelmstad—tony@norsky.net



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



The May-June 2020 newsletter comes out the last week of April. All items for the next newsletter must be submitted by

April 15th, 2020

Submit to Tony Hjelmstad at

tony@norsky.net.



Fjelldalen Lodge #6-162 Officers for 2020

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

Vice President : Linda Ault 303-953-2716
lindault@comcast.net

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teri@norsky.net

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janehoskinson67@gmail.com

Counselor: Erik Collett 720-459-1812
erikcollett@yahoo.com

Treasurer: Ed Eskelson 303-388-1909
t.noslekse@q.com

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

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andreastone1313@gmail.com

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marilynspeas@hotmail.com

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

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t.noslekse@q.com
Andrea & Rick Peterson
303-717-1930
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tony@norsky.net

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Marshalls: Dan Schauer 303-795-2255
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rollydog15@gmail.com

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tony@norsky.net

Greeter: Karen Campbell 303-364-3827
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Leslie Reingold 303-388-1909
t.noslekse@q.com

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janehoskinson67@gmail.com

Cultural Skills & Sports
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tony@norsky.net

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Webmaster: donspeas@hotmail.com

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

Tubfrim: Lloyd Newland 303-973-8097
aahhhco@gmail.com

Language: Eldon Halingstad 303-988-9349
ehalingstad@yahoo.com

Youth & Sports Open
Directors:

Sunshine: Donna Newland 303-973-8097
aahhhco@gmail.com

DISTRICT 6 OFFICERS

District Six President: Luella Grangaard president@sofn6.org

International Director: Mary Beth Ingvaldstad internationaldirector@sofn6.org

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

Financial Benefits Counselor: Kendall Kjerstad 970 697-1114 kjerstadkendall@yahoo.com

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



"Mountain Valley"

SYTTENDE MAI CELEBRATION

Norway's Constitution Day
Sponsored by Fjelldalen Lodge # 6-162



Sunday, May 17, 2020

12:00 noon to 5:00 pm

Parade Starts At 12:30

Hot Dog Line Opens After Parade

Donations of \$10 for adults (pay as you come in)
Children 12 and under \$5

Menu

Hot Dogs

Lefse

Potato Salad

Smoked Salmon

Pickled Herring

Goat Cheese

Leksands Knäckebröd
(crispbread)

Vafler (Heart Waffles)

Lingonberries

Ice Cream Cones

Coffee - Lemonade

Bring your family and friends to help us celebrate **Syttende Mai**, a family event with many wearing Norwegian **Bunads**, a parade throughout the park, a smorgasbord of traditional festive foods, games for all and a time to celebrate our Norwegian heritage. The children are a vital part of the celebration; we appreciate and encourage their participation. Please mark your calendar and join the Fjelldalen Lodge for a good family time. Call Marilyn Speas 303-973-2158 for further information.

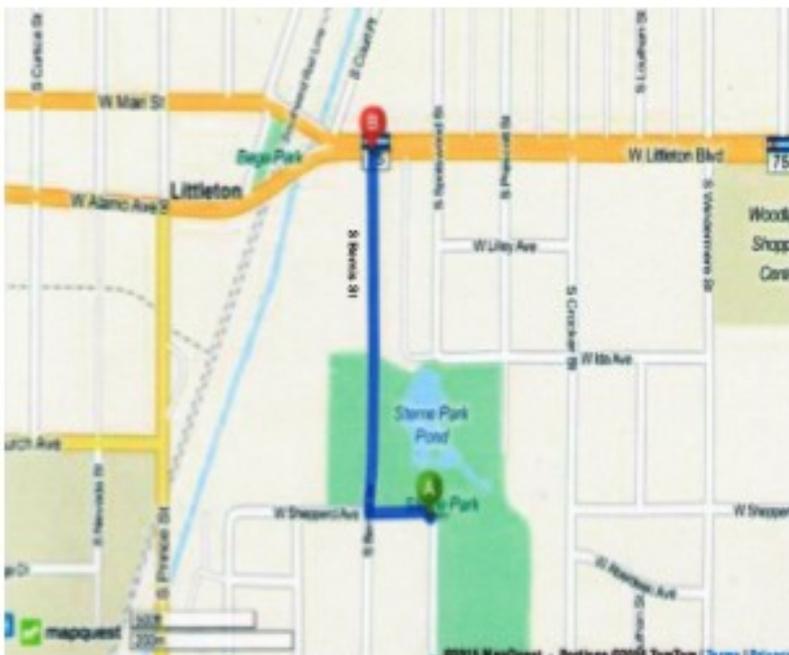
Join us at **Sterne Park** (South Shelter), Littleton. Go South on Bemis St off Littleton Blvd to Shepperd Ave, turn East to parking lot. Look for the **Norwegian Flag** and Fjelldalen's canopy.



COFFEE



Sterne Park, 2000 W Shepperd Ave, Littleton CO





Fjellidalen Lodge 6-162

25th Anniversary

Pinehurst Country Club
 6255 W Quincy
 Denver CO 80235

Saturday June 6, 2020

11:30 to 2:30

\$30.00 per person

Tax & Tip Included

Menu

Garden Salad & Rolls
Sliced Pork Loin with
Pineapple Salsa
Herb Roasted Potatoes
Seasonal Vegetable Medley
Apple Pie with Whipped Cream Carmel Drizzle
Coffee, Tea Water

Menu

Garden Salad & Rolls
Fillet of Salmon with
Champagne Dill Sauce
Herb Roasted Potatoes
Seasonal Vegetable Medley
Apple Pie with Whipped Cream Carmel Drizzle
Coffee, Tea, Water

Short Program, Awards and Socializing

*Please **RSVP** with payment to Marilyn Speas, 6392 S Reed Way, Littleton CO 80123 (303-973-2158) by **June 1st**. Pay with cash or check payable to Fjellidalen Lodge. Dress: Business Casual*

Name of Each Person	Phone #	Salmon	Pork Loin	Paid



SAVE THE DATE

District Six 2020 Convention

June 2020

Su	Mo	Tu	We	Th	Fr	Sa
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				



The Sheraton Mesa Hotel
Mesa, ARIZONA

Celebrating Our Roots



The
Sheraton
Mesa Hotel.
Mesa.
ARIZONA





Trollheim's Annual Spring Tea
Norway's Incredible
Stave Churches

Sons of Norway
Trollheim Lodge
6610 West 14th Avenue
Lakewood, CO 80214

Please Join Us For...
Tea, Tasty Treats and
Gentle Conversation

Saturday April 18, 2020
1:00 - 3:00

RSVP by April 11, 2020
\$20 per person

Advanced payment is requested

Come early & shop at
Norske Butikken

Reservations accepted until April 11, 2020 OR UNTIL SOLD OUT

To RSVP, first call Barb Hessel 303.989.4496 then fill out this form and send it with a **self addressed, stamped envelope** to Barb Hessel, 953 S. Holland Street, Lakewood, CO, 80226
Be sure to indicate if you wish to sit with a group, at a specific table or have other seating requests.
Make checks payable to Sons of Norway.

Name _____

Phone _____

Number of Tickets _____ Seating Request _____

i CAMP NORGE

UP COMING EVENTS AT CAMP NORGE 2020

March 27, 28, 29

Folkedans Stevne

April 24, 25, 26

Rosemaling

May 22, 23, 24, 25

Memorial Day Weekend

June 28—July 11

Folkenhogskule, youth 14-17

July 12—25

Camp Trolfjell, youth 8-13

SAVE THE DATES . . . SEPTEMBER 19-22, 2020



**CAMP OLDFJELL
FOLKEHØGSKULE FOR VOKSNE
(Folk School for Adults)**

Cultural Skills classes and more
(e.g., tablet weaving, literature, hardanger,
klosterson, and more . . .)

Look for the registration information in the next Cultural
Newsletter in March!