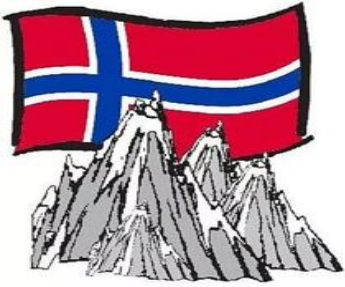


Fjelldalen's NYTT ^{30th} Anniversary



"Mountain Valley"

Fjelldalen Lodge #6-162

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



SONS of NORWAY



July-August 2025

Volume 30, Issue 4

Christ Lutheran Church

8997 S. Broadway, Highlands Ranch

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

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



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July 2025

- 5 No Genealogy Meeting
- 12 11:30 30th Anniversary Dinner
Members Only – RSVP Required
- 16 9:30 Hiking Vikings
- 26 9:30 IKEA Brunch

August 2025

- 2 9:30 Zoom Genealogy Meeting
- 9 11:30 Family Picnic
- 16 9:30 Hiking Vikings
- 23 9:30 IKEA Breakfast
- 26 6:30 Board Meeting

September 2025

- 6 9:30 Zoom Genealogy Meeting
- 13 Noon Cod/Salmon Dinner
- 20 9:30 Hiking Vikings
- 27 9:30 IKEA Breakfast

October 2025

- 4 9:30 Zoom Genealogy Meeting
- 11 Noon Potluck and lodge Meeting
- 18 9:30 Hiking Vikings
- 25 9:30 IKEA Breakfast
- 31 ??? 5th Saturday Surprise



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.



Fjellaldalen Lodge #6-162 Highlands Ranch, Colorado



SONS of NORWAY

Upcoming Lodge Events

Web Site

July 2025

12 **11:30 30th Anniversary Dinner**
Members Only – RSVP Required -Christ Lutheran Church

19 9:30 Hiking Vikings

26 9:30 IKEA Breakfast

August 2025

2 9:30 Zoom Genealogy Meeting

9 **11:30 Lodge Picnic** – Redstone Park
Burgers and Hotdogs provided

16 9:30 Hiking Vikings

23 9:30 IKEA Breakfast

26 6:30 Board Meeting

Facebook



Zoom Link

Slektforskningklubb – Genealogy - Meetings (ZOOM)

July 5 **NO MEETING!!**

August 2 9:30 Slechtsveisperringer – Norwegian
Roadblocks

Genealogy Zoom ID: 860 5229 1262 Passcode: 700388

Email Genealogy@Fjellaldalen.com for more information.

Click [Here](#) to Join ZOOM Meeting

Email Link



Web Site

Språkklubb Norskkurs – Norwegian Speakers Meetings

We have a language class/group and use Facebook and google meet monthly.

The members use DuoLingo or similar and then we discuss some words/topics/humor/events on the monthly virtual meeting.

<https://www.facebook.com/groups/852232346987226>

Email vp@fjellaldalen.com or call 512-289-9143 for more information.

Email Link



King Soopers Community Rewards program gives Fjellaldalen an income of about \$800 to \$1000 a year which Fjellaldalen puts toward the Scholarship Fund.



If you shop at King Soopers, use your Super Card - Community Rewards account (sign up for one if you don't have it) and designate Fjellaldalen Lodge TI915 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.



Fjellaldalen Lodge #6-162

Highlands Ranch, Colorado



SONS of NORWAY

Dear Fjellaldalen Lodge Members and Friends,

Summer has arrived, and with it comes sunshine, celebration, and a slightly different pace for our lodge activities. While we take a brief break from our **regular lodge meetings in July and August**, our summer schedule is filled with exciting events that celebrate our Norwegian culture and community. Please be sure to **watch your email for Fjellaldalen News updates**, as details and reminders will be shared regularly throughout the season.

We are thrilled to announce a very special event: **our 30th Anniversary Dinner** will be held on **Saturday, July 12** at **Christ Lutheran Church**. This is a member-exclusive event and **RSVP is required**. We look forward to honoring our lodge's past, present, and future with a festive evening of food, memories, and fellowship.

Mark your calendars for our **Annual Lodge Picnic** on **Saturday, August 9** at **Redstone Park in Highlands Ranch**. This family-friendly event is always a summer highlight—and this year promises to be extra special with the presence of a **beautiful Norwegian Fjord Horse!** These sturdy and gentle horses are one of the oldest and purest horse breeds in the world, known for their distinctive dun color, thick manes, and calm temperament. They have been a part of Norwegian life for centuries and are a wonderful connection to our heritage.

As we look ahead, don't forget that our ever-popular **Salmon Grill** will return on **Saturday, September 13**. More information will follow soon, so keep an eye on your inbox!



Our lodge may take a break from monthly meetings during the summer, but our **Hiking Viking Club** remains active! We continue to meet on the **third Saturday of each month** for relaxed local hikes. Whether you're an avid walker or just enjoy time in the great outdoors, come join us and experience the joy of *friluftsliv*.

And of course, our **monthly IKEA brunch** continues on the **fourth Saturday of the month**. It's a fun and casual way to stay connected with lodge friends while enjoying Scandinavian favorites.

As always, feel free to invite your friends and family to join in the summer fun. There's something for everyone at Fjellaldalen Lodge!

Vennlig hilsen (Best regards),

Kris

President, Sons of Norway Fjellaldalen Lodge



Fjellaldalen Lodge #6-162 Highlands Ranch, Colorado



The Sunshine Troll



We are sad to hear that Donna Newland has passed away. Funeral information will come out soon.

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.

Karen kegenes@luc.edu

Don publicity@Fjellaldalen.com

Tony Editor@fjellaldalen.com



Christ Lutheran Church Food Pantry A Sons of Norway Community Project

Fjellaldalen Lodge will be helping Christ Lutheran Church with their Sheridan Food Drive (Partnered with Food Bank of the Rockies)

Before each meeting, Don will email a list of requested non-perishable food items. Please drop off the items in the shopping cart as you come into the meeting. Any questions, contact Don at publicity@fjellaldalen.com.



Change of Address, Name Badges, Mugs

If you change your contact information, need a name badge, or want a Fjellaldalen Mug or Pen, contact

Don Speas
720-299-7309

publicity@fjellaldalen.com



GM – Golden Members
HM – Heritage Members

Name	Mon	Day	Type
Curtis Brudos	07	04	
Jay Brekke	07	08	
Maren Schroeder	07	08	
Daphne Einarsen	07	13	HM
Paul Kingsolver	07	15	
Elaine Scholpp	07	16	
Ellen Omholt	07	19	
Ellen Omholt-Gindorf	07	19	
Solveig Swenson	07	20	
Marylee Hagen	07	21	
Anders Tornquist	07	23	
Deanna Beatty	07	24	
Freyja Swenson	07	26	HM
Per Schroeder	07	30	HM
Marie Hjelmstad	07	31	
Les Johnson	08	02	
Stephanie Cherry	08	05	
Keith Bowers	08	05	
Scarlett Hjelmstad	08	06	HM
Annika Moen	08	07	
Kai Moen	08	10	
Madison Herrmann	08	18	
Elizabeth Speas	08	21	HM
Benedikte Schroeder	08	23	HM
Charlotte Bagwell	08	24	
Dianne Pedersen	08	25	
Amelia Nekvasil	08	28	





Fjellaldalen Lodge #6-162 Highlands Ranch, Colorado



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Lodge Activities – Syttende Mai



Mitch Utterback



The Parade



Food for all



Chris The Cook





Fjelldalen Lodge #6-162 Highlands Ranch, Colorado



Lodge Member Scholarship Awarded

This year, the Fjelldalen Board established a Member Nominated Scholarship for high school seniors entering an accredited post high school educational institution. The scholarship award is in the amount of \$500 and paid directly to the student. To qualify, the student must be related to, or be a member of Fjelldalen Lodge, maintain a GPA of 3.0 or higher, demonstrate service to their community, and complete a written essay.

This year the board received applications from two highly qualified individuals and decided to award each a scholarship. This year's recipients are Ian Moe and Stefan Moe. Both are enrolled in the Colorado School of Mines. Ian is studying electrical engineering and Stefan is studying Computer Science - Data Analytics. The

scholarship awards were presented to Ian at our June 14th meeting.

Congratulations Ian and Stefan! We wish you continued success as you pursue your degrees.

Applications for the 2026 – 2027 academic year will be available in January 2026.

To help us to fund future scholarships, please consider contributing to the Foundation at our lodge meetings, and if you have a loyalty card with King Soopers, please add Sons of Norway, Fjelldalen Lodge to your Community Rewards. Our lodge receives approximately \$800 a year from the rewards program and all proceeds will be dedicated to our scholarship fund.

Ruth DeLattre

District 6 Convention News

The District Six Conventions will be June 11 through the 14th at the Doubletree by Hillton Sacramento. The hotel draft contract is on the third revision.

It's time to start working on projects for the 2026 Folk Art Exhibition at the biennial District Six Lodge Meeting & Convention in June, 2026. An 'Olaf' award will again be presented to a favorite digital/electronic program. So, start (or keep going) on your knitting, stitching, carving, weaving, painting, etc. or get creative with a digital program

NORSKKURS Badges Reported as Earned

Linda Ault





Fjellaldalen Lodge #6-162
Highlands Ranch, Colorado



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Fjellaldalen's Matklubb Recipes

Potetsalat / Norwegian Potato Salad Serves 6 15 minutes prep 30 minutes cook

Ingredients:

2 lbs. new potatoes, peeled	6 oz gherkins, chopped
1 cup mayonnaise	1 cup sour cream
1 white or yellow onion, diced	1 tbsp gherkin pickle juice
Chopped parsley or chives for garnish	

Directions:

Boil whole, peeled potatoes till fork firm, not soft, about 18 minutes, cool, and then dice.

Mix rest of ingredients except garnish.

Add potatoes, combine well, and refrigerate for several hours.

Garnish before serving.

Enjoy!

Source - <https://www.nrk.no/mat/arme-riddere-1.14976958>



Franskbrød / French Toast Source - <https://www.nrk.no/mat/arme-riddere-1.14976958>

Ingredients:

3 slices of bread	2 eggs
2 Tbsp. sugar	2/3 cup milk
1 tsp. ground cardamom	1 tsp. ground cinnamon
2 Tbsp. butter for frying	1 orange
4 Tbsp. sour cream	4 Tbsp. blueberry jam
1 Tbsp Honey	1 Apple, diced

Directions:

Cut the orange segments out of the orange and cut into smaller cubes.

Beat together eggs, milk and sugar. Add cinnamon, cardamom and the zest of an orange. Stir well.

Dip the bread slices in the mixture and fry in butter over medium heat until golden brown.

Serve warm with diced apples, orange pieces, honey, sour cream and blueberry jam.



Rolf T. Øygarden, nrk.com



Fjellaldalen Lodge #6-162
Highlands Ranch, Colorado



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Go Paperless

The Sons of Norway National office is going paperless. Try their new paperless option!

Convenient and flexible, this option lets you find the information you need on a mobile device, iPad or computer. Snowbird? Going paperless allows you to easily access your member account anytime, anywhere. Receive faster updates by visiting apps.sofn.com/service1/portal and updating your preferences to paperless!



[Help Sons of Norway Go Paperless!](#)

[Click here to choose your preferences](#)

Financial Moment from Kendall Kjerstad

Waves Happen

The Stock market has had some significant ups and downs recently, some quite tramatic. It reminds me of the waves in the ocean. Clients will call me and ask "How is my Sons of Norway investments looking?" Thankfully, I am always happy to report, "It looks good". Always it is followed by their reply "REALLY?". Yes, Really. They then say, " You are the only ones that are not showing a negative in my portfollio". I guess the Vikings did know a thing or two about waves. Let the Sons of Norway help you have peace of mind and stability in a rough sea.



Skal,

Learn More Now https://www.sofn.com/financial_products/

Kendall Kjerstad
Financial Advisor
Cell 970-978-1634

kjerstadkendall@yahoo.com
Office 970-697-1114



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



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Norway has introduced a tourist tax to help manage the strain on infrastructure in popular tourist destinations and finance improvements. This tax, typically a 3% charge on overnight stays, is designed to be implemented in areas particularly affected by tourism, where infrastructure like public toilets and parking is overwhelmed. The funds collected will be used exclusively for tourism-related infrastructure enhancements.

Here's a more detailed breakdown:

- Purpose: The primary goal is to address the challenges of overtourism, particularly in areas with high visitor numbers.
- Tax Structure: The tax is a percentage of the cost of overnight accommodation, typically 3%, but municipalities can adjust this percentage.
- Implementation: Local authorities are responsible for determining whether they qualify for the tourist tax and how the funds will be used.
- Target Areas: The tax is intended to be applied in areas that experience high tourism pressure, where visitor infrastructure is strained.
- Exceptions: While the initial focus is on overnight stays, there are discussions about potentially including cruise ships and other segments of the tourism industry in the future.

MEMBERS ONLY ANNIVERSARY DINNER

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



"Mountain Valley"

*Christ Lutheran Church
8997 S Broadway
Highlands Ranch
CO 80129*

Fjellaldalen Lodge 6-162

30th Anniversary

Saturday July 12, 2025

11:30 to 3:00

Dinner starts at 12:00

Catered, No Charge

Menu

*Strawberry Spinach Salad & Rolls
Chicken Duxellewe
With mushroom an Volute Sause
Country Potatoes
Cauliflower au Gratin
Assorted Dessert Tray
Coffee, Tea, Strawberry Lemonade*

Menu

*Strawberry Spinach Salad & Rolls
Savory Beef Tips
Brown Gravy
Country Potatoes
Cauliflower au Gratin
Assorted Dessert Tray
Coffee, Tea, Strawberry Lemonade*

Watch your mail for your invitation!



Fjellaldalen Lodge #6-162
Highlands Ranch, Colorado



**SONS of
NORWAY**

The History and Heritage of the Norwegian Fjord Horse

By Kris

The Norwegian Fjord Horse is more than just a sturdy and beautiful animal—it is a living link to Norway’s ancient past and rural heritage. This remarkable breed has been a faithful partner to the Norwegian people for centuries, and it continues to be a symbol of strength, utility, and tradition.

The Fjord Horse is one of the oldest and purest horse breeds in the world. Archaeological evidence suggests that horses resembling today’s Fjord Horse were used in Norway more than 4,000 years ago. The breed is believed to be descended from the wild horses that once roamed the mountains and fjords of western Norway, and it was domesticated by the early Norse people. Fjord Horses even accompanied the Vikings on their journeys and may have been used in both battle and farm life.

What sets the Fjord Horse apart is its distinctive appearance. Compact and muscular, it typically stands between 13.1 and 14.3 hands high but is incredibly strong for its size. It has a striking dun coat—ranging from a pale cream to a deep brown—with darker dorsal stripes running from the mane down the spine and into the tail. One of its most recognizable features is the unique, upright mane that is traditionally trimmed to show off the black stripe running through its center, creating a bold, crescent shape that highlights the horse’s sturdy neck.

Throughout history, the Fjord Horse has been treasured in Norway for its gentle nature, intelligence, and reliability. Farmers in the steep and rugged countryside depended on Fjord Horses to plow fields, haul timber, and transport people and goods. Unlike larger draft breeds, Fjords are agile and sure-footed, ideal for navigating narrow trails and hilly terrain. Today, the breed remains popular in Norway and around the world. While their days of hauling logs may be over, Fjord Horses are now used for a variety of activities including therapeutic riding programs, equestrian sports, and traditional festivals. In Norway, they often appear in parades and heritage events, proudly pulling carriages or wearing ornate tack and Norwegian bunads.

At our upcoming August lodge picnic, we’re thrilled to feature a live Norwegian Fjord Horse named Sven for everyone to meet. It’s a unique opportunity to see this beloved symbol of Norway up close—a gentle reminder of the enduring connection between the Norwegian people and their faithful four-legged companions.

So bring your family, your curiosity, and your camera—and come celebrate this special part of our shared heritage.



Fjelldalen Lodge #6-162
Highlands Ranch, Colorado



**SONS of
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Friluftsliv: Embracing the Norwegian Outdoor Spirit This Summer

By Kris

There's a special word in the Norwegian language that perfectly captures the joy of stepping outside and savoring nature—friluftsliv. Pronounced free-loofts-liv, this term roughly translates to “open-air living,” but it's far more than just a walk in the woods. Friluftsliv is a way of life in Norway, deeply rooted in the national character and cherished across generations.

Coined by playwright Henrik Ibsen in the 1850s, friluftsliv describes the healing and refreshing effects of spending time outdoors. It's about connecting with nature not through extreme sports or epic adventures, but through simple, meaningful experiences: a quiet hike, a picnic by a lake, picking wildflowers, or sitting in the sun with a thermos of coffee and good conversation.

This summer is the perfect time for Fjelldalen Lodge members to embrace friluftsliv right here in Colorado. While we may not be surrounded by fjords or birch forests, our beautiful state offers countless opportunities to enjoy the outdoors the Norwegian way.

One great way to practice friluftsliv is to join our Hiking Viking Club, which meets on the third Saturday of each month. These leisurely hikes are more about fellowship and fresh air than fitness goals. We explore local trails, share stories, and simply enjoy being outside together. Whether you're a seasoned trekker or a casual stroller, you'll find friluftsliv on every path we take.

Even outside of club events, you can find friluftsliv in your daily routine: sip your morning coffee on the porch, take a short evening walk, visit a local park, or enjoy an unhurried moment watching the sunset. These small outdoor moments, when appreciated fully, become deeply restorative.

Norwegians value the idea that nature belongs to everyone—a concept known as allemannsretten or “everyman's right”—and they treat the outdoors with both respect and joy. Let's adopt that mindset this summer by spending more time outside, leaving our phones behind, and being present in the natural world.

And don't forget: friluftsliv is best when shared. Invite a friend to a picnic, bring the grandkids on a nature walk, or share a simple outdoor meal with your family. The goal isn't to conquer nature—it's to feel at home in it.

So let this summer be a season of friluftsliv. Let the breeze, the trails, the sun, and the silence remind us of our roots and recharge our spirits. After all, as Norwegians know well, there is no such thing as bad weather—only bad clothing. We'll see you on the trail!



Fjelldalen Lodge #6-162 Highlands Ranch, Colorado



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Fjelldalen Lodge #6-162 Highlands Ranch, Colorado



SONS of NORWAY

Celebrating 125 Years
1895-2020

Fjelldalen Lodge #6-162 Officers for 2025

- | | |
|---|--|
| President: Kris Bussell 303-335-5116
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vp@fjelldalen.com |
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secretary@fjelldalen.com | Treasurer: Amber Gardner 720-394-8304
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rollydog15@gmail.com |
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bablan1@q.com
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rollydog15@gmail.com |



President
Kris



Vice-President
Eivind



Secretary
Karen



Treasurer
Amber

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- District Six President: Lis Barca president@sofn6.org
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Revision 3-1-2025



Fjellaldalen Lodge #6-162
Highlands Ranch, Colorado



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



"Mountain Valley"

Fjellaldalen

Picnic & BBQ

Saturday August 9, 2025

11am to 4pm

*The Lodge picnic will be at Redstone Park,
3280 W Town Center Dr, Highlands Ranch, CO
80129. Creekside Shelter #2.*

Look For The Norwegian Flag



Join Fjellaldalen members and their families for our Summer Picnic. Hamburgers, Hot Dogs, lemonade & coffee, cups, plates and silverware will be provided. Bring your "Special Picnic Dish, Salads and Desserts" for everyone to share. We will have a special guest:

Sven the Norwegian Fjord horse.





Fjellaldalen Lodge #6-162
Highlands Ranch, Colorado



**SONS of
NORWAY**

Camp Oldfjell Course Catalog

September 20 – 23, 2025

Saturday-Tuesday \$250 | Saturday-Sunday \$150

Register from July 1 to September 8



Click [HERE](https://sofn6.org/camp-oldfjell/) to register or visit <https://sofn6.org/camp-oldfjell/> for the latest details!