



# SONS of NORWAY

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

*"Mountain Valley"*



## Fjelldalen's NYTT

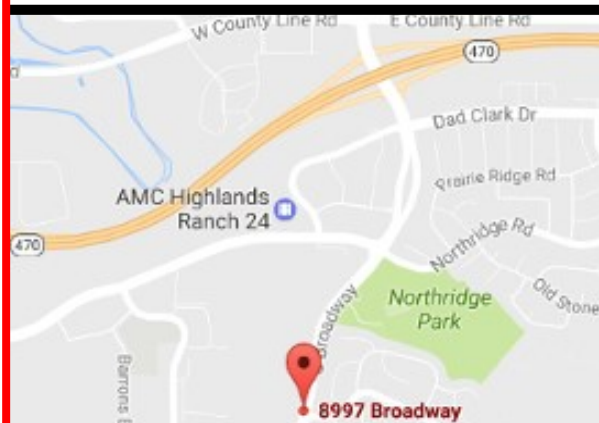
2018 Volume 23 Issue 6, November-December

We meet at 1 pm on the 1<sup>st</sup> Sat. of the month.

When we have Potlucks, we start at Noon!

Check our website for the latest information!

[www.fjelldalen.com](http://www.fjelldalen.com)



## Recent New Members



Agnar Jorgensen

Inger Jorgensen

Peter Andreas Jorgensen

## What's Inside !

President's Message.....	2
Membership .....	2
Next Newsletter Dates .....	2
This Month's SofN Web Site Feature.....	3
Birthdays .....	3
Fjelldalen Needs Candidates .....	4
Lutefisk Dinner helpers needed .....	4
Financial Moment—Kendall Kjerstad.....	5
Greetings From Tubfrim.....	5
Matlagings Klubb .....	5
Sunshine Greeter .....	5
Headlines of Interest .....	6
Recipe of the Month .....	6
Maud Returns to Norway.....	6
Photos of Events.....	7
Fjelldalen Lodge Officers 2018 .....	8

### Flyers

Fjelldalen Lutefisk Dinner NEW DATE .....	9
Ski for Light Volunteers Needed .....	10
Trollheim Christmas Fair .....	11

## Coming Up

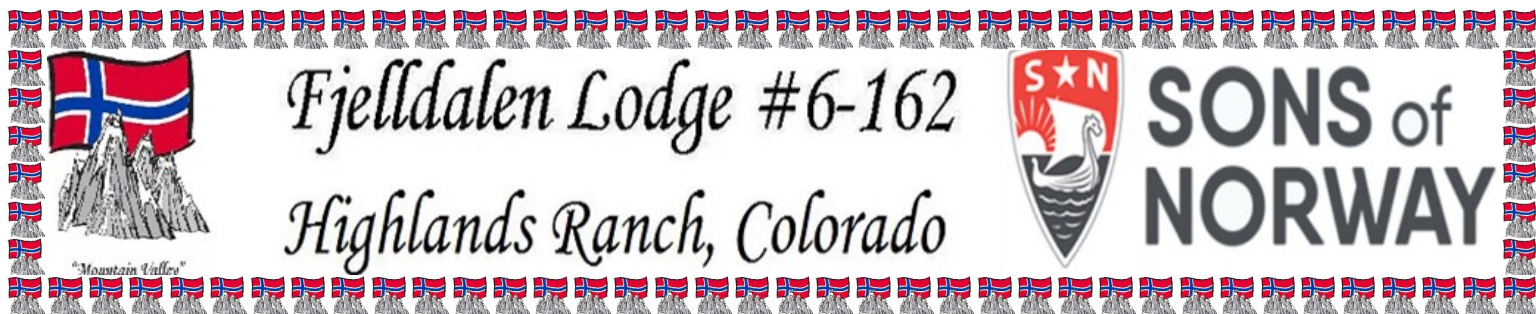
### November

2, 3	Fri/Sat	Trollheim Christmas Fair 10 am-4 pm
3	10:00	Genealogy Track Sample Family
	1:00	Meeting Train and Hurtigruten Trip Marylee Hagen
27	6:30	Board Meeting Englewood Public Library

### December

1	10:00	Genealogy DigitalArkivet—Who left When
	1:00	Meeting Norwegian Bingo
15	2 & 4:30	<b>Lutefisk Dinner</b>

No December Board Meeting



### *President's Message*

UFF DA, it is snowing and it is cold, A good day to stay inside and watch some football and write my input to Fjelldalen's NYTT.

The Matlagings Klubb is doing great. At their September meeting they baked a Hvit Dame, White Lady. It is basically a bløtekake but instead of being covered in cream and fruits it has a "lid" of marzipan. It has always been a favorite in my family. Lise was very kind in sending me a photo of the cake. I droooooled!

The month of November means elections. Please step up and volunteer for one of the positions that are still open.

Marilyn is busy planning our Lutefisk dinner. She is going to need a lot of help. We have a committee with several volunteers but we need many more.

I apologize for missing the October meeting. I hope to see all of you at the November meeting. Remember that you need to be there and exercise your voting rights.

Sincerely, Erik

### *Membership*

Sons of Norway has given each Lodge a recruitment goal for 2018. Fjelldalen's goal is to add 8 new members. We have not yet added this many, but we have until December 15 to meet this goal. If we do, our Lodge will earn a \$100 cash card and receive a Founders Award Certificate.

Any Fjelldalen member who recruits a new member will receive a 2018 Recruiter Pin and be eligible for a \$25 gift card drawing.

A few things to keep in mind: Adding a person to a Family membership, or adding a member who transfers in from another Lodge will not count toward our goal. Heritage members do not count toward the recruitment goal, either.

**Let's see if we can get some new members before the deadline!**

**Thanks, Teri and Lise**



The Jan-Feb 2019 newsletter comes out the last week of December. All items for the next newsletter must be submitted

by

**December 15th.**

Submit to Tony Hjelmstad at

tony@norsky.net.



## FAMILY MATTERS

When it comes to the future of Sons of Norway, we can't think of a more vital resource than our own young people. Getting our youth engaged in Norwegian heritage and interested in all of its cultural aspects is a mission that always inspires us.

### 2018—Birthdays:

#### November

- 4 Agnar Jorgensen
- 7 Karen Campbell  
Claudia Deasy
- 16 Beverly Bergum
- 17 *Sean Farrel*  
*Thomas Farrell*  
David Lanham
- 18 Gloria Vatne
- 25 Thomas Eskels

#### December

- 1 Dan Schauer
- 4 Vernon Tweed
- 5 Beverly Lundeen  
Don Speas
- 6 *Crystal Sundet*
- 11 Pamela Lugo
- 23 Greta Grande

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

Names in Gold are Golden Members!

Names in Italics are Heritage or Unga Venner Members!



## JUST FOR KIDS

### WORD SEARCH

Read the words in the list below, then find and circle them in the puzzle.

BUNAD  
PARK  
SEATTLE  
SYTTENDE  
NATIONAL  
BROOCH  
BALLARD

WASHINGTON  
COAST  
NORDIC  
FOLK  
GLACIER  
MOUNTAIN  
VIKING

E	N	O	R	D	I	C	L	C	V	J	R
F	L	L	S	K	T	X	D	R	T	E	L
N	S	O	L	R	L	L	D	S	I	E	V
O	D	Q	A	A	G	U	A	C	F	P	N
T	R	M	N	P	N	O	A	O	A	E	X
G	A	B	O	U	C	L	L	G	D	L	U
N	L	R	I	U	G	K	N	N	K	T	J
I	L	O	T	V	N	I	E	P	J	T	V
H	A	O	A	Q	K	T	B	U	N	A	D
S	B	C	N	I	T	L	A	A	T	E	Y
A	V	H	V	Y	T	M	T	I	B	S	M
W	X	O	S	A	C	B	V	S	N	O	P



### WORD SCRAMBLER

How many words of three letters or more can you make using the letters in  
**SCANDINAVIA?**

_____	_____
_____	_____
_____	_____
_____	_____

For more Family Matters pages from previous issues, go to [sonsofnorway.com](http://sonsofnorway.com), log in and select "Cultural Programming" then "Family Matters."



### LANGUAGE LESSON

#### Sølje

Traditional Norwegian silver jewelry often worn with a bunad

#### Friluftsliv

Free air life, the Nordic concept of spending time outside to improve one's wellbeing

**Takk for maten**  
Thanks for the food





# **Fjelldalen Needs YOUR Help**

**The Nominating Committee needs  
Candidates For President, Vice Preseident,  
and Cultural Skills Director!!!**

Crystal Sundet

720-283-8592

cjsun@siligrips.com



**Also, We need help for the Annual Fundraiser—Our Lutefisk Dinner!!!**

Marilyn Speas—303-973-2158—has sign up sheets for the Lutefisk Dinner December 15th for:

- ⇒ Cookies
- ⇒ Helpers for set on Friday afternoon
- ⇒ Workers to help in kitchen Saturday morning and servers
- ⇒ Serving and cleaning Saturday for the 2 pm and 4:30 pm dinners

Don and I have already done shopping for the Lutefisk Dinner. I will be making cookies and pickling the beets.

## **FINANCIAL MOMENT** Viking Voyager Children's Life Insurance

is available for children ages 0-17 and is a simple, economical way to introduce young people to the benefits offered by Sons of Norway. Whether you're a parent, grandparent or other relative, this product can help you provide for a child's financial future with level term coverage to age 26.

*Kendall Kjerstad*

*Financial Benefits Counselor*

*605 939-1714*



**TUBFRIM**  
NO-3540 NESBYEN - NORGE



To District 6 Lodges:

Thank-you for saving stamped envelopes and/or stamps. This assists us with our endeavor to help children through a Norwegian organization called Tubfrim. The mission is to collect and sell used stamps to stamp dealers and collectors and use the proceeds to aid Norwegian children. Sons of Norway members are the largest contributor outside of Norway to Tubfrim's efforts, sending nearly 30% of all stamps collected.

Tubfrim is celebrating its 90th year of doing wonderful things for the children of Norway. It started in 1928 when the Postmaster thought that there has to be some use for all these old stamps. He started collecting stamps and started Tubfrim, which is short for Tuberculosis and frimerker (Norwegian for stamps). Over the years, Tubfrim has distributed over 23 million kroner to Tuberculosis research (initially) and then to handicapped children. However, now due to the immigration and refugee problem, tuberculosis has been brought back to Norway.

This year Tubfrim has donated approximately \$100,000. They had applications from 237 organizations for funds, and they only distributed to 20 recipients. 50% of their funds are given for Tuberculosis once again, and the other 50% are given to organizations or individuals that have physical or maybe even mental handicaps. So the money really does good - stamps for a good cause.

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** wants to send a greeting to anyone who's down or out. Contact Donna Newland (303-973-8097 / aahhhco@gmail.com) and about any Member who needs some tender greetings from Fjelldalen Lodge!

**Marilyn Lyle** has been getting treatments for leg and back pain, but hasn't improved much. Wish her well as she works hard for the Lodge!



## PROFESSØRENS GLØGG RECIPE

### Ingredients—To serve 20-25

2 quarts dry red wine (about 2 standard 750 mL bottles)  
2 quarts muscatel (or muscato)  
1 pint sweet vermouth  
2 tablespoons Angostura bitters  
2 cups raisins  
Peelings of 1 orange  
12 whole cardamoms, bruised in a mortar with a pestle or by covering with a towel and crushing with a rolling pin  
10 whole cloves  
1 piece (about 2 inches) of fresh ginger  
1 stick cinnamon  
1 ½ cups akevitt (preferably Linie)  
1 ½ cups sugar  
2 cups whole almonds, blanched and peeled

## PLAN AHEAD!!!

### Recipe

Step 1— In a 6- to 8-quart enameled or stainless steel pot, mix together the dry red wine, muscatel, sweet vermouth, bitters, raisins, orange peel and the slightly crushed cardamoms, whole cloves, ginger and cinnamon. Cover and let the mixture stand at least 12 hours so that the flavors will develop and mingle.

Step 2— Shortly before serving, add the akevitt and the sugar. Stir well and bring it to a full boil over high heat.

Step 3— Remove at once from the heat, stir in the almonds and serve the hot gløgg in mugs. Serve with a small spoon in each mug to scoop



## Maud Returns to Norway

After more than a century abroad and 85 years at the bottom of the sea, Roald Amundsen's expedition ship Maud has finally returned to Norway.

Maud was built in 1917 for Amundsen's second expedition to the Arctic and set sail from Vollen in Asker,

Norway, the following year. The ship was intended to be a floating scientific research station to collect data across the North Pole. Unfortunately, numerous conflicts complicated the mission, and the Norwegian explorer was forced to sell the ship in 1925 to the Canadian Hudson Bay Company. Maud was then docked in Cambridge Bay, Canada, and used as a radio station and storage unit until she sank in 1931.

Several plans to retrieve Maud from the Canadian seafloor were started, but all fell flat. It wasn't until 2011 when real estate company Tandberg Eiendom finally found success, and was able to help Maud reach surface in 2016. The journey home then took an additional two years, being towed by tugboat around Greenland and through the Atlantic Ocean, and was complete in August of 2018.

Maud now sits almost exactly where she was launched more than 100 years ago in Vollen, Norway. A museum will feature the ship's remains and share her remarkable story while above and below sea level.

Amundsen's two other ships, the Gjoa and Fram are currently housed at the Norwegian Maritime Museum in Oslo.







Bev, Agnes, and Crystal lead us in the Table Prayer

Everyone enjoys our Potluck Lunch



### Awards Galore!

Marylee receives a Recruitment Award from Lise and Bev Moe presents the President's Merit Award to Marylee.



Outgoing Key Award Winner Marilyn received a beautiful plate, while new Key Award winners Tony and Teri are presented the Key.



Marylee receives a gift for being outgoing President.



Tony presented a program on how to find your family farms.

Ed presented a program on Finnskogen.





# Fjelldalen Lodge #6-162 Officers for 2018

**President:** Erik Collett 720-459-1812  
[erikcollett@yahoo.com](mailto:erikcollett@yahoo.com)

**Vice-President:** Teri Hjelmstad 303-771-1428  
[teri@norsky.net](mailto:teri@norsky.net)

**Secretary:** Marilyn Lyle 303-795-3304  
[marlyle@msn.com](mailto:marlyle@msn.com)

**Treasurer:** Ed Eskelson 303-388-1909  
[t.noslekse@q.com](mailto:t.noslekse@q.com)

**Counselor:** Marylee Hagen 303-771-3778  
[mihtutor@aol.com](mailto:mihtutor@aol.com)

**Cultural Director:** Marylee Hagen 303-771-3778  
[mihtutor@aol.com](mailto:mihtutor@aol.com)

**Membership Secretary:** Lise LeBlanc 303-242-6460  
[mark\\_and\\_lise@yahoo.com](mailto:mark_and_lise@yahoo.com)

**Social Director:** Marilyn Speas 303-973-2158  
[marilynspeas@hotmail.com](mailto:marilynspeas@hotmail.com)

**Auditor:** Guy Duncan 720-254-7594  
[rollydog15@gmail.com](mailto:rollydog15@gmail.com)

**Marshalls:** Dan Schauer 303-795-2255  
[bablan1@q.com](mailto:bablan1@q.com)  
Jack Paulsen 303-346-8279  
[jackp@q.com](mailto:jackp@q.com)  
Guy Duncan 720-254-7594  
[rollydog15@gmail.com](mailto:rollydog15@gmail.com)

**Editor:** Tony Hjelmstad 303-771-1428  
[tony@norsky.net](mailto:tony@norsky.net)

**Musician:** Teri Hjelmstad 303-771-1428  
[teri@norsky.net](mailto:teri@norsky.net)

**Foundation:** Helen Mulhern 303-337-4090

**Genealogy:** Tony Hjelmstad 303-771-1428  
[tony@norsky.net](mailto:tony@norsky.net)

**Publicity:** Don Speas 303-973-2158  
[donspeas@hotmail.com](mailto:donspeas@hotmail.com)

**Greeters:** Karen Campbell 303-364-3827  
[karensue61@comcast.net](mailto:karensue61@comcast.net)  
Andrea Peterson 303-717-1930  
[andreapetersen1313@gmail.com](mailto:andreapetersen1313@gmail.com)

**Sunshine:** Donna Newland 303-973-8097  
[aahhhco@gmail.com](mailto:aahhhco@gmail.com)

**Cultural Skills & Sports**  
**Medals Awards:** Tony Hjelmstad 303-771-1428  
[tony@norsky.net](mailto:tony@norsky.net)

**Tubfrim:** Lloyd Newland 303-973-8097  
[aahhhco@gmail.com](mailto:aahhhco@gmail.com)

**Historian:** Gayle Rodgers 303-929-0909  
[gaylerodgers@gmail.com](mailto:gaylerodgers@gmail.com)

**Webmaster:** Don Speas 303-973-2158  
[donspeas@hotmail.com](mailto:donspeas@hotmail.com)

**Language:** Eldon Halingsstad 303-988-9349  
[ehalingstad@yahoo.com](mailto:ehalingstad@yahoo.com)

**Youth & Sports**  
**Directors:** Guy Duncan 720-254-7594  
[rollydog15@gmail.com](mailto:rollydog15@gmail.com)  
Dan Schauer 303-795-2255  
[bablan1@q.com](mailto:bablan1@q.com)

**Extra Activities:** Dan Schauer 303-795-2255  
[bablan1@q.com](mailto:bablan1@q.com)

## DISTRICT 6 OFFICERS

**District Six President:** Luella Grangaard [president@sofn6.org](mailto:president@sofn6.org)

**International Director:** Mary Beth Ingvaldstad [internationaldirector@sofn6.org](mailto:internationaldirector@sofn6.org)

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

**Financial Benefits Counselor:** Kendall Kjerstad 605-939-1714 [kjerstadkendall@yahoo.com](mailto:kjerstadkendall@yahoo.com)



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



"Mountain Valley"



**Hosted by Fjelldalen Lodge #6-162**

**Menu**

**Lutefisk**  
**Butter**  
**Cream Sauce**  
**Kjøttkaker (Meatballs)**  
**Lefse**  
**Potatoes**  
**Peas**  
**Pickled Beets**  
**Lingonberries**  
**Cranberries**  
**Cookies**  
**Risikrem**  
**Coffee - Lemonade**

You bet your lutefisk  
  
**I'm Norwegian**



**Saturday, December 15, 2018**

2 servings; 2:00 PM & 4:30 PM

**Christ Lutheran Church**

8997 S Broadway  
Highlands Ranch, CO 80129

**Ticket Donation**

Adults - \$20.00  
Children 4 to 12 - \$8.00



**Kransekake**

**Raffle**

**3 Tickets for \$5.00**

**Or**

**\$2.00 a Ticket**

Please RSVP by December 10, 2018 so we have an idea how many hungry "Lutefisk" eaters will attend. For reservation, please fill out the form below, send it with payment to:  
**Marilyn Speas, 6392 S. Reed Way, Littleton CO 80123** or call Marilyn at (303) 973-2158.

**Tickets will be picked up at sign-in table.**

**Look us up at [www.fjelldalen.com](http://www.fjelldalen.com)**



***Lutefisk and Lefse Dinner***



Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
City/State/Zip: \_\_\_\_\_

Phone: \_\_\_\_\_

Check Choice of Time: 2:00 PM \_\_\_\_ or 4:30 PM \_\_\_\_

# of Adults @ \$20.00 ea. \_\_\_\_ # of Children @ \$8.00 ea. \_\_\_\_ Total Enclosed \$ \_\_\_\_

**RSVP by December 10, 2018**

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



**SKI FOR LIGHT, INC.**

# SKI FOR LIGHT 2019 EVENT

The 2019 Ski for Light International Week will be held from Sunday, January 27, 2019 through Sunday, February 3, 2019, at Snow Mountain Ranch in Granby, Colorado. The skiing portion of the SFL week has taken place on the 100 kilometer trail system of Snow Mountain Ranch ten previous times, so you can tell that there is a lot about the trails that we like. This year, as in 2017, we will also be staying on the grounds of the property, so skiing will be just a short distance from your room.

***Save the date!***

Arrival at DIA on Sunday, January 27, 2019 and

Departure at DIA on Sunday, February 3, 2019

***Volunteers are needed both at DIA and  
Snow Mountain***



The ***SUPER SIXTH*** DISTRICT





# Trollheim Christmas Fair

November 2nd & 3rd, 2018, 10AM - 4PM  
Admission: \$3.00, 12 and under no charge

## SONS OF NORWAY, TROLLHEIM LODGE

6610 West 14th Ave.  
303-232-1700

### LUNCH

11:30am - 1:30pm

Salmon open face sandwich with snøfrisk cream cheese and a side of cucumber salad, Includes dessert and beverage  
\$10.00

Jarlsberg cheese and ham open face on a bed of lettuce and Norwegian mayo, side of Norske potato salad, includes dessert and beverage  
\$9.00

Lompe dog- (hot dog rolled in lefse) with dill pickle and surkal. Includes dessert & beverage.  
\$5.00

Lefse with butter and sugar includes beverage  
\$2.00

### SHOPPING

Shop at the butikken for your Christmas gifts.  
Be sure to check out the wonderful items at the crafter's tables, too!

*Come spend the day in a*

# Wonderland Of Scandinavia