



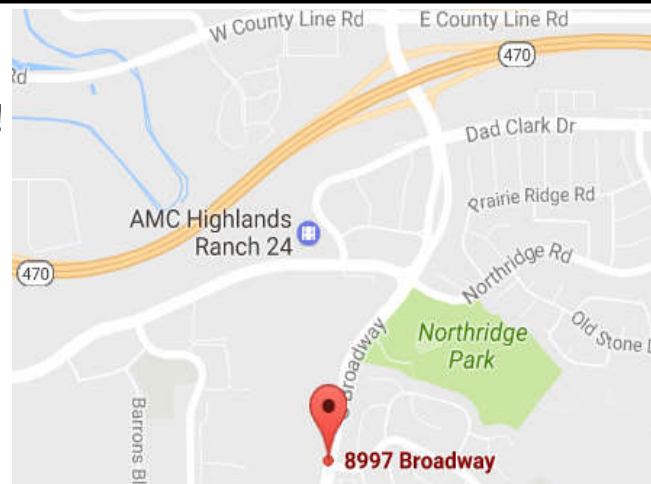
# Fjelldalen's NYTT Fjelldalen Lodge 6-162

Sons of Norway Highlands Ranch, CO  
2017 Volume 22 Issue 3 May-June

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

Always check our website for the latest information!

Fjelldalen Lodge 6-162  
Sons of Norway International  
Christ Lutheran Church  
8997 S Broadway  
Highlands Ranch, CO 80129  
[www.fjelldalen.com](http://www.fjelldalen.com)



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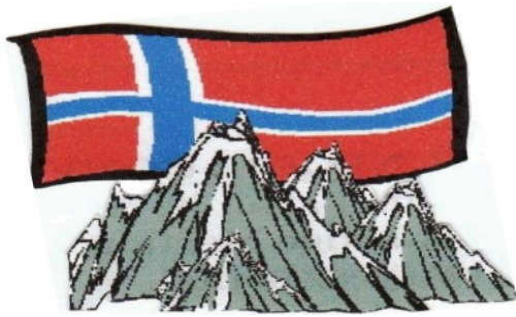
## Coming Up

### May

- 06 Genealogy : 10-12  
**How to Use Family Search**  
General Meeting : 1:00PM  
**Norwegian Buhund (DOG)**
- 07 Sons of Norway exhibition at the Vikings Exhibition at the Denver Museum of Nature & Science
- 21 **SYTTENDE MAI**  
    See Flyer at end
- 30 Board Meeting : 6:30PM  
    Englewood Library Perrin Room

### June

- 03 Genealogy - Done for Summer  
    Potluck : 12:00 Noon  
    General Meeting : 1:00PM  
    **Folk Dancers Performance**  
    Swedish Dance Club
- 24-25 Scandinavian Mid-Summer Festival Estes Park



# Fjelldalen's NYTT

## Fjelldalen Lodge 6-162

Sons of Norway Highlands Ranch, CO

### President's Message

I want to thank everyone (lodge and family members) who helped make our **Memorial Service** on **April 1, 2017** a huge success. It took weeks of planning and last minute changes. **Teri Hjelmstad** chose the music, **Ed Eskelson** provided the Scripture Verse, **Marilyn Lyle** sent out invitations to family members, **Bev Moe** gave a Tribute on behalf of Sons of Norway and a closing Norwegian Prayer. **Marylee Hagen** welcomed everyone and read the names of each deceased person mentioning special memories of each one. **Don Speas** produced the beautiful "Remembered In Our Hearts" program.

**Cultural** programs were presented by **Beverly Bergum** – "Into the Midnight Sun" – March and **Marylee Hagen** – "The Norwegian Immigrant National Historic House Museum" - April. **Genealogy** programs were - Learning How To Do a Power Point Program by **Tony Hjelmstad** and Reasons for Leaving Norway by **Tony & Teri Hjelmstad**.

Looking ahead we have more exciting Cultural Programs scheduled. In May – **Bev Moe** will show & tell about her Norwegian Buhund. In June – the **Swedish Dance Club** will perform for us. **Karen Campbell** will give us an update on FAMILY SEARCH.ORG for our Genealogy Class in May. (No Genealogy in June)

An extra May event for some of our members will be to participate in a special **VIKINGS** program at the Denver Museum of Nature & Science on May 7. The **Scandinavian Festival** will take place in Estes Park on June 24 & 25. Our lodge will be participating again in the **Highlands Ranch Ice Cream Social** on July 12 – all the ice cream you can eat for \$2.00. For more information call or email one of our officers.

*Fraternally, Marylee Hagen*

### 2017 Kalender

#### General Meetings/ Genealogy

- ⇒ May 06  
Norwegian Buhund (Dog)
- ⇒ June 03 – Potluck – noon  
Yearly Awards  
Folk Dancers Perform
- ⇒ NO JULY or AUG.
- ⇒ Sept. 02 – Potluck - noon
- ⇒ Oct. 07
- ⇒ Nov. 04
- ⇒ Dec. 02

#### Board Meetings

- ⇒ March 28
- ⇒ April 25
- ⇒ May 30
- ⇒ No meeting - JUNE or JULY
- ⇒ Aug. 29
- ⇒ Sept. 26
- ⇒ Oct. 31
- ⇒ Nov. 29
- ⇒ No meeting— DEC.

#### Special Events

- ⇒ May 7 Sons of Norway exhibition at the Vikings Exhibition at the Denver Museum of Nature & Science
- ⇒ May 21 Syttende Mai
- ⇒ Jun 24-25 Scandinavian Mid summer Festival
- ⇒ Jul 12 Ice Cream Social 6:00 - Highlands Ranch
- ⇒ Aug 5 Picnic  
More info coming
- ⇒ Dec. 16 Lutefisk Dinner  
More info coming



**TUBFRIM**  
NO-3540 NESBYEN - NORGE



Please, never throw away canceled stamps and postcards. Stamps from any country in the world can be used. Just cut or tear the stamp off the envelopes, leaving a slight margin (approx. 1/4 inch) to keep the perforation intact. You can also cut the corner of the envelope off diagonally and I'll trim it for you. Damaged stamps (damaged perforation, edges, etc.) are worthless and are to be thrown away, as are damaged phone cards. Stamps without any margin are acceptable as long as all perforations are complete.

I am also happy to receive stamp collections, old envelopes, covers and postcards. If envelopes, postcards, etc. are more than 50 years old, then do not cut off the stamp, but keep the whole envelope or postcard to send to Tubfrim. Just bring your collected stamps etc. to the lodge and leave them, with your name included, at the greeters table. You can also mail them to me at: 10300 W Montgomery Ave. Littleton, CO 80127.

In 2015 our lodge collected more than 10 pounds of stamps, there were no phone cards received.

Thank you, *Lloyd Newland*, Special Activities

## Sunshine Greeter Solicits Greeting Requests



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 let her know about any Lodge Member who needs some tender greetings from Fjelldalen Lodge!



**Beverly Lundeen had heart surgery April 3. You can wish her a speedy recovery with a phone call or Get Well Card.**



**Marylee Hagen** – “The Norwegian Immigrant National Historic House Museum”

## Get the Word Out!

The July August newsletter comes out the last week of June.

All items for the next newsletter must be submitted by **June 15th**.

Submit to Tony Hjelmstad at [tony@norsky.net](mailto:tony@norsky.net).



# Are You Using Your Sons of Norway Benefits?

## This month's Featured Benefit — Norwegian Culture Resources

It's one thing to discover the riches of Norwegian heritage and culture, and quite another to experience it first-hand through recipes you can make at home, travel adventures with friends and family, language lessons and more. You've found the perfect place to start because Sons of Norway offers a variety of resources for anyone interested in Norwegian culture, right here.

[https://www.sofn.com/member\\_benefits/norwegian\\_culture\\_resources/](https://www.sofn.com/member_benefits/norwegian_culture_resources/)

### Norwegian Language and Culture

[Get the unit PDF](#) | Go to the [YouTube playlist](#)

**Part 1:** The Basics of Norwegian Language

**Part 2:** A Sampling of Norwegian Culture

**Part 3:** A Topic from Norwegian Language or Norwegian Culture

To get started, try Norwegian in 5 Minutes a Month, with Sound!

<https://members.sofn.com/members/showPage.jsp?document=memberresources/learnnorwegian.html>

Our monthly language lesson has been out for a while now, and many of you have let us know that it is working well. Thank you for taking the time to communicate with us.

Visitors to "Norwegian in 5 Minutes a Month" have asked for information on the Norwegian alphabet and genealogical terms, so we have added pages on both topics. We look forward to your feedback. In the meantime, good luck!



**Volunteer**  
Opportunities



*Volunteers Needed for Syttende Mai—Sunday, May 21st at Sterns Park*

We need volunteers to show up at 11 a.m. The Picnic starts at 12 Noon and runs to 5:00.  
We need help setting up tables, taking tickets and money, and serving food, drinks, and ice cream cones.

If you have Picnic games for kids or all ages, please bring them.

If you want to volunteer or have questions, please call Marilyn Speas at 303-973-2158 or email her at [marilynspeas@hotmail.com](mailto:marilynspeas@hotmail.com).

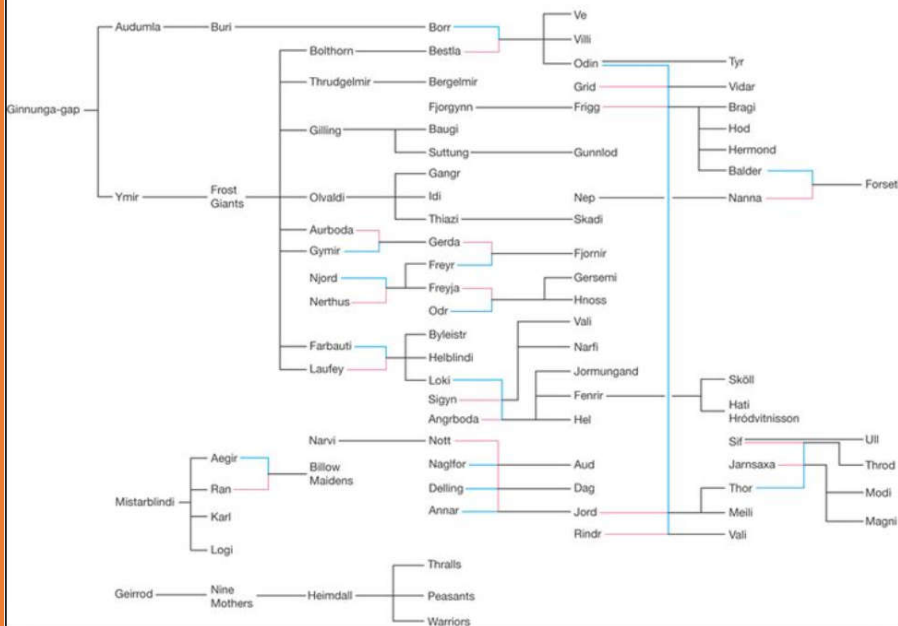
**SofN GENEALOGY PROGRAMS** – Christ Lutheran Church  
**First Sat.** of the month (10 a.m. to noon)

May 6 – **FAMILY SEARCH** – (familysearch.org) – Workshop - Karen Campbell will show us how to navigate around this website.

(**NO** summer genealogy)



**Norse Mythology Family Tree**



**Memorial Service on April 1, 2017**

**2016—Celebrations**

Birthdays:

**May**

- 2** Karen Pavone
- 6** Julie JOHNSON
- 15** Guy DUNCAN
- 17** John RINGKOB
- 18** Barbara O'CONNOR
- 19** Barbara TRIMMER
- 22** Michael PETERSON  
Tony HJELMSTAD
- 25** Jeanne TUCKER
- 26** Nate EINARSEN
- 28** Candy WESTERMAN

Lise LeBLANC

**June**

- 18** Linda Svege
- 19** Kathy A. BAILEY
- 20** Bernice HEGGE
- 21** Amanda Carlson Finnegan  
Helen MULHERN
- 29** Rev Eric Allert



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

# To Be Young Again

One of the favorite refrains from people my age is: "I wish I would have known that when I was young." Buying life insurance is like that. As we get older, we get smarter about life insurance but the premiums can be higher than we expected. Conversely, young people who should be investing in life insurance often do not understand the value of starting early.

A \$300,000 whole life policy costs a healthy 55 year old about **\$571** per month and will have a cash value of some \$91,000 at age 70.

A healthy 45 year old pays **\$335** per month for the same policy and it will have a cash value at age 70 of \$124,832.



A healthy 35 year old pays **\$199** per month for a \$300,000 whole life policy and it will have a cash value of \$146,467 when that person reaches age 70.

The math is easy and the conclusions are obvious. But if you do not know the facts, nothing is obvious. Do your children or grandchildren a favor and help educate them. Life insurance for the young and healthy is much less expensive, the premiums do not change and the cash value can provide a nice nest egg at retirement.

If I can help, please call, text or email.

## SCANDINAVIAN MIDSUMMER FESTIVAL – June 24 – 25, 2017

Every good party needs music, dancing, Vikings and beer to celebrate summer the Scandinavian way. The best party around is the Estes Park. Scandinavian Midsummer Festival!

While the traditional day for Midsummer is June 21, the summer solstice, Estes Park will hold its celebration on the weekend of June 24 and June 25, 2017. The festival is open from 9:30 AM to 4:00 PM. Friday evening the Beer Garden will be open from 4-9 PM with contemporary Scandinavian music and dancing. Admission is free.

This includes the third annual Bunad and Scandinavian Folk Dress Fashion Show which takes place on both Saturday and Sunday, June 24 - 25 at 1:30pm as well as be included in the opening ceremonies where those of us in bunads and Scandinavian dress walk in the grand march and remain on stage for the opening ceremony.

The Festival takes place in Bond Park, in downtown Estes Park at the intersection of Elkhorn (the main street) and MacGregor Ave.



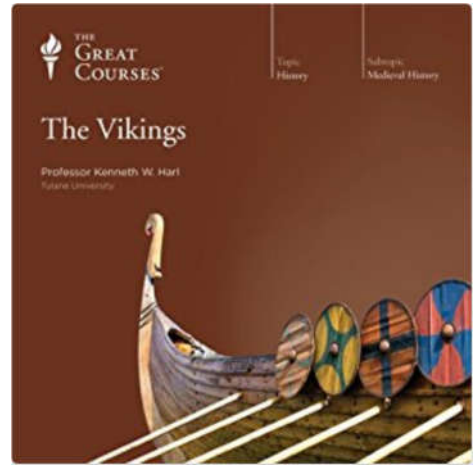
Bev Moe and Teri Hjelmstad talk about Barnelopet



Beverly Bergum



Teri Hjelmstad gets her Silver Cycling Pin



## In conjunction with the Sons of Norway exhibition at the Vikings Exhibition at the Denver Museum of Nature & Science

### Learn the truth about the Vikings with an audio course. The Vikings Audible – Original recording

As raiders and explorers, the Vikings played a decisive role in the formation of Latin Christendom, and particularly of western Europe.

Now, in a series of 36 vivid lectures by an honored teacher and classical scholar, you have the opportunity to understand this remarkable race as never before, studying the Vikings not only as warriors, but in all of the other roles in which they were equally extraordinary - merchants, artists, kings, raiders, seafarers, shipbuilders, and creators of a remarkable literature of myths and sagas. Professor Harl draws insights from an astonishing array of sources: The Russian Primary Chronicle (a Slavic text from medieval Kiev), 13th-century Icelandic poems and sagas, Byzantine accounts, Arab geographies, annals of Irish monks who faced Viking raids, Roman reports, and scores of other firsthand contemporary documents.

Among the topics you'll explore are the profound influence of the Norse gods and heroes on Viking culture and the Vikings' extraordinary accomplishments as explorers and settlers in Iceland, Greenland, and Vinland. And with the help of archaeological findings, you'll learn to analyze Viking ship burials, rune stones and runic inscriptions, Viking wood carving, jewelry, sculpture, and metalwork. By the end of the series, you'll have a new understanding of what it meant to be a Viking and a richer appreciation of this remarkable race - a people who truly defined the history of Europe, and whose brave, adventurous, and creative spirit still survives today.



**Memorial Service on April 1, 2017**

Bev Moe gives Tribute from Sons of Norway

