



# SONS of NORWAY

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

*"Mountain Valley"*



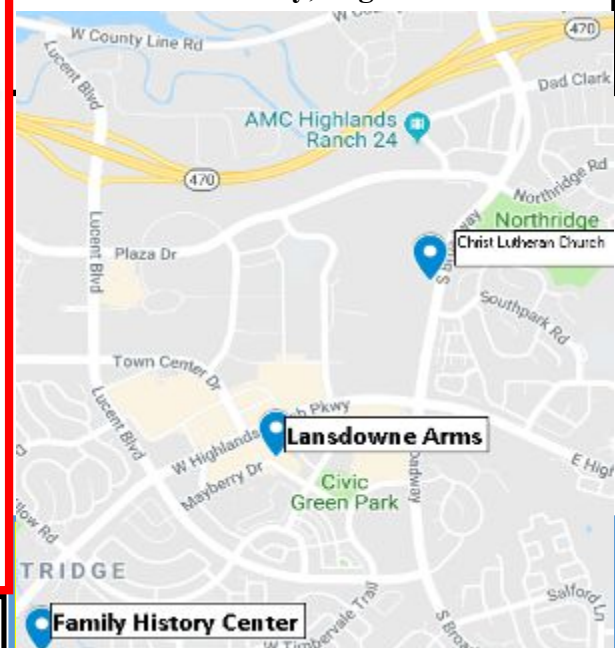
## About Us

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.

## Fjelldalen's NYTT

Volume 24 Issue 4, July-August 2019

Christ Lutheran Church  
8997 S. Broadway, Highlands Ranch



### New Members

**The Ernster Family**  
**The Bowers Family**  
**The Weinstein Family**  
**Kathryn Johnson**

### Coming Up

#### July

#### August

3	11:00	Fjelldalen BBQ and Picnic Lloyd & Donna Newland's
27	6:30	Board Meeting Lone Tree Library

#### September

7	12:00	Potluck Lunch
	1:00	Meeting
24	6:30	Board Meeting Lone Tree Library

#### October

19	<b>Lutefisk Dinner</b>
	Two Servings 2:00 & 4:30

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## *President's Message*

Dear Fjell dalen Lodge members,

We had a really great turnout for our Syttende Mai event in May. Thank you all very much for either volunteering, your support, participation or just sending good thoughts for the day! We were very lucky to have the Honorary Consul Rita Ehrmann attend and appreciated her welcoming remarks. The Speas and their helpers did wonderful with setting up and providing a variety of tasty celebration foods. Lise and Jane lead us in song and music. Bev Moe represented our Sons of Norway leadership and wore her Bunad while helping to head the front of the parade waiving one of the big flags along with a few others. Many hands made light work and, whether I've mentioned you by name or not, you were sincerely appreciated. Hipp Hipp Hurra!

With June now upon us I am looking forward to all summer has to offer! The kick off for summer will be here soon, beginning with Midsummer, and St. Hans Day (or St. Jons or Johannes Day). It is a fun time of celebration where huge bonfires are lit to both celebrate the farmland 'waking up' as well as ward off evil spirits and witches who were said to be especially active on Midsummer's eve gathering ingredients for their potions. For me, my previous lodge use to make traditional Rømmegrøt to serve at our June meeting so this was a particular favorite. I have a wonderful 'family' recipe for Rømmegrøt passed on not from an immediate family member, but from a lodge 'family member' which is just as good! Due to my family emergency in May, I was not able to make this for our June meeting, but you have my promise to share this delight with you, made with love, at a future meeting.

There are a few activities over the summer including the Scandinavian Midsummer Festival in Estes Park. Fjell dalen is also planning a summer picnic before we return to our regularly scheduled meetings on the first Saturday of the month starting in September. Be sure to check out our calendar and watch for email updates.

Our Lodge is a group of friendly, fun 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*

Does your Norwegian Heritage Make Your Heart Happy? Then share it! Invite a friend to join Sons of Norway today. Please include your member number on any join form you give to a prospective member. That way you'll get the recognition you deserve.

See the lodge Cultural Director or email [culturalskills@sofn.com](mailto:culturalskills@sofn.com) for more information.

## *This Month's SofN Web Site Feature*

### Sons of Norway Foundation Announces 2018 Grant Recipients

We are pleased to announce that the Sons of Norway Foundation awarded more than \$18,000 in grants to 33 lodges last year. Three types of grants are available to assist lodges in the following areas:

**Lodge Culture and Heritage Grants** — For projects that promote Norwegian culture and heritage

**Helping Hands to Children** — For establishing educational and mentorship programs for kids

**Lodge Vitality (new in 2018)** — For a one-time boost to a lodge's operating budget when funds for specific repairs or projects are not available elsewhere

### Lodge Culture and Heritage Grants

Draxten 1-464, Ole Bull Statue Landscaping Renovation

Kong Sverre 1-482, Lodge 50th Anniversary Celebration

Kong Olav V 1-483, Lodge 50th Anniversary Celebration

Kenyon Viking 1-487, Lodge 50th Anniversary Celebration

Vennekretsen 1-559, Syttende Mai Celebration

Tusenvann 1-659, Syttende Mai/Recruitment Banquet

Scandia Lodge 1-680, Nordic Music and Arts Festival

Cascade 2-87, Norwegian Heritage Outreach at SeaFair/Summer Celebration

Southern Star 3-630, Scandinavian Cultural and Recruitment Fair

Wergeland 5-28, Wergeland Dancers Education/Promotion Project

Løven 5-29, Syttende Mai 2018

Vennelag 5-513, Celebrating Norsk Traditions

Edvard Grieg 5-657, Concert of Scandinavian Songs by Alisa Nordheim

### Birthdays:

#### July

2	<i><b>Darlene Root</b></i>
6	<b>John Paulsen</b>
8	<b>Jay Brekke</b>
9	<b>Eric Tollund</b>
13	<i><b>Daphne Einarsen</b></i>
16	<i><b>Theodore Ernster</b></i>
21	<b>Marylee Hagen</b>
23	<i><b>Charles Ernster</b></i>
24	<b>Deanna Beatty</b>
31	<i><b>Marie Hjelmstad</b></i>

#### August

5	<b>Keith Bowers</b>
	<b>Stephanie Cherry</b>
6	<i><b>Scarlett Hjelmstad</b></i>
7	<b>Annika Moen</b>
10	<b>Kai Moen</b>
18	<b>Madison Hermann</b>
21	<i><b>Elizabeth Speas</b></i>
29	<b>Blaine Rodgers</b>

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!



## Recipe of the Month—Open-Faced Sandwiches

The open-faced sandwich has a long tradition in Norway. A slice of freshly cut bread, thinly spread with butter, provides the base for artfully arranged toppings and edible garnishes. Every element of the sandwich should be fresh. The ingredients should complement one another with respect both to taste and appearance.



### Suggestions for Sandwich types

1. Smoked salmon slices on a slice of white bread, with scrambled egg or hard-cooked egg wedges and dill.
2. Shelled shrimp or crabmeat on toast, with mayonnaise and lemon.
3. Sardines in tomato sauce on whole wheat bread, with hard-cooked egg slices and fresh dill.
4. Anchovy fillets on whole wheat bread with raw egg yolk placed in an onion ring, sprinkled with chopped chives.
5. Roast reindeer meat on whole wheat bread with poached apple wedges and lingonberry preserves.
6. Sautéed minute steak on whole wheat bread with leek rings, tomato and parsley.
7. Cured ham on whole wheat bread with scrambled eggs.
8. Headcheese on whole wheat bread with pickled beets and pickled cucumbers.
9. Gamalost on whole wheat bread with butter and parsley.
10. Ship's plank with shrimp, eggs, cheese and boiled ham.

And you heard that Norwegian Cooking is not tasty!!!

## Scandi sweep the 2019 Bocuse d'Or

At the 17<sup>th</sup> [Bocuse d'Or](#), a prestigious culinary competition in France, Scandinavian countries swept [all three podium spots](#). Out of 24 countries, teams [Denmark](#), Sweden and Norway won the gold, silver and bronze awards.



The chefs prepared two French classics: [roasted rack of veal](#), and [chartreuse with shellfish](#).

Christian André Pettersen, decorated chef of Team Norway, grew up in Bodø and heads the kitchen at [Mondoin Sandnes](#). He started cooking in his father's restaurant at age nine and has dreamed of winning Bocuse since he was a boy. Pettersen says competition fuels him and that he plans to go for the gold in 2021.

### Financial Moment

## Life is a journey; protect yours and those you love.

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](mailto:kjerstadkendall@yahoo.com)





The Matlagings Klubb made Fårikål. Everyone had a wonderful dinner!  
Erik, Marilyn, Dan, Lise, Host Linda, Gayle

We made Lefse at our May Meeting. Everyone enjoyed the results! The Cooks worked hard and let everyone try their hand.



The Lefse Queen—Ramona



Teri and Tony make more . . .



Erik shows his roller expertise to Ramona and Heidi.



# Sytende Mai

A wonderful time shared with District 6 Zone Director Bev Moe and Norwegian Honorary Counsel Rita Ehrmann







**TUBFRIM**  
NO-3540 NESBYEN - NORGE



Arlee Lee, secretary of the American Legion #1771 Auxillary in Lafayette, CO, has come thru again with 9,651 stamps for Tubfrim. They have ladies through out the U.S. and in Colorado sending stamps to them and they in send them on to us. In the last 5 years they have sent us 63,417 stamps. With their help we have sent 60 pounds of stamps to Norway in the last 5 years. A good friend of Lloyds (now deceased) also provided over 100 envelopes with stamps which were over 40 years old (1909 and later). These were sent to Norway with stamps attached in our Nov, 2018 mailing.



Tubfrim winner announced

Sons of Norway is very excited to announce that Trollheim 1-511 in St. Cloud, MN is the winner of the Tubfrim drawing to give away a ticket to Norway, worth up to \$1,000. Their postcard was drawn from among 876 cards. With one card for every pound of stamps sent to Norway, that means that Sons of Norway sent at least 876 pounds or approximately 1,314,000 stamps to Tubfrim in 2018. During this past year, 73 lodges participated in the program.

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

### **NEW RULES** For King Soopers Community Rewards.

The Fjelldalen gift card that you reload will no longer be active.

1. Go to [www.kingsoopers.com](http://www.kingsoopers.com)
2. Select Welcome Sign in (upper right)
3. Select 'My Account' from the drop-down menu, right 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: The code TI915. (That's capital T, capital I, numbers 915)
7. When "Sons of Norway, Fjelldalen Lodge" comes up – select Enroll



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 / aahhhco@gmail.com) and about any Member who needs some tender greetings from Fjelldalen Lodge!

Marylee Hagen's brother John passed away in Oregon on June 1st. Our condolences and support to Marylee and John's family.



### SPESIELLE INTERESSEGRUPPER

Fjell dalen 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.



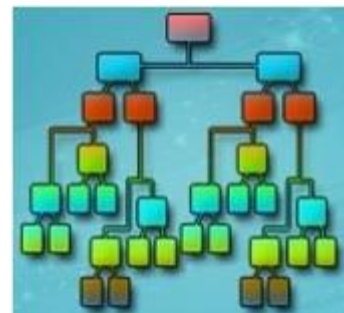
- ◆ Håndverker: Craft group get togethers. Meet to learn new crafts as well as work on your own projects and share ideas! This group needs a leader and/or someone willing to host the group.

- ◆ 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 September-October 2019 newsletter comes out the last week of August. All items for the next newsletter must be submitted by

**August 15th.**

Submit to Tony Hjelmstad at  
tony@norsky.net.





# Fjelldalen Lodge #6-162 Officers for 2019

**President:** Donita Zblewski 360-791-5858  
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**Cultural Skills & Sports  
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**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"*

# *Fjelldalen*

## *BBQ & Picnic*

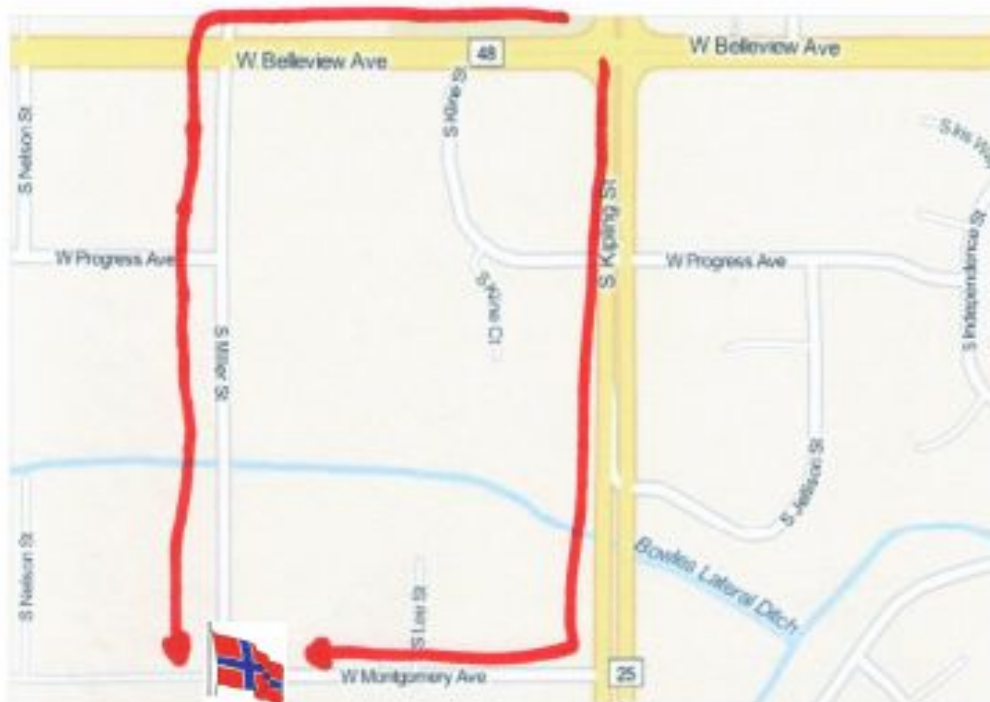
*Saturday August 3, 2019*  
*Lloyd & Donna Newland are hosting*  
*11:00 am to ??? Grill line starts at 12:00*

*(Call Marilyn Speas 303-973-2158 for more information)*

Join the Fjelldalen members and their families for our Summer picnic. Hamburgers, Hot Dogs, condiments, coffee & lemonade, plates and silverware will be provided. **Bring your "Special Picnic Dish, Salads and Desserts" for everyone to share.**



**Lloyd & Donna, 10300 W Montgomery Ave, Littleton 80127 Ph. 303-973-8097**



- South on Kipling St.
- Right on W. Montgomery to 10300 (Norwegian Flag)

OR

- West on W. Belleview
- South on S. Miller St. to 10300 W. Montgomery (Norwegian Flag)

**Newlands' are on the South-east corner of S. Miller & W. Montgomery**