Fjelldalen's NYTT

November December 2026
Volume *31*, Issue 6

Fjelldalen Lodge #6-162
Christ Lutheran Church
8997 S. Broadway, Highlands Ranch
Fjelldalen.com

"Mountain Valley"

SONS of NORWAY

Christ Lutheran Church
8997 S. Broadway, Highlands Ranch
https://www.fjelldalen.com/
https://facebook.com/groups/fjelldalen.lodgecolorado/

What's Inside

Lodge Information
- Upcoming Lodge Events 2
- King Soopers Rewards Earn the Lodge Money 2
- President's Message 3
- Hiking Vikings 4
- A len member's daughter wins a Lund Fund Scholarship4
- Sunshine Troll 5
- Christ Lutheran Church Food Pantry 5
- Tubfrim 5
- Calendars, Change of Address, Name Tags, Mugs 5
- Birthdays 5
- Bob Dole – A Walk Through History 6

Lodge Views **7**

Fjelldalen Matklubb Recipes
- Cardamom Ring Cake 8
- Almond Star Cookies 9

Fjelldalen Lodge Officers 10

Financial Moment – Merger with Better Life 11

General Information
- Svalbard – Let Sleeping Polar Bears Lie 12
- Svalbard – How to Move to Svalabard 12

Flyers
- Tailgate Party November 14th!!! 13
- IKEA Coffee and Breakfasts Get Togethers 14
- Julfest December 12th!!! 15

November 2026

5 1:00 Zoom Genealogy Meeting
14 Noon TailgateParty/ Lodge Mtg
21 9:30 Hiking Vikings
28 9:00 IKEA Breakfast

December 2026

3 1:00 Zoom Genealogy Meeting
12 Noon Potluck & Julfest
19 9:30 Hiking Vikings
26 9:00 IKEA Breakfast

HOLD THE DATE

The Trollheim Christmas Faire will be November 6th and 7th, 2026!!!!

November 14th – Tailgate Party





Fjelldalen Lodge #6-162
Highlands Ranch, Colorado

SONS of NORWAY

Web Site

Fjelldalen meets on the second Saturday of each month
We take a break in July.
Our November meeting is a Tailgate Party
On the third Saturday, Our Hiking Vikings Hike.
On the Fourth Saturday, we meet for Brunch at IKEA at 9:00
When a fifth Saturday occurs,
sometimes we try something special.
December 12 Julfest

Facebook

Zoom Link

Slektforskningklubb – Genealogy - Meetings (ZOOM)
November 5th & December 3rd
Problems and Roadblocks Sessions
The Genealogy group meets via Zoom on the first Thursday of each month at 1:00 Mountain Time.
Genealogy Zoom ID: 860 5229 1262 Passcode: 700388
Email Genealogy@Fjelldalen.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.

We use DuoLingo or similar and discuss a topic of interest in a monthly virtual meeting.
https://www.facebook.com/groups/852232346987226
Email vp@fjelldalen.com or call 512-289-9143 for information.

Email Link

Link Your Card

King Soopers Community Rewards program gives Fjelldalen an income of about $800 to $1000 a year which Fjelldalen 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 Sons of Norway, Fjelldalen Lodge or 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@fjelldalen.com.

KING Soopers Community Rewards



Kjære venner—Dear friends,

As autumn's golden colors give way to crisp mornings and snow along the Front Range, I find myself especially grateful for our Fjelldalen family. November and December invite us to slow down, gather around a welcoming table, and appreciate the friendships that brighten even the shortest days.



The Norwegian word koselig captures so much of what makes this season special: warmth, comfort, and the simple pleasure of being together. At Fjelldalen, we create that feeling whenever someone pours another cup of coffee, shares a favorite recipe, or welcomes a newcomer. Our Norwegian heritage lives in those everyday gestures as surely as it does in the flag we proudly display.

On Saturday, November 14, we'll add a distinctly American twist to that fellowship with our Football Tailgate Potluck Meeting! Wear your favorite jersey or football gear and bring a favorite tailgate side dish to share. Our Cooking Club will grill bratwurst and provide the buns and condiments. Whatever team you support, there will be room at our table—and perhaps a little friendly rivalry alongside the good food!

Then, on December 12, we'll gather for our Julfest celebration. I look forward to sharing the warmth of the Christmas season with you. This issue's cardamom ring cake and almond star cookie recipes offer delicious inspiration for holiday baking. Perhaps making something from these pages will become a new family tradition or bring back memories of someone who first introduced you to Norwegian cooking.

Our fellowship also reaches beyond the meeting room. The Hiking Vikings' updated approach offers opportunities for different interests and abilities, with outings planned for Inverness in November and Larkspur in December. Genealogy gatherings, Norwegian language activities, and IKEA breakfasts provide more ways to stay connected. I encourage you to try an activity you haven't joined before—and invite a friend along.

As Thanksgiving approaches, tusen takk to our officers, volunteers, cooks, newsletter contributors, and every member who lends a hand. You keep this lodge welcoming and active. Please remember our neighbors through donations to the Christ Lutheran Church Food Pantry and continue saving stamps for Tubfrim. These small acts of generosity reflect the caring spirit of our lodge.

Let's also remember members facing illness, recovery, or a difficult holiday season. A telephone call, a thoughtful card, or an invitation to sit together can mean more than we realize.

It remains a privilege to serve as your president. May your Thanksgiving bring gratitude, your Christmas bring peace, and the coming year bring opportunities to celebrate our heritage together.

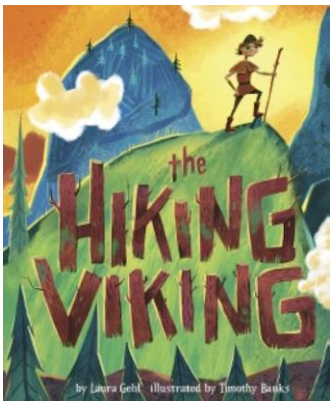
God jul og godt nytt år!

Merry Christmas and Happy New Year!

Fraternally,

Kris Bussell President, Fjelldalen Lodge #6-162

Hiking Vikings - The Lodge conducted a survey to identify the types of hikes, distance to both drive and hike, difficulty, and after-hike social time. We found quite a diversity in what members would like to see. So, we've developed a two-prong approach. We will alternate between two types of hikes.



Both types will have two hiking options – a longer and/or more difficult hike and a shorter easier hike - though some of the easier hikes will consist of two circuits for those wanting more distance.

One type will be on a well-maintained local trail and eat at a local establishment or enjoy a picnic. All of these will be in the area between Santa Fe, Hampden, I-25, and Back Country.

The second type will be a destination hike – within a 1-hour drive from Christ Lutheran Church. These hikes will be on dirt of rocky surfaces with some altitude change. We'll try eating at establishments in that locality and again have some picnics.

The November hike is planned for John Derry Park in Inverness. It is a flat area with a paved trail. Each lap will be a mile walk. We'll plan a BYO picnic at the pond shelters after the walk if the weather looks nice. Otherwise, Fish Tacos.

The December hike will be the South Rim Trail in Roxborough State Park. This is a maintained dirt trail that is moderately challenging with a 3 mile loop. There is also a shorter easier 1.5 mile loop. We'll eat at Prost Brewing, which has a dog friendly patio.

A Fjelldalen member's daughter wins a Lund Fund Scholarship

Emma Floyd, a daughter of a Fjelldalen member, has won a Lund Fund Scholarship to attend the Agder Folkehøgskole. This scholarship supports students studying abroad and was established in tribute to former Sons of Norway CEO John Lund and former Sons of Norway Legal Counsel Allan Lund.

The Agder Folkehøgskole is a liberal, non-denominational folk high school located in Søgne, Norway, about 18 km west of Kristiansand. Founded in 1885, it accommodates roughly 115 students aged 18 and older for year-long practical and cultural programs.

Agder folkehøgskole

The Sunshine Troll

- **Tony has pinch nerves in the high back and will have surgery**
- **Sharon is expecting cataract surgery**

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 Tony - Editor@fjelldalen.com
Don - publicity@Fjelldalen.com



Christ Lutheran Church Food Pantry
A Sons of Norway Community Project

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

TUBFRIM
NO-3540 NESBYEN - NORGE

Tusen Takk for saving your stamps. We have collected over a pound to send into Tubfrim.

If you need to change address, a name badge, or want a Fjelldalen Mug or Pen, contact Don Speas at publicity@fjelldalen.com

Good News

Birthdays
GM – Golden Members
HM – Heritage Members

Name	Mon	Day	Type
Claudia Deasy	11	07	GM
Karen Campbell	11	07	
Riley Erickson	11	15	HM
Cecilie Kingsolver	11	18	
Ed Eskelson	11	25	
Danny Schauer	12	01	
Vernon Tweed	12	04	
Donald Speas	12	05	
Crystal Sundet	12	06	GM
Karen Egenes	12	09	GM
Pamela Lugo	12	11	
Joe Tomlinson	12	13	
Val Ingram	12	16	
Pamela Groth	12	17	
Hege Haugen	12	17	
Wendy Allen	12	19	
Vance Lemley	12	19	
Greta Grande	12	23	
David Speas	12	24	HM



New Members
Heather Redding
Vance Lemley







Our friend Brett Christensen is on the board of the 10th Mtn. Division Descendent group. He has shared this information with us. They met Luciano La Velle last year when they toured Italy with the 10th Mtn. descendants.

This November 2026, we invite you to walk through history with us through the film: "Bob Dole - A Walk Through History". For the descendants of the men of the 10th Mountain Division, this is more than the arrival of a film. It is the return of a story to the very land where it was written.

In the winter and spring of 1945, young American soldiers of the 10th Mountain Division fought their way through the mountains of Northern Italy. Among them was a young lieutenant from Kansas named Bob Dole. He came to Italy as a soldier. He left it carrying a wound that would shape the rest of his life. But Bob Dole's story is only one part of a much larger story — the story of thousands of men who crossed an ocean, climbed mountains, fought through some of the most difficult terrain of the Italian campaign, and made sacrifices that would never fully leave them or their families.

"Bob Dole - A Walk Through History" brings that story back to life. Through the places where these events actually happened, the film follows Bob Dole's journey and retraces the footsteps of the 10th Mountain Division, connecting the man, the soldier, the places and the history that shaped him. For those whose fathers and grandfathers served in the 10th Mountain Division, we hope this film will feel personal. Because it is.

These are not simply places on a map. These are places where your family history was made. Honoring the soldiers of the 10th Mountain Division, their perseverance and sacrifice in Italy especially, helps ensure that their stories — and the legacy they left behind — continue to be remembered by future generations.

Please join us for this special series of premiere screenings across Illinois, Connecticut, Massachusetts, and Colorado.

Colorado Screenings

- Saturday, November 21, 2026

2:00 PM (FREE ADMISSION), Apex Center — Arvada, Colorado

Hosted by the Dante Alighieri Society of Denver

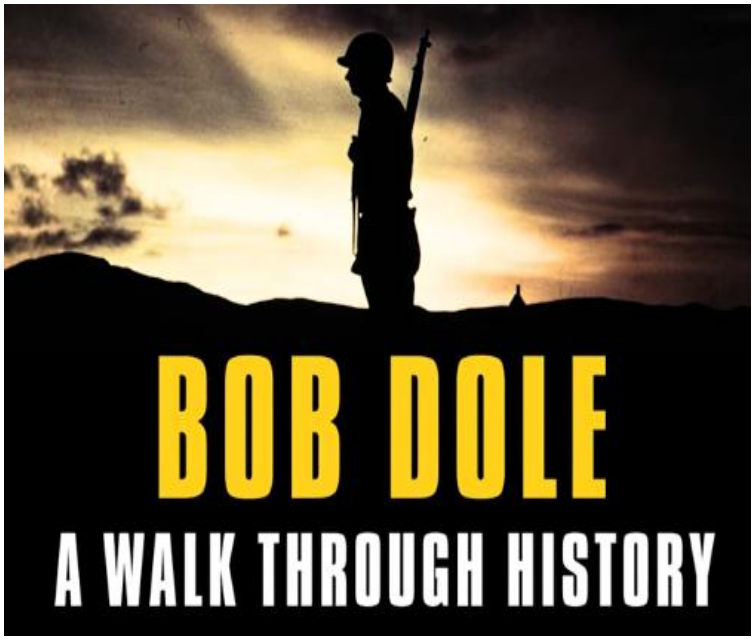
- Sunday, November 22, 2026

5:30 PM, (Tickets $10), Vail Snow Sports Museum, Vail, Colorado

Complementary for Members of the 10th Mountain Division Descendants

"THEY WERE YOUNG, THEY MADE HISTORY"

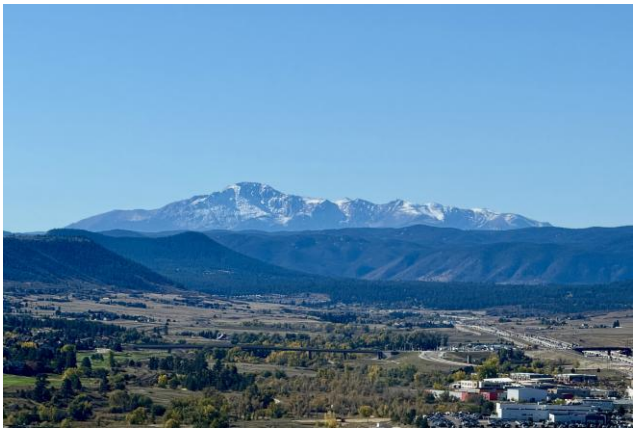
Watch the trailer - click here ...



Lodge Views – Hiking Vikings











Hiking the Castle Rock trail

Fjelldalen's Matklubb Recipes

Cardamom Ring Cake

Ingredients For the Cake:

3 packets active dry yeast	3/4 cup tepid milk	3 eggs (1 for brushing the cake)
4 cups all-purpose flour	3 1/2 Tbsp. sugar	1/2 Tbsp. salt
1 Tbsp. cardamom	11 Tbsp. butter	

For the Filling:

9 Tbsp. butter	4 1/2 Tbsp. sugar	4 Tbsp. raisins
4 Tbsp. candied citron, chopped	4 Tbsp. almonds, chopped	

Instructions:

1. Combine yeast and warm milk in a medium bowl. Let rest until the yeast dissolves and begins to foam (about 10 min). Gently beat in the eggs.
2. Sift together the flour, sugar, salt and cardamom. Once well-combined, cut in the butter until the mixture resembles coarse meal.
3. Mix in the eggs and work until you have a smooth elastic dough. Cover and let rise in a warm place until doubled.
4. Whip together the butter and sugar until light and creamy. Cover and set aside in a cool place.
5. Punch the dough down and turn it out onto a floured board. Knead dough, adding flour as needed to prevent sticking, until dough is soft and elastic. Roll out into a 6" x 34" long ribbon.
6. Spread filling all over the dough. Sprinkle with raisins, chopped candied citron, and chopped almonds for extra taste, if desired.
7. Roll up dough starting on the long side and form into a twist on a baking sheet. Cover and let rise again. After rising, brush with egg white, sprinkle with granulated sugar and chopped almonds.
8. Bake for 20 minutes in a hot oven (400º - 450ºF / 200º C - 230ºC).



Almond Star Cookies

Ingredients:

2 sticks unsalted butter, softened
2 cups flour
1 cup whole blanched almonds
¼ tsp. salt
1/2 cup sugar
1 tsp. almond extract

To Decorate (optional)

Powdered sugar for dusting Various colors of sanding sugar Luster pearl deco dots Frosting for piping

Instructions:

1. Puree 1/2 cup of the whole blanched almonds in food processor and set aside. Coarsely chop the remaining 1/2 cup of almonds and reserve for later.
2. In a large mixing bowl, whisk the flour and salt together and set aside.
3. Cream the butter with an electric mixer. Add the pureed almonds and sugar. Blend together until well-combined and remember to scrape down the sides of the bowl occasionally. Add almond extract and mix until well combined. Next, add the flour mixture and beat until just incorporated.
4. Prepare a lightly floured surface and pour out the dough, dividing it in half. Shape each half of the dough into a disc and wrap it in plastic wrap. Refrigerate the discs for at least an hour.
5. Line cookie sheets with parchment paper.
6. After the dough has rested, preheat oven to 325°.
7. Lightly flour your work surface and roll out one disc of dough until it is about 1/4” thick. Cut out shapes using various star cookie cutters. Sprinkle with the coarsely chopped almonds.
8. Place the cut cookies onto cookie sheets lined with parchment paper and bake for 15-20 minutes. Keep an eye on your first sheet of cookies. You will know they are done when the edges start to turn golden brown. You now know how long each batch should take and can set your timer with no guess work.
9. Place your cookies on a wire rack to cool.
10. Once your cookies have cooled, dust them with powdered sugar or with sanding sugar if you want more color. Another great option are luster pearl deco dots.



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

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Marshalls: Dan Schauer 303-795-2255
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Guy Duncan 720-254-7594
rollydog15@gmail.com

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kegenes@luc.edu

Lodge Chef: Kris Bussell
krisbussell@gmail.com


President
Kris


Vice-President
Eivind


Secretary
Ruth


Treasurer
Hege

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Zone 8 Director: Diane Molter zone8@sofn6.org
Financial Benefits Counselor: Kendall Kjerstad 970-697-1114 kjerstadkendall@yahoo.com

Revision 10-7-2026

Fjelldalen Lodge #6-162
Highlands Ranch, Colorado

SONS of NORWAY

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BetterLife
Where Communities Grow

Sons of Norway has partnered and joined with BetterLife to secure long-term financial stability, gain operational support, and expand its member services while preserving its cultural heritage.

Key Reasons for the Partnership:

- **Financial Strength & Stability: Joining BetterLife provides Sons of Norway with enhanced financial backing, greater assets, and operational support to ensure the organization thrives for future generations.**
- **Shared Fraternal Mission: Both organizations are not-for-profit, member-owned fraternal benefit societies that focus on community service, family protection, and member wellbeing.**
- **Preservation of Identity: Sons of Norway continues to operate under its own name and brand, maintaining its local lodges, foundation, cultural programs, and traditions.**
- **Expanded Member Benefits: Members gain access to a broader suite of financial and insurance products offered by BetterLife while keeping their current local lodge activities and communications (such as *Viking* magazine) unchanged.**

Why BetterLife

Life insurance through BetterLife means something different. We're rooted in the communities we serve. We understand what matters to you: protecting your family, supporting your community, and leaving a legacy that lasts.

Whether you're looking for coverage for your family or planning for the future, BetterLife helps you do both. Ready to explore what's right for you? Take a look to see what our coverage options are and learn more about BetterLife.

Being part of BetterLife means being part of something bigger.

More Now https://www.sofn.com/financial_products/
https://www.betterlifeins.com/life-insurance/

Kendall Kjerstad **kjerstadkendall@yahoo.com**
Financial Advisor **Office 970-697-1114** **Cell 970-978-1634**



Let Sleeping Polar Bears Lie

We've all heard the saying "let sleeping dogs lie," but in Norway's Svalbard archipelago, the same wisdom applies to polar bears. And trust me, you do not want to be the person to wake one.

Earlier in August, a boat was sailing through a fjord in northern Svalbard when the person driving the boat spotted a polar bear sleeping on land. They decided to use the ship's foghorn to get the bear's attention, ultimately waking the bear and causing it to move to another location.

The incident was reported to the governor of Svalbard by other passengers of the ship, as the region has an environmental protection law that prohibits "unnecessarily disturbing, luring, or pursuing polar bears." The governor ultimately deemed that the act was intentional and issued a fine of 50,000 kroner, roughly $5,300, to the driver of the boat. Fortunately, the boat driver learned their lesson and agreed to pay the fine.

This story is good reminder though that the world's breathtaking wilderness can certainly be enjoyed but should be done so respectfully. And sometimes, that means taking the "let sleeping dogs lie" phrase literally and enjoying from afar.

How to Move to Svalbard

Svalbard is an archipelago in the Arctic that lies about 600 or so miles north of mainland Norway. Norwegian sovereignty over the island began in the 1920's with The Svalbard Treaty. It is unique in that it is part of the Kingdom of Norway yet operates under its own laws when it comes to immigration and citizenship.

Due to its isolated location and limited resources to support its population, Svalbard has stringent guidelines around residency and citizenship. While a visa or work permit is not needed to live there, transplants must prove they can support themselves with employment and housing.

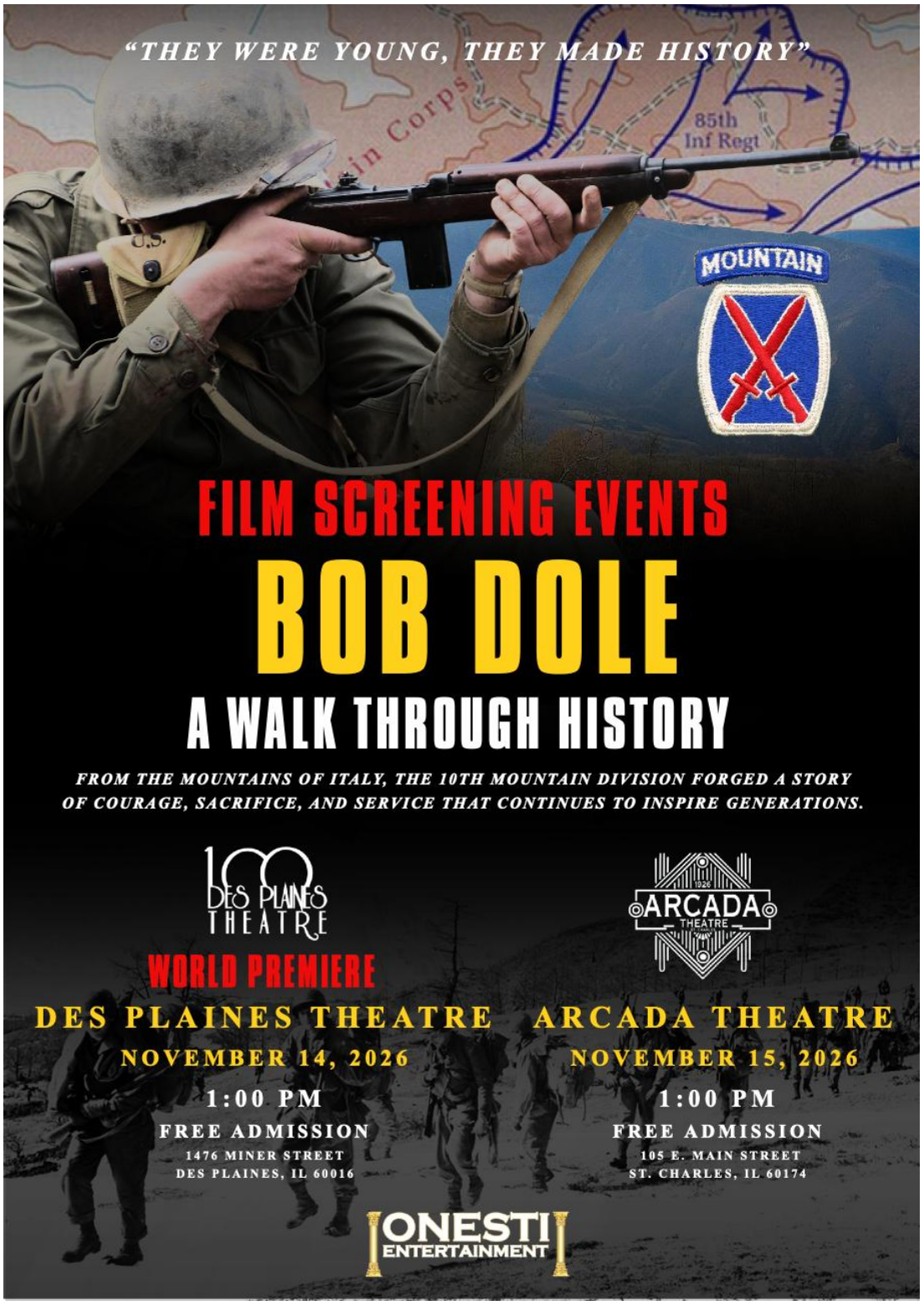
For foreign nationals living and working in Svalbard, if they want to move to mainland Norway, they need to obtain the required work permits and visas to do so. If they want citizenship, they need to follow the requirements for that including eight years of residency, but time living in Svalbard may not count towards that requirement. However, the Norwegian government continues to look at this issue to see if adjustments should be made.




FJELLDALEN LODGE
FOOTBALL TAILGATE
POTLUCK MEETING
Saturday, November 14, 2026
Wear your favorite jersey or football gear!
Bring your favorite tailgate side dish to share.
The Cooking Club will be grilling bratwurst and providing buns and condiments.


Fjelldalen Lodge
Coffee and Breakfast
Get Together
Join us for good coffee, a delicious breakfast,
and great company!
4th Saturday
of the month
Starting at 10:00 am
Meeting at
IKEA
9800 E Ikea Way
Centennial, CO 80112


Fjelldalen Julfest
Norwegian Christmas
December 12th
Monthly Meeting
Holiday Potluck at 12:00
Followed by a short meeting
with 2027 elections
Julenissen will arrive with Sven,
the Norwegian Fjord Horse,
to start the gift exchange.
Cookie exchange before you go home!


"THEY WERE YOUNG, THEY MADE HISTORY"
85th Inf Regt
MOUNTAIN
FILM SCREENING EVENTS
BOB DOLE
A WALK THROUGH HISTORY
FROM THE MOUNTAINS OF ITALY, THE 10TH MOUNTAIN DIVISION FORGED A STORY OF COURAGE, SACRIFICE, AND SERVICE THAT CONTINUES TO INSPIRE GENERATIONS.
DES PLAINES THEATRE
ARCADA THEATRE
WORLD PREMIERE
DES PLAINES THEATRE
NOVEMBER 14, 2026
1:00 PM
FREE ADMISSION
1476 MINER STREET
DES PLAINES, IL 60016
ARCADA THEATRE
NOVEMBER 15, 2026
1:00 PM
FREE ADMISSION
105 E. MAIN STREET
ST. CHARLES, IL 60174
ONESTI ENTERTAINMENT