

Fjelldalen's NYTT



SONS of NORWAY

Fjelldalen Lodge #6-162
Highlands Ranch, Colorado

"Mountain Valley"

Volume 26, Issue 4
July—August 2021

Only SOME events are on Zoom

July 2021

- 3 10:00 Genealogy—[Join Via Zoom](#)
How to Build a Web Site
from a GedCom

August 2021

- 7 **No Genealogy**
11:00 Lodge Picnic at the Newlands
- 31 6:30 Board Meeting - [Join via Zoom](#)

September 2021

- 4 10:00 Genealogy—[Zoom Meeting](#)
Family Search's Personal GedCom
- 1:00 Lodge Meeting— This may be a
Live Meeting or Zoom
[Join via Zoom](#)
The Norwegian American
Newspaper
- 28 6:30 Board Meeting - [Join via Zoom](#)

October 2021

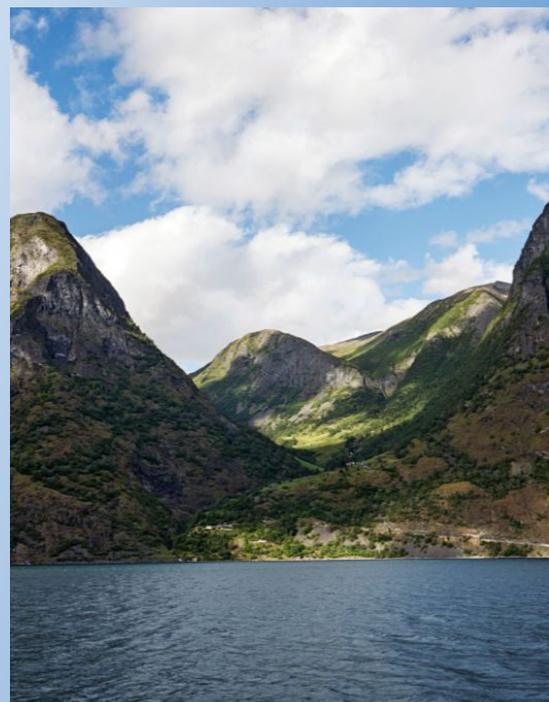
- 2 10:00 Genealogy—[Zoom Meeting](#)
- 1:00 Lodge Meeting— This may be a
Live Meeting or Zoom
[Join via Zoom](#)
Traveling and Fraud
- 16 2 times Lutefist Dinner**
- 26 6:30 Board Meeting - [Join via Zoom](#)

What's Inside !

<i>How to join a Lodge/Genealogy Zoom Meeting</i>	2
Lodge Meeting Topics	2
If you change your Address or Email	2
A Message From the Fjelldalen President	3
Fjelldalen Lodge Officers 2021	4
TUBFRIM is Back	5
District 6 and National News	5
Sons of Norway Web Site Feature	6
Past winners of the Key Member Award	6
Birthdays	6
New Members	6
Financial Moment—Kendall Kjerstad	7
Support Fjelldalen with King Soopers Rewards	7
Sunshine Greeter	7
Matlagings Klubb Recipes	8
Lefse for Sale and Thanks for Syttende Mai Help	8
Cleaner for Norwegian Jewelry	9
Sixth District Recreation Center Century Club	9
One Lodge, Book, Film, & Music Selections	10
Syttende Mai Photos	11
Kid's Page	12
Spesielle Interessegrupper— New Information	13
Next Newsletter Deadlines	13
Flyers	
Fjelldalen Picnic	14
Tubfrim	15

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.





Fjell dalen Lodge #6-162 Highlands Ranch, Colorado



Lodge Meetings Are now on Zoom

To join a Lodge meeting, just Click on the Links Below!!

[Join the Lodge Zoom Meeting](#) Meeting ID: 899 2806 0674 Passcode: 137506

[Join the Genealogy Zoom Meeting](#) Meeting ID: 860 5229 1262 Passcode: 700388

[Join the Lodge Board Zoom Meeting](#) Meeting ID: 890 0490 3605 Passcode: 274967

Call Tony at 303-771-1428 if you need help.



07 Aug Fjell dalen Picnic—**Bring your Saved Stamps!**

See the flyer at the end—the Newland’s and the Lodge will be hosting the annual summer picnic starting at 11:00. There’s a rumor that salmon will also be served!

Join the Fjell dalen 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.

04 September Fjell dalen Lodge Meeting

The Norwegian American Newspaper

The Norwegian American is North America’s oldest and only Norwegian newspaper, in existence since 1889. Twice monthly, it brings you news and features to connect you to your heritage and build bridges to contemporary Norway, both in print and online.

Join us for a program with Editor-in-chief Lori Ann Reinhall to learn about the history of the newspaper and how it has changed to adapt to changing times.



ATTENTION FJELLDALLEN LODGE MEMBERS

If you change your mailing address, phone number or email address please contact Don Speas (Publicity Director).

720-299-7309 or email Don at donspeas@hotmail.com





Fjelldalen Lodge #6-162 Highlands Ranch, Colorado



A Message From the Fjelldalen President

Hello Fjelldalen Lodge,

Summer is here! While we had what seemed like the endless winter, we are now in the full heat of the summer. I was surprised to see how quickly we transitioned from snow on Mother's Day to wildfires in the canyons mid-June!

I'm so sorry to have missed the Syttende Mai celebration and thank everyone who stepped in and stepped up to make the event a success! I heard it was wonderful and that makes me so happy! We really appreciated Consular Assistant, Anders Tørnquist stepping in on behalf of Rita Ehrman, our Honorary Consul to speak and lead our parade. Tusen Takk to all and Hipp Hipp Hurrah!

This last week I signed up for a zoom presentation through my membership with the Denver Museum of Nature and Science where three Professors (one an archeologist from the museum and two from CU Boulder) did a presentation on Stonehenge. It was fascinating to see how they tied together the archeology, astrology and religion of the site and talked about the summer solstice – and winter solstice. I was lucky and participated in a similar presentation by the Vesterheim Museum earlier this month only instead of it using Stonehenge, the presentation was related to the Primstav. The Primstav is a calendar on a stick – so to speak – that correlated with the seasons. Once Christianity was introduced, just like at Stonehenge, there was a “tying together” of the old and the new and the markings on the Primstav for the seasons took on meanings that tied all things together. The Vesterheim presentation talked about this and one day it would be great for us to learn about this part of our Norwegian Heritage as well and make our own Primstavs!

For now, we will welcome in the summer solstice ourselves! We have a summer picnic planned and great Fall Programs on the horizon. The Editor of the Norwegian Weekly will be speaking at our September meeting. I love this little newspaper that I've subscribed to for years and it is full of interesting things (including a page all in Norwegian) that connects me to Norway. With travel opening again, our October speaker will be a gentleman I've heard from before and I'm so glad we have him coming to our meeting. He is from the District Attorney's office that will talk about the many Travel scams out there. Travel scams are a top concern. My husband told me a statistic she read in the Wall Street journal that was something like 18,000 car rentals bookings in Miami last month were bogus! This presentation will help us all as we desire to travel again. We have great things for November and December as well – including meeting again in person soon we hope.

I wish you a wonderful summer with the joys of life and look forward to seeing you in person again soon.

Be safe, be happy, and have joy.

Fraternally,

Donita



Fjellaldalen Lodge #6-162 Highlands Ranch, Colorado



Fjellaldalen Lodge #6-162 Officers for 2021

President:

Donita Zblewski 360-791-5858
donitanorsk@gmail.com

Vice Presidents:

Jane Hoskinson 303-601-0398
janehoskinson67@gmail.com

Secretary:

Teri Hjelmstad 303-771-1428
teri@norsky.net

Treasurer:

Amber Quilling 720-394-8304
deviantmarmot@hotmail.com

Counselor:

Erik Collett 720-459-1812
erikcollett@yahoo.com

Cultural Director:

Andrea Peterson 303-717-1930
andreastone1313@gmail.com

Membership Secretary & Social Media:

Lise LeBlanc 303-242-6460
mark_and_lise@yahoo.com

Social Director:

Marilyn Speas 303-973-2158
marilynspeas@hotmail.com

Auditor:

Guy Duncan 720-254-7594
rollydog15@gmail.com

Social Committee:

Leslie Reingold 303-388-1909
les.68.r@q.com
Andrea & Rick Peterson 303-717-1930
andreastone1313@gmail.com

Editor, Genealogy, Cultural Skills & Sports:

Tony Hjelmstad 303-771-1428
tony@norsky.net

Marshalls:

Dan Schauer 303-795-2255
bablan1@q.com
Guy Duncan 720-254-7594
rollydog15@gmail.com

Foundation:

Linda Ault 303-953-2716
lindault@comcast.com

Greeter:

Karen Campbell 303-364-3827
karensue61@comcast.net

Musician:

Jane Hoskinson 303-601-0398
janehoskinson67@gmail.com

Historian/Photographer:

Gayle Rodgers 303-929-0909
gaylerodgers@gmail.com

Publicity & Webmaster

Don Speas 303-973-2158
donspeas@hotmail.com

Language:

Eldon Halvingstad 303-988-9349
ehalvingstad@yahoo.com

Tubfrim:

Lloyd Newland 303-973-8097
aahhhco@gmail.com

Sunshine:

Donna Newland 303-973-8097
aahhhco@gmail.com

Youth & Sports Directors:

Open

DISTRICT 6 OFFICERS

District Six President:

Luella Grangaard

president@sofn6.org

International Director:

Mary Beth Ingvaldstad

internationaldirector@sofn6.org

Zone 8 Director:

Bev Moe

720-746-9755

bevm259@comcast.net

Financial Benefits Counselor:

Kendall Kjerstad

970-697-1114

kjerstadkendall@yahoo.com

TUBFRIM IS BACK—AND SEE FLYER ALSO!

Lloyd has got a big bunch of stamps—but still has room for more in the box before he sends it to Norway. Trim them up and mail them to Lloyd—he gets another stamp that way! Send them to:

Lloyd Newland

10300 W. Montgomery Av.

Littleton, CO 80014

District 6 and National News

District 6 Convention—Save the Date

District Six's next convention will be in Mesa, AZ in mid-June 2022. The Folk Art Exhibit and Competition will include your entries for cultural items made between July 2018 and June 2022. That is four (4) years. I am looking forward to seeing a lot of entries since we had 4 full years to complete them. A few past submissions are featured on the left.

If you are looking for a project to complete for exhibit or competition, check out the wide variety of virtual classes offered at Vesterheim Museum. To visit Vesterheim Museum's website click [HERE](#). To check on upcoming online classes at their Folk Art School, click [HERE](#). They have some very nice offerings.

International Convention—Save the Date

We are pleased to announce that the International Board has approved the dates and location for the 2022 Sons of Norway International Convention.

The convention will be held August 31 - September 1, 2022. First-time delegates arrive for training on August 30. Delegates will depart September 2.

Here is the information about the venue—be sure and take the virtual tour of the site!

[Omni Viking Lakes Hotel](#)

[Virtual Site Tour](#)

2611 Nordic Way

Eagan, MN 55121

More information will be forthcoming.

Sons of Norway Web Site Feature

Norwegian Language Lessons

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!

Notice to Members: You can access language lessons with sound in the Members Login area.

[Lesson 29](#)—Seventeenth of May in Oslo

[Lesson 30](#)—Midsummer (St. John’s Eve)

[Lesson 31](#)—Word List of Professions

[Lesson 32](#)—Go to the Kristiansand Zoo

[Lesson 33](#)—Visit Finnmark

[Lesson 34](#)—Visit the County of Rogaland

[Lesson 35](#)—Visit the County of Telemark

[Lesson 36](#)—Visit the County of Hordaland

[Lesson 37](#)—Sailing with Japanese TV and Thor Heyerdahl

https://www.sofn.com/norwegian_culture/norwegian_language_lessons/

Past winners of the Key Member Award

2001 Gladys Knutson	2002 Aileen and Elmer Christenson
2003 Ramona Erickson	2005 Jim and Beverly Lundeen
2007 Don Stromstad	2008 Gail Kettelson
2009 Barbara Robb	2010 Lloyd and Donna Newland
2011 Greta Grande	2012 Arne and Agnes Omholt
2013 Jeanne Tucker	2015 Don and Marilyn Speas
2016 MaryLee Hagen	2017 Marilyn Lyle
2018 Tony and Teri Hjelmstad	2019 Ed Eskelson

2021 Crystal Sundet

Birthdays:

GM Golden Members!

LM Life Members

HM Heritage Members

Name	Mon	Day	Type
Darlene Root	7	2	GM
Curtis Brudos	7	4	
Lylah Gambill	7	5	
John Paulsen	7	6	
Jay Brekke	7	8	
Eric Tollund	7	9	
Daphne Einarsen	7	13	
Theodore Ernster	7	16	
Marylee Hagen	7	21	
Charles Ernster	7	23	
Deanna Beatty	7	24	
Marie Hjelmstad	7	31	HM
Keith Bowers	8	5	
Stephanie Cherry	8	5	
Scarlett Hjelmstad	8	6	HM
Annika Moen	8	7	
Kai Moen	8	10	
Jeanie Erickson	8	13	
Madison Herrmann	8	18	
Kendra Runung	8	18	
Elizabeth Speas	8	21	HM
Charlotte Bagwell	8	24	
Blaine Rodgers	8	29	



Recent New Members

Eva Lemley

Vernetta Philben



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 insurance professional.

New To Sons of Norway?

Welcome! You're now a part of the fastest growing fraternal insurance company in the industry. To help you get acquainted, we've set up a helpful training library to get you ready to sell Sons of Norway products. Ready to get started?

[Let me help you figure out what strategy is best for you. Please reach out to me now for a free consultation.](#)

Kendall Kjerstad, Email: kjerstadkendall@yahoo.com
Phone: 9706971114

[Use Our Calculators](#)

[Start here](#)



Community Rewards

King Soopers donations account for about \$800 a year in donations to Fjelldalen. Keep up the GOOD work!

If you shop at King Soopers, here's a good fund raiser for Fjelldalen. King Soopers has a Rewards Program that benefits Fjelldalen by giving a percentage of what you spend back to our lodge. All you have to do is sign up on your King Soopers account, and use your KS SooperCard when you check out. Go to:

<https://www.kingsoopers.com/account/communityrewards>

If you want help, call Don Speas at 720-299-7309 (donspeas@hotmail.com) and he'll give you a hand.

The Sunshine Troll

Contact Donna Newland (303-973-8097 / aahhco@gmail.com), Don Speas (303-973-2158 / donspeas@hotmail.com) and the newsletter editor Tony Hjelmstad (303-324-5381 / tony@norsky.net) about any Member who needs some tender greetings from Fjelldalen Lodge!

- Donita's brother in Seattle died.
- Marylee's daughter is improving after a change in medications. Let Marylee know her daughter is in our prayers.
- Bev broke her foot and is hobbling to the mail box to get get-well cards!
- Karen's Mom has had shoulder surgery—a call or card is welcome.



Matlagings Klubb Recipes—one for each month!

Agurksalat - Norwegian Cucumber Salad

Serves 4-6
Yields: 1 quart
Prep time: 1 hour 15 minutes



Ingredients:

1 seedless European cucumber
1 Tbsp. parsley
2/3 cup white vinegar
2/3 cup cold water
3 1/2 Tbsp. granulated sugar
1/2 tsp. salt
1/4 tsp. pepper

Directions:

Slice the cucumber thinly.
Mix the dressing ingredients well and pour over cucumber slices in serving bowl
Refrigerate for at least an hour.
Sprinkle with chopped parsley and serve.

Source: food.com



Trollkrem - Troll Cream

Inspired by a classic Scandinavian recipe, this unusual-sounding dessert is actually very simple to make, and much more delicious than it sounds! Using tart lingonberries, Karen's creamy dessert is worth a try.

Ingredients

- 3 egg whites
- 6 Tbsp. of lingonberry jam, or an 8 oz / 225 g jar of preserved lingonberries in syrup, drained
- *50 grams / 1/4 cup granulated sugar (*use only if using unsweetened lingonberries)

Directions

1. Whisk the egg whites in a mixer with half of the lingonberries (that have been drained) or half of the jam. Whisk until the egg whites are light and fluffy.
2. Add the sugar, if using, and whisk until the egg white mixture holds soft peaks.
3. Swirl the remaining lingonberries or preserve through the dessert and serve in small bowls or spoon into a large serving bowl. Eat within 24 hours, as the egg whites start to collapse if no sugar is used.

By [Karen Burns-Booth](#) of [greatbritishchefs.com](#)

Lefse for SALE—\$10 a package

12 Packages left. Call Marilyn Speas (C) 720-299-2158.

Thank you all for helping at the Syttende Mai picnic what a wonderful turn out.

CLEANER FOR NORWEGIAN JEWELRY

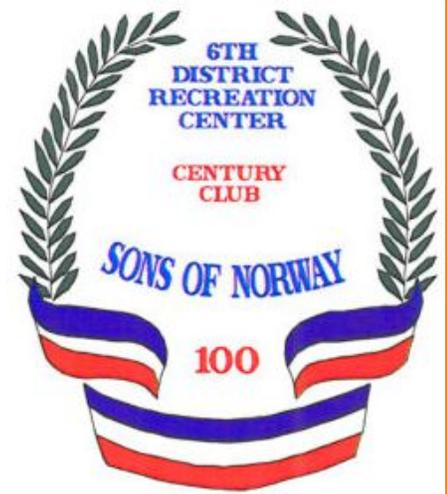
(from the Vesterheim Norwegian-American Museum)

1 tsp. ammonia
A few drops dish detergent
1 c. warm water

Prepare the solution and soak jewelry in it for half an hour. Scrub with a soft brush. Let dry completely and buff with silver cleaning cloth. Use a pencil eraser wrapped in the silver cloth to get into the crannies of the bowl dangles. Store jewelry in a ziplock bag or a hard plastic box.

Do not use silver dip cleaner on Norwegian jewelry because it removes too much tarnish.
Do not fasten Norwegian jewelry with rubber bands because they emit harmful sulfur.

In 1996, after touring Camp Norge as part of the District 6 Convention held in Sacramento, the idea was born to raise funds to help with much-needed maintenance at the Camp. The founders of the Century Club were President Roger Merrill, Vice President Karin Brevig, Secretary Sherrill “Swede” Swenson, Treasurer Joe Rasmussen, and Publicity Director Lynn Lende; and the Directors at Large Ola Brevig, Ordale Johnson, Bob Olson and Asbjorn Rostad. The purpose of the club was to raise funds to be used for the support of the Sons of Norway Sixth District Recreation Center. The name “Century” was decided based on the goal of having at least 100 members per year donate \$100.00. One half of each year’s funds went direct to the Recreation Center Board and the other half was invested for future needs.



Now 25 years later, the present Board of Directors of Century Club made the decision to turn over all funds on-hand to the Sixth District Recreation Center Board. The ages of many current directors and the lack of interest from members wanting to volunteer to serve on the current Board forced the decision to hand over the operation direct to Camp Norge. As of July 1, 2021, the Recreation Center Board will become the Board of Directors of the Century Club. New bylaws will be written to reflect the change of leadership of the Century Club Board and to establish when and where the Board will meet. They will continue operating Century Club using the formula of half of the yearly contributions are used for maintenance and the other half will be invested.

On behalf of the current Century Club Board Members, past and present, I thank all the members, friends and lodges who have generously made yearly contributions. These donations made it possible to maintain our “Jewel in the Sierras”. Please continue sending your yearly donation of \$100 direct to the Recreation Center Board. As the Camp ages, the need and cost of maintenance grows. Century Club purpose and goals will continue under the leadership of the Recreation Center Board. You may be confident that Century Club will continue to exist under new leadership. Members can expect to hear from the Recreation Center Board in the near future.

Again, thank you for all your support to our beautiful camp and the Century Club.

One Lodge, One Book, One Film, One Music Selections

Flåklypa Grand Prix

The best-selling box office film in Norwegian history, selling 5.5 million tickets in a country with a population of, at the time, less than 4 million, The Pinchcliffe Grand Prix is probably the best animated film you've never heard of!



Bored bicycle repairman Theodore Rimspoke spends his days tinkering with inventions when he discovers that his ex-assistant has stolen the plans for his racing car engine and become Formula One champion. Theodore then sets out to develop a newer, better engine to challenge the nefarious champion.

Amazon ~ \$45, streaming AppleTV but may not be available in U.S. to all subscribers



Naïve. Super by Erland Loe

Troubled by an inability to find any meaning in his life, the 25-year-old narrator of this deceptively simple novel quits university and eventually arrives at his brother's New York apartment. In a bid to discover what life is all about, he writes lists. He becomes obsessed by time and whether it actually matters. He faxes his meteorologist friend. He endlessly bounces a ball against

the wall. He befriends a small boy who lives next door.

He yearns to get to the bottom of life and how best to live it.

Funny, friendly, enigmatic and frequently poignant - superbly naive.

Make sure you get a translated version. \$10 Kindle on Amazon

Musikklubb

Pick 4 recordings and report on them—Part 1

Folk Music from Norway Various Artists

Get report forms [HERE](#) and a list of Electives [HERE](#)

[Listen Here](#)





Syttende Mai Parade and Picnic
The Parade, The Tørnquist Family—Anders represented the Norwegian Counsel, Crystal was awarded the Key Member of the Year Award, The Food Line.



KID'S PAGES

SANKT HANS AFTEN

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

Bonfire

Ålesund

Flowers

Pinnebrød

Varme Pølse

Smørrebrød

Rømmegrøt

Midsummer

Music

Dance

Food

Birch

Solstice

Flatbrød



Fjellaldalen Lodge #6-162 Highlands Ranch, Colorado



SPESIELLE INTERESSEGRUPPER

Fjellaldalen 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. This group is on hold until the fall.



- ◆ Håndverker: Craft group get togethers. Meet to learn new crafts as well as work on your own projects and share ideas! Some meetings may be by Zoom. Contact Crystal—cjsun@siligrips.com for more information.

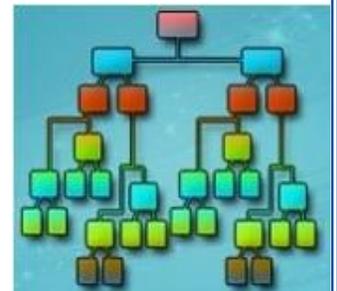


- ◆ Koret: Literally Choir, but in this case a social folk-singing group. If you enjoy singing, want to meet-up with others, and want to learn Norwegian songs to share at lodge meetings, this is for you. Open to all levels of talent. This group will start again this fall.



- ◆ Matlagings Klubb: The cooking group meets once a month and eats their results! This group is looking forward to fully meeting this fall, but may hold a summer BBQ! Open to all levels of talent. Contact Lise—mark_and_lise@yahoo.com or Donita—donitanorsk@gmail.com.

- ◆ Slektforskningklubb: The Genealogy group meets On-Line the first Saturday of the month at 10:00 am. 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. Open to everyone. Contact Tony Hjelmstad—tony@norsky.net—for an E-vite or with questions. [Join Genealogy Via Zoom](#)



To join a group, contact Donita or any Board member.

The September-October 2021 newsletter comes out the last week of August. All items for the next newsletter must be submitted by:

August 15th, 2021

Submit to Tony Hjelmstad at tony@norsky.net



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



"Mountain Valley"

Fjelldalen

BBQ & Picnic

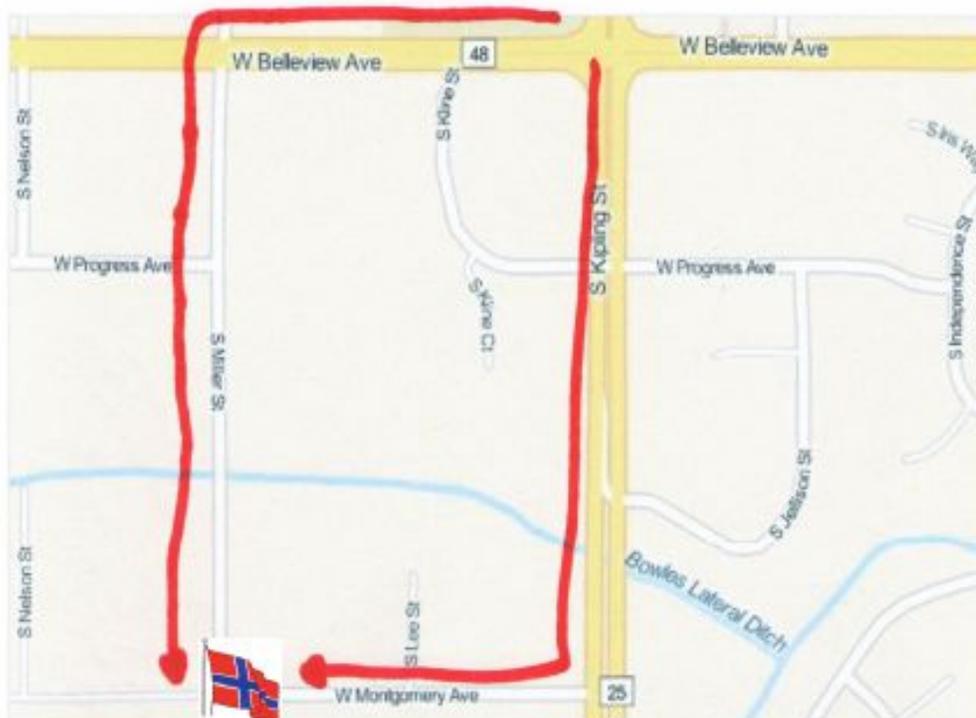
Saturday August 7, 2021
Lloyd & Donna Newland are hosting
11:00 am to ??? Grill line starts at 12:00

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

Newlands' are on the Southeast corner of S. Miller & W. Montgomery

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



"Mountain Valley"

Tubfrim



Dear Fjelldalen Members,

The Tubfrim program continues but is facilitated exclusively by the Districts and Lodges now, not Headquarters. Individual lodge members should go to their Tubfrim coordinator with any issues, questions, or concerns regarding the program.

In addition, as the reimbursement for the annual drawing has stopped, SONS is no longer able to facilitate the \$1,000 prize drawing that has been a part of the program in the past. This does not mean that the stamps are no longer needed in Norway, or that the lodges should no longer participate in the program. It simply means that SONS Headquarters will no longer be offering the annual prize part of the program.

Fjelldalen Lodge has been participating in the Tubfrim program for many years. We have sent thousands of stamps over the years and we will continue to do so. All you have to do is clip canceled stamps from envelopes, leaving at least 1/4" around the edge of the stamp. After you've collected a few, send them to **Lloyd Newland**, our Tubfrim Coordinator at 10300 W Montgomery Ave, Littleton CO 80014. Any questions give Lloyd a call (303) 973-8097.

We are thankful for the partnership Fjelldalen has enjoyed with Tubfrim over these many years, and for the continued participation in the program. If you would like more information about the Tubfrim program in Norway, go to their website:

www.tubfrim.no/subdet9.htm