

Fjelldalen's NYTT



"Mountain Valley"

Fjelldalen Lodge #6-162

Christ Lutheran Church
8997 S. Broadway, Highlands Ranch
Fjelldalen.com



**SONS of
NORWAY**

March - April 2026

Volume 31, Issue 2

Christ Lutheran Church
8997 S. Broadway, Highlands Ranch

<https://www.fjelldalen.com/>
<https://facebook.com/groups/fjelldalen.lodgecolorado/>



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March 2026

5	1:00	Zoom Genealogy Meeting
14	Noon	Soup Day-Lodge Meeting
21	9:30	Hiking Vikings
28	9:30	IKEA Breakfast

April 2026

2	1:00	Zoom Genealogy Meeting
11	Noon	Potluck & Lodge Meeting
18	9:30	Hiking Vikings
25	9:30	IKEA Breakfast

May 2026

7	1:00	Zoom Genealogy Meeting
16	Noon	Syttende Mai
23	9:30	Hiking Vikings
30	9:30	IKEA Breakfast

SONS OF NORWAY MISSION STATEMENT

The mission of Sons of Norway is to provide quality insurance and financial products to our members, promote and preserve the heritage and culture of Norway, and to celebrate our relationship with other Scandinavian countries.



Fjellaldalen Lodge #6-162 Highlands Ranch, Colorado



SONS of NORWAY

Upcoming Lodge Events

Web Site		March 2026		Facebook	
	5	1:00	Zoom Genealogy Meeting		
	14	Noon	Soup Day – bring soup or fixings Lodge Meeting – old family photos		
	21	9:30	Hiking Vikings		
	28	9:30	IKEA Breakfast		
			April 2026		
	2	1:00	Zoom Genealogy Meeting		
	11	Noon	Potluck & Lodge Meeting – Services for new Arrivals		
	18	9:30	Hiking Vikings		
	25	9:30	IKEA Breakfast		

Zoom Link	Slektforskningklubb – Genealogy - Meetings (ZOOM)	Email Link
	Problems and Roadblocks Sessions	
	March 5, 2026 1:00 Zoom Genealogy Meeting	
	April 2, 2026 1:00 Zoom Genealogy Meeting	
Genealogy Zoom ID: 860 5229 1262 Passcode: 700388 Email Genealogy@Fjellaldalen.com for more information. Click Here to Join ZOOM Meeting		

Web Site	Språkklubb Norskkurs – Norwegian Speakers Meetings	Email Link
	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@fjellaldalen.com or call 512-289-9143 for information.	

King Soopers Community Rewards program gives Fjellaldalen an income of about \$800 to \$1000 a year which Fjellaldalen 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 Fjellaldalen Lodge 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@fjellaldalen.com.



Fjellaldalen Lodge #6-162
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Kjære Fjellaldalen family,

As we turn the page to March and April, I'm reminded of a very Norwegian truth: spring rarely arrives all at once. It comes in hints—longer light at the dinner table, birds testing their voices, and that first day you step outside and think, “Yes... maybe winter is finally loosening its grip.” In true Nordic fashion, we don't wait for perfect weather to gather. We gather anyway—with warm food, warm laughter, and warm hearts.

This season is a beautiful bridge for our lodge. We carry the coziness of winter fellowship into the brighter rhythm of spring. Whether you joined us recently or have been part of Fjellaldalen for many years, thank you for showing up, sharing stories, and keeping our community strong. Sons of Norway is at its best when everyone brings a little something—an old family recipe, a helping hand in the kitchen, a song, a smile at the door, or simply your good company at the table.

Our regular traditions continue to be the heartbeat of lodge life. The Genealogy Club, the Language Club, the Hiking Viking Club keeps moving on our monthly outings (third Saturdays), and our fourth-Saturday brunch gatherings at IKEA in Centennial remain a favorite way to connect in an informal, hyggelig way. These moments matter. They are how friendships deepen, how new members find their place, and how heritage stays alive—not as a museum piece, but as a living culture we practice together.

As we move through these months, I encourage everyone to take one small step beyond “attending” and into “participating.” Volunteer for setup. Help with cleanup. Bring a dish to share. Offer to greet members at the door. If you have a talent—genealogy, storytelling, photography, baking, music, crafts—there is room for it at Fjellaldalen. Our lodge thrives because many hands make light work, and because service done with joy is the most Norwegian kind of leadership I know.

Thank you, truly, for your steady support for this lodge and one another. I am proud to serve as your President, and even prouder to be part of a community that continues to choose fellowship, tradition, and kindness.

Wishing you a healthy, hopeful spring season.

Tusen takk,

Kris Patrick Bussell

President, Fjellaldalen Lodge #6-162

Med vennlig hilsen

Delegates needed - District Six Convention and Lodge Meeting

SAVE THE DATES: June 11 – 14, 2026, Sacramento, CA

Please consider being a delegate. Fjellaldalen will provide a stipend to our delegates to the Convention.

The Convention will be at the Doubletree Hotel and a side trip to Camp Norge is planned.



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The Sunshine Troll

- Amber's mom had hip 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.

Tony Editor@fjellaldalen.com kegenes@luc.edu

Don publicity@fjellaldalen.com



GM – Golden Members
HM – Heritage Members

Name	Mon	Day	Type
Lorraine Anderson	03	04	
James Beatty	03	07	
Robin Morgan	03	07	
Molly Parrish	03	08	
Lindsay Appesland	03	11	
Conner Einarsen	03	22	HM
Oliver Lepire	03	23	HM
Linda Ault	03	24	
Fox Peterson	04	03	HM
Alan Folkestad	04	04	
Eivind Skildheim	04	19	
Frank Young	04	22	
Donna Krowen	04	23	
Nicole Green	04	26	
Carol offoli	04	28	
Michael Morgan	04	28	
Teri Hjelmstad	04	29	

FOOD DRIVE

JOIN US IN HELPING THOSE IN NEED



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@fjellaldalen.com.

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





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Fjellaldalen Lodge Member Scholarship Applications due

In 2025, the Fjellaldalen Board established a Member Nominated Scholarship for high school seniors entering an accredited post high school educational institution. The scholarship award is in the amount of \$500 and paid directly to the student. To qualify, the student must be related to, or be a member of Fjellaldalen Lodge, maintain a GPA of 3.0 or higher, demonstrate service to their community, and complete a written essay.

Applications for the 2026 – 2027 academic year will be available in January 2026 and **are due March 31st!**

To help us to fund future scholarships, please consider contributing to the Foundation at our lodge meetings, and if you have a loyalty card with King Soopers, please add Sons of Norway, Fjellaldalen Lodge to your Community Rewards. Our lodge receives approximately \$800 a year from the rewards program and all proceeds will be dedicated to our scholarship fund.

Ruth DeLattre, Foundation Director

Taco Friday

The lodge had a very successful Taco Friday supper on February 20th. We'll probably do more of these in the coming months. Lots of food and some very tasty tacos were served with plenty for all. We also celebrated Kris' Birthday. Watch for more Taco Fridays to come!

Latest Scam – Beware!

You get a text or email that reads:

This is your bank or your credit card security team.

Did you attempt a transaction at "some business name" for \$\$\$\$ on some date? Reply Yes or No.

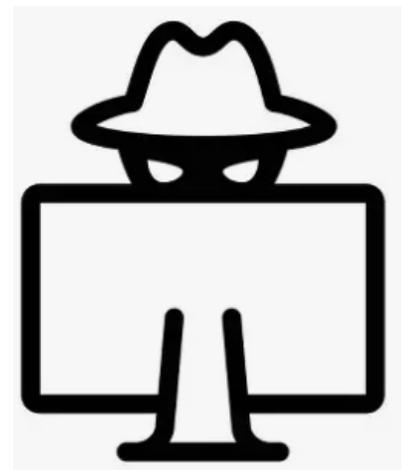
If you reply – either yes or no, you get an answer back:

Thank you for confirming. One of our security team members will call you to assist.

You then get a phone call. The agent will want to confirm your identity by sending you a text or email with a six digit code and wants you to read it back to them.

DON'T DO IT.

What has actually happened is the supposed agent is a hacker who is attempting to log into your account and has a prompt for the two factor identification code. This prompt was sent by your actual bank or credit card company to your phone or email. If you read it back, they will now use it to hack into your account.





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Tubfrim

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

In 1928, in Nesbyen in Hallingdal in Viken County, Norway, postmaster Ditlef Frantzen established Tuberkulosearbeidets Frimerkeforretning (literally “Tuberculosis work’s postage stamp business”), abbreviated TUBFRIM. Its task was to collect and sell used postage stamps with the proceeds going to aid the eradication of tuberculosis among Norwegian children. In 1929, the organization showed its first profit of NOK 1,500. Since then, profits have risen steadily, in all adding up to NOK 23 million.

Today, the charity is owned by Nasjonal-foreningen for folkehelsen (“National Society for Public Health”). It collects and sells telephone cards in addition to postage stamps, and its profits are used to help children and young people with disabilities and handicaps, in addition to those with serious illnesses.

TUBFRIM is still located in Nesbyen, where it was founded, address: TUBFRIM, P.O. Box 1, 3541 Nesbyen, Norway. It has a website at www.tubfrim.no, with a version in English at www.tubfrim.no/subdet9.htm.





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Lodge Views



Taco Friday and Kris' Birthday!



Hiking Vikings at the Cheese Ranch on a cold Saturday!
Lise, Teri, Tony, and Cecelia (Don was there too)





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Fjellaldalen's Matklubb Recipes

Fiskeboller

1 pound cod	1/2 cup milk
1 egg	1/2 cup flour /more for dusting
1/2 cup bread crumbs	1 small onion, finely chopped
1 tbsp butter	Salt and pepper to taste
A pinch of Allspice	4 cups of vegetable broth or fish broth

1. Remove any bones from the fish and then finely chop.
2. In a large bowl, combine the chopped fish, milk, egg, flour, breadcrumbs, onion, butter, salt, pepper, and allspice. Mix thoroughly.
4. Place broth into a large pot and bring it to a boil.
3. Using your hands, shape small balls (1") from the dough, roll in reserved flour to dust, and drop them into the broth.
4. Bring broth back to boiling and then reduce the heat to a simmer. Cook for about 15 minutes, or until the fish balls are cooked through.

Serve with a dollop of sour cream, a cream sauce, with boiled or mashed potatoes, or in fiskesuppe med fiskeboller.





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Fjellaldalen's Matklubb Recipes

Fiskesuppe med Fiskeboller

For the fish stock

- Bones from 1 cod
- 2 celery sticks (or 1/2 small celeriac) cut into chunks
- 1 tsp black peppercorns
- 3 liters water
- 1 carrot, cut into chunks
- 1 small leek, white part only, cut into chunks
- 2 bay leaves

For the soup

- The fish stock
- Fine sea salt to taste
- 8 tbsp real butter
- Fiskeboller
- 2 more carrots – sliced
- 1 small leek - sliced
- 2 cups whole milk
- ¾ cup flour
- Some white wine vinegar
- 2 tbsp sour cream (optional)
- 2 parsley roots, thinly sliced

1. Prepare Fiskeboller.
2. Make stock by rinsing fish carcass used for fiskeboller and removing the gills. Toss all ingredients in a pot and simmer for 30 minutes. Then strain stock.
3. Melt the butter in the pot and then add flour and whisk till lump-free. Whisk in milk and stock. Add vinegar to taste – 1 to 2 tps. - and optionally the sour cream. Bring everything to a simmer.
4. Place vegetables in boiling, salted water and wait till the water comes back to boiling, Drain.
5. Place 5-6 fiskeboller in each dish and ladle soup over them. Then place a scoop of vegetables over everything. Add a couple of deviled-eggs for a nice effect.





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Every spring, as snow still blankets the mountains and cabins fill with families on holiday, Norwegians reach for something as essential as oranges and chocolate: a good crime novel. This beloved tradition is known as **Påskekrim**—Easter crime—and it's as Norwegian as cross-country skis and cozy cabin fires.

The custom dates back to 1923, when authors **Nordahl Grieg** and **Nils Lie** promoted their crime novel with a mock front-page headline in the newspaper **Aftenposten**. Readers believed the fictional robbery was real—and a national Easter tradition was born.

Today, crime stories dominate Norwegian media during Holy Week. Major TV channels air murder mysteries, publishers release new thrillers timed for the holiday, and even milk cartons sometimes feature short detective tales. Bookstores prominently display works by modern masters like **Jo Nesbø**, whose brooding detective Harry Hole has earned international fame.

For American Norwegians, Påskekrim offers a meaningful way to connect with ancestral culture. While Americans may associate Easter with pastel eggs and church brunches, Norwegians balance reflection with suspense—reading about fictional crimes while enjoying quiet days in mountain cabins or by the sea.

Why crime at Easter? Some say the long, dark winter leaves a lingering taste for mystery. Others point to the contemplative mood of the season, which pairs naturally with stories of moral conflict and resolution. Whatever the reason, Påskekrim reflects Norway's deep love of storytelling and its appreciation for atmosphere—snowy landscapes, isolated cabins, and secrets buried beneath the surface.

So this Easter, alongside your lefse and lamb, consider adding a Norwegian crime novel to your traditions. It's a uniquely Nordic way to celebrate the season—and a reminder that even in the land of the midnight sun, a good mystery always finds eager readers.

give a list of 5 recommended novels for paskekrim 2026

Here are two Påskekrim reading lists for 2026 — one featuring Norwegian-language originals, and one highlighting English-language Nordic noir favorites perfect for American Norwegian readers.

Fem anbefalte påskekrim på norsk (2026)

1. **Kongen av Os** – av Jo Nesbø
En mørk og intens roman om brødrene Opgard i bygda Os. Atmosfærisk bygde-noir som passer perfekt til hyttekveldene.
2. **Offer** – av Jørn Lier Horst
En ny William Wisting-sak med stram etterforskning og realistisk politiarbeid.
3. **Selv om alt brenner** – av Frode Grytten
Krim med litterær tyngde og vestlandsk stemning.
4. **Sak 1569** – av Jørn Lier Horst
Cold case-mysterium med klassisk påskekrim-følelse.
5. **Elg** – av Inge Schou
Spennende bygdekrim med natur og isolasjon som bakteppe.

Five Recommended Easter Crime Reads in English (2026)

1. **The Snowman** – by Jo Nesbø
A chilling Harry Hole investigation set against a stark Norwegian winter.
2. **The Katharina Code** – by Jørn Lier Horst
A gripping cold case mystery perfect for long Easter afternoons.
3. **The Ice Princess** – by Camilla Läckberg
Small-town secrets and Scandinavian suspense at its best.
4. **The Keeper of Lost Causes** – by Jussi Adler-Olsen
The first Department Q novel — dark, clever, and addictive.
5. **Smilla's Sense of Snow** – by Peter Høeg
A literary Nordic mystery blending science, atmosphere, and intrigue.

These selections blend classic Nordic noir with modern Norwegian crime fiction — ideal for carrying on the Påskekrim tradition whether you're in a mountain cabin in Norway or celebrating Easter in Minnesota or the Pacific Northwest.



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Highlands Ranch, Colorado



Financial Moment from Kendall Kjerstad

Learn More Now

https://www.sofn.com/financial_products/

Kendall Kjerstad

kjerstadkendall@yahoo.com

Financial Advisor

Office 970-697-1114

Cell 970-978-1634



SONS of NORWAY

1455 West Lake Street
Minneapolis, MN 55408-2666
Toll-free: 833-707-0012
Fax: 612-827-0658
www.sonsofnorway.com

Sons of Norway is a financial services organization offering our members financial products that help provide real peace of mind. A portion of the revenues from these products is invested back into the organization and local lodges to support our shared heritage and values.

Members of Sons of Norway receive valuable member benefits, such as *Viking* magazine and access to discounts on a wide spectrum of products and services from local and national retailers.

Member benefits are non-contractual and subject to change without notice.

SONS OF NORWAY PRODUCTS

Life Insurance

- Whole Life Insurance
- Term Life Insurance

See all Financial Products at [sofn.com/financial_products/](https://www.sofn.com/financial_products/)

Annuities

- Flexible Premium Deferred Annuity (FPDA)
- Single Premium Deferred Annuity (SPDA)
- Single Premium Immediate Annuity (SPIA)
- Multi-Year Guaranteed Annuity (MYGA)



LegacySure

LegacySure is fast, easy and affordable

Sons of Norway offers a life insurance policy that is permanent and guaranteed. We know it is important to you that the coverage is in place. With this coverage you will have guaranteed level premiums for life. We can also help you determine how much coverage is best for you and help you select your beneficiaries.¹

You will appreciate the quick and easy approval process where you only need to answer a few basic questions and will not be asked for a medical examination. With this policy your premium is determined when you are approved and will remain the same regardless of any change in health.

This type of final expense life insurance is a good option for those who:

- Don't have life insurance through their employer or would like additional coverage
- Want coverage for funeral expenses so your loved ones will not be burdened with these expenses
- Need additional coverage to handle other expenses such as bills and credit card balances

Planning ahead is smart when your loved ones are involved. With LegacySure you can provide them with comfort in knowing funds will be available for final expenses or other needs. There are three plans available, with varying face amounts and optional riders to further enhance your coverage.



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Highlands Ranch, Colorado



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Fjellaldalen Lodge #6-162 Officers for 2026

President: Kris Bussell 303-335-5116
president@fjellaldalen.com

VP: Eivind Skildheim 512-289-9143
vp@fjellaldalen.com

Secretary: Ruth DeLattre 623-628-1256
secretary@fjellaldalen.com

Treasurer: Amber Gardner 720-394-8304
treasurer@fjellaldalen.com

Counselor: Bev Moe 720-746-9755
bevm259@comcast.net

Cultural Director: Cecilie Kingsolver 918-697-4450
ckingsolver@yahoo.no

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

Social Committee: Sharon Ingram 720-936-9052
saingram61@gmail.com
 Marilyn Speas 720-299-2158
masilynspeas@hotmail.com

Editor: Tony Hjelmstad 303-771-1428
editor@fjellaldalen.com

Publicity & Webmaster: Don Speas 720-299-7309
publicity@fjellaldalen.com

Genealogy: Tony Hjelmstad 303-771-1428
genealogy@fjellaldalen.com

Foundation & Tubfrim: Ruth DeLattre 623-628-1256
foundation@fjellaldalen.com

Social Media: Kris Bussell 303-335-5116
president@fjellaldalen.com
 Cyndee Ormsby

Sunshine: Karen Egenes 630-292-7426
kegenes@luc.edu

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

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

Historian & Photographer: Cyndee Ormsby

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

Musician: Karen Egenes 630-292-7426
kegenes@luc.edu

Lodge Chef: Kris Bussell
krisbussell@gmail.com



President
Kris



Vice-President
Eivind



Secretary
Ruth



Treasurer
Amber

DISTRICT 6 OFFICERS

District Six President: Lis Barca president@sofn6.org
International Director: Luella Grangaard luella.grangaard@sofn6.org
Zone 8 Director: Diane Molter zone8@sofn6.org
Financial Benefits Counselor: Kendall Kjerstad 970-697-1114 kjerstadkendall@yahoo.com

Revision 11-14-2025



Fjellaldalen Lodge #6-162
Highlands Ranch, Colorado



Help Us Build the Hygge Hus –We’re Nearly Halfway There!

At Camp Norge, we believe everyone deserves to feel welcome, safe, and included. That’s why we’re building the Hygge Hus—a cozy, accessible lodging unit just behind Heritage Hall. With a level path, ADA-compliant design, and proximity to central camp activities, it will be a game-changer for members and guests with mobility challenges.

We’ve already raised a little over \$17,000, thanks to generous early donors and the momentum sparked at the 2024 District Six Convention. But to move forward with Phase 1—design, permits, and site prep—we need to reach our \$50,000 goal.

We’re asking everyone who loves Camp Norge to step up and give what you can. Whether it’s \$25 or \$2,500, your gift brings us closer to making this vital addition a reality. Let’s show our shared commitment to hospitality, dignity, and community.



Donate today at: <https://gofundme.com/f/Help-Us-Build-the-Hygge-Hus>

Together, we can make Camp Norge more inclusive—for generations to come.



Donate Today to Help Build the Hygge Hus!

\$17,575 raised of \$50,000 goal • 13 donations



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A note on the “Last Page”

We are trying a new process for those who need a physical copy of the newsletter. By not using envelopes but using the back page to address the mailing, we hope to save about \$1.00 for each newsletter we have to send through the U.S. Post Office. This will save us some money 6 times a year!



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