

Fjellaldalen's NYTT



"Mountain Valley"

Fjellaldalen Lodge #6-162

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



**SONS of
NORWAY**

May - June 2026

Volume 31, Issue 3

Christ Lutheran Church
8997 S. Broadway, Highlands Ranch

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



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May 2026

7 1:00 Zoom Genealogy Meeting

16 Noon **Syttende Mai**

Sterne Park



23 9:30 **IKEA Breakfast**

June 2026

4 1:00 Zoom Genealogy Meeting

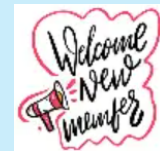
13 Noon Potluck & Lodge Meeting

20 9:30 Hiking Vikings

27 9:30 **IKEA Breakfast**

HOLD THE DATE

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



James Rasmussen

Margie Folkestad

Espen Jansen

Catherine Floyd

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
	May 2026	
	16 Noon Syttende Mai – Parade, Food, Games, Fun	
	23 9:30 IKEA Breakfast	
	June 2026	
	13 Noon Potluck & Lodge Meeting	
	20 9:30 Hiking Vikings	
27 9:30 IKEA Breakfast		

Zoom Link	Slektforskningklubb – Genealogy - Meetings (ZOOM)	Email Link
	Problems and Roadblocks Sessions	
	May 7, 2026 1:00 Zoom Genealogy Meeting	
	June 4, 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 Norskurs – 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

Highlands Ranch, Colorado



SONS of NORWAY

Dear Fjellaldalen Friends,

As the days grow longer and the green of spring returns to Colorado, we in Fjellaldalen Lodge have every reason to look ahead with glad hearts and grateful spirits. May and June are seasons of renewal, fellowship, and celebration, and for Sons of Norway they also bring one of the happiest traditions of the year: Syttende Mai.

Our annual Syttende Mai Celebration will be held on Saturday, May 16, 2026, at Sterne Park in Littleton, and I warmly encourage all of you to join us for this joyful observance of Norway's Constitution Day. This is always one of the crown jewels of our Lodge year—a day filled with laughter, good company, proud Norwegian spirit, and the kind of fellowship that reminds us why our Lodge means so much to so many.

This year's celebration will take place from 11:30 AM to 4:00 PM, with the parade beginning promptly at noon, rain or shine. We will gather at the South Pavilion at Sterne Park, 2001 W Shepperd Ave, Littleton, Colorado. Admission will be \$30 for adults and \$10 for children under 12, payable at the entrance by cash, check, or Zelle.

As always, the day will feature a delicious traditional menu with the festive colors of Norway proudly on display. Syttende Mai is more than just a holiday gathering—it is a living link to the heritage, courage, and independence of the Norwegian people. It is also a wonderful opportunity for us to share that heritage with family, friends, and guests of all ages. Whether you come for the food, the parade, the flags, or simply the fellowship, I hope you will make plans now to attend.

We welcome a few cheerful volunteers to help us set up at 9:30 AM before the event and clean up after 4:00 PM. Many hands make light work, and your help would be greatly appreciated!

Beyond Syttende Mai, the May and June season offers us many chances to stay connected as a Lodge community. I encourage you to continue joining us for our regular gatherings, activities, and shared traditions. Every luncheon, meeting, and friendly conversation helps strengthen the bonds that keep Fjellaldalen thriving.

Thank you for the time, talent, and cheerful spirit you bring to our Lodge. Your participation keeps our Norwegian heritage alive here in Colorado, and it is a privilege to serve as your President.

With warm wishes for a happy spring and a glorious Syttende Mai,

Kris Bussell

President, Sons of Norway Fjellaldalen Lodge #6-162

Med vennlig hilsen





Fjellaldalen Lodge #6-162

Highlands Ranch, Colorado



The Sunshine Troll

- Blane Rodgers has bone cancer and is receiving chemo.
- Gloria Vatne – a Charter Member of Fjellaldalen – passed away last December.
- Karen Campbell continues to struggle in dealing with her father who has dementia. Give her a call of support.

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@fjellaldalen.com

Don - publicity@Fjellaldalen.com



GM – Golden Members
HM – Heritage Members

Name	Mon	Day	Type
Karoline LeBlanc	05	01	
Kari Degerness	05	03	
Thomas Hanson	05	04	
Amber Quilling	05	09	
Kate Meckel	05	11	
Sara Hosteter	05	15	
Guy Duncan	05	15	
Saxon Skipp	05	17	
Gary Jensen	05	18	
Tony Hjelmstad	05	22	
Vanessa Johnson	05	25	HM
Nathaniel Einarsen	05	26	
Alex Kingsolver	05	27	
Kathy Tomlinson	05	27	
Candy Westerman	05	28	GM
Lise LeBlanc	05	28	
Lois Hodne	05	31	
Sharon Young	06	01	
Daryl Einarsen	06	02	
Rolfe Egenes	06	05	
Quintyn Finnegan	06	07	HM
Eirik Skildheim	06	10	
Aidan Finnegan	06	16	
Linda Svege	06	18	
Jonas Nekvasil	06	19	
Margie Folkestad	06	19	
Atissa Skildheim	06	25	
Patty Johnson	06	28	
Maryann Soderberg	06	28	
Zak Scholpp	06	30	



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



Fjellaldalen May - June 2026 Newsletter



APRIL 25, 2026



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Fjellaldalen Lodge #6-162
Highlands Ranch, Colorado



**SONS of
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Fjellaldalen Lodge Member Scholarship Winners

This year we received three applications for Fjellaldalen's Member Nominated Scholarship Award. These three individuals were excellent candidates, each bringing a diverse set of academic achievements, community involvement and career aspirations as they further pursue their post high school education.

I am pleased to announce the recipients of this year's scholarships:

- Evan Ault (nominated by Linda Ault) - \$500
Evan will be attending the United States Merchant Marine Academy where he will study Marine Transportation.
- Marie Hjelmstad (nominated by Teri Hjelmstad) - \$100
Marie will be attending Franciscan University of Steubenville with a major in Theater.
- Amelia Nekvasil (nominated by Lise LeBlanc) - \$100
Amelia will be attending the University of Colorado, Colorado Springs with a major in business.

Congratulations to our scholarship award recipients!

Ruth DeLattre

Foundation / Scholarship Director

We have a Convention Delegate!

I'm pleased to share that we have a volunteer to serve as the Fjellaldalen Lodge Delegate for the 2026 Sons of Norway Convention. Ruth has given this opportunity thoughtful consideration and has confirmed she is willing to represent our Lodge this year.

Tusen takk,

Kris



[Parade of Nations at Aurora Fest 2026](#) – we need volunteers



Aurora Fest will celebrate "The World in a City" on the Aurora Municipal Center Great Lawn, from 3 to 10 p.m. Saturday, June 13. The Planning Committee are seeking Parade of Nations participants. Fjellaldalen has applied and will also be applying for a vendor tent.

We will need volunteers for the parade and to staff our tent. This will be a great way to advertise Sons of Norway and Fjellaldalen Lodge.

Let Bev Moe or Kris know if you can help!.



Fjellaldalen Lodge #6-162
Highlands Ranch, Colorado



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The Draxten Fund, A Legacy That Invests in Our Youth

One of the quiet strengths of the Sons of Norway Foundation is its ability to turn generosity from the past into opportunities for the future. A wonderful example is the Draxten Memorial Fund, a permanent endowment that continues to make a direct impact on young people, including here in District Six.

The fund was established through a legacy gift from Nina Draxten, daughter of Bersvend Draxten, the founder and first president of Sons of Norway. Her vision was simple and enduring, young people should have meaningful opportunities to experience Norwegian culture, build friendships, and develop pride in their heritage. By creating an endowment, her gift continues to support youth year after year.

Today, the Draxten Fund provides annual support to each district to promote youth participation in camps and cultural programs, helping reduce financial barriers for families. In District Six, these funds help ensure camps remain accessible, welcoming, and enriching experiences where confidence grows and lifelong connections are formed.

The Draxten Fund is more than financial support, it is a reminder that thoughtful giving can create a living legacy. Through the Foundation's careful stewardship, this endowment continues to invest in the next generation and in the future of Norwegian heritage.

Norwegian Film Nominated for 11 Oscars

After breaking its own record for the most gold medals at a winter Olympics, Norway got to add one more feat— this time in the form of an Oscar. For the first time, a Norwegian film was awarded the honor in the category of International Feature Film at the Academy Awards. It had a total of 11 nominations including in the categories of Best Original Screenplay, Best Actress, Best Actor, and Best Director. This was also the first time a Norwegian film had been included for nomination in the Best Picture category.

Sentimental Value (Affeksjonsverdi) tells the story of a dysfunctional and estranged family. The father, played by Swedish actor Stellan Skarsgård, is a film director who has fallen out with his two adult daughters because of always putting career before family.

The family drama has received much critical acclaim and attention, including from Norway's Prime Minister, stating "This is a big day for Norwegian film," when the nominations were announced. Upon accepting the honor, director, Joachim Trier said in part, "This film is about a very dysfunctional family, and it's the opposite of what I felt with this beautiful group behind me. I think I've made films to feel at home with people, and I've really felt at home with the crew. There's 1,072 people in these credits and I love them all, and I share this with them. The cast behind me, I've never been so proud. Thanks for wanting to work with me."



TUBFRIM
NO-3540 NESBYEN - NORGE



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



Fjell dalen Lodge #6-162 Highlands Ranch, Colorado



SONS of NORWAY

Lodge Views

IKEA Breakfasts are very popular



Tony and Teri visited the Norwegian
Seaman's Church in New York City





Fjelldalen Lodge #6-162
Highlands Ranch, Colorado



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Fjelldalen's Matklubb Recipes

Homemade Prim

You can buy ready-made prim, a spreadable brown cheese, when in Norway- or make it yourself at home with brunost. This delicious caramel-like topping will appeal to the tastebuds, especially to little kids.

Ingredients:

- 8.8 oz. TINE® Gudbrandsdalsost, geitost or other type of brown cheese
- 6.75 oz. skim buttermilk
- 3.4 oz. whipping cream
- 1 tsp. sugar



Directions:

1. Cut the brown cheese into pieces and place it in a saucepan with the buttermilk, cream and sugar.
2. Stir until the brown cheese is melted and then simmer over low heat for 30 minutes.
3. Cool by placing the saucepan in a bath of cold water and stirring so that the prim does not become grainy during cooling.

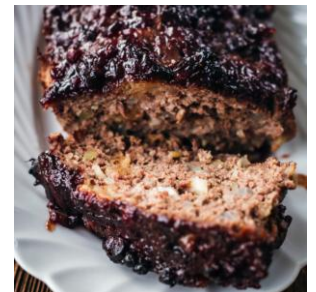
Hint You can store the prim in airtight jars for several weeks in the refrigerator. A fun, edible gift to give to the person who has everything. Serve with bread, crackers or lefse. Enjoy!

Lingonberry-Glazed Venison Meatloaf (Viltkjøttpudding)

Serves 6 to 8

For the meatloaf:

- | | |
|---------------------------------------|----------------------|
| 1 pound ground venison, moose, or elk | 1 pound ground beef |
| 1 medium onion, finely chopped | 1 large egg, at room |
| temperature, beaten | |
| 1 cup breadcrumbs | 2 1/2 tsp. salt |
| 1 tsp. black pepper | 1 tsp. ground nutmeg |
| 1 tsp. dried thyme | 1 cup (240 ml) milk |



For the lingonberry glaze:

- | | |
|---|-------------------------------------|
| 1 cup lingonberries, or chopped cranberries | 3/4 cup brown sugar, loosely packed |
| 1/2 cup apple cider vinegar | |

Instructions:

1. Preheat the oven to 350°F. Butter a 23 x 13 x 6 cm (9x5x3") loaf pan.
2. In a large bowl, using your hands, thoroughly combine the venison, beef, onion, egg, bread, salt, pepper, nutmeg, thyme and milk. Set aside.
3. For the glaze, in a small heavy-bottomed saucepan, bring the lingonberries, brown sugar and apple cider to a simmer over medium-high heat, stirring often. Cook for 10 minutes or until the sugar has dissolved and the mixture has thickened and been reduced by half. Pour half of the glaze in the bottom of loaf tin. Gently press the meatloaf mixture on top to form an even shape. Pour the remaining glaze over the meatloaf. Bake for 50 to 60 minutes or until the meat is thoroughly cooked through.



Fjellaldalen Lodge #6-162
Highlands Ranch, Colorado



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Hello,

My name is Heather and I'm a local exchange student coordinator in the Sacramento area working with CETUSA, a J-1 student exchange nonprofit organization. I'm currently looking for host families for exchange students. We currently have two students from Norway looking for host families. I was hoping you might be open to sharing this opportunity with your network. Students arrive in August.

I've attached a flyer about CETUSA as well the student profile overviews.

Warm regards,

Heather Christensen
Local Coordinator

206-265-2420

hchristensen206@gmail.com

cetusa.org

**Become A
CETUSA
HOST
FAMILY**

- Host families provide a room (can be shared), meals when not in school, some transportation for school activities, and a loving/welcoming environment.
- Host families become eligible for a tax deduction.
- Learn more about another country, culture, language, and world perspective.
- Students have their own medical insurance and a minimum of \$250 a month in spending money.
- Students are between the ages of 14-18. They come from Europe, Asia, Australia, and South America.
- Students are excited to be a member of their host family and participate in everyday activities.

cetusa
Council for Educational Travel USA

www.cetusa.org 888.238.8721

Financial Moment from Kendall Kjerstad

Numbers

It's that time of year again. When we return back to our Sons of Norway Lodges and strategize for the future. Things at Sons of Norway, tremendously improved last year. We hope that is also the case for you and your family.

There is no cost to our members to discuss and consider ideas that may be helpful to you and your family. Please, when you have the time and would like to review and analyze ideas that may protect and strengthen your numbers, and your family, give me a call. Sons of Norway is just a phone call or text away.

Learn More Now https://www.sofn.com/financial_products/

Kendall Kjerstad
Financial Advisor

kjerstadkendall@yahoo.com
Office 970-697-1114
Cell 970-978-1634



Fjell dalen Lodge #6-162 Highlands Ranch, Colorado



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



Fjell dalen Lodge #6-162 Highlands Ranch, Colorado



SONS of NORWAY

Fjell dalen Lodge #6-162 Officers for 2026

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

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

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

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

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

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

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

Social Media: Kris Bussell 303-335-5116
president@fjell dalen.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



**SONS of
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SYTTENDE MAI CELEBRATION

Norway's Constitution Day
Sons of Norway • Fjellaldalen Lodge #6-162

Saturday, May 16, 2026
11:30 AM to 4:00 PM

Parade starts at Noon • Rain or Shine
Adults \$30 • Children under 12 \$10
Payable at the Entrance • Cash, Check, or Zellé

Traditional Menu

- Pølser**
(Hot Dogs) 
- Lefse** 
- Rókt laks**
(Smoked Salmon) 
- Potetsalat**
(Potato Salad) 
- Sursild**
(Pickled Herring) 
- Geltost**
(Goat Cheese) 
- Knekkebrød**
(Crispbread) 
- Vafler**
(Hot or Waffles) 
- Iskrem**
(Ice Cream) 
- Kaffe**
(Coffee) 
- Lemonade** 

Location

Sterne Park
2001 W Shepperd Ave
Littleton, CO
SOUTH PAVILION



Sons of Norway
Fjellaldalen Lodge #6 162
Highlands Ranch, Colorado

Join Fjellaldalen Lodge for a cheerful celebration of Norway's Constitution Day!



Fjellaldalen Lodge #6-162
Highlands Ranch, Colorado



**SONS of
NORWAY**



Join us for a fun & relaxing weekend!

MAY 22-25, 2026

STAY

Choose from: Main Lodge, Dorms, Cabins or bring your RV or tent.

Make reservations at: campnorge.org/site/reservations/

DETAILS

Come for the day or the whole weekend!

Tons of fun activities to choose from for all skills and abilities.

Meals provided or on your own.

Open to all Sons of Norway and Young Scandinavian Club members and their family and friends.

REGISTER FOR MEALS

campnorge.org/site/memorial-day-meal-registration/

Deadline to register for meals 5/14/26