

Fjell dalen's NYTT



"Mountain Valley"



SONS of NORWAY

Fjell dalen Lodge #6-162

Highlands Ranch, Colorado

May—June 2022

Volume 27, Issue 3

Christ Lutheran Church
8997 S. Broadway, Highlands Ranch

<https://www.fjell dalen.com/>

<https://www.facebook.com/fjell dalen.lodge.3/>

May 2022

- 7 9:30 Genealogy—[Zoom Meeting](#)
DigitalArkivit Revisited
- 14 No Meeting—We'll meet Sunday
- 15 12:00 Syttende Mai—Sterne Park—Live
12:15—Parade, 12:30 Lunch \$15
- 31 6:30 Board Meeting—[Join via Zoom](#)

June 2022

- 4 9:30 Genealogy—[Zoom Meeting](#)
Norwegian Shipping Agents
- 11 12:00 Potluck
1:00 Lodge Meeting—Love Your
Heritage—bring a memento

July 2022

- 2 9:30 Genealogy—[Zoom Meeting](#)
How to use a Bygdebok

August 2022

- 6 9:30 Genealogy—[Zoom Meeting](#)
Norwegian Probate Records
- 13 12:00 Picnic—TBD
- 30 6:30 Board Meeting—[Join via Zoom](#)

September 2022

- 3 9:30 Genealogy—[Zoom Meeting](#)
U.S. Census Schedules
- 10 12:00 Potluck
1:00 Lodge Meeting—Fjellborg Vikings
- 27 6:30 Board Meeting—[Join via Zoom](#)

October 2022

Lutefisk Dinner!!!



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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.



Fjellaldalen Lodge #6-162
Highlands Ranch, Colorado



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Lodge, Genealogy and Board Meetings are on Zoom

<https://www.fjellaldalen.com/>

Lodge Meetings are on the Second Saturday at 1:00 pm!!!

14 May 2022—NO MEETING

15 May 2022—Syttende Mai at Sterne Park

**Setup 10:00, Starts at Noon,
 Parade at 12:15, Food after Parade**



11 June 2022—Potluck at 12:00 pm—Lodge Meeting at 1:00

Bring your momentos or favorite objects with a Scandinavian Heritage and tell us about them!

Genealogy Meetings are ZOOM on the First Saturday at 9:30 am!!!

- May 7th—The DigitalArkivet—revisited
- June 4th – Why Find the Norwegian Shipping Agent
- July 2nd – How to use a Bygdebok (Farm Book Compilation)
- August 6th – Norwegian Probate Records

Join the Genealogy Zoom Meeting Meeting ID: 860 5229 1262 Passcode: 700388

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



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

If you shop at King Soopers, here's a good fund raiser for Fjellaldalen. King Soopers has a Rewards Program that benefits Fjellaldalen 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.



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



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A Message From the Fjelldalen President

Hello Fjelldalen Lodge Members,

Welcome Spring and Summer! I hope you all had a God Påske and are looking forward to the coming holidays where we celebrate Mother's Day in May and Father's Day in June. Although these are the months we celebrate in the US, did you know they are different in Norway? Mother's Day in Norway is celebrated in February. The earliest Mother's Day could be traced to ancient Greece, where Greeks held festivities to honor Rhea, who was renowned as the mother of the gods. In Norway, Mother's Day, or Morsdag, is celebrated on the second Sunday in February, as a day to appreciate and honor mothers and mother figures. Father's Day is celebrated in November in Norway. The most popular date for Father's Day is the third Sunday in June. This date was first observed in the USA and has since been adopted by many countries. In Spain, Italy and Portugal, Father's Day is celebrated on March 19th, which is the Feast of St. Joseph who is the patron saint of fathers. It's not the month that is important, it is the celebration of our mothers and fathers, and I offer Fjelldales's grandest wishes to all the mother and fathers in our Lodge – including those who serve in these roles but share their love in other ways.

It was very exciting to see Lodge members at our April in-person potluck and meeting! I really enjoyed learning about the Kings Guard and look forward to celebrating Syttende Mai together as well as our June meeting where we come together and share some part of our Norwegian heritage.

I hope you can join us in May or June, we look forward to seeing you. Our Lodge is a lodge of friendship, support, and celebration of the Norwegian heritage. Please let us know if there is anything we can do to help you or if you have any question for us to answer.

Be safe, be happy, and have joy.

Fraternally,

Donita



If you change your mailing address, phone number or email address please contact Don Speas, 720-299-7309 or donspeas@hotmail.com



Fjellaldalen Lodge #6-162
Highlands Ranch, Colorado



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The Sunshine Troll God Bedring



Andrea and Rick have a new baby boy. He was born March 23rd and his name is Finn-ic. Here is a picture of him:



Erik had hip replacement Surgery.

Agnes has broken her arm

Karen's mom is having shoulder replacement surgery this summer.

Gloria, age 91, a charter member of SoN, fell possibly due to a stroke, severe Macular Degeneration and Dementia in January. She was in the hospital for an extended time but is now at home with a daily caregiver.

If you know someone who needs tender greetings from the Lodge, please contact Linda Ault, Tony Hjelmstad, and/or Don Speas.

Fjelldalen News

We had presentations on the Vesterheim's Primstav Murals, on the Kongens Garde, and our first potluck.



Gunnar Sønsteby statue,
Cecilie's father

Crystal, Eldon, Karen, Donna, Lloyd, Dan, Marilyn, Cecilie



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National, District 6, and Zone 8 News **District 6 Convention Plea for Cookies**

We are requesting your help in providing the large number of cookies that our delegates, guests, and visitors so thoroughly enjoy. Consumption of forty dozen cookies at each of the coffee breaks is typical.

Cookies must be authentically Norwegian (or Scandinavian) and be home-baked, which is in compliance with the hotel's contract. The cookies are to be delivered to the convention Registration desk (not hotel registration desk) upon your arrival. If you want your containers back, label them so you or your designee can pick them up at the end of the convention.

Communication is important to ensure that we have enough cookies, but not too many cookies that will need to be hauled home or given away. Please designate one member from your lodge, who will keep track of the quantities of cookies that your lodge members are making. Please contact me with the name and contact information of the designated member. Ask the member to contact me early with information regarding the anticipated participation, and then keep me informed as progress is made to fill freezers or pantries with containers of cookies.

If your lodge members have not worked on the Cooking Cultural Skills unit, now would be a perfect opportunity to start or continue with Level 2 - Baked Goods and Desserts.

We look forward to seeing you in Mesa in June.

Benny Jo Hinchey , Zone 7 Director
District Six Convention Committee
4690 E Sierrita Rd
San Tan Valley, AZ 85143
bennyjo46@gmail.com



TUBFRIM REPLACEMENT

Collect the stamps you receive, trim them up, and bring them to the Lodge Meetings! We'll send these to the District Convention with our Delegates.

Sending the stamps to Norway costs more than the profits Tubfrim gets for them. So District 6 has selected an alternate U.S. Based charity that will take them.



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Paint your Lefse Stick Handle!

Lefse sticks are a tool, but in some Norwegian kitchens they are also part of the decorations. How would you paint your lefse stick?

Make sure you only paint the handles!



Thank you from **CAMP NORGE.**



Thanks to YOU our “Let It Flow” fundraising campaign was a big success! As of March 15th, with donations received and pledged, we did it!

We exceeded our goal!

Our goal was \$15,000 and we are expected to hit \$18,500 if all pledged donations come in!

And we'll need every penny due to inflation. Next, we are calling our contractors and getting ready to start work on the new well pump and storage system **thanks to you!**

Questions? Contact Fred Hymans at (916) 412-3797 or fred.hymans@campnorge.org



Fjellaldalen Lodge #6-162 Highlands Ranch, Colorado



SONS of NORWAY

Fjellaldalen Lodge #6-162 Officers for 2022

President: Donita Zblewski 360-791-5858
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Sunshine: Linda Ault 303-953-2716
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**Historian &
Photographer:** Gayle Rodgers 303-929-0909
gaylerodgers@gmail.com



**President
Donita**



**Vice President
Kris**



**Secretary
Karen**



**Treasurer
Amber**

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

Sons of Norway Web Site Feature

Share Your Heritage

Free Heritage Membership is an easy way to share your heritage.

Sign up your children or grandchildren (age 15 and under) for FREE Heritage membership. They'll receive a member welcome kit with their own member ID Card.

Pass along a love of education and learning.

Sons of Norway Foundation scholarships offer financial support for college-bound youth and adult learners. Many local lodges also offer youth scholarships for summer language and heritage camps that provide fun opportunities for learning.

Security for those you love.

Kindness toward others, caring support and financial security are key Norwegian values that our members share. With your membership, you'll have access to affordable life insurance plans and other financial products to provide security at all stages of life.



Birthdays: GM Golden Members! HM Heritage Members

Name	Mon	Day	Type
Karoline LeBlanc	5	1	
Anton Bartels	5	1	
Kari Degerness	5	3	
Amber Quilling	5	9	
Kate Meckel	5	11	
Sara Hosteter	5	15	HM
Guy Duncan	5	15	
Barbara Trimmer	5	19	GM
Tony Hjelmstad	5	22	
Nathaniel Einarsen	5	26	
Reidar Alvestad	5	27	
Candy Westerman	5	28	GM
Lise LeBlanc	5	28	
Sharon Young	6	1	
Daryl Einarsen	6	2	
Quinlyn Finnegan	6	7	HM
Aidan Finnegan	6	16	HM
Linda Svege	6	18	
Helen Mulhern	6	21	
Alissa Skildheim	6	25	



Recent New Members

Drew Distin

Frank Young

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

You have worked hard to build a reliable lifestyle for your loved ones. With life insurance you can ensure it is maintained should something happen to you. Even without you, their journey is important! The funds from a life insurance policy can potentially provide enough money to help your family members pursue their dreams.

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.

Learn More Now

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: 970-697-1114

Use Our Calculators

Start here

If you would like a new Fjelldalen name badge, email Don Speas donspeas@hotmail.com with the first and last name you want on it. Also, what type of fastener you would like. Badges are \$6.00 ea.



New
Fjelldalen
Name Badges
Order



Magnet



Pin

Print Name	\$6.00	Magnet or Pin	Phone #

Matlagings Klubb Recipes—one for each month!

Lingonberry Cake—This festive cake will put some zip in your Syttende Mai celebration. Tangy-sweet lingonberry jam brings together fluffy cake and crunchy streusel, pairing well with coffee, tea or brunch.



Ingredients:

For the Cake

Scant 2 cups flour	2/3 cup sugar	1 Tbsp. baking powder
Scant 2/3 cup unsalted butter	1 egg	3/4 cup lingonberry preserves

For the Streusel Topping

2/3 cup oatmeal	3 Tbsp. butter	1/2 cup sugar
1 tsp. vanilla sugar (or 1/2 tsp. vanilla extract)		

Instructions:

1. Preheat the oven to 400°F.
2. Combine flour, sugar, and baking powder then cut in the butter with pastry blender.
3. Add the egg and mix well.
4. Spread into a greased 8" x 12" pan and spread the preserves over the batter.
5. Mix streusel topping together using a pastry cutter or two knives and sprinkle over lingonberry preserves.

Bake 25-30 minutes, until golden. Cool in the pan.

Strawberry and Rye Berry Salad with Mushrooms, Goat Cheese, and Almonds—Serves 4.



Ingredients:

3/4 cup rye berries*	2 1/2 cups water	
2 Tbsp. extra-virgin olive oil	8 ounces sliced fresh mushrooms	
1 cup sliced almonds	2 Tbsp. sherry vinegar	1 tsp. kosher salt
3 Tbsp. roasted or regular walnut oil	1 cup sliced fresh strawberries	1 Tbsp. chopped fresh dill
4 ounces fresh goat cheese (chèvre) crumbled		

Directions:

1. Rinse the rye berries, then place in a medium saucepan with the water and bring to a boil. Lower the heat, then cover and simmer until tender, about one hour. Drain any excess water, then cool the cooked grains to room temperature and transfer to a large bowl.
2. In a large pan, heat olive oil over medium-high heat until it glistens. Add the mushrooms and sauté until tender, about 5 minutes, then transfer to a bowl and set aside. Using the same pan, briefly toast the almonds over medium heat, then roughly chop.
3. In a small bowl, combine the vinegar and salt, then slowly whisk in the walnut oil. Pour the dressing over the cooled rye berries and toss to coat, then add the sautéed mushrooms, half of the almonds, all of the strawberries and dill, and toss gently to combine. Top with the crumbled goat cheese and the remaining almonds. Serve at room temperature.

Notes: Rye berries are available in the bulk bin section of many groceries. Substitute another grain, such as farro or wheat berries, if you wish, adjusting cooking time as needed.

What is the Sons of Norway Foundation and what does it do?

The Sons of Norway Foundation is a 501(c)(3) charitable organization that was established in 1966 to help provide assistance to Sons of Norway Members, Lodges, and their greater communities. The Foundation is tax-exempt from federal and state income tax which means that donations to the Sons of Norway Foundation from individuals and companies are tax-deductible.

The Sons of Norway Foundation currently offers 16 different scholarships and six grants that support our mission to positively affect the lives of our members.

In 2021, the Foundation awarded \$111,000 in scholarships to 25 students to study in the United States, Canada, and Norway. Scholarships are available for vocational school, students without parents, adults, females studying chemistry, physics, or engineering, Oslo Summer School - just to mention a few. Applications are open annually on our website from October 1- March 1.

The Foundation currently has six grant programs ranging from community partnerships, preserving culture, lodge and children's programs. There are also grants for members who have experienced a natural disaster or medical emergency. In 2022, the Foundation will award 42 grants for a total of \$56,429 in grants. Grant applications are also open annually on our website from October 1-January 1.

The overwhelming majority of the \$11.8 million dollars in foundation assets are held in endowed funds, meaning the initial gift amount is invested and interest income from the scholarship fund can be used for scholarships in perpetuity. Support from lodges and individuals is critical for the Foundation to continue our work in the Sons of Norway community and beyond.

You can find more information about scholarships and grants on the Sons of Norway Foundation website, <https://www.sofn.com/foundation/>.





Fjell dalen Lodge #6-162 Highlands Ranch, Colorado



SONS of NORWAY



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. 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.

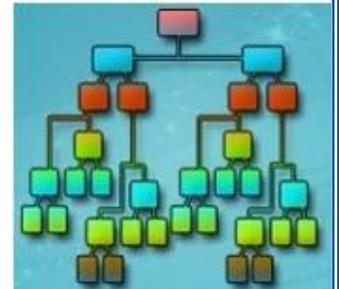


- ◆ Koret: Literally Choir, but in this case a social folk-singing group. If you enjoy singing, want to meet-up with others, and want to learn Norwegian songs to share at lodge meetings, this is for you. Open to all levels of talent. This group will start again this fall.



- ◆ 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 9:30 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 July-August 2022 newsletter comes out the last week of June.

All items for the next newsletter must be submitted by:

June 15th, 2022

Submit to Tony Hjelmstad at tony@norsky.net



“Den største forbrytelsen” (“Betrayed”) receives top rating

A Norwegian historical drama is receiving praise on film review website Rotten Tomatoes, garnering a rare 100% rating. Based on real events and Marte Michelet’s award-winning book with the same title, WW II drama “Den største forbrytelsen” ([The Greatest Crime], distributed in English as “Betrayed”) recounts the fate of the Braude family, working-class Norwegian Jews from Oslo.

Jakob Oftebro stars as boxer Charles Braude, whose tight-knit family is upended by the Nazi takeover, with the men first being imprisoned in Berg concentration camp near Tønsberg, Norway, and then forcibly deported to Auschwitz.

In director Eirik Svensson’s latest vehicle, we see that the “greatest crime”—a painful part of Norwegian history—is carried out not only through the actions of traitorous Norwegians who were part of the fascist puppet regime, but also by ordinary citizens who witness the anguish of their neighbors and do nothing.

The film is available for streaming on Amazon, iTunes, Google Play, and Vudu.



Norwegian Film Nominated for Oscar: “Verdens Verste Menneske”

In October 2021, the Norwegian film “Verdens Verste Menneske” was released in France and Norway. The film, which translates to “The Worst Person in the World,” has been a hit and has since been released in the USA in early February 2022. In fact, the film has been nominated for an Oscar in the “Best Foreign Language Film” category by The Academy of Motion Pictures and Sciences in Hollywood.

This is not the film’s first praise, however. The film has already won “Best Foreign Film” at the New York Film Critics Circle in December, making it the first-ever Norwegian film to win. In the lead role, Renate Reinsve has also been in the spotlight since the film’s premiere as she won “Best Actress” at the Cannes Film Festival. The film depicts her character finding her way through life and love.

This is the sixth time Norway has been nominated for an Oscar in that category, however all previous nominations have not been the winners. Sadly, it was not in the cards for “Verdens Verste Menneske” this year. The award went to the film “Drive My Car” from Japan.

The film is available for streaming on Amazon, iTunes, Google Play, and Vudu.



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



"Mountain Valley"

SYTTENDE MAI CELEBRATION

Norway's Constitution Day
Sponsored by Fjellidalen Lodge # 6-162



Menu

Hot Dogs
Lefse
Potato Salad
Smoked Salmon
Pickled Herring
Goat Cheese
Lekvands Knäckebröd
(crispbread)
Vafler (Heart Waffles)
Lingonberries
Ice Cream Cones
Coffee - Lemonade

Sunday, May 15, 2022

12:00 noon to 5:00 pm

Parade Starts At 12:30

Hot Dog Line Opens After Parade

Donations of \$15 for adults (pay as you come in)

Children 12 and under \$5

Bring your family and friends to help us celebrate **Syttende Mai**, a family event with many wearing Norwegian **Bunads**, a parade throughout the park, a smorgasbord of traditional festive foods, games for all and a time to celebrate our Norwegian heritage. The children are a vital part of the celebration; we appreciate and encourage their participation. Please mark your calendar and join the Fjellidalen Lodge for a good family time. Call Marilyn 303-973-2158 or marilynspeas@hotmail.com for further information.

Join us at **Sterne Park** (South Shelter), Littleton. Go South on Bemis St off Littleton Blvd to Shepperd Ave, turn East to parking lot. Look for the **Norwegian Flag** and Fjellidalen's canopy., **Please RSVP** donspeas@hotmail.com so we have a good count on **how much FOOD to get!!!!**

