

# Fjelldalen's NYTT



## SONS of NORWAY

Fjelldalen Lodge #6-162

Highlands Ranch, Colorado

"Mountain Valley"

September-October 2023

Volume 28, Issue 5

Christ Lutheran Church  
8997 S. Broadway, Highlands Ranch

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

### September 2023

- 2 9:30 Genealogy—[Zoom Meeting](#)  
How they bought a U.S. Farm
- 9 9:30 **Cooking Club at CLC**  
12:00 Lodge Meeting and Potluck Brunch  
Lodge Memorial, Hardingfele
- 16 2:00 Fjellheim 50th Anniversary  
Celebration
- 26 6:30 Board Meeting—[Join via Zoom](#)

### October 2023

- 7 9:30 Genealogy—[Zoom Meeting](#)  
Genealogical Proof
- 14 9:30 **Cooking Club at CLC**  
12:00 Lodge Meeting and Potluck Brunch  
Leif Erickson Day Celebration
- 31 6:30 Board Meeting—[Join via Zoom](#)

### Nov 2023

- 4 9:30 Genealogy—[Zoom Meeting](#)  
Ways to Prove Your Emigrant
- 11 8:00 **Cooking Club at CLC—**  
**Cooking Lutefisk Dinner**  
1:00 **Lodge Meeting - Lutefisk Dinner**  
**Veterans eat free!**

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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.





Fjell dalen Lodge #6-162  
Highlands Ranch, Colorado



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NORWAY



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

facebook

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

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



- 9 September 2023— 9:00 Cooking Club at CLC—we'll make a dessert for the potluck  
12:00—Lodge Meeting and Potluck Brunch—Lodge Memorial and Hardingfele music
- 14 October 2023— 9:00 Cooking Club at CLC—we'll make a dessert for the potluck  
12:00—Lodge Meeting and Potluck Brunch—Leif Erickson Day Celebration (day early)
- 11 November 2023— 8:00 Cooking Club at CLC—we'll help cook the Lutefisk Dinner  
12:00—Our Lutefisk Dinner will be our Lodge meeting—Come and Enjoy—See Flyer

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



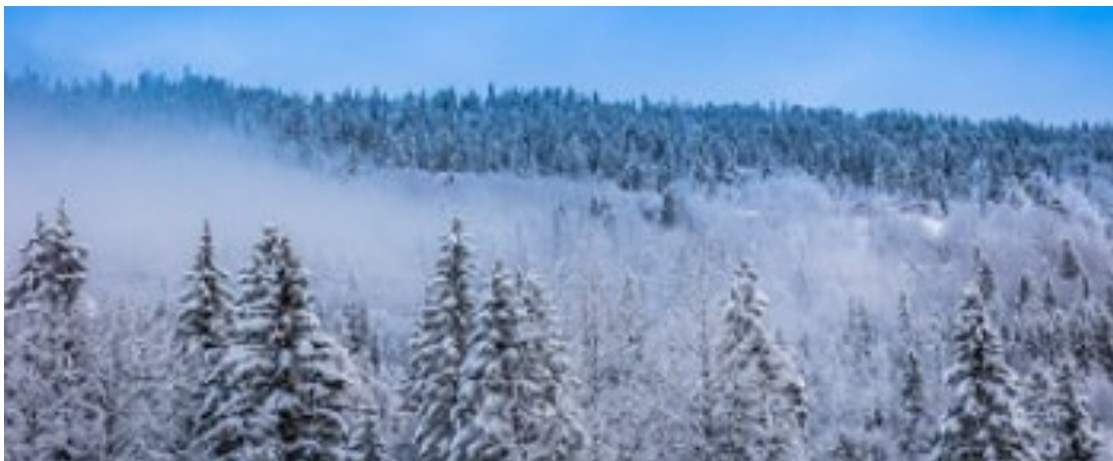
- September 2nd—How our Emigrants bought farms in the U.S.
- October 7th—Genealogical Proof
- November 4th—Ways to Prove Your Emigrant

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

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

**[Click Here to Join ZOOM Meeting](#)**

<https://us02web.zoom.us/j/86052291262?pwd=Vm9vR3F6dnNOcHhWNXNENlpXZjM3UT09>



### **King Soopers donations give Fjell dalen an income of about \$800 a year.**

If you shop at King Soopers, use your Rewards Card account (sign up for one if you don't have it) and designate Fjell dalen Lodge 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@fjell dalen.com](mailto:Publicity@fjell dalen.com).

Keep up the good work!





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



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### ***President's Greeting***

Hei Friends,

Wow, for taking a 'Summer-break', we sure have been busy!

On June 24, we had our Lodge tent set-up at the Scandinavian Midsummer Festival in Estes Park. It was a beautiful day and we had a lot of fun.

We had some nice pictures from Fjellaldalen's Birthday Party at Ana's Bakeri on 7/22! I am glad to see this great local business doing so well. Ana's has been a perfect place to meet new friends.

Our Lodge had a table at the Olsok 2023 Celebration on 7/29 at Devil's Head Distillery in Englewood. This was a fun celebration and I was glad some Lodge members were able to attend.

Our Annual Lodge picnic in August at Redstone Park on 8/12 was a very good time. The weather was perfect for a picnic and food was great. Thank you to all who brought something!

The interest in the Hiking Viking club is growing... if you haven't yet been out with the group, please try and attend one of our leisurely strolls, suitable for all levels. The hike #5 in July, led by Tony and Teri was gorgeous & hike #6 in August went all the way to the summit of Highlands Ranch Point.

Watch for updates on Hiking Viking #7&8 in September & October - TBD

If you remember back to our last meeting in June (6/10), we had the kick-off of our Matklubb - Cooking club - and the group made Tilsørte Bondepiker, or Norwegian Layered Apple Dessert that we enjoyed at our potluck that afternoon. We will plan to meet again prior to our October meeting. I would love to make some lefse!

For our next meeting on September 9<sup>th</sup>, we will hold a Lodge Memorial, in order to recognize and celebrate all our friends that have passed in recent years. I hope you are able to attend.

None of this could be accomplished without our great volunteers. Thank you to everyone who helps to make these events fun and successful!

As always, please feel free to invite your family and friends to any of our Lodge events... We would be happy to meet them!

Tusen Takk,

Kris





Fjell dalen Lodge #6-162  
Highlands Ranch, Colorado



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**From District 6**



Mark the Date for the District Six Lodge Meeting and Convention!

June 20-24, 2024, Tuscany Suites and Casino, Las Vegas, NV

Hosted by Vegas Viking Lodge # 152 and the District Six Board

Folk Art and More

It's time to start working on projects for the 2024 Folk Art Exhibition at the biennial District Six Lodge Meeting & Convention in June, 2024. New this year, is a 'Viking' category to go along with the Viking Vision logo/ theme. An 'Olaf' award will again be presented to a favorite digital/ electronic program. So, start (or keep going) on your knitting, stitching, carving, painting, etc. or get creative with a digital program and/or the Viking theme.



**From Tony - Fjell dalen Cultural Skills and Sports Counselor**

Fjell dalen has re-instituted awarding Sports Medals and Cultural Skills Pins. We will award them once a year at the June meeting. We will also award membership awards at the same meeting.



If you're interested in any of the many Sports and Cultural awards that are available, check with me and will get you going.

For information see:

Cultural Pins Skills

[https://www.sofn.com/member\\_resources/cultural\\_programming/cultural\\_skills\\_program/](https://www.sofn.com/member_resources/cultural_programming/cultural_skills_program/)

Sports Medals

[https://www.sofn.com/member\\_resources/cultural\\_programming/sports\\_medal\\_program/](https://www.sofn.com/member_resources/cultural_programming/sports_medal_program/)



Fjellaldalen Lodge #6-162  
Highlands Ranch, Colorado



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### The Sunshine Troll

- Don, husband of Gay, has passed away. Call or send a card.
- Cecilie's mother passed away. Let her know your best wishes.
- Val is doing great recovering from back surgery. Let him know you care.
- Gloria is doing well—but enjoys cards and calls.
- Crystal is at home recovering from an operation. Calls are welcome.



*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 .*

*Marylee Hagen—[mlhtutor@aol.com](mailto:mlhtutor@aol.com)*

*Don Speas—[publicity@fjellaldalen.com](mailto:publicity@fjellaldalen.com)*

*Tony Hjelmstad—[Editor@fjellaldalen.com](mailto:Editor@fjellaldalen.com)*



### Basic Norwegian Vocabulary

Forsyn dere! – Dig in! Help yourselves!

Hva vil du ha å spise/drikke? – What would you like to eat/drink?

Kan jeg få brus/øl/kaffe? – Can I get soda/beer/coffee?

Jeg vil gjerne ha et glass vann. – I would like to have a glass of water.

Jeg har lyst på rødvin. – I feel like having red wine.

Er du forsynt? – Are you satisfied? Have you had enough food?

Kan jeg få litt til/mer? –May I have some more?

Jeg er mett. – I am full.

Jeg er full. – I am drunk.

Det var godt/deilig. – That was good/delicious.

Takk for maten! – Thank you for the food



The November—December 2023 newsletter comes out the last week of October.

All items for the next newsletter must be submitted by:  
**October 15th, 2023**



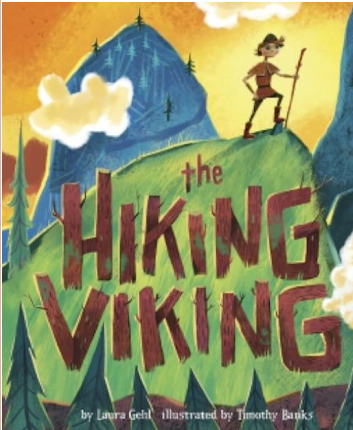
# Fjelldalen News

## Fjelldalen's Hiking - Viking Club

The Fjelldalen Lodge hiking/walking club—Hiking Vikings—meets once or twice a month for a walk/hike. We explore trails in the Highlands Ranch area and usually have a get-together after at one of the local establishments for a meal and drinks.

Information on each hike will be emailed and/or posted on Evite and we would like your response so we know

how many to expect for the after hike social time. You don't have to go on the hike, just join us after for social time.



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**FOOD DRIVE**  
JOIN US IN HELPING THOSE IN NEED

**CHRIST LUTHERAN CHURCH**

Fjelldalen Lodge will be helping Christ Lutheran Church with their Sheridan Food Drive (Partnered with Food Bank of the Rockies)

Don will be emailing "Fjelldalen News" before the meetings of the non-perishable food items that are requested. Please drop off the items in the shopping cart as you come into the meeting. Any questions, contact Don at

[publicity@fjelldalen.com](mailto:publicity@fjelldalen.com)

A Sons of Norway Community Project

**FOOD DRIVE**

## Fjelldalen's Matklubb (Cooking Club)



Matklubb meets at the Christ Lutheran Church's kitchen prior to our regularly scheduled Lodge Meetings on the second Saturday of the month.



We usually prepare something for the Lodge Potluck that proceeds the Lodge Meeting. In November, we'll help prepare the Lutefisk dinner.

If you are interested in preparing Norwegian recipes, join us at 9:30 am before the Fjelldalen's monthly meeting. Future recipes will be posted on "Fjelldalen News", Website and Facebook.

Any questions, contact Don at [publicity@fjelldalen.com](mailto:publicity@fjelldalen.com)



# Fjell dalen Lodge #6-162 Highlands Ranch, Colorado



# SONS of NORWAY

## Fjell dalen Views

Hiking Vikings—hiking and eating the summer away



Ana's  
Bakeri  
and  
Olsok  
2023



# Olsok 2023!!!





# Fjell dalen Lodge #6-162 Highlands Ranch, Colorado



# SONS of NORWAY

## Fjell dalen Views

Lodge Picnic—over 30 attended







# Fjellaldalen Lodge #6-162 Highlands Ranch, Colorado



## SONS of NORWAY

Celebrating 125 Years

1895-2020

## Fjellaldalen Lodge #6-162 Officers for 2023

**President:** Kris Bussell 303-335-5116  
[president@fjellaldalen.com](mailto:president@fjellaldalen.com)

**VP:** Kristina Feste-Hanson 720-925-2984  
[vp@fjellaldalen.com](mailto:vp@fjellaldalen.com)

**Secretary:** Karen Campbell 303-364-3827  
[secretary@fjellaldalen.com](mailto:secretary@fjellaldalen.com)

**Treasurer:** Amber Gardner 720-394-8304  
[treasurer@fjellaldalen.com](mailto:treasurer@fjellaldalen.com)

**Counselor:** Donita Zblewski 360-791-5858  
[donitanorsk@gmail.com](mailto:donitanorsk@gmail.com)

**Cultural Director:** Cecilie Kingsolver 918-697-4450  
[ckingsolver@yahoo.no](mailto:ckingsolver@yahoo.no)

**Membership:** Lise LeBlanc 303-242-6460  
[mark\\_and\\_lise@yahoo.com](mailto:mark_and_lise@yahoo.com)

**Social Director:** Marilyn Speas 720-299-2158  
[marilynspeas@hotmail.com](mailto:marilynspeas@hotmail.com)

**Auditor:** Guy Duncan 720-254-7594  
[rollydog15@gmail.com](mailto:rollydog15@gmail.com)

**Social Committee:** Jeanie Erickson  
Leslie Reingold

**Editor:** Tony Hjelmstad 303-771-1428  
[editor@fjellaldalen.com](mailto:editor@fjellaldalen.com)

**Marshalls:** Dan Schauer 303-795-2255  
[bablan1@q.com](mailto:bablan1@q.com)  
Guy Duncan 720-254-7594  
[rollydog15@gmail.com](mailto:rollydog15@gmail.com)

**Genealogy:** Tony Hjelmstad 303-771-1428  
[genealogy@fjellaldalen.com](mailto:genealogy@fjellaldalen.com)

**Musician:** Jane Hoskinson 303-601-0398  
[janehoskinson67@gmail.com](mailto:janehoskinson67@gmail.com)  
Amy Martinson

**Social Media:** Kris Bussell 303-335-5116  
[president@fjellaldalen.com](mailto:president@fjellaldalen.com)  
Cyndee Ormsby

**Publicity & Webmaster:** Don Speas 720-299-7309  
[publicity@fjellaldalen.com](mailto:publicity@fjellaldalen.com)

**Greeter:** Karen Campbell 303-364-3827  
[karensue61@comcast.net](mailto:karensue61@comcast.net)  
Ruth DeLattre

**Foundation:** Linda Ault 303-953-2716  
[lindaault@comcast.net](mailto:lindaault@comcast.net)

**Historian & Photographer:** Gayle Rodgers 303-929-0909  
[gaylerodgers@gmail.com](mailto:gaylerodgers@gmail.com)  
Cyndee Ormsby

**Sunshine:** Marylee Hagen 303-771-3778  
[mlhtutor@aol.com](mailto:mlhtutor@aol.com)



President  
Kris



Vice President  
Kristina



Secretary  
Karen



Treasurer  
Amber

## DISTRICT 6 OFFICERS

**District Six President:** Lis Barca [president@sofn6.org](mailto:president@sofn6.org)

**International Director:** Luella Grangaard [luella.grangaard@sofn6.org](mailto:luella.grangaard@sofn6.org)

**Zone 8 Director:** Diane Molter [zone8@sofn6.org](mailto:zone8@sofn6.org)

**Financial Benefits Counselor:** Kendall Kjerstad 970-697-1114 [kjerstadkendall@yahoo.com](mailto:kjerstadkendall@yahoo.com)

Revision 2-15-2023

Financial Moment  
Kendall Kjerstad  
Financial Professional  
970-697-1114



A wide variety of life insurance products are available in today's marketplace. However, they basically fall into two categories, either temporary coverage or permanent coverage.

Annuities: An Annuity is an investment designed for protection from the market risk while offering You a guaranteed rate of return. An Annuity is a contract between you and an insurance company. Annuities give you the option to simply let your money grow with interest, ability to access free withdrawals, or take systematic payments over a set number of years; there are even life time payment options. Let's talk about what type of life insurance will best meet your personal needs: As a Sons of Norway Professional I can help! Let me help you figure out what strategy is best for you. Please reach out to me now for a free consultation.

[Start here](#)

[Learn about options available to you](#)



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Let me help you figure out what strategy is best for you. Please reach out to me now for a free consultation.



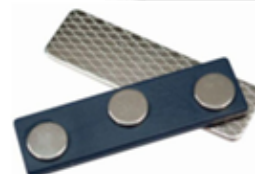
If you change your mailing address, phone number or email address please contact  
Don Speas, 720-299-7309 or [publicity@fjelldalen.com](mailto:publicity@fjelldalen.com)

## ***Fjelldalen Name Badges***

If you would like a new Fjelldalen name badge, email  
Don Speas at [publicity@fjelldalen.com](mailto:publicity@fjelldalen.com).

Include the first and last name you want on it and what type of fastener you would like.

Badges are \$6.00 each.



Magnet



Pin

# Vegvísir—Viking Compass

The *Huld Manuscript*, written in Iceland by Geir Vigfusson in 1860, showed the vegvísir alongside a number of other galdrastafir (magical staves). The text states:

“Beri maður stafi þessa á sér villist maður ekki í hríðum né vondu veðri þó ókunnugur sá.”  
“Carry this with you and you won't get lost in storms or bad weather”.

This was the first documented appearance of the vegvísir. However, the Viking Age, which ran approximately 793-1066, was much earlier, so this probably is not a “true” Viking symbol.

The Vikings mostly used the sun to navigate. A theory exists that the solstein (sunstone) had a polarizing attributes and was used as a navigational instrument by the Viking Age. A stone found in 2002 off Alderney, in the wreck of a 16th-century warship, may lend evidence of the existence of solsteins as navigational devices. The *Rauðúlfs þáttur* — which contains a story about Olav Haraldsson II, circa 995-1030—mentions the solstein:

Veður var þykkt og drífanda sem Sigurður hafði sagt. Þá lét konungur kalla til sín Sigurð og Dag. Síðan lét konungur sjá út og sá hvergi himin skýlausan. Þá bað hann Sigurð segja hvar sól mundi þá komin. Hann kvað glöggt á. Þá lét konungur taka sólarstein og hélt upp og sá hann hvar geislaði úr steininum og markaði svo beint til sem Sigurður hafði sagt.

The weather was thick and snowy as Sigurður had predicted. Then the king summoned Sigurður and Dagur (Rauðúlfr's sons) to him. The king made people look out and they could nowhere see a clear sky. Then he asked Sigurður to tell where the sun was at that time. He gave a clear assertion. Then the king made them fetch the solar stone and held it up and saw where light radiated from the stone and thus directly verified Sigurður's prediction.



## Sons of Norway Web Site Feature

[Sons of Norway](https://www.sofn.com) — <https://www.sofn.com>

Make the most of your Sons of Norway lodge

## Blog

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.

## Recent Posts

- [Norwegian Baby Trends](#)
- [The Royal Grad](#)
- [The Impossible Jump in Hellesylt \[Interview\]](#)
- [Strawberries with Lemon Cream, Mint Sugar and Pecans](#)
- [Family-Friendly Norway](#)



## Birthdays:

**GM** Golden Members!

**HM** Heritage Members

Name	Mon	Day	Type
Kelley Bowers	9	9	
Wilma Appesland	9	11	
Agnes Omholt	9	12	GM
Donna Herrmann	9	13	
Pamela Swenson	9	17	
Beverly Moe	9	19	GM
Erik Collett	9	22	GM
Erik Hjelmstad	9	22	HM
Merrill LeBlanc	9	30	
Kathryn Johnson	10	1	
Sharon Ingram	10	2	
Peter LeBlanc	10	3	
Cathrine Floyd	10	4	
Robert Tollund	10	4	GM
Lyle Haugen	10	6	
Rebecca Bowers	10	7	
Charles Scholpp	10	9	
Krista Degerness	10	10	
Leslie Reingold	10	10	
Eva Lemley	10	12	
Roger Dudley	10	18	
Ruth DeLattre	10	20	
Penelope Einarsen	10	20	HM
Jaime Von Rader	10	20	
Rebecca Sauer	10	22	
Kaia Weinstein	10	22	HM
William Weinstein	10	22	HM
Ardis Haugen	10	23	
Donna Newland	10	24	
Beverly Nelson	10	25	
Marilyn Speas	10	25	
Ethan Hjelmstad	10	28	HM
Cyndee Ormsby	10	30	



### Recent New Members

Alexander & Caroline  
& Charles & Elaine Scholpp  
Pamela Groth  
Karen Egenes

## Matklubb Recipes—one for each month!

**The Matklubb meets before Lodge meetings at 9:00 to cook something Good!  
Come one and come all!!!**

**The Fjelldalen Cookbook is Coming !!  
Send recipes—with photos—to [Publicity@Fjelldalen.com](mailto:Publicity@Fjelldalen.com)**

### Classic Norwegian Potato Salad—Potetsalat

*Serves about 6 (as a side dish) - adapted from articrub.com*

2 ½ lbs potatoes	½ cup mayo
1-2 tbsp Dijon mustard	¼ cup pickle juice
Juice of 1 large lemon, or more to taste	5-6 dill pickles, minced
2 celery sticks, chopped fine	½ small red onion, chopped fine
2 handfuls of fresh dill, chopped plus some for garnish	Sea salt & cracked black pepper to taste



1. Boil the potatoes in salted water until a fork inserts easily, about 20 minutes. Drain and let cool on a sheet tray while you prepare the rest of the ingredients.
2. In a large mixing bowl, whisk together mayo, Dijon mustard, pickle juice, and lemon juice. Add the pickles, celery, red onion, and dill, and combine well.
3. Dice the cooled potatoes into 1 -2 inch pieces, and add to the mixture. Season with salt and pepper, add more lemon juice, pickle juice, or mayo as you see fit.
4. Cover and place in refrigerator for two or more hours to let flavors blend.
5. Garnish with fresh dill sprigs.

### Beef and Vegetable Stew (Brun Lapskaus)

Serves 4—adapted from northwildkitchen.com

2 tablespoons butter	2 tablespoons oil
1 ¾ pounds beef stewing meat, trimmed and cut into 1-inch (2 ½ cm) cubes	
3 cups beef stock	1 large onion
1 ½ cups celery root or parsnip, peeled	2 large carrots, peeled,
2 cups potatoes, peeled	1 large leak, rinsed
Parsley, to garnish	

1. Heat the butter and oil in a large frying pan. Add the beef and brown on each side, you may need to brown the beef in batches. Place the beef in a large pot and add the stock. Bring to a boil then lower the heat, cover, and simmer for 1 hour.
2. Chop all the vegetables into ½-inch (1 ½ cm) pieces, except the leeks which should be sliced thinly. Add the vegetables to the pot and return to a boil over medium-high heat. Cook uncovered for 20 minutes. Season with salt and pepper. Don't be tempted to add more liquid as the vegetables will cook down, resulting in a somewhat-thick stew.
3. Serve warm with flatbread or bread, and garnish with chopped parsley.





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Highlands Ranch, Colorado



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# Lutefisk and Lefse Dinner Hosted by Fjellaldalen Lodge

## Menu

- Lutefisk
- Kjøttkaker (Meatballs)
- Lefse
- Kokte Poteter (Potatoes)
- Saus (Gravy)
- Fløtesaus (Cream Sauce)
- Erter (Peas)
- Syltet Rødbeter (Pickled Beets)
- Lingonberries
- Tyttebær (Cranberries)
- Smør (Butter)
- Risikrem
- Småkaker (Cookies)
- Kaffe (Coffee)
- Brus (Lemonade)

You bet your lutefisk  
  
I'm Norwegian



**Saturday, November 11,  
2023**

1 serving; 1:00 PM, 150 Limit

**Christ Lutheran Church**  
8997 S Broadway  
Highlands Ranch, CO 80129

**Ticket Donation**  
Adults - \$25.00  
Children 4 to 12 - \$10.00  
Under 4 Free



**Kransekake  
Raffle**  
3 Tickets for \$5.00  
Or  
\$2.00 a Ticket

Please **RSVP** by November 5, 2023. There will be a **limit of 150**, so please get your reservations in early. Please fill out the form below, send it with payment to:  
**Don Speas, 6392 S. Reed Way, Littleton CO 80123** or call (720) 299-7309 or pay by "Zelle" to [treasurer@fjellaldalen.com](mailto:treasurer@fjellaldalen.com)

**Because this dinner is on Veterans Day: Veterans eat FREE**



**Lutefisk and Lefse Dinner, Nov 11**



**SONS of  
NORWAY**

Name: \_\_\_\_\_

Phone: \_\_\_\_\_

Address: \_\_\_\_\_

City/State/Zip: \_\_\_\_\_ Email: \_\_\_\_\_

# of Adults @ \$25.00 ea. \_\_\_\_ # of Children @ \$10.00 ea. \_\_\_\_ Total Enclosed \$ \_\_\_\_\_

**RSVP by November 5, 2023**

Please make checks payable to; **Fjellaldalen Lodge**



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



**SONS of  
NORWAY**

## **Fjellaldalen Lodge can now accept Zelle!**

When buying tickets for the Syttende Mai picnic or our Lutefisk dinner or even just making a lodge donation, the lodge's Zelle contact is Amber Gardner at 720-394-8304 or email her at [treasurer@fjellaldalen.com](mailto:treasurer@fjellaldalen.com) with questions.

**zelle®**

### What is Zelle:

Zelle is a money transfer service that is set up through most financial institutions. It pulls directly from your account to send money with no charge instantly (in most cases) to friends and family using their phone number or email address. They can also send money directly into your account using the contact method that is linked to your account through your online banking. Your financial institution should be able to help you enroll or answer any questions. Or go to <https://zellepay.com>.

### How it works:

Behind the scenes on your online banking profile with a bank that participates in Zelle you'd link your phone number or email address to your account. This way, instead of providing people with account and routing numbers, you give them the contact information that you have linked in order to receive the money, which is a safer exchange of information.

### Words of caution:

- Do not send money via Zelle to anyone you do not know. Zelle works like cash and rarely has dispute rights.
- Take the time to read the new recipient message and the "Enrolled as..." name displayed in the Zelle pop-up when transferring money to a new contact.
- The only piece of information that someone needs to send funds is a phone number or an email address. It's a red flag for anyone to ask for an account, card number, user ID, password, Social Security, etc.
- Scams abound, especially during the holiday season, so be wary and keep in mind that if a transaction sounds too good to be true, it probably is.
- Call your bank to report if you have fallen victim to Zelle fraud.



Fjell dalen Lodge #6-162  
Highlands Ranch, Colorado



SONS of  
NORWAY

## Two Live Vesterheim Museum Presentations, for District Six Members

I'm happy to let you know that the District Six Board is making two Live Vesterheim Museum presentations available to District Six members via Zoom, in September and October. Each presentation is under an hour, followed by a short Q & A. Below are the dates, times, and program description. The maximum number of devices we can have logged into each presentation is 100; so if you are able to watch with others, more of us can participate. We are allowed to record the presentation, so we will also be able to make it available to lodges and members. We'd like your feedback, so we know if you'd be interested in further programs, You'll receive a brief survey after the presentation. The links to sign up are in the description below to sign up. You will receive a Zoom link a few days before the presentation, and again on the day.

### Presentation #1: The Power of Silver: Traditional Norwegian Jewelry

**Date:** Tuesday, September 19 (8 PM CDT, 7 PM MDT, 6 PM PDT)

**Speaker:** Laurann Gilbertson, Vesterheim Chief Curator

**Program Description:** For centuries, Norwegians have treasured the beauty of silver. Silver showed the prosperity of a family, and, according to folk belief, could cure sickness in humans and livestock, improve crops, and protect against storms and evil spirits. Brooches were more than simple shirt fasteners. This program describes different styles of silver brooches, jewelry, and the beliefs surrounding this powerful metal. Sign up here: <https://sofn6.org/vesterheim-the-power-of-silver/>



### Presentation #2: The Norwegian 'Mayflower': The Voyage of the Restauration

**Date:** Tuesday, October 10 (8 PM CDT, 7 PM MDT, 6 PM PDT)

**Speaker:** Dale Goodman, Former Vesterheim Trustee

**Program Description:** In the period beginning in 1825 and for about 100 years following, nearly 40% of the population of Norway – more than 800,000 Norwegians – immigrated to the United States. Most of those immigrants came for “economic opportunity,” but the first immigrants – known as the Sloopers of 1825 – came for religious freedom. The voyage was three years in the planning by an alliance of Quakers and Haugean Lutherans. Beginning on July 4th, 1825, a 54-foot sloop named Restaurationen (The Restauration) took 52 passengers on a 98-day journey from Stavanger, Norway to New York City. This presentation follows the story from its roots (in the Napoleonic Wars), through the voyage itself, the reception in New York City, and finally to the first Norwegian settlement in the United States in Kendall, New York. Sign up here: <https://sofn6.org/vesterheim-the-norwegian-mayflower/>



*Vesterheim, the National Norwegian-American Museum and Folk Art School, welcomes people of all ages and backgrounds to engage in the conversation of the American immigrant journey through the lens of the Norwegian-American experience, and to participate in the continual evolution of traditional folk art as it meets new influences. Vesterheim offers innovative and interactive exhibits, classes, and programs, both at the dynamic campus and park in scenic Decorah, Iowa, and online at [vesterheim.org](https://vesterheim.org) and Vesterheim social media.*

*Judy Purrington, District Six Cultural Director, Sons of Norway*