

Fjelldalen's NYTT



"Mountain Valley"



SONS of NORWAY

Fjelldalen Lodge #6-162

Highlands Ranch, Colorado

January-February 2024

Volume 29, Issue 1

Christ Lutheran Church
8997 S. Broadway, Highlands Ranch

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

January 2024

- 6 9:30 Genealogy—[Zoom Meeting](#)
Histreg.no versus DigitalArkivet.no
- 13 9:30 Cooking Club at CLC
Cook a Celebration cake
- 12:00 Lodge Meeting and Potluck Brunch
New Officers
- 27 9—1 Zone 8 Leadership seminar &
Colorado Conference
- 30 6:30 Board Meeting—[Join via Zoom](#)

February 2024

- 3 9:30 Genealogy—[Zoom Meeting](#)
Passenger Ships Immigrant Lists
and Shipping Agent
- 10 8:00 Cooking Club at CLC—
Cooking Lutefisk Dinner
- 1:00 Lodge Meeting - Lutefisk Dinner
Veterans eat free!
- 27 6:30 Board Meeting—[Join via Zoom](#)

March 2024

- 2 9:30 Genealogy—[Zoom Meeting](#)
RootsTech – Karen Campbell
- 9 9:30 Cooking Club at CLC
12:00 Lodge Meeting and Potluck Brunch
- 26 6:30 Board Meeting—[Join via Zoom](#)

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

facebook

<https://www.facebook.com/fjellaldalenlodgcolorado>

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

- **13 January 2024— 9:00** Cooking Club at CLC—we'll make a cake to celebrate the installation of Officers
12:00—Lodge Meeting and Potluck Brunch—Lodge Officer Installation
- **10 February 2024— 8:00** Cooking Club at CLC—Cooking Lutefisk Dinner stuff
1:00—Lutefisk Dinner
- **9 March 2024— 9:00** Cooking Club at CLC
12:00—Lodge Meeting and Potluck Brunch

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

- January 6th – <https://Histreg.no> versus <https://www.DigitalArkivet.no>
- February 3rd – Passenger Ships and Immigrant Lists and Shipping Agent
- March 2nd – RootsTech – Karen Campbell

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](#)



King Soopers donations give Fjellaldalen 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 Fjellaldalen 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@fjellaldalen.com.

Keep up the good work!





Fjellaldalen Lodge #6-162
Highlands Ranch, Colorado



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President's Greeting

Hei Friends,
Godt nytt år!

Welcome to a New Year and Velkommen to newest members! We are very happy to have you with us!

I would like to sincerely thank all of our officers, committee leaders, and volunteers for your time and service to our Lodge. Your continued volunteerism is what makes our Lodge function.

The main point of being a member of our Lodge is to have fun! And I am continually impressed by your thoughtfulness, creativity, and effort. I appreciate all you do to make our Lodge a vibrant and fun place to gather with family and friends.

Welcome to our new volunteers for 2024! I look forward to working with you and getting to know each of you better. I'm thinking that a new 'spotlight' section might be a nice addition to our newsletter, where members could volunteer to contribute a brief introduction of themselves and their family and let us know how they came to Fjellaldalen Lodge.

As we gathered for a very nice holiday luncheon in December at Helga's Haus, I mentioned how much I look forward to our monthly meeting and events. I hope you feel the same way.

Our Matklubb (cooking club) is going strong. We had a lot of fun making a nice selection of Norwegian cookies for our JuleFest at the December meeting. Look for upcoming (monthly) invitations as we explore more authentic Norwegian recipes, including our annual Lutefisk dinner that has been rescheduled for February.

In January, we will be installing our Officers and Committee Leaders for the New Year. Please make them feel as welcome as you have made me feel!

In February, as I mentioned above, we will be holding our rescheduled Lutefisk feast! Don't let the name scare you... it's just cod with bacon and a lot of butter.



Changing of the Guard

We also look forward to resuming our monthly Hiking Viking outings. It was hard to schedule a good time for most members during the holidays, but let's get back on the trail! If you have a favorite walk, please suggest this as an outing for your Viking friends.

As always, please feel free to invite your family and friends to any of our Lodge events!

Tusen Takk,

Kris



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



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We Need District 6 Delegate Volunteers

Fjellaldalen Lodge will get about 3 to 6 delegates to the District Convention in Las Vegas: June 20-24, 2024, Tuscany Suites and Casino, Las Vegas, NV

Fjellaldalen usually provides some monetary assistance to offset the registration fee and the travel costs. The Convention gives attendees the opportunity to be involved in District actions and see what other lodges and the National group are doing.

Fjellaldalen can also send Alternates—no voting rights—but you get to attend all the events. Depending on how many delegates we are awarded and how many Lodge members volunteer, the stipend may not apply to alternates.

Contact any Board member if you are interested.

Zone 8 Leadership Seminar—Add to Your Calendar

The Zone 8 Leadership seminar & CO conference is scheduled for January 27 from 9:00 to 1:00 including lunch. The location is still to be determined. Find out all the cool things various lodges are doing and hints and help for being a Lodge Officer.

International Director Luella added that it is a really great group. Zone 8 Director Diane stated that they really appreciated Luella attending this year.

From Tony - Fjellaldalen Cultural Skills and Sports Counselor



Fjellaldalen 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 we'll get you

going.

For information see:

[Cultural Skills Program | Sons of Norway](https://www.sofn.com/member_resources/cultural_programming/cultural_skills_program/)

https://www.sofn.com/member_resources/cultural_programming/cultural_skills_program/

[Sports Medal Program | Sons of Norway](https://www.sofn.com/member_resources/cultural_programming/sports_medal_program/)

https://www.sofn.com/member_resources/cultural_programming/sports_medal_program/





Fjell dalen Lodge #6-162
Highlands Ranch, Colorado



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The Sunshine Troll



- **Gloria V. had her 93rd birthday. Her mind is still sharp but her eyesight is very bad due to Macular Degeneration.**
- **Ramona is doing great except for having to be in a wheelchair. Heidi had a big Thanksgiving dinner get-together with their whole family at Ramona's clubhouse - all Ramona's children and their families attended - even her son from South Dakota.**

- **The funeral service for Lee Corns is scheduled at Christ Lutheran for January 13th at 10:30 . She was a longtime member of both Fjell dalen and Trollheim Lodges.**



- **Sharon I. is having back surgery soon. Her husband has recovered from his. Send cards or call.**

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—mlhtutor@aol.com Don—publicity@Fjell dalen.com Tony —Editor@fjell dalen.com

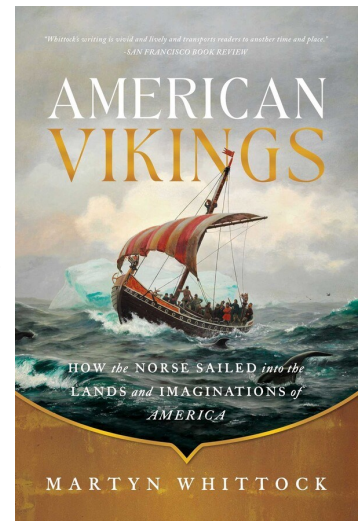


American Vikings : How the Norse Sailed into the Lands and Imaginations of America

A vivid and illuminating new history—separate fact from fiction, myth from legend—exploring the early Vikings settlements in North America.

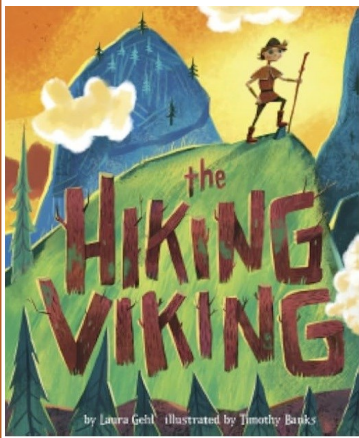
The geographical reach of the Norse was extraordinary. For centuries medieval sagas, first recorded in Iceland, claimed that Vikings reached North America around the year 1000. This book explores that claim, separating fact from fiction and myth from mischief, to assess the enduring legacy of this claim in America. The search for “American Vikings” connects a vast range of different areas; from the latest archaeological evidence for their actual settlement in North America to the myth-making of nineteenth-century Scandinavian pioneers in the Midwest; and from ancient adventurers to the political ideologies in the twenty-first century. It is a journey from the high seas of a millennium ago to the swirling waters and dark undercurrents of the online world of today.

No doubt, the warlike Vikings would have understood how their image could be “weaponized.” In the same way, they would probably have grasped how their dramatic, violent, passionate, and discordant mythologies could appeal to our era and cultural setting. They might, though, have been more surprised at how their image has been commercialized and commodified. A vivid new history by a master of the form, American Vikings explores how the Norse first sailed into the lands, and then into the imaginations, of America.



The *March*—April 2024 newsletter comes out the last week of February. All items for the next newsletter must be submitted by: **February 15th, 2023**
Submit to Tony Hjelmstad at tony@norsky.net





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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 and the surrounding 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.

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

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 January, we'll cook cakes for the Memorial and the Installation of Officers. In February, we'll help prepare the Lutefisk dinner, in December we'll make cookies for the Cookie Exchange, and in January we'll bake a cake for the Lodge Officer Installation.

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





Fjellaldalen Lodge #6-162
Highlands Ranch, Colorado



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Fjellaldalen Views



Playing Bingo at the November Meeting



Juleneisen at the Julefest in December



I didn't see the
Julenisse bring
these gifts!





Fjellidalen Lodge #6-162 Highlands Ranch, Colorado



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Celebrating 125 Years

1895-2020

Fjellidalen Lodge #6-162 Officers for 2024

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

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

Secretary: Karen Campbell 303-364-3827
secretary@fjellidalen.com

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

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

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

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

Social Director: Marilyn Speas 720-299-2158
marilynspeas@hotmail.com

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

Cultural Assistant: Linda Ault

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

Social Committee: Jeanie Erickson
Leslie Reingold

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

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

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

Musician: Vacant

Greeter: Karen Campbell 303-364-3827
karensue61@comcast.net
Ruth DeLattre

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

Historian & Photographer: Cyndee Ormsby 720-338-9994
cojo.7@yahoo.com

Foundation: Ruth DeLattre 623-628-1256
rmdelat@yahoo.com

Sunshine: Marylee Hagen 303-771-3778
mlhtutor@aol.com



President
Kris



Vice-President
Eivind



Secretary
Karen



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 1-1-2024

FAMILY



With the Holiday Season rapidly approaching, often we look forward to precious time with our Families with great expectations, much as a child who is looking forward to Christmas morning. In normal times that would usually be the case. But, not so with all that is happening in today's world.

That is why, it is even more important now that we reach out to one another, our special friends and families of Sons of Norway, to continue to be there for one another. Please stay in touch with each other since we already have this common bond established. It helps us through these difficult times. Nothing is more relaxing and reassuring than a friendly and concerned voice, or text or face time or whatever, to comfort one another.

We must all, think of our Sons of Norway members as treasured Family,Always.
May your Christmas be Merry and please enjoy the upcoming New Year.

Best Wishes
Mange Takk,

Kendall Kjerstad
Financial Advisor

Learn More Now

kjerstadkendall@yahoo.com

Office 970-697-1114

Cell 970-978-1634

If you would like a Fjelldalen 11 oz. coffee mug, let Don Speas know by email publicity@fjelldalen.com or by phone 720-299-7309. They will be \$12.00 ea.



Name	Quantity	Total	Paid	Phone # or Email Address



Magnet



Pin

Fjelldalen Name Badges

If you would like a new Fjelldalen name badge, email Don Speas at 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.



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

Metal Detector Jackpot

After his doctor prescribed increased exercise, Erlend Bore [AIR-len BOO-reh] of Sola near Stavanger chose a metal detector as motivation to get more activity. He'd dreamt of becoming an archaeologist as a child, and within two months, he'd made a 1,500 year-old find, Norway's gold discovery of the century.

In late August 2023, Bore went to the island Rennesøy to hike and search. Having had no luck after hours, he looked around and thought, "Where would I have been, if this was a long time ago?" Near a rocky crag, the detector signal led him to uncover something he thought was a candy wrapper.

It turned out to be a huge cache of gold from the 5th century migration period. Bore's highly unusual discovery consists of nine gold pendants engraved with a horse from Norse mythology, along with ten gold beads and three gold rings.

The Cultural Heritage Act specifies that finds older than the year 1537 are considered state property, however, according to tv2.no, a finder's fee is commonly given, based on 10 percent of the current value of the metal, to be divided between the finder and the landowner.

The gold pieces are now on display at the Archaeological Museum in Stavanger.



Photo Credit: ANNETTE GRÆSLI ØVRELID / ARCHAEOLOGICAL MUSEUM, UIS

Sons of Norway Web Site Feature

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

From the Archives:

King of Fjords

That's another name given to the Sognefjord, and with good reason. It is the largest and deepest fjord in Norway, with a length of 128 miles and a staggering depth of over 4,000 feet. Throughout the course of 40 ice ages, glaciers and rivers carved the Sognefjord from the earth at a rate of only one millimeter a year. You can still see the remains of the glacier from the last ice age, a stark contrast to the lush, forested mountains that rise from the depths of the fjord.

[Read More](#)



Birthdays:

GM Golden Members!

HM Heritage Members

Name	Mon	Day	Type
Ellis K.	1	3	HM
Marilyn E.	1	9	
Donita Z.	1	10	
Margaret B.	1	10	
Alexander S.	1	10	
Kristina F-H.	1	14	
Galen N.	1	17	
Eldon H.	1	18	GM
Cary W.	1	18	
Eirik T-L.	1	18	
Heidi E.	1	24	
Gayle R.	1	25	
Jan A.	1	26	
Michael Z.	1	27	
Teresa I.	1	29	
Tristan F.	1	30	HM
Wayne D.	2	2	
John O.	2	2	
Robert D.	2	8	
Anna S.	2	16	
Kris B.	2	20	
Evan Von R.	2	21	HM



Matklubb Recipes—one for each month!

The Matklubb meets before Lodge meetings at 9:00 to cook something Good!

Sveler med Smørkrem – Norwegian Griddle Cakes with Buttercream

For the griddle cakes:

- 3 large eggs, at room temperature
- ¾ cup (150 g) granulated sugar
- ½ cup (112 g) butter, melted
- 3 cups (720 ml) buttermilk/kefir
- 3 cups (360 g) all-purpose flour
- 1 teaspoon baking soda

Makes about 18 sveler

For the buttercream:

- ½ cup (112 g) butter, softened
- 2/3 cup (80 g) confectioners' sugar
- 5 tablespoons granulated sugar

1. In a large bowl, combine the eggs and sugar and whisk until fluffy. Whisk in the melted butter, followed by the buttermilk. Combine the flour and baking soda, add to the batter, and stir gently until combined. Let stand for about 20 minutes—the dough will swell.
2. Heat a *takke* (griddle) to medium heat or place a large frying pan directly on the stove over medium heat, and lightly butter.
3. Ladle some batter onto the hot griddle or pan to make several 6-inch (15 cm) round griddle cakes. Cook for 2 minutes or until bubbles appear on top and the bottoms turn golden brown. Flip the griddle cakes and cook for 2 minutes more or until the other side is golden brown. Transfer to a plate and keep warm. Continue making griddle cakes, using the remaining batter and adding butter to the *takke* or pan as needed.
4. While the griddle cakes are cooling, make the buttercream by combining the softened butter, confectioners' sugar, and granulated sugar in a bowl. Spread buttercream on the warm griddle cakes and serve them folded in half.
5. Store leftover cakes without filling in an airtight container or cover with foil and refrigerate for up to 3 days.



Photo and recipe credit: Nevada Berg, North Wild Kitchen, <https://northwildkitchen.com/norwegian-flat-cakes-with-buttercream-sveler/>



Lutefisk

Frozen lutefisk is readily available at selected fish markets and at Scandinavian delicatessens.



Cooking lutefisk the old-fashioned way: Do not cook in aluminum vessels as it will darken the kettle. Use three level tablespoons of salt for each quart of water. Bring water to boil, add salt and return to boil. Add fish, which has been sliced into serving-sized pieces, and again return to boil, then remove from the heat. Skim, and let fish steep for 5 to 10 minutes depending on thickness. Serve at once.

Without adding water: Put serving-sized pieces of lutefisk in a kettle. Season each pound (450 g) of fish with 1/2 tablespoon of salt and place the kettle over low heat. This allows the water to be drawn out. Bring to a boil and remove from heat. Let steep 5 to 10 minutes. Serve at once.

Baking in foil: Lutefisk with a firm texture can be obtained by first sprinkling with coarse salt and allowing to stand several hours. Rinse well in cold running water, and soak in unsalted water. Then cook or bake as desired. Heat oven to 400° F (205° C). Skin side down, arrange lutefisk on a sheet of double aluminum foil and season with salt. Wrap foil tightly around fish and place on rack in a large pan and bake 20 minutes. Cut corner from foil and drain out excess water. Serve at once.



Fjellaldalen Lodge #6-162
Highlands Ranch, Colorado



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Fjellaldalen Lodge #6-162
Highlands Ranch, Colorado



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)
- Riskrem
- Småkaker (Cookies)
- Kaffe (Coffee)
- Brus (Lemonade)



Saturday, February 10, 2024
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

Veterans still eat free



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

Please **RSVP** by February 5, 2024. 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 sorry no Credit Cards.

Look us up at www.fjellaldalen.com or on Facebook **Fjellaldalen Lodge Colorado**



Lutefisk and Lefse Dinner, Feb 10th



**SONS of
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Name: _____

Phone: _____

Address: _____

City/State/Zip: _____ Email: _____

of Adults \$25.00 ea. ____ # Vets ____ # of Children \$10.00 ea. ____ Total Enclosed \$ _____

RSVP by February 5, 2024 Please make checks payable to; **Fjellaldalen Lodge**



Fjell dalen Lodge #6-162
Highlands Ranch, Colorado



**SONS of
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Free Children's Cross Country Ski Event



BARNELØPET

1.0 Km, 2.5 Km & 5.0 Km for ages 0 - 16



**SONS of
NORWAY**

Saturday, February 24, 2024



**Snow Mountain Ranch ~YMCA~ Granby,
Legett Hall**

Sponsored by Sons of Norway

- Register at www.barnelopet.com or at 9:30 a.m. on the day
- Check in at 9:30 AM, Beginner Ski Lessons from 10:00-11:00 AM, Event begins at 11:15 AM
- Free ski rentals at YMCA Nordic Center
- After event reception with refreshments
- *For further information contact:*

*Lois Hodne at (303) 324-1880 or
loishodne@gmail.com
or Jon Eirik Holm-Johansen,
Coordinator
(970) 412-0433 or tvchiro@gmail.com*

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