

# Fjelldalen's NYTT



## SONS of NORWAY

Fjelldalen Lodge #6-162  
Highlands Ranch, Colorado

"Mountain Valley"

July-August 2023

Volume 28, Issue 4

Christ Lutheran Church  
8997 S. Broadway, Highlands Ranch

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

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

### July 2023

- 1 9:30 Genealogy—[Zoom Meeting](#)  
Finding your Birth Parents in U.S.
- 8 9:00 **Hiking Vikings—Louviere**
- 22 9-19 **Fjelldalen Anniversary at Ana's Bakeri**

### August 2023

- 2 6:00 **Highlands Ranch Ice Cream Social**
- 5 9:30 Genealogy—[Zoom Meeting](#)  
Tracking your Emigrant
- 12 11:00 **Lodge Picnic**  
**Redstone Park Creekside**  
**Shelter #2, Highlands Ranch**
- 29 6:30 Board Meeting—[Join via Zoom](#)

### September 2023

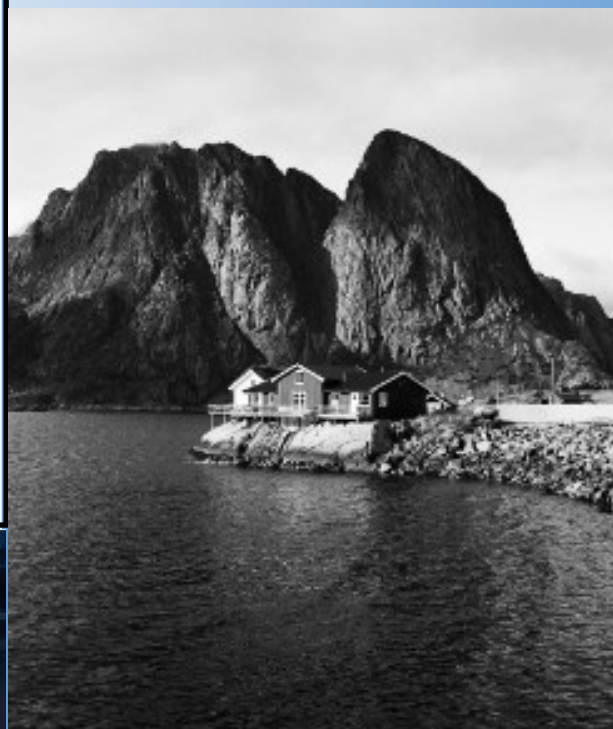
- 2 9:30 Genealogy—[Zoom Meeting](#)  
How they bought a U.S. Farm
- 9 9:30 **Cooking Club at CLC**  
12:00 **Lodge Meeting and Potluck Brunch**  
**Lodge Memorial, Hardingfele**
- 16 2:00 **Fjellheim 50th Anniversary**  
**Celebration**
- 26 6:30 Board Meeting—[Join via Zoom](#)

### Nov 2023

- 11 1:00 **Lutefisk Dinner**

### What's Inside

Lodge & Genealogy Meeting Topics .....	2
King Soopers Rewards .....	2
President's Greeting .....	3
From District 6—Convention Information .....	4
Fjelldalen Cultural Skills and Sports Counselor .....	4
Sunshine Greeter .....	5
Matpakke and Pålegg .....	5
Next Newsletter Deadlines .....	5
Fjelldalen News .....	6
The Fjelldalen Hiking Vikings .....	6
CLC Food Pantry Donations .....	6
Fjelldalen Views .....	7
2023 Fjelldalen Lodge Officers .....	8
Financial Moment—Kendall Kjerstad .....	9
If you change your Address or Email .....	9
Order Fjelldalen Name Badges .....	9
Sons of Norway Web Site Feature .....	10
Birthdays & New Members .....	10
Matlagings Klubb Recipes .....	11
<b>The Cooking Club is Meeting before Lodge meetings .....</b>	<b>10</b>
<b>The Fjelldalen Cookbook is Coming .....</b>	<b>10</b>
Almond Bars .....	11
Shrimp Canapés .....	11
Flyers .....	
August Lodge Picnic .....	12
Fjelldalen Lodge now Accepts Zelle .....	13



## 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.



Fjelldalen Lodge #6-162  
Highlands Ranch, Colorado



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

facebook

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

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



- 12 Aug 2023—11:00 to 4:00 — Lodge Picnic—bring a salad, side dish, or dessert  
Redstone Park Creekside Shelter #2, Highlands Ranch  
Food, Fun, Social Time
- 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

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



- July 1st – Finding your Birth Parents in the U.S.— Marylee Hagen
- August 5th – Tracking an Emigrant – the steps our Immigrants had to do to leave
- September 2nd—How our Emigrants bought farms in the U.S.
- 

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 Fjelldalen 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 Fjelldalen 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@fjelldalen.com](mailto:Publicity@fjelldalen.com).

Keep up the good work!





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



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

Hei Friends,

Happy summer! I can't believe we are half-way through the year already.

Although we are taking a short summer-break from our regular Lodge meetings for July & August, please watch your email and our website for some fun activities. We still have a lot going on this summer!

I am especially enthused about our growing Hiking Viking events. If you have not been to one of these yet, please try and come out for one of these leisurely walks with friends. We usually end up at a local restaurant for food and good fellowship afterwards. Good times!

Also, please plan on attending Fjelldalen's Birthday Party at Ana's Bakeri on 7/22, Olsok 2023 Celebration on 7/29 (Axe throwing?!), and our Annual Lodge picnic in August at Redstone Park on 8/12.

More information will be published about each of the upcoming events.

I hope you all have a wonderful summer!

God sommer!

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**

We don't know of anyone in need!!!!

*If you know any Lodge member having issues, please contact any of the following—*

*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)*

*• with news on any of our members! Let us know if you want the rest of the Lodge to know and if we should let The Viking Magazine know.*



## **Matpakke**

*This word means something close to “packed lunch”. But what makes it difficult to translate is the exact composition of the lunch that the word often entails.*

*A traditional Norwegian matpakke consists of several slices of bread garnished with pålegg (roughly pronounced paw-leg) and sometimes a piece of fruit or some raw vegetables. The bread used is whole grain and quite dense when compared to standard US, UK or French bread.*

## **Pålegg**

*Pålegg literally translates as “on-layer”. But what it really means is “stuff you put on bread”. Spreads such as peanut butter, jam, Nutella, cream cheese and liver paté are all pålegg. Sliced meats and cheeses, smoked fish, hard boiled eggs and sardines all fall under the umbrella term of pålegg.*

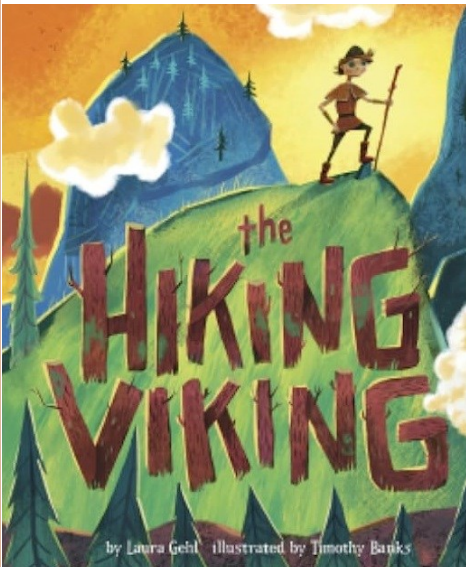
The September—October 2023 newsletter comes out the last week of August.



All items for the next newsletter must be submitted by:

*August 15th, 2023*





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Fjelldalen Lodge has formed a hiking (walking) club. We explore trails in the Highlands Ranch area and usually have a get-to-gather after at one of the local establishments for lunch or "happy hour". Each hike will be 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 Brunch or Happy Hour.



SHARING WITH SHERIDAN

# FOOD DRIVE

JOIN US IN HELPING THOSE IN NEED

<https://www.stphilip-co.org/sharing-with-sheridan/>

LOCATED AT

**CHRIST LUTHERAN CHURCH**

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

I 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*

## *Fjelldalen's Matklubb*

Fjelldalen is starting up the "Matklubb" (Food Club) again at the request of members. The first one was in the Christ Lutheran Church's kitchen prior to our regularly scheduled meeting on Saturday, June 10<sup>th</sup> at 9:30 am. For the first recipe we made a simple Norwegian classic: "Tilslørte Bondepiker", a Layered Apple Dessert. We discussed future recipes and about the "Matklubb". So, 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



"Tilslørte Bondepiker"  
Layered Apple Dessert



Linda, Ellen, Rebecca, Sharon, Kris



Fjell dalen Lodge #6-162  
Highlands Ranch, Colorado



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## Fjell dalen Views



Syttende Mai Parade And picnic



Potluck Lodge meetings are fun





# 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

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

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

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

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

**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

It is that time of year again, taxes have been completed and now we must put down new roots for the planting and planning, of our new year strategy for our financial future.

Sons of Norway, was founded because of the Emigrant Norwegian Engineers who had just arrived from Norway, they were unable to acquire insurance for themselves. Now 128 years later, this organization that was founded on financial security, continues to offer premier products to current as well as non-members. Many things have changed since the beginning, but one thing that has not changed is the devoted service to our clients.

Please, feel free to reach out with a phone call or email any time, it is always great to hear from everyone.

[Start here](#)

[Learn about options available to you](#)



# SONS of NORWAY

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



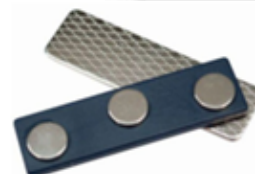
If you change your mailing address, phone number or email address please contact  
Don Speas, 720-299-7309 or [publicity@fjelldalen.com](mailto:publicity@fjelldalen.com)

## ***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

## Sons of Norway Web Site Feature

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

### Lodge Leadership Resources

Maximize the opportunities for fellowship, cultural discovery, community service, recruitment and retention with this collection of lodge and leadership resources.

### Make the most of your Sons of Norway lodge

We've put everything a Sons of Norway lodge needs to operate successfully, right here in one place: efficient and effective resources for member recruitment and retention, lodge programming, and special events, as well as financial and administrative tasks. Can't find what you are looking for? Don't hesitate to ask.

#### [Administrative Resources](#)

Lodge forms, leadership roles and guidelines, as well as content for your newsletter and website

#### [Lodge Programming](#)

Get the resources you need to plan entire programs as well as shorter, more focused segments with ideas and activities that appeal to members of all ages.

#### [Recruitment and Retention Archive](#)

An archive of informative and educational articles to help recruit and retain lodge members.

#### [Volunteering](#)

Download the PDF that outlines Project Framtid/Adopt a School: how your lodge can create a partnership with youth organizations to enrich the scholarship, cultural and community experience of school-aged children.



## Birthdays:

GM Golden Members!

HM Heritage Members

Name	Mon	Day	Type
Janet Nichols	7	1	
Curtis Brudos	7	4	
Lylah Gambill	7	5	
Jay Brekke	7	8	
Daphne Einarsen	7	13	HM
Ellen Omholt	7	19	
Ellen Omholt-Gindorf	7	19	
Solveig Swenson	7	20	
Marylee Hagen	7	21	
Anders Tornquist	7	23	
Deanna Beatty	7	24	
Freyja Swenson	7	26	HM
Marie Hjelmstad	7	31	HM
Les Johnson	8	2	
Stephanie Cherry	8	5	
Keith Bowers	8	5	
Scarlett Hjelmstad	8	6	HM
Annika Moen	8	7	
Kai Moen	8	10	
Jeanie Erickson	8	13	
Madison Herrmann	8	18	
Kendra Runung	8	18	
Elizabeth Speas	8	21	HM
Charlotte Bagwell	8	24	
Dianne Pedersen	8	25	
Amelia Nekvasil	8	28	HM
Blaine Rodgers	8	29	



### *Recent New Members*

Abigail, Evan, Jaime & John Rader  
Rebecca Sauer  
Diane Pedersen



## Matlagings Klubb Recipes—one for each month!

*The klubb 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)

### Almond Bars

#### Ingredients Bars:

1/2 cup butter, softened	1 cup sugar	1 egg
1/2 tsp. almond extract	1 3/4 cups flour	1/4 tsp. salt
2 tsp. baking powder	2 Tbsp. milk	1/2 cup
sliced almonds		

#### Glaze:

2 cups powdered sugar	1/2 cup milk	1/2 tsp. almond extract
-----------------------	--------------	-------------------------

#### Directions:

- Preheat oven to 325° F / 165°C. Line baking sheets with silpat pads or parchment paper.
- In a mixing bowl, cream together the softened butter and sugar.
- Add the egg and almond extract and beat until mixture is fluffy.
- Add the flour, baking powder and salt until you have a soft dough.
- Divide the dough into four parts. Roll each part into an 8-inch log.
- Place on prepared cookie sheets and flatten each log to 3 inches / 8 cm wide with your hands. Leave 4 inches / 10 cm or so between each rectangular bar.
- Brush the tops with the milk and sprinkle on sliced almonds.
- Bake for 15-20 minutes, or until edges are slightly browned.
- While still slightly warm, cut crosswise into 1-inch-wide diagonal bars.
- Cool, and then drizzle with glaze.
- Glaze: In a bowl, beat together powdered sugar, milk and almond extract until smooth.
- Drizzle glaze over diagonal sections



### Shrimp Canapés Serves 4

#### Ingredients:

16 slices bread	1/2 cup mayo	1/4 cup butter, softened
1 small jar capers	4 large sprigs fresh dill	1 lemon, sliced in half moons
20 boiled, cold shrimp, preferably still in the shell or head on		

#### Method:

Boil the shrimp. jumbo take 7-8 minutes. (Small shrimp will only need 3-4 minutes). Shock in ice water to keep them from overcooking. Drain.

Lay out all ingredients in a DIY spread. Instead of using traditional white bread, I used slices of soft wheat bread cut into dainty circles with cutters. I loaded my canapes up with the salty capers, a splash of lemon juice and a sprig of dill. It was fun assembling each sandwich.





Fjell dalen Lodge #6-162  
Highlands Ranch, Colorado



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



*"Mountain Valley"*

# Fjell dalen

## Picnic & BBQ

*Saturday August 12, 2023*

*The Lodge picnic will be at Redstone Park,  
3280 W Town Center Dr, Highlands Ranch,  
CO 80129. Creekside Shelter #2.*

*Look For The Norwegian Flag *

*11am to 4pm, Grill will start at 12:00*

**Join Fjell dalen members and their families for our Summer Picnic. Hamburgers, Hot Dogs, lemonade & coffee, cups, plates and silverware will be provided. Bring your "Special Picnic Dish, Salads and Desserts" for everyone to share. Contact Don Speas 720-299-7309 or [publicity@fjell dalen.com](mailto:publicity@fjell dalen.com) for more information.**





*Fjellaldalen Lodge #6-162  
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## **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.