

Fjelldalen's NYTT



SONS of NORWAY

Fjelldalen Lodge #6-162

Highlands Ranch, Colorado

"Mountain Valley"

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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.

Volume 26, Issue 6
November—December 2021

Christ Lutheran Church

8997 S. Broadway, Highlands Ranch

Get the latest information at Fjelldalen.com

October 2021

26 6:30 Board Meeting - [Join via Zoom](#)

November 2021

6 9:30 Genealogy—[Zoom Meeting](#)
1950 Census Facts and Methods

13 1:00 Lodge Meeting [Live Meeting](#)
Bingo with Prizes

30 6:30 Board Meeting - [Join via Zoom](#)

December 2021

4 9:30 Genealogy—[Zoom Meeting](#)
Proving your relative

11 1:00 Lodge Meeting [Live Meeting](#)
White Elephant Xmas

28 6:30 Board Meeting - [Join via Zoom](#)

January 2022

8 9:30 Genealogy—[Zoom Meeting](#)
TBD

8 1:00 Lodge Meeting [Live Meeting](#)
TBD

25 6:30 Board Meeting - [Join via Zoom](#)





Fjelldalen Lodge #6-162

Highlands Ranch, Colorado



Genealogy and Board Meetings are on Zoom

LODGE MEETINGS ARE LIVE!!!!

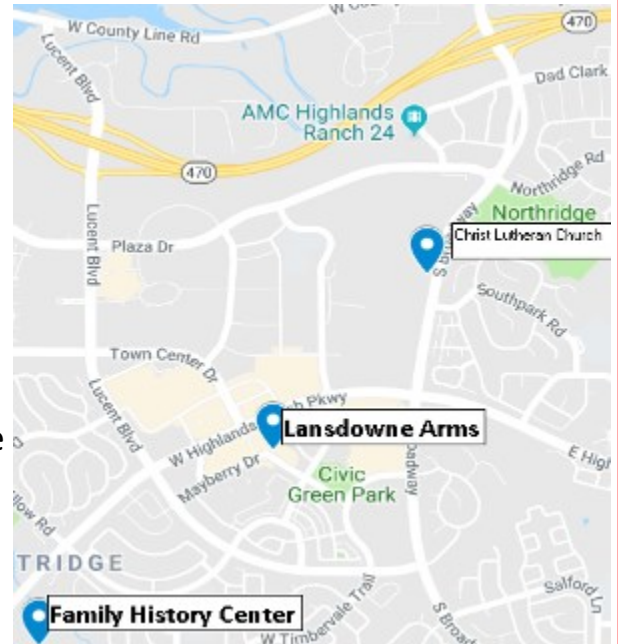
Christ Lutheran Church, 8997 S. Broadway, Highlands Ranch

Get the latest information at Fjelldalen.com

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

13 November Fjelldalen LIVE Lodge Meeting

Please join Fjelldalen Lodge for a round of Bingo with prizes. Also please bring a recipe that you would love to share with your fellow lodge members. The recipes will be made into a lodge recipe book. Please do not bring any food to share, unless it is individually packaged and commercially produced.



11 December Fjelldalen LIVE Lodge Meeting

Join Fjelldalen Lodge for a White Elephant Christmas celebration. Please bring either a traditional white elephant gift, or a gift between \$5-10. Please do not bring any food to share, unless it is individually packaged and commercially produced.

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

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

Join the Lodge Board Zoom Meeting Meeting ID: 890 0490 3605 Passcode: 274967

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



ATTENTION FJELLDALLEN LODGE MEMBERS

If you change your mailing address, phone number or email address please contact Don Speas (Publicity Director).

720-299-7309 or email Don at donspeas@hotmail.com



Fjelldalen Lodge #6-162

Highlands Ranch, Colorado



A Message From the Fjelldalen President

Dear Fjelldalen Lodge,

The wait is over... it has been 19 months since we have had a "live" meeting and we are so excited to gather in person again. What a joy it will be to see our old friends and meet our new ones in person. If you are not able to be at the November meeting, we'll look forward to the day we will see you and hope all is well. We are very happy our meetings will at Christ Lutheran Church but please be sure to take note that our **day has changed from the first Saturday of the month to the second Saturday.**

We have great programs coming up! In November we will have a fun time with Norwegian Bingo, in December we'll enjoy the frolics of Julefest and white elephant game play. For January we have some cooking plans in the works! You won't want to miss these programs.

It is time for our Lodge to look for people who are willing to step forward and volunteer to be part of the 2022 Fjelldalen Lodge Board. We have several positions open and **WE NEED YOU!**. Without volunteers, our Lodge would not be able to continue. Did you know there are five gifts you get when volunteering? (1) The gift of a new skill. When you volunteer you may not know everything that is needed in the position you are helping with so learning a new skill is a gift from this opportunity. (2) The gift of a new job opportunity. Maybe you don't need a job but gaining the new skills organically through volunteering is a great way to be ready for help others while helping build your own skills that may be needed some other time in your life. (3) The gift of new friends. This is especially true as you embrace the new opportunity and it is something that matters to you, it is something you care about and is a recipe where new friendships form. (4) The gift of new business partnerships. While this is not the sole goal of volunteering, there are a lot of networking connections that can be made as you open yourself up to the opportunity of volunteering. (5) The gift of good karma. This goes along with "paying it forward". Many of us have served several years in Fjelldalen Board positions and we love our Lodge. We look forward to having new Lodge members volunteer and serve. Please be in touch with either Crystal Sundat (cjsun@siligrips.com) or Erik Collett (erikcollett@yahoo.com) - our nominating committee - about your interest.

Since this is our November and December edition, I wish you and your families the happiest of holidays. May you have food in your pantries and on your tables this Thanksgiving and Christmas, and may you be surrounded by love.

Be safe, be happy, and have joy.
Fraternally, Donita

Fjelldalen Lodge has some Officer Openings

Contact any officer if you might be interested in serving Fjelldalen Lodge. **We need a Vice President, Secretary, and Cultural Director.** Please consider serving the Lodge to keep it dynamic!





Fjelldalen Lodge #6-162

Highlands Ranch, Colorado



District 6 and National News—Convention locations/dates next page

Nominations for 2022 District Six Board

Nominations are open for District Six Officers and Board Directors. Positions open are: President, Vice President, Secretary, Treasurer, Public Relations Officer, Cultural Director and Directors for all Zones. In addition the Alternate International Director position is open.

Please consider running for a position or making a recommendation to a member of the District Six Nominating Committee. All of these positions require that the member own a Sons of Norway Financial Product.

Members of the District Six Nominating Committee are:

- Chair and Zone 8—Mike Johaneson mjohaneson@gmail.com,
- Zone 1—Donna Gordon justfordonna@surewest.net
- Zone 2- Michele Edler michele.dawn.edler@gmail.com
- Zone 3-- is open but you may contact Mike Johaneson or any member of the committee
- Zone 5—Olav Hassel velomadness@aol.com
- Zone 6 Karen Holien jkhlien@cox.net
- Zone 7 Sissel Espland sissel.liknes@gmail.com

2022 District 6 and National Convention Delegates

If you are thinking about going to the National Convention, you need to be a District Delegate and then get elected to be a National Delegate.



Community Rewards

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

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

District 6 and National News

District 6 Convention—Save the Date

District Six's next convention will be in Mesa, AZ **02—05 June 2022**. The Folk Art Exhibit and Competition will include your entries for cultural items made between July 2018 and June 2022. That is four (4) years. I am looking forward to seeing a lot of entries since we had 4 full years to complete them.

If you are looking for a project to complete for exhibit or competition, check out the wide variety of virtual classes offered at Vesterheim Museum. To visit Vesterheim Museum's website click [HERE](#). To check on upcoming online classes at their Folk Art School, click [HERE](#). They have some very nice offerings.



Sheraton Mesa Hotel at Wrigleyville West 860 North Riverview, Mesa, AZ

International Convention—Save the Date

We are pleased to announce that the International Board has approved the dates and location for the 2022 Sons of Norway International Convention.

The convention will be held August 31 - September 1, 2022. First-time delegates arrive for training on August 30. Delegates will depart September 2.

Here is the information about the venue—be sure and take the virtual tour!

Omni Viking Lakes Hotel

Virtual Site Tour

2611 Nordic Way

Eagan, MN 55121

More information will be forthcoming.

TUBFRIM

Lloyd continues to process all the stamps you send him. But he still has room for more. Trim them up and mail them to Lloyd—he gets another stamp that way! Today the profits are used to help children and youth with disabilities, and children and youth with handicaps in Norway, and to finance the efforts to eradicate tuberculosis.

Send them to: **Lloyd Newland**, 10300 W. Montgomery Av., Littleton, CO 80014



Fjellaldalen Lodge #6-162

Highlands Ranch, Colorado



Fjellaldalen Lodge #6-162 Officers for 2021

President:

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

Vice President:

Jane Hoskinson 303-601-0398
janehoskinson67@gmail.com

Secretary:

Teri Hjelmstad 303-771-1428
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mark_and_lise@yahoo.com

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Marilyn Speas 303-973-2158
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Don Speas 720-299-7309 donspeas@hotmail.com

Tubfrim:

Lloyd Newland 303-973-8097 aahhhco@gmail.com

DISTRICT 6 OFFICERS

District Six President:

Luella Grangaard

president@sofn6.org

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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

The Sunshine Troll—god bedring

If you know someone who needs tender greetings from the Lodge, please contact one of the following people:

- Donna Newland (303-973-8097 / aahhhco@gmail.com),
- Don Speas (720-299-7309 / donspeas@hotmail.com)
- Tony Hjelmstad (303-324-5381 / tony@norsky.net).



Sons of Norway Web Site Feature October is Foundation Month Foundation Scholarships and Grants <https://www.sofn.com/foundation/scholarships/>

For more information on each of our scholarship and/or grant opportunities, please read below. You can click on the links if reading electronically.

Scholarships due January 15: Scholarships that support international travel

NOTICE: Due to the COVID-19 pandemic, check with the Norwegian school of your choice to verify that foreign students will be allowed to study in Norway in 2022. It is possible that they will offer only distance learning. In that case, ask what fees you will incur, if any. The Foundation can reimburse you only for the fees. If you were planning on an in-country experience, we encourage you to apply when on-campus learning resumes.

- Douglas Warne – Rolf & Wenche Eng Scholarship
- Helen Tronvold Adult Learner Scholarship (membership required)
- Helen Tronvold Norwegian Folk High School Scholarship (membership required)
- Lund Fund Scholarship (membership required)
- Oslo International Summer School Scholarship (membership required)



Scholarships Due March 1

- Astrid G. Cates Vocational Scholarship
- Dan and Betty Rude Scholarship
- King Olav V Norwegian-American Heritage Scholarship
- Myrtle Beinhauer Fund (membership required)
- Nancy Lorraine Jensen Memorial Scholarship Fund (membership required)
- Orel and Marie Winjum Memorial Scholarship
- District 4 Scholarship
- Bernt Anker Scholarship
- Sissel and Roger Espeland Memorial Scholarship Fund
- Elaine Nelson Scholarship (membership required)

Grants—Heritage and Culture Fund

- [Community Partnership Grant](#)
- [Lodge Heritage and Culture Grant](#)
- [Lodge Vitality Grant](#)

Grants—Humanitarian Fund

- [Helping Hands to Children Grant](#)
- [Helping Hands to Members - Disaster Relief Grants](#)
- [Helping Hands to Members - Medical Relief Grants](#)



Birthdays: GM Golden Members! LM Life Members HM Heritage Members

Name	Mon	Day	Type
Karen Campbell	11	7	
Claudia Deasy	11	7	GM
Riley Erickson	11	15	HM
Beverly Bergum	11	16	
David Lanham	11	17	
Gloria Vatne	11	18	
Ed Eskelson	11	25	
Dan Schauer	12	1	
Vernon Tweed	12	4	
Don Speas	12	5	
Crystal Sundet	12	6	GM
Pamela Lugo	12	11	
Lee Corns	12	12	
Skylar Gambill	12	18	
Greta Grande	12	23	
Marko Johnson	12	24	HM



Recent New Members

Kriss Bussell
Freyja Swenson
Pamela Swenson
Solveig Swenson

Uses for Life Insurance

Replace your income

Money to cover bills
Support your family
Mortgage protection

Leave a legacy

Transfer your wealth
Increase the legacy you leave
Avoid probate costs

Cover final expenses

Provide for funeral expenses
Pay off debts
Support your loved ones

Preserve your wealth

Allow your business to continue
Source of retirement income
Funds in the event of an illness

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



Let's talk about what type of life insurance will meet your personal needs: A Sons of Norway insurance professional can help!

Use Our Calculators

Start here

A New Nordic Country?

What country speaks a language that is somewhat similar to Finnish? This land of over 2,222 islands has a long history of being conquered and ruled by Denmark and Sweden, and was celebrated in the Old Norse Icelandic sagas as Esthland, home of fierce Viking warriors. Many Viking treasures are still being discovered across its countryside.

This country is Estonia, jutting out into the Baltic Sea, just 50 miles south across the water from Finland. Despite its cultural and historic commonalities with the Nordic countries, it is currently considered a Baltic State, along with Latvia, with whom it shares a border, and Lithuania. When the Nordic Council was formed in 1952, Estonia was occupied by the Soviet Union, and was not able to participate.

Though only a little over 50% of Estonians identify as Nordic today, perhaps someday it be welcomed into the family by Iceland, Norway, Sweden, Denmark and Finland, and we can add its blue, black and white flag to our collection.



Matlagings Klubb Recipes—one for each month!

Arme Riddere

A Norwegian version of French toast, Arme Riddere is a wonderful way to warm yourself up on a chilly, wintry morning.

PREP TIME: 5 mins **COOK TIME:** 15 mins **SERVES:** 4

INGREDIENTS

2 eggs, lightly beaten	1 teaspoon vanilla extract
1 tsp. ground cinnamon	a pinch of salt
125 ml (1/2 cup) milk	8 slices of brioche or challah
butter for frying	bread, sliced thick (stale bread works well)

INSTRUCTIONS:

In a shallow baking dish, combine the eggs, vanilla extract, cinnamon, salt and milk. Set aside.

Bring a skillet to medium high heat and while it is warming up, lay a slice of bread into the egg mixture. Evenly coat the bread slice, then turn it over and coat the other side.

Once the skillet has been brought to temperature, add a pat of butter to the pan allow it to melt, then cook the bread slice until browned on both sides. You will need to turn the bread over halfway through cooking, or after 3-4 minutes. Repeat until all bread slices have been cooked, adding more butter to the skillet as necessary to keep the bread from sticking.

Top your arme riddere with butter, maple syrup, fresh fruit, powdered sugar or your favorite topping.

Author: Whitney Love at <http://thanksforthefood.com/>



“EKTE KVÆFJORDKAKE” (Authentic Kvæfjord cake)

For the base:

1 stick unsalted butter	1/2 cup granulated sugar
4 egg yolks	3 tbsp milk
2/3 cups all purpose flour	1 tsp <u>vaniljesukker</u> or 1 tsp vanilla extract
1 tsp baking powder	

For the meringue:

4 egg whites	1 cup granulated sugar
--------------	------------------------

For the filling

1 1/4 cup heavy cream	2 tbsp sugar
1 container store-bought vanilla custard (you can use a Jell-O pack w/vanilla flavor)	
1/2 cup sliced almonds for decoration	

Preheat oven to 350F. Line a 13 x 9 baking pan with parchment paper.

- To make the base of cake: In a stand mixer with the paddle attachment, mix sugar and butter until light and fluffy. Add in the egg yolks, one at a time, then add in the milk. If using vanilla extract, add this in. In a bowl, sift together the flour, baking powder, and if using, vaniljesukker, and fold it into the batter. Pour the batter into the prepared pan.
- Whisk the egg whites with the 1 cup of the sugar until stiff peaks. Pour the meringue over the cake and sprinkle sliced almonds on top. Bake on low rack in oven for about 15-20 minutes, or until the meringue is firm and have turned a golden color.
- Cool the cake on a rack. Whisk the heavy cream and sugar until firm and fold in the prepared vanilla custard. When the cake has cooled down, divide it into two pieces, spread the filling on top of one piece, and top with the other. It tastes even better when you top with sliced strawberries!

Author: Tony Hjelmstad



Colonial-Era Norwegians in North America

You are likely familiar with well-documented stories of Norwegian settlers coming to North America in the 19th century, like the “Sloopers.” And you’ve heard of intrepid Vikings who were the first European explorers, visiting North American shores around the year 1000. But did you know that there were Norwegians who came to stay in the New World during the colonial era? Norwegian immigrants arrived in the Dutch colony of New Amsterdam (later New York) early in the 17th century. By 1664, around 60 Norwegians were settled in the city with others living in New Netherland, near what is now Albany, New York.

Early Norwegian immigrants were not part of an organized movement like those who arrived in the 19th century. Instead, they came to do business with the Dutch colonists—there were important ties to shipping and the lumber trade—and stayed to join the melting pot of North American society. For example, an early mayor of Albany was Pieter Van Brugh—his maternal grandparents were Norwegian immigrants. Like all who leave their homelands for a better way of life, these new Norwegian-North Americans were eager to succeed. They’ve passed on their Nordic spirit to the generations that followed.

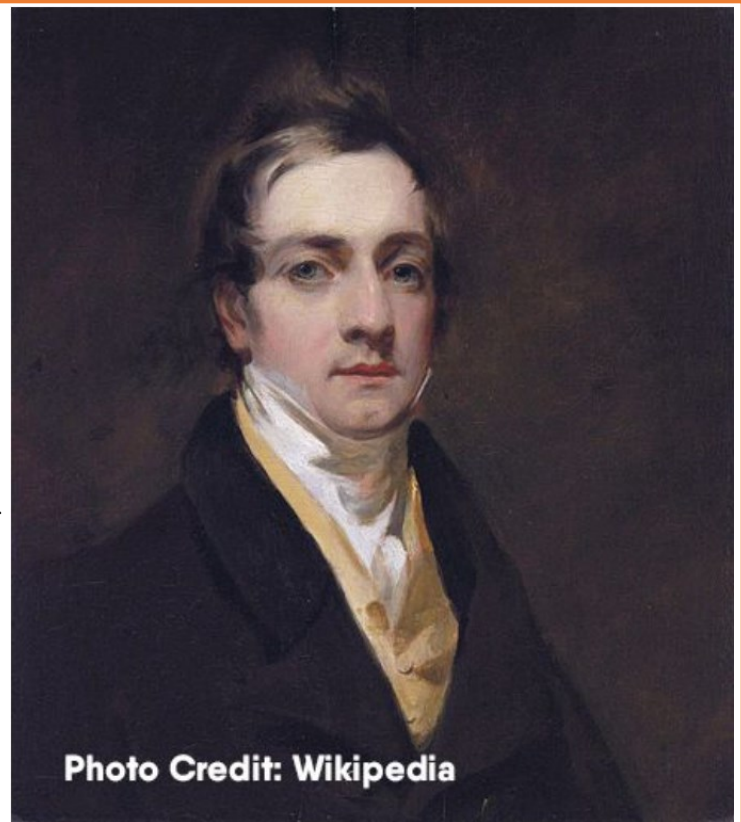


Photo Credit: Wikipedia

Animal census tallies wildlife populace in Norway

Rovdata, part of the Norwegian Institute for Natural History (NINA), takes an annual census of the country’s largest predators. Data are gathered on young born to the “the big four,” brown bears, wolves, lynxes and wolverines.

150 unique adult bears were detected in 2020. There were eight bear litters, an increase from the previous year. The goal is to see an increase to 13 annual litters.

Wolverine dens are also monitored and checked for puppies. 63 litters were registered in 2020. This populace is exceeding the target of 39 annual litters born to the estimated population of 400 adults.



Wolf numbers are increasing and much of them roam across the Norwegian-Swedish border, so the census considers about half of 114 Norway’s wolves “dual citizens.” The annual goal for litters is only four to six.

Lynxes are tallied in early summer, within “family groups.” In 2020 there were 66 groups detected, hitting their target population for the first time in nearly a decade. The adult population was around 400 lynxes.

Find an interactive map at <https://rovbase.no/> to see where the “big four” live and roam.

Reisen til Julestjernensen

A small princess in a small kingdom in Adventureland disappears on Christmas eve. She has gone out to find the Christmas Star. The Queen follows and the King curses the Christmas Star, so it disappears for years, until young Sonja arrives.

[Amazon Prime Video](#) ~ Free with ads— 76 minutes—Click on the underlined link or search for “Journey to the Christmas Star”.

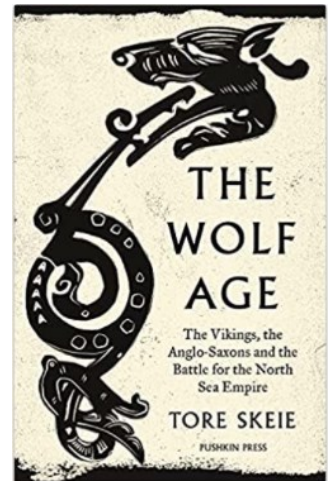


The Wolf Age—The Vikings, The Anglo-Saxons and the battle for the north sea empire by Tore Skeie

A thrilling new perspective on the Vikings .

In the eleventh century, the rulers of the lands surrounding the North Sea are all hungry for power. To get power they need soldiers,

to get soldiers they need silver, and to get silver there is no better way than war and plunder. This vicious cycle draws all the lands of the north into a brutal struggle for supremacy and survival that will shatter kingdoms and forge an empire.



[Amazon from \\$32 Hardcover](#) - Click on the underlined link

Musikklubb

Julesanger / Christmas Carols



These traditional Norwegian Christmas tunes set the mood for your holiday festivities.

[Listen Here](#)

Click on the underlined link



KID'S PAGES

Julekurver—Christmas baskets were used for gifts

Today, woven Christmas baskets are just used for decorating the tree. But originally they were meant to be used.

Years ago, Christmas presents hung in baskets on the Christmas tree. We still hang up the woven decorations. The history of the Christmas basket begins with the Christmas tree, says Beate Lindseth. She has written the book “Julekurver” (Christmas Baskets).

“The Christmas tree is a German tradition from the 15th century. In the beginning, the tree was a gift tree. Unwrapped cakes, sweets and gifts were hung on the tree. Eventually, cakes and sweets were placed in paper cornets and baskets,” she tells Klar Tale. There are still many who do this.

In the 19th century, the Christmas tree came to Norway. Eventually, it became common to place the gifts under the tree instead. But we have kept the Christmas baskets as ornaments.

“Especially in Scandinavia, we have a tradition of making homemade Christmas tree decorations. In other countries, people started buying ornaments instead,” Lindseth says.

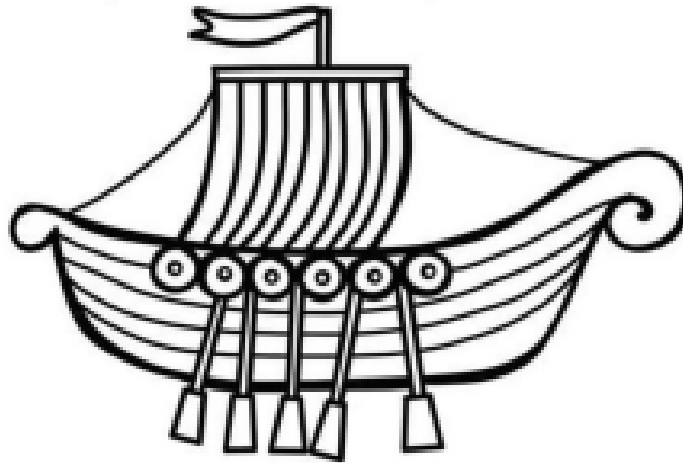


Today, the heart-shaped Christmas basket with a chess pattern is the best known. But the earliest we have in our care are from the 1860s,” says Lindseth.

“Earlier, they had other types of baskets. They've almost died off now. In Denmark, they have always had many different patterns in their baskets. They use a lot of symbols at Christmas. Like stars and angels,” she says.

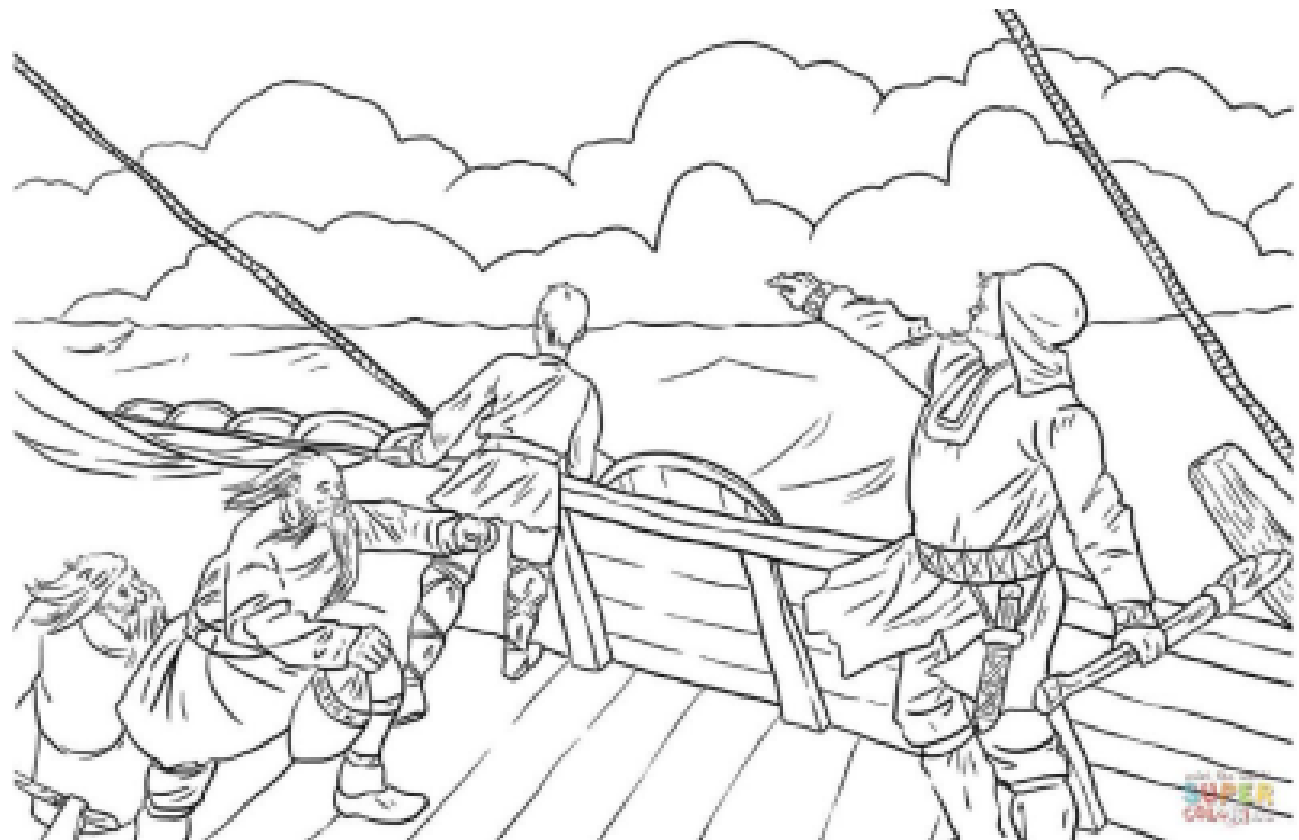
Do you want to learn how to make Christmas baskets? This YouTube video shows you how: <https://www.youtube.com/watch?v=o5Jc0fXBJac>

© 123 Homeschool 4 Me



Vikings used longboats, to sail around the world in search of riches. With both sails and oars, these boats were able to sail well in both shallow water and in the ocean.

The carved animal heads on the front of them were designed to put fear into the people of the land they were raiding.





Fjellaldalen Lodge #6-162

Highlands Ranch, Colorado



SPESIELLE INTERESSEGRUPPER

Fjellaldalen 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.



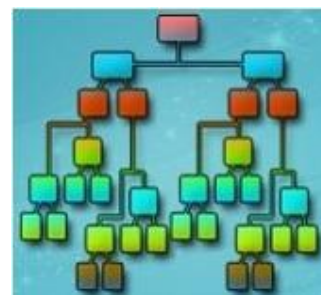
- ◆ Håndverker: Craft group get togethers. Meet to learn new crafts as well as work on your own projects and share ideas! Some meetings may be by Zoom. Contact Crystal—cjsun@siligrips.com for more information.

- ◆ 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 January-February 2022 newsletter comes out the last week of December.
All items for the next newsletter must be submitted by:

December 15th, 2021

Submit to Tony Hjelmstad at tony@norsky.net

