

Fjelldalen's NYTT



"Mountain Valley"



SONS of NORWAY

Fjelldalen Lodge #6-162

Highlands Ranch, Colorado

March—April 2023

Volume 28, Issue 2

Christ Lutheran Church
8997 S. Broadway, Highlands Ranch

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

<https://www.facebook.com/fjelldalen.lodge.3/>

March 2023

- 4 9:30 Genealogy—Zoom Meeting
Histreg.no versus DigitalArkivet.no
- 11 12:00 Potluck and Lodge Meeting
Open Face Sandwiches
Bring sides and desserts
- 25 6:30 Board Meeting—Join via Zoom

April 2023

- 1 9:30 Genealogy—Zoom Meeting
Was Your Ancestor a Witch!
- 8 12:00 Potluck and Lodge Meeting
Norwegian Soups,
Bring Sides and desserts
Talk on traditions
- 28 6:30 Board Meeting—Join via Zoom

May 2023

- 6 9:30 Genealogy—Zoom Meeting
Year-end Roundup
- 20 12:00 Syttende Mai
Fjellborg Vikings !!!
See Flyer
- 30 6:30 Board Meeting—Join via Zoom

Nov 2023

- 11 TBD Lutefisk Dinner

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About Us

The mission of Sons of Norway is to promote and to preserve the heritage and culture of Norway, to celebrate our relationship with other Nordic Countries, and provide quality insurance and financial products to our members.



Fjellaldalen Lodge #6-162
Highlands Ranch, Colorado



**SONS of
NORWAY**

<https://www.fjellaldalen.com/> <https://www.facebook.com/fjellaldalen.lodge.3/>

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



- **11 March 2023—Potluck at Noon, Lodge Meeting at 1:00**
Bring a side or dessert for the potluck. We'll learn to make Open Face Sandwiches.
- **11 April 2023—Potluck at Noon, Lodge Meeting at 1:00**
Bring a side or dessert for the noon potluck. Norwegian soups and recipes.
We'll have a talk on Norwegian Traditions.
- **20 May 2023—12:00—Sterne Park Main Shelter**
Syttende Mai Celebration—food, games, fun—
we might have the Fjellborg Vikings!



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



- March 4th— <https://Histreg.no> versus <https://www.DigitalArkivet.no>
 - April 1st— Was your Norwegian Ancestor a Witch!
 - May 6th—Year-end Roundup
- 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>



Community Rewards

King Soopers donations account 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.**



Fjellaldalen Lodge #6-162

Highlands Ranch, Colorado



SONS of NORWAY

President's Greeting

Greetings Friends!

Spring in Colorado is absolutely gorgeous with blooming wildflowers, green landscapes, and plenty of warm days. Weather can be quite unpredictable all the way until the end of May, however.

Spring in Norway is probably the hardest season to define. From March to May, the days get longer and the weather gets warmer all over the country.

Spring is all about new beginnings and transformations. Thank you all very much for this exciting opportunity to serve you as your new President of Fjellaldalen Lodge. I am grateful for the support of our Board of Directors and the chance to work with all these fantastic people! Also, a big 'Tusen Takk!' to Bev for doing such a nice induction ceremony for us at our January meeting.

One of my first official acts as your new President was to attend The Annual All Colorado Lodges Conference and Leadership Workshop on January 28th. This meeting was organized and facilitated by our District Six Director, Diane Molter, and hosted at Trollheim Lodge in Lakewood. This was a perfect chance to network with our other Colorado Lodge friends and I finally got to use my new Presidential business cards!

At this conference, I received some great information and ideas to reinforce what Pam and I learned last June in Mesa, AZ attending our District Six Convention. One of the topics that was stressed in both meetings was the setting of goals for our Lodge. And in our next Board of Directors meeting on 2/28, we will be starting to have discussions focused around this subject. As Bill Copeland, an American Historian, Poet, and Author once said, "The trouble with not having a goal is that you can spend your life running up and down the field and never score." You will hear me report to you all in our future meetings on the SMART (**S**pecific, **M**easurable, **A**chievable, **R**elevant, **T**ime-bound) Goals that we come up with in these discussions. You are always more than welcome to join any BoD meeting and listen in for the latest news.

We all had a lot of fun at our Lodge "field-trip" to Lansdowne Arms pub & restaurant for our February meeting. This change of venue was due to a date conflict at CLC and was unavoidable. However, I think that it is fun to occasionally break-out of our routine and I hope that you all had as much fun as I did at this event!

In March (3/11), we will once again be back at CLC for the much requested return of our Open Faced Sandwich event. Come and build your own Norwegian style sandwich and spend some time with old and new friends. Our Lodge will supply all you need to craft your own sandwich... we'll even have real Norwegians standing-by to assist you! Please bring a potluck side-dish or dessert to enhance this tasty lunch-time event.

April (4/8) – Soup & Norwegian Food Traditions. Bring your favorite homemade Norwegian inspired soup to share. Also, please bring recipe cards and be prepared to tell us about your soup creation!

Please communicate with me and share your thoughts and ideas for our Lodge. I value your input very much and you can find my contact details below in this newsletter.

Finally, please feel free to invite your family and friends to our Lodge events and spread-the-word to keep our Lodge vibrant and growing.

Skål!

Kris



Fjelldalen Lodge #6-162
Highlands Ranch, Colorado



**SONS of
NORWAY**



The Sunshine Troll

Please call or send cards to our friends in need:

- Lloyd is recovering after a hospital stay

Please make sure you contact any of the following—

Marylee Hagen—mlhtutor@aol.com

Don Speas—publicity@Fjelldalen.com

Tony Hjelmstad—Editor@fjelldalen.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.



The May—June 2023 newsletter comes out the last week of April.

All items for the next newsletter must be submitted by:
April 15th, 2022

Submit to Tony Hjelmstad at tony@norsky.net





Fjellaldalen Lodge #6-162 Highlands Ranch, Colorado



SONS of NORWAY

Fjellaldalen News



Officers are sworn in at the January Meeting



Kris listens as Kristina shows Norwegian and Viking artifacts

Members singing the National Anthems—the February meeting at the Lansdown Arms was a big success.





*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 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.



Fjelldalen Lodge #6-162 Highlands Ranch, Colorado



SONS of NORWAY

Celebrating 125 Years

1895-2020

Fjelldalen Lodge #6-162 Officers for 2023

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

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treasurer@fjelldalen.com

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Leslie Reingold

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rollydog15@gmail.com

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genealogy@fjelldalen.com

Musician: Jane Hoskinson 303-601-0398
janehoskinson67@gmail.com
Amy Martinson

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president@fjelldalen.com
Cyndee Ormsby

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publicity@fjelldalen.com

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karensue61@comcast.net
Ruth DeLattre

Foundation: Linda Ault 303-953-2716
lindaault@comcast.net

Historian & Photographer: Gayle Rodgers 303-929-0909
gaylerodgers@gmail.com
Cyndee Ormsby

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



President
Kris



Vice President
Kristina



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 2-15-2023

Financial Moment

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

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

For any long-term financial plan, it is important to work with a trusted financial professional to create a plan that fits your personal needs while protecting you and your family.

New To Sons of Norway?

Welcome! You're now a part of the fastest growing fraternal insurance company in the industry. To help you get acquainted, we've set up a helpful training library to get you ready to sell Sons of Norway products. Ready to get started?

[Start here](#)

[Learn about options available to you](#)



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



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

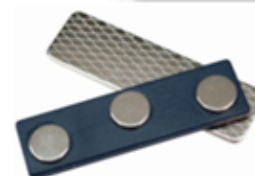
Fjelldalen Name Badges

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.



Magnet



Pin

Sons of Norway Web Site Feature

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

[News Releases | Sons of Norway](https://www.sofn.com/about_us/newsroom/news_releases/)

https://www.sofn.com/about_us/newsroom/news_releases/

Official announcements about Sons of Norway scholarship and grant winners, special events, and other topics in the news.

Welcome to our newsroom – where you'll find our latest news releases about scholarship and grant winners, and other timely Sons of Norway stories.

[Sons of Norway Names Christopher Pinkerton CEO](#)

[Sons of Norway Appoints Matt Roedel as National Sales Director](#)

[International Delegates Select Sons of Norway Leadership](#)

[Sons of Norway Appoints Oberg Chief Financial Officer](#)

[SON headquarters sale is finalized](#)

[CBRE Completes Sale of the Sons of Norway HQ Building and Land for Uptown Redevelopment Project](#)



Fjelldalen March— April 2023 Newsletter

2/20/2023

Birthdays: GM Golden Members!

Name	Mon	Day	Type
Anne-Marie Fanakra	3	2	
Lorraine Anderson	3	4	
Dawn Munson	3	4	
Marilyn Lyle	3	5	
Jim Beatty	3	7	
Richard Aspnes	3	8	
Molly Parrish	3	8	
Lindsay Appesland	3	11	
Kathryn Alvestad	3	17	
Ava Runung	3	18	HM
Conner Einarsen	3	22	HM
Linda Ault	3	24	
Jason Runung	3	27	
Fox Peterson	4	3	HM
Jane Hoskinson	4	12	
John Strachan	4	12	
Eivind Skildheim	4	19	
Bernice Hegge	4	21	GM
Frank Young	4	22	
Donna Krowen	4	23	
Anya Runung	4	25	HM
Nicole Green	4	26	
Gail Kettelson	4	28	
Carol Sue Toffoli	4	28	
Teri Hjelmstad	4	29	
Lloyd Newland	4	30	



Recent New Members

Val Ingram
David Speas



God påske! - Kris Bussell

Easter is one of the most important holidays in Norway. Despite being a very secular country, this holiday is an important part of Norwegian culture. Norway actually has the longest Easter holiday in the world! Norwegian shops and workplaces are closed over Maundy Thursday, Good Friday, Easter Sunday, and the Monday following Easter Sunday, Second Easter Day; schools are closed for the week leading up to Easter. Easter is a time for Norwegians to celebrate the last days of winter as well as the arrival of spring after a long period of cold and darkness. Most Norwegians associate the Easter holiday with a trip to their cabins. During this time of year most people head to the mountains with their families for a week of relaxation and celebration. Going to a cabin is a favorite pastime for many Norwegians and many people own their own cabins. Although if you don't have a family cabin, there are plenty to rent throughout the country as well. Cabin culture is a very important part of Norwegian culture as it allows families to escape the hustle and bustle of their everyday lives and get out into that gorgeous Norwegian nature and participate in the outdoor sport of the season: skiing, snowshoeing, hiking, climbing, swimming, kayaking, etc.



The outdoor sport of the Easter season is without a doubt, skiing! Before trading in skis for hiking boots, the Easter holiday presents itself as the last time to get in some good skiing before the endless days of summer are here. The country is filled with ample terrain suited for both cross-country and downhill adventures. Pack some oranges and Kvikk Lunsj (Norwegian chocolate bar) in your backpack and you're all set. And for those Norwegians who perhaps prefer the summer season over winter, the Easter break provides a nice time to take their boats out on the water or sunbathe in that glorious and welcome sun that has now returned!

Reading crime stories is a tradition unique to Norway during Easter. This tradition started in the early 1920s when two young men from Bergen decided to write a crime novel together. The two budding authors came up with an ingenious way to promote their book. They placed a front-page advertisement in the biggest national newspaper in Norway, Aftenposten. This ad was designed to look like an article with the headline the same as the book's title: The Bergen Train Hijacked Last Night. The rest of the "article" told parts of the story without revealing it was fictional except for one small line that revealed the truth. Many readers fell for the stunt and Aftenposten was inundated with inquiries on whether or not loved ones were accounted for. This marketing campaign was launched the day before Palm Sunday to coincide with its plot which took place during Easter. This provided the perfect activity to do over the Easter break and thus a tradition was born. Every year leading up to Easter you'll find crime novels on sale at the bookstores, small mysteries printed on milk cartons, and crime shows featured on television.

Months before Easter, Easter candy shows up in the shops along with beautifully decorated cardboard eggs in which to put all of the Easter goodies. Local grocery stores have discount wars on Easter candy trying to outdo one another and lure customers in. Marzipan is an incredibly popular Easter treat as well as oranges and the beloved Kvikk Lunsj candy bar (synonymous with Easter *and* being out on tur). Traditionally the main Easter meal consists of rakfisk (fermented trout), or lamb and vegetables. Eggs along with freshly baked goods are often the stars of Easter brunch. These bountiful feasts are often enjoyed around a table adorned with yellow candles and linens, the symbolic color of Easter in Norway.

God Påske, or Happy Easter!



Sons of Norway Foundation Scholarships

The Sons of Norway Foundation awards approximately 25 scholarships to promising students each year and promotes cultural exchange and support education to help students prepare the next generation of workers.

All scholarships are open for application from October 1 – **March 1**.

More Information [Scholarships | Sons of Norway](https://www.sofn.com/foundation/scholarships/) <https://www.sofn.com/foundation/scholarships/>

Apply Now <https://www.grantinterface.com/Home/Logon?urlkey=sofn>

Domestic Scholarships

- Astrid G. Cates Vocational Scholarship
- Dan and Betty Rude Scholarship
- King Olav V Norwegian-American Heritage Scholarship
- Myrtle Bein Hauer Fund (Membership required)
- Nancy Lorraine Kensen Memorial Scholarship Fund (Membership required)
- Orel and Marie Winjum Memorial Scholarship
- Bernt Anker Scholarship
- Sissel and Roger Espeland Memorial Scholarship Fund
- Elaine Nelson Scholarship (Membership required)

International Scholarships

- Douglas Warne—Rolf & Wnche Eng Scholarshi
- Helen Tronvold Norwegian Folk High School Scholarship (Membership required)
- Lund Fun Scholarship (Membership required)
- Oslo International Summer School Scholarship (Membership required)

District 6 Sons of Norway Scholarships

District Six offers up to 3, \$1,500 scholarships per year for students ages 16-23. These scholarships are available for students attending an accredited post-secondary school or training institution. The deadline for this scholarship is May 1, 2023

District Six offers a \$1000 scholarship to the Concordia Skogfjorden Language Camp. The deadline for this scholarship is **April 14, 2023**.

Applications are available on the District Six website at www.sofn6.org. Please send completed applications to c/o Luella Grangaard, PO Box 832, Morongo Valley, CA 92256 or e-mailed to moorongo2@verizon.net.

D6 Youth Half Camperships Available for District Six Members for 2023

The District provides ½ camperships to youth in our district for Camp Trollfjell ages 8-13 and Trollfjell Folkehøgskule_ages 14-17. Camp is held at the Recreation Center Camp Norge, Alta, CA. The amount of the half camperships for 2023 is half of the registration cost. The application form is available on the District Six Website. All applications must be received by **April 15, 2023**. Please send the applications to District Six Campership Committee c/o Luella Grangaard, PO Box 832, Morongo Valley, CA 92256 or e-mail to moorongo2@verizon.net

It is time to sign up for 2023 camp!!!

Matlagings Klubb Recipes—one for each month!

Fødselsdagskringle – Birthday Tea Ring

The perfect substitute for those who do not want a cake on their birthday. Also pleasing any-time a good delicacy is called for. You need to have a little room to prepare as the dough needs to be rolled out to a length of 34 inches. It will take 4 to 5 hours to raise twice.

Ingredients:

For the Dough

1 pkg. active dry yeast
1 Tbsp. water, lukewarm
2 eggs, slightly beaten
2 1/8 cups (300 g) flour
1/3 cup (50 g) sugar
1/4 tsp. salt
1 tsp. ground cardamom (preferably fresh)
7 oz. (200 g) unsalted room temperature butter

For the Filling

5 Tbsp. (75 g) butter
1/3 cup (50 g) sugar
1/2 cup (50 g) raisins
1/2 cup (50 g) citron, finely chopped
1/2 cup (50 g) almonds, chopped



Directions:

Step 1 Combine yeast and warm water in a small bowl. Let rest until the yeast dissolves and begins to foam (about 10 min). Gently beat in the eggs.

Step 2 Sift together the flour, sugar, salt and cardamom. Once well combined cut in the butter until the mixture resembles coarse meal. Mix in the eggs and work until you have a smooth elastic dough. Cover and let rise in a warm place until doubled.

Step 3 Before working with your dough prepare your filling. Whip together the butter and sugar until light and creamy. Cover and set aside in a cool space.

Step 4 Punch the dough down and turn it out onto a floured board. Knead dough, adding flour as needed to prevent sticking, until dough is soft and elastic. Roll out into a 6 x 34-inch (15 x 86 cm) ribbon.

Step 5 Spread the filling over the dough. Sprinkle with raisins, citron and almonds. Fold the long sides toward the center with the edges overlapping slightly.

Step 6 Form the dough into a kringle (or ring) shape on a large cookie sheet covered with parchment paper. Cover and let rise until doubled.

Step 7 Brush the surface with egg and sprinkle with sugar and sliced almonds.

Step 8 Bake in a 375°F (190°C) oven for 25 – 30 minutes, or until golden brown.

Source: Ekte Norsk Mat – Authentic Norwegian Cooking by Astrid Karlsen Scott



Raspeball—Norwegian Potato Dumplings

This traditional Norwegian dish is a perfect dish for the colder months of the year. These hearty dumplings also pair wonderfully with lamb meat, smoked sausage, or bacon.

Ingredients:

2 1/4 lb. shredded raw potatoes - Heaping 3 cups potatoes, peeled, cooked, mashed, then cooled
1 1/4 cup barley flour
2 tsp. salt

Directions:

1. Mix the shredded raw potatoes with the cold boiled mashed potatoes.
2. Add the barley flour and 1 teaspoon of the salt and mix.
3. Put on large saucepan of water to boil and add 1 teaspoon salt.
4. Form a round ball by using a tablespoon and your hand.
5. Place raspeballer gently into softly boiling water and let them simmer for about 45 minutes.
6. Serve the dumplings immediately.



Source: <https://www.foodnorway.com/norwegian-potato-dumplings-raspeball/>

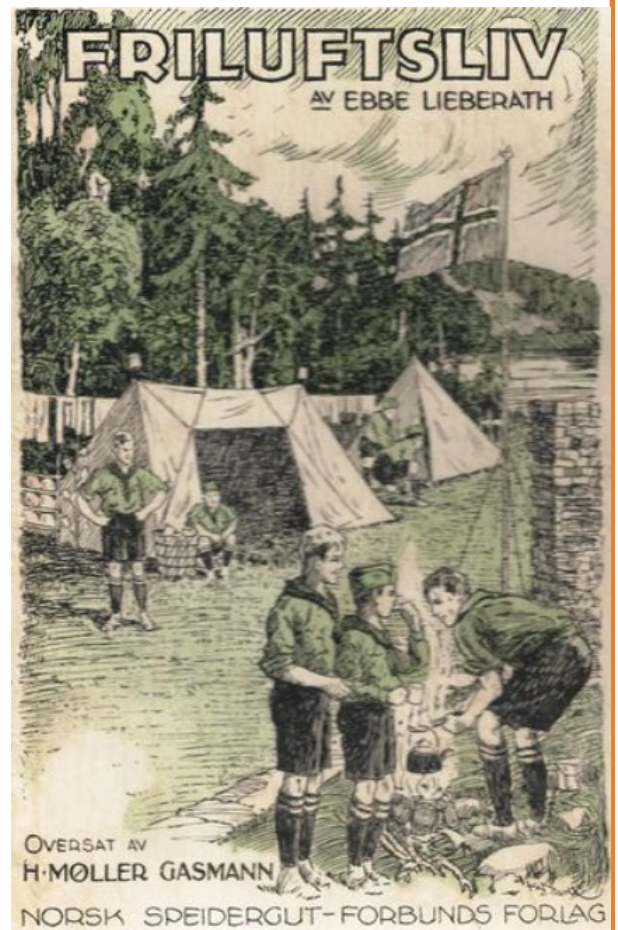
KID'S PAGES

Friluftsliv began February 1st. What Did you Do!

Friluftsliv lasts for the first 14 days of February! Did you do anything to experience friluftsliv (outdoor life) during February?

Did you

- ◆ watch a sunrise or sunset
- ◆ chop wood
- ◆ head to the dog park
- ◆ hike in a nature preserve, park or mountain trail
- ◆ go skiing, ice skating, cross country skiing, or snowshoeing
- ◆ and pack some classic Norwegian trail snacks, such as oranges and chocolate!



If you did, either have your parents or you post photos and anecdotes on Facebook, Twitter or Instagram with the hashtags #14dagerfriluftsliv #14daysoffriluftsliv #sonsofnorway. Encourage your friends and family to join in!

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



"Mountain Valley"

SYTTENDE MAI CELEBRATION

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



Saturday, May 20, 2023

12:00 noon to 5:00 pm

Parade Starts At 12:30

Hot Dog Line Opens After Parade

Donations of \$20 for adults, Children 12 and under \$5
Please RSVP to publicity@fjelldalen.com by May 15th, You
can send a check to Fjelldalen Lodge % Don Speas, 6392 S
Reed Way, Littleton CO 80123, or pay as you sign in,
or use "ZELLE" to treasurer@fjelldalen.com

Join us at Sterne Park, 2001 W Shepperd Ave, Littleton CO
80120 (South Shelter). Go South on Bemis St off
Littleton Blvd to Shepperd Ave, turn East. Look for the
Norwegian Flag and Fjelldalen's canopy.

Bring your lawn chairs so we won't be crowded.

Please RSVP to publicity@fjelldalen.com so we have
a good count on how much FOOD to get!!!!

Menu

Pølser

(Hot Dogs)

Lefse

(Smoked Salmon)

Potetsalat

(Potato Salad)

Syltet sild

(Pickled Herring)

Geitost

(Goat Cheese)

knekkebrød

(crispbread)

Hjerte Vaffer

(Heart Waffles)

Tyttebær

(Lingonberries)

Iskrem kjegler

(Ice Cream Cones)

Kaffe

(Coffee)

Limonade

(Lemonade)



Syttende Mai Celebration RSVP

Saturday May 20, 2023 at 12:00



Name: _____ Phone: _____

Address: _____

City/State/Zip: _____ Email: _____

of Adults @ \$20.00 ea. ____ # of Children @ \$5.00 ea. ____ Total Enclosed \$ _____

RSVP by May 15, 2023 Please make checks payable to; **Fjelldalen Lodge**
Or "ZELLE" to treasurer@fjelldalen.com



**REGISTER
STARTING
FEB. 1ST**

SONS OF NORWAY CAMP TROLLFJELL & FOLKHØGSKULE AT CAMP NORGE



**FOLKHØGSKULE
JUNE 25-JULY 8
AGES 14-17**

Family Transition Weekend
July 7 - 9
Come with your family!

**TROLLFJELL
JULY 9 - 21
AGES 8-13**



CAMP NORGE | ALTA, CA

Norwegian Language | Folk Dancing | Rosemaling
Cooking | Hiking | Games & Sports | And a Lot More...

**For more info:
Website: sofn6.org/arv/
Facebook: Trollfjell
Instagram: trollfjellsofn**

