

# SONS of NORWAY

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

*"Mountain Valley"*



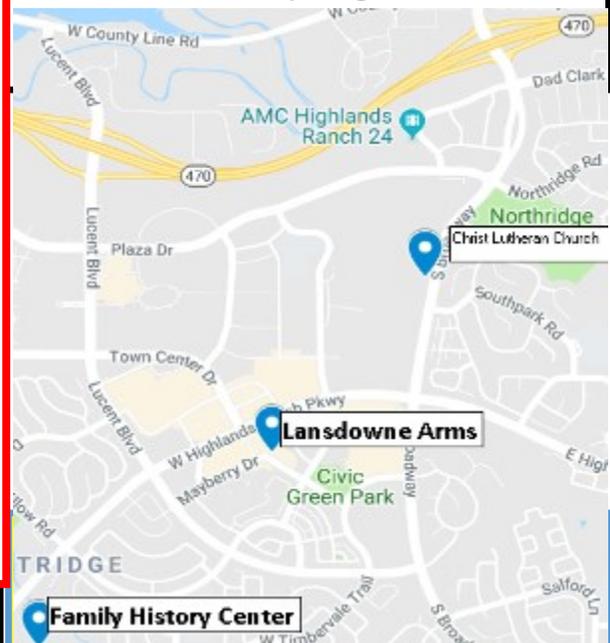
## About Us

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's NYTT

Volume 24 Issue 3, May—June 2019

Christ Lutheran Church  
8997 S. Broadway, Highlands Ranch



## New Members

**Jane Hoskinson**  
**Keith Bowers**  
**Lee Corns**

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## Coming Up

### May

4	10:00	Genealogy—Other ways in
	1:00 pm	Lefse Demonstration and Everyone gets to cook!
19	Noon	<b>Syttende Mai Celebration</b> Sterne Park South Shelter
28	6:30	Board Meeting Lone Tree Library

### June

1		Genealogy—NO MEETING
	Noon	Pot Luck
	1:00	Meeting Norseman of the Rockies Eldon Hallingstad <b>NO Board Meeting</b>

### August

**3 Lodge Picnic**

### October

5	1:00	<b>Lutefisk Dinner</b>
	4:00	Two seatings



## Syttende Mai 2019: Let the Celebrations Begin

It's time to strike up the band, wave the flag and display Norwegian pride as Syttende Mai festivities take place on May 17 in hundreds of cities in Norway, North America and the world. Parades will be organized and draw thousands of participants; copious amounts of ice cream will be consumed; and bunads will abound in a swirl of color and activity.

Children figure prominently in the events, especially in leading the parades. Initially, dating back to 1869, only boys were allowed to march. The girls' participation was not far behind – within 20 years they, too, enjoyed waving their flags as the parades wove through the streets of Norway and beyond.

Grilled sausage, Wienerpølser (wiener sausage) and regular hot dogs are so popular on May 17 that retail grocers have reported a huge bump in sales on the holiday. "Eat what you like" is the mantra for the day, and indulging in that manner is a big part of the celebrations.



See the Flyer about how Fjell dalen will celebrate at the end of the newsletter!

Enjoy the day, no matter how you choose to celebrate. Happy Syttende Mai to all!

### *The Value of Membership*



How do You Celebrate Your Heritage each May? Do you display the Norwegian flag? Perhaps you take part in a Syttende Mai parade or dinner? It's easy to enjoy your heritage year-round by participating in the Cultural Skills program. With 14 topics to explore, there is something for everyone. You can even earn pins as you master each topic.

See the lodge Cultural Director or email [culturalskills@sofn.com](mailto:culturalskills@sofn.com) for more information.



### SPESIELLE INTERESSEGRUPPER

Fjell dalen 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. Come together to socialize while learning and speaking Norwegian! All are invited and with any level/ability to speak.



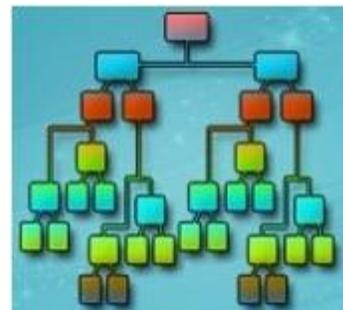
- ◆ Håndverker: Craft group get togethers. Meet to learn new crafts as well as work on your own projects and share ideas! This group needs a leader and/or someone willing to host the group.

- ◆ 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.



- ◆ Matlagings Klubb: The cooking group meets once a month and eats their results! This group meets in a volunteer's home on the afternoon of a 3rd or 4th Friday and cooks or bakes a Norwegian delicacy. Everyone brings things to go in or with the recipe and they all enjoy the companionship. Open to all levels of talent. Contact Lise—mark\_and\_lise@yahoo.com or Donita—donitanorsk@gmail.com

- ◆ Slektforskningklubb: The Genealogy group meets at the Church at 10:00 am on the morning before a lodge meeting. 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. Contact Tony Hjelmstad—tony@norsky.net



To join a group, contact Donita or any Board member. Donita—  
donitanorsk@gmail.com

The July-August 2019 newsletter comes out the last week of April. All items for the next newsletter must be submitted by

**June 15th.**

Submit to Tony Hjelmstad at  
tony@norsky.net.



## *This Month's SofN Web Site Feature*

### Save with Sons of Norway!

Your Sons of Norway membership is your ticket to savings on a wide spectrum of goods and services. Check out the list of discounts below to see how you can start saving today. Need assistance? Call 800-945-8851

#### PerkSpot

By visiting Sons of Norway's exclusive [PerkSpot portal](#) you can start saving today on products and services, like travel, clothing, food, entertainment and electronics. But that's not all! Every month new discounts are added to enhance the benefit and, once you create your account, the discounts you see will be tailored to the area in which you live!

#### Films of Norway

Films of Norway offers Norwegian movies and TV series via an internet streaming service for a monthly subscription rate. Enjoy full length films, documentaries, children's programming, food/cooking shows and much more. New titles are added to the selection of available offerings every week. A one week free trial is available.

Sons of Norway members in the United States qualify for 25% off the regular monthly subscription rate when using the **discount code SON2017** on the [Films of Norway website](#).

#### Also

AVIS and Budget Car Rental  
Best Western  
Borton Overseas  
Carlson Hotels  
Icelandair

### Birthdays:

#### May

- 1 Karoline LeBlanc
- 9 Amber Quilling
- 15 Guy Duncan
- Sara Hosteter*
- 19 *Barbara Timmer*
- 22 Tony Hjelmstad
- 26 Nathaniel Einarsen
- 28 Lise LeBlanc
- Candy Westerman

#### June

- 1 Sharon Wilkins-Young
- 2 Daryl Einarsen
- 7 *Quinlyn Finnegan*
- 14 *Jace Youngblood*
- 16 *Aidan Finnegan*
- 18 Linda Svege
- 21 Helen Mulhern
- 27 Peter Jorgensen
- 29 Eric Allert

And a wonderful upcoming year to one and all of our *Birthday Celebrants*

Names in Gold are Golden Members!



Names in Red are Life Members!  
Names in Italics are Heritage or Unga Venner Members!



**TUBFRIM**  
NO-3540 NESBYEN - NORGE



Arlee Lee, secretary of the American Legion #1771 Auxillary in Lafayette, CO, has come thru again with 9,651 stamps for Tubfrim. They have ladies through out the U.S. and in Colorado sending stamps to them and they in send them on to us. In the last 5 years they have sent us 63,417 stamps. With their help we have sent 60 pounds of stamps to Norway in the last 5 years. A good friend of Lloyds (now deceased) also provided over 100 envelopes with stamps which were over 40 years old (1909 and later). These were sent to Norway with stamps attached in our Nov, 2018 mailing.

Tubfrim winner announced

Sons of Norway is very excited to announce that Trollheim 1-511 in St. Cloud, MN is the winner of the Tubfrim drawing to give away a ticket to Norway, worth up to \$1,000. Their postcard was drawn from among 876 cards. With one card for every pound of stamps sent to Norway, that means that Sons of Norway sent at least 876 pounds or approximately 1,314,000 stamps to Tubfrim in 2018. During this past year, 73 lodges participated in the program.

Collect stamps and give or send to Lloyd Newland, Special Activities.

**NEW RULES** For King Soopers Community Rewards.

The Fjelldalen gift card that you reload will no longer be active.

1. Go to [www.kingsoopers.com](http://www.kingsoopers.com)
2. Select Welcome Sign in (upper right)
3. Select 'My Account' from the drop-down menu, right under sign in.  
(If you don't have a King Soopers account, create one.)
4. Enter your email and password
5. Click on Community Rewards (left side)
6. Under "find an organization" enter: The code TI915. (That's capital T, capital I, numbers 915)
7. When "Sons of Norway, Fjelldalen Lodge" comes up – select Enroll



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

***The Sunshine Troll*** Contact Donna Newland (303-973-8097 / aahhhco@gmail.com) and about any Member who needs some tender greetings from Fjelldalen Lodge!

Trollheim past-President John Neverdahl has head injuries from a fall and septicemia. He can't take phone calls, but send best wishes to John Neverdahl, 12379 E Iowa Dr; Aurora, CO 80012-5307.



## Recipe of the Month—Knettnasuppen—from Ed Eskelson

24 fishballs (if using canned drain the brine off.)  
3 Tbsp soft butter  
6 Tbsp flour  
2 to 3 sliced carrots  
4 oz. green peas  
10 to 20 pitted prunes chopped  
Up to 1 quart of unsalted or low salt chicken stock



Mix the butter with the flour. Set aside.

Place the fishballs in a crock pot or slow cooker along with the carrots and peas. Mix in the butter flour mix. Mix in the rest of the ingredients. Put slow cooker on LOW heat. For the first hour, stir every fifteen minutes or so. Finally, leave the slow cooker on LOW for another 6 to 7 hours. If you want a sweet and sour taste add a bit of Balsamic vinegar. Do not put additional salt in, except to taste and after the first hour of cooking. The fishballs have sufficient salt in them.

Healthy servings for six as a soup, four as the main dish.

### Mr. Gilbert Flores awarded the Norwegian Commemorative Medal and King Harold V Medal

On March 10, I had the honor of presenting a 100 year old veteran, Mr. Gilbert Flores a Norwegian Commemorative Medal and King Harold V Medal. Mr. Flores was part of the 474th Infantry regiment sent to Norway in 1945 for the liberation of Norway. Mr. Flores told me that he was sent to Drummond and transported German war prisoners back to Germany.



Agnes Omholt was so touched to tell Mr. Flores that she was a little girl when he walked up the street in Oslo, and she remembers the step she was standing on at the City Building. Mr. Flores responded, "That's awesome"! This was a very special time and a beautiful ceremony.

Fraternally,  
Bev Moe  
District Six, Zone 8 Director

### 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

[Use Our Calculators](#)

Kendall Kjerstad

Financial Benefits Counselor 605 939-1714 kjerstadkendall@yahoo.com

# Norwegian Lag Week

March 1 to March 7, 2020

February 7 to February 13, 2021

Norwegian Lag Week is a time when persons interested in Norwegian genealogy meet together in Salt Lake City at the Family History Library to research and learn together. We work diligently to plan some special classes about Norwegian research and new developments to help with our research. There is time available for research and also time to learn together. Sunday evening our group gathers at the hotel to get acquainted so we can help each other at the library to make the experience more meaningful. Lag week follows a major genealogy/technology conference called Roots Tech.

If you are planning to attend the Norwegian Lag Week, please let us know as it helps with planning our events. Last year we had an enthusiastic group and several are returning this year. Direct questions and whether you will be attending the Salt Lake City, Norwegian Lag Week to Marilyn Sorensen, e-mail to [rddlagen@usfamily.net](mailto:rddlagen@usfamily.net) or Ginny Wegenast at [vjwegenast@comcast.net](mailto:vjwegenast@comcast.net). We need to know for space planning purposes.

Our FaceBook group is managed by Steve Hall ([shall3307@gmail.com](mailto:shall3307@gmail.com)). Currently there are 51 members which anyone may request to join. The title is Norwegian SLC Annual Lag Week Group and the link is: <https://www.facebook.com/groups/245268492220695> You may post photos, files, events, successes and goals. Join us and

## WHAT IS A BYGDELAG?

Bygdelag are organizations comprised of descendants of emigrants from Norway to North America. Every "Lag" seeks to preserve and strengthen bonds with its home district or community-of-origin in Norway.

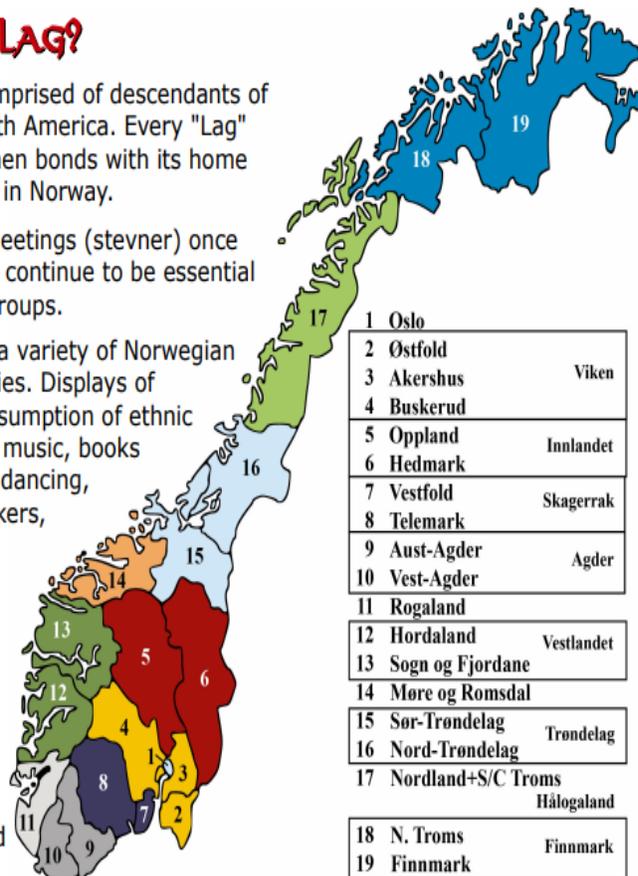
Because groups usually hold meetings (stevner) once each summer, Lag publications continue to be essential communication tools in most groups.

Stevne programs may feature a variety of Norwegian cultural and educational activities. Displays of Norwegian arts and crafts, consumption of ethnic foods, choral and instrumental music, books and readings, fiddlers and folk dancing, genealogy classes, noted speakers, video tapes, and Norwegian language in signs, songs or speech may be used.

Fun and fellowship-as well as help in tracing your ancestry and re-establishing contact with relatives is possible.

To see if there is an established lag for the area your ancestors emigrated from.

Visit the map at <http://www.fellesraad.com/agder.htm> to



**Deadlines are approaching!!!!**

## Scholarship Opportunities for District Six Youth

District Six offers up to 3 \$1,000 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, 2019.

District six offers a \$1000 scholarship to the Concordia Skogfjorden Language Camp. The deadline for this scholarship is April 14, 2019.

Applications are available on the District Six website at [www.sofn6.org](http://www.sofn6.org).

In addition there are many scholarships offered by the Sons of Norway Foundation at [www.sofn.com](http://www.sofn.com).

Please take advantage of this District Six Member opportunity.

## From the Sons Of Norway Office . . .

Thank you to all lodge and district secretaries who worked so hard to submit the new officer rosters for 2019. A vast majority of lodges submitted their information before the deadline and a record 80% of those reporting did it through the website, [www.sonsofnorway.com](http://www.sonsofnorway.com).



Bev thought to combine St. Patrick's Day and the March Lodge Meeting!

Enjoying Lunch at the Lansdowne Arms were Donna, Agnes, Arne, Lloyd, and Bev.



Tony ran the Scandinavian Room at the Highlands Ranch Genealogy Society International Night.



The Matlagings Klubb made Norska köttbullar.

Planning the next step were Donita, Amber, Andrea, Linda, and Rick.

Of course, dinner came after!



The table is loaded for our soppotluck!!

Everyone enjoyed the nice soups, breads, and accompaniments.



Ron Taylor—the Celtic Carver—from Trollheim Lodge gave a program on wood chipping and carving. He brought many nice examples.



# Fjelldalen Lodge #6-162 Officers for 2019

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

**Vice-President:** Crystal Sundet 720-283-8592  
cjsun@sillgrips.com

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teri@norsky.net

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**Cultural Director:**

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**Social Director:** Marilyn Speas 303-973-2158  
marilynspeas@hotmail.com

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

**Social Committee:** Linda Ault 303-953-2716  
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Leslie Reingold 303-388-1909  
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Guy Duncan 720-254-7594  
rollydog15@gmail.com

**Genealogy:** Tony Hjelmstad 303-771-1428  
tony@norsky.net

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

**Musician:** Teri Hjelmstad 303-771-1428  
teri@norsky.net

## **Cultural Skills & Sports**

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tony@norsky.net

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donspeas@hotmail.com

**Historian:** Gayle Rodgers 303-929-0909  
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aahhhco@gmail.com

**Language:** Eldon Halingsstad 303-988-9349  
ehalingsstad@yahoo.com

**Sunshine:** Donna Newland 303-973-8097  
aahhhco@gmail.com

**Youth & Sports Directors:** Guy Duncan 720-254-7594  
rollydog15@gmail.com  
Dan Schauer 303-795-2255  
bablan1@q.com

**Extra Activities:** Dan Schauer 303-795-2255  
bablan1@q.com

## **DISTRICT 6 OFFICERS**

**District Six President:** Luella Grangaard [president@sofn6.org](mailto:president@sofn6.org)

**International Director:** Mary Beth Ingvaldstad [internationaldirector@sofn6.org](mailto:internationaldirector@sofn6.org)

**Zone 8 Director:** Beverly (Bev) Moe 720-746-9755 [bevm259@comcast.net](mailto:bevm259@comcast.net)

**Financial Benefits Counselor:** Kendall Kjerstad 605-939-1714 [kjerstadkendall@yahoo.com](mailto:kjerstadkendall@yahoo.com)

*Sons of Norway*  
*Fjellaldalen Lodge #6-162*  
*Denver, Colorado*



"Mountain Valley"

**Menu**

- Hot Dogs*
- Lefse*
- Potato Salad*
- Smoked Salmon*
- Pickled Herring*
- Goat Cheese*
- Leksands Knäckebröd*  
(crispbread)
- Vafler (Heart Waffles)*
- Lingonberries*
- Ice Cream Cones*
- Coffee - Lemonade*

# SYTTENDE MAI CELEBRATION

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



**Sunday, May 19, 2019**

12:00 noon to 5:00 pm

**Parade Starts At 12:30**

**Hot Dog Line Opens At 1:00**

Donations of \$10 for adults (pay as you come in)  
 Children 12 and under \$5

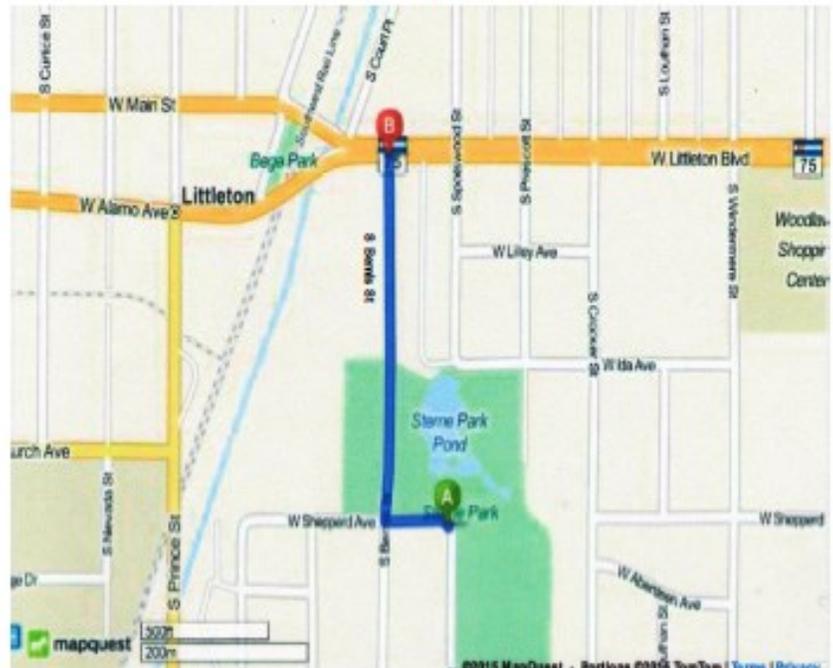
Bring your family and friends to help us celebrate **Syttende Mai**, a family event with many wearing Norwegian **Bunads**, a parade throughout the park, a smorgasbord of traditional festive foods, games for all and a time to celebrate our Norwegian heritage. The children are a vital part of the celebration; we appreciate and encourage their participation. Please mark your calendar and join the Fjellaldalen Lodge for a good family time. Call Marilyn Speas 303-973-2158 for further information.

Join us at **Sterne Park** (South Shelter), Littleton. Go South on Bemis St off Littleton Blvd to Shepperd Ave, turn East to parking lot. Look for the **Norwegian Flag** and Fjellaldalen's canopy.

**Kids Activities**



**Sterne Park, 2000 W Shepperd Ave, Littleton CO**



**COFFEE**



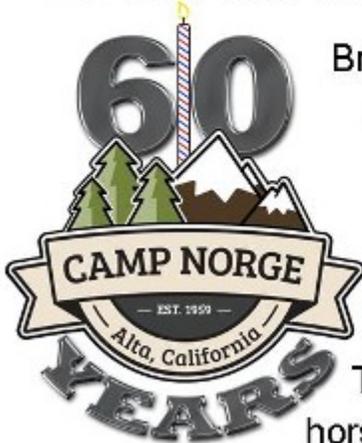


# Celebrate Memorial Day at Camp Norge

May 25, 26 and 27th, 2019

The Camp Norge Board invites you to **Camp Norge** for a fun and relaxing three-day camping experience at your own recreation center, our "*Jewel of the Sierras.*" Come celebrate this true American Holiday with us. There are a variety of fun activities for everyone to enjoy!

- ♥ Our annual **Field Trip** on Saturday is the perfect way to begin the weekend!
- ♥ **Cocktail Party and Wine Tasting** Saturday
- ♥ **Family Movie Night** Saturday night
- ♥ Scenic and energizing **Hike** on Sunday
- ♥ Annual **Meatball Cook-off** and **Aquavit Tasting**
- ♥ Plus craft workshops and more!



Bring your tent or RV or **call Camp to reserve a room at (530)389-2508**. Not familiar with the rooms or want to learn more? Click on ⇒ [www.campnorge.org](http://www.campnorge.org)

**Delicious meals** will be provided for the weekend and served in the Heritage Hall. **See page 2 for details.** The usual amenities will be available: swimming pool, horseshoe pits, games, hiking trails and more!

**We expect another big crowd this year so call and reserve early!**

