



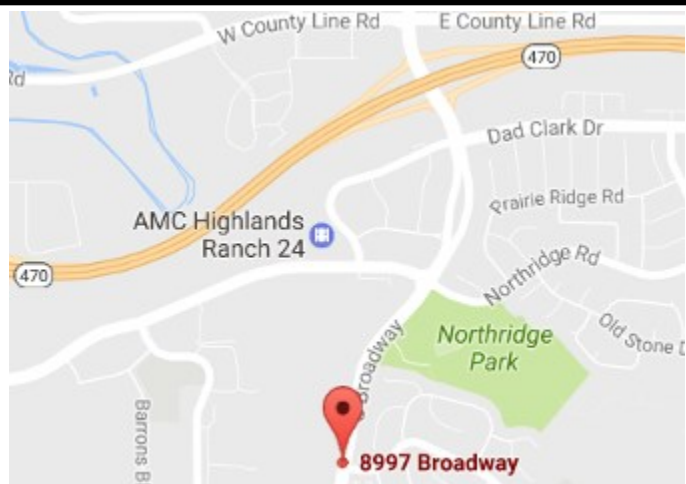
Fjelldalen's NYTT Fjelldalen Lodge 6-162

*Sons of Norway Highlands Ranch, CO
2018 Volume 23 Issue 2, March–April*

We meet at 1 pm on the 1st Saturday of the month.
When we have Potlucks, we start at Noon!

Always check our website for the latest information!

Fjelldalen Lodge 6-162
Sons of Norway International
Christ Lutheran Church
8997 S Broadway
Highlands Ranch, CO 80129
www.fjelldalen.com



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Coming Up

March

03	10:00	Genealogy How to get Immigrations Records Roadblock help
	12:00	Soup Potluck
	1:00	Meeting Magnificent Norway Marylee Hagen
27	6:30	Board Meeting Englewood Library

April

07	10:00	Genealogy ISTG Roadblock help
	1:00	Meeting Norway's Hurtigruten Marilyn Elrod
27	6:30	Board Meeting Englewood Library

May

20	Noon	Syttende Mai Sterne Park
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Fjelldalen's NYTT

Fjelldalen Lodge 6-162

Sons of Norway Highlands Ranch, CO

President's Message

From your President

I am honored to be your president for 2018. Thank you very much for your confidence. The year is starting out slowly for me as i am scheduled for one or two hip replacements this spring. I hope you can bear with me and hopefully I will recover quickly and get back up to speed. Many thanks to all of you that volunteered to be officers or serve on the various Lodge committees. The willingness to help is what makes a successful Lodge.

The February meeting was very interesting. Many thanks to Tony Hjelmstad for a very informative and interesting talk on the Norwegian immigration to the US, why they came and where they settled. With this great start, I am really looking forward to future programs.

One of our first tasks on this years calendar is to select our Lodge 's representatives to this years District 6 Convention. The Convention will be held at the Graton Resort and Casino in Rohnert Park. This is in the vineyard area in Sonoma County. There will be many opportunities to sample their products and maybe strike it rich at the casino! The dates for the convention is June 10 to June 14. If you want to go, contact me.

We had the annual Leadership workshop at the end of January. it was very informative and we all learned a lot. Thank you Bev for arranging it. Barneløpet is now behind us. I am sure it was a great success as usual. Other events are appearing one after the other this spring. The 17 mai celebration on May 20 will be at the north pavilion in Sterne Park. More of that later.

Newsletter Awards. The District has changed the format and is now calling it Communication Awards. It is now a lodge award and not one for the editors. We will put together an entry that will highlight our great newsletter and point out how it is meeting and exceeding the award's specifications. The entries must be submitted by May 1 and the awards will be given out at the convention in June.

I hope that all of you will be at the next general meeting.

Sincerely, Erik

This Month's Featured Benefit

Cultural Programming

One of the best benefits of membership is right here, and completely free of charge: it's our vast collection of cultural skills and resources. It's easier than ever to explore a topic on your own or find a program for a group at your lodge. Just look at everything that's waiting for you:

Recipe Box – Tickle your taste buds with one of our featured recipes, or just find a new favorite in our recipe box.

Family Matters – When it comes to the future of Sons of Norway, we can't think of a more vital resource than our own young people. Getting our youth engaged in Norwegian heritage and interested in all of its cultural aspects is a mission that always inspires us.

Language Lessons - Simple and easy-to-use, our online audio language lessons help you learn Norwegian at your own pace.

Norwegian for Reading Comprehension - Learning Norwegian is never easy, however, especially for adult learners who may not have access to university extension programs. Even those who are lucky enough to study in a classroom often find that their instruction in modern standard Norwegian is not always useful for understanding older documents or texts written in the minority language form.

Idea Bank - Strong programming is a key to success for lodges. Not only does offering a variety of fun and informative programs positively impact on your lodge recruitment and retention efforts, it can also be a great community awareness tool.

Information Bank - What exactly is a bunad and how did it come to be Norway's national costume? What is Syttende Mai and how is it celebrated today? What are some of the most popular Norwegian names, and what do they mean?

Cultural Skills Program - Downloadable pdfs provide a framework for learning about traditional and contemporary Norwegian cultural skills, including rosemaling, folk dancing, cooking and literature.

Genealogy Guide - Click to download a 15-page pdf prepared especially by Sons of Norway to guide members in researching their genealogy.

Sports Medal Program - Find out how our very unique Sports Medal program rewards members and lodges for maintaining an active life.

Viking Magazine - Browse current and archived issues of our award-winning, monthly publication focused on traditional and modern Norway and related topics.

2018—Birthdays:

March

4 **Lorraine ANDERSON**
Samantha KELLY
5 **Marilyn LYLE**
8 **Richard ASPNES**

April

3 **Gary DeFRIES**
4 *Madison Rae CROWLEY*
23 **Donna KROWEN**
24 **Arvid BREKKE**
26 **Barbara ROBB**
28 **Carol Sue TOFFOLI**
Gail KETTELSON
29 **Teri HJELMSTAD**
30 **Lloyd NEWLAND**

And a wonderful upcoming year to one
and all of our

Birthday Celebrants



Names in Italics are Heritage or Unga Venner
Members

!

Fjelldalen Lodge #6-162 Officers for 2018

President: Erik Collett 720-459-1812
erikcollett@yahoo.com

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

Publicity: Don Speas 303-973-2158
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Sunshine: Donna Newland 303-973-8097
aahhhco@gmail.com

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DISTRICT 6 OFFICERS

District Six President: Mary Beth Ingvaldstad president@sofn6.org

International Director: Roger Espeland internationaldirector@sofn6.org

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

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



Designed by Ibrandify / Freepik

The May-June newsletter comes out the last week of April. All items for the next newsletter must be submitted by *April 15th*.

Submit to Tony Hjelmstad at

tony@norsky.net.



Youth Cultural Skills

The Youth Cultural Skills Program is open to all Sons of Norway Heritage and Unga Venner Members, both through their lodges or as individual participants. The Youth Cultural Skills Program offered by Sons of Norway serves a variety of purposes:

- To encourage active participation in both traditional and contemporary Norwegian-North American pursuits;
- To enrich the lives of members of all ages;
- To provide the basis for special interest clubs within our lodges; and
- To provide new reasons for people to join Sons of Norway.

Figure Carving [Get the unit PDF](#) | Go to the [YouTube playlist](#)

Folk Dancing [Get the unit PDF](#) | Go to the [YouTube playlist](#)

Handknitting [Get the unit PDF](#) | Go to the [YouTube playlist](#)

Hardanger Embroidery [Get the unit PDF](#) | Go to the [YouTube playlist](#)

Norwegian and North American Stamps [Get the unit PDF](#) | Go to the [YouTube playlist](#)



Thank You !!!

Out With the Old,

This will be my last column as your Financial Benefits Counselor. It has been an interesting experience and I have enjoyed my time with so many great Sons of Norway folks like you. However, it is time for me to get on with my life while I still have my health and enough time to enjoy retirement.

We are fortunate to have a new FBC for Colorado – Kendall Kjerstad. He has been very active in Sons of Norway and is anxious to start a new career in life insurance and annuities. His contact information is BELOW.

I hope that you will get to meet Kendall soon and welcome him into your lodge as you have done for me.

Vi ses.

Mike J

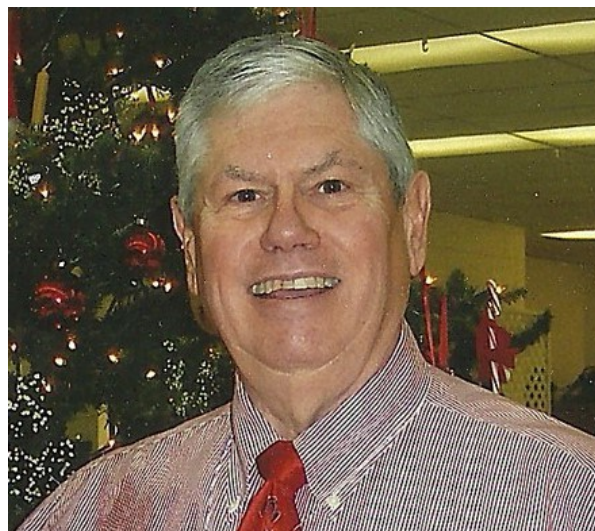
Kendall Kjerstad

207 Whisper Lane

Grand Junction CO 81503

Phone: (970) 697-1114

Email: kjerstadkendall@yahoo.com



Mike Johanson



TUBFRIM
NO-3540 NESBYEN - NORGE



In 2017, Fjelldalen has sent in 16 1/2# of stamps and has 16 entries in the drawing for one airline ticket to Norway, worth up to \$1,000. The 2016 annual sale of stamps in Norway was NOK 650,000. Since its founding the total amount is now more than 22 million Kroner.

Please, never throw away canceled stamps and postcards. Stamps from any country in the world can be used. Just cut or tear the stamp off the envelopes, leaving a slight margin (approx. 1/4 inch) to keep the perforation intact. You can also cut the corner of the envelope off diagonally and I'll trim it for you. Damaged stamps (damaged perforation, edges, etc.) are worthless and are to be thrown away, as are damaged phone cards. Stamps without any margin are acceptable as long as all perforations are complete. I am also happy to receive stamp collections, old envelopes, covers and postcards. If envelopes, postcards, etc. are more than 50 years old, then do not cut off the stamp, but keep the whole envelope or postcard to send to Tubfrim.



Just bring your collected stamps etc. to the lodge meeting and leave them, with your name included, at the greeters table. You can also mail them to me at: 10300 W Montgomery Ave. Littleton, CO 80127.



The Sunshine Troll wants to send a greeting to anyone who's down or out. Contact Donna Newland (303-973-8097 / aahhhco@gmail.com) and let her know about any Lodge Member who needs some tender greetings from Fjelldalen Lodge!



◆ **Gay Bossart** had surgery and is recovering

◆ **Erik Collett** is having hip surgery in late February

Wish them luck!

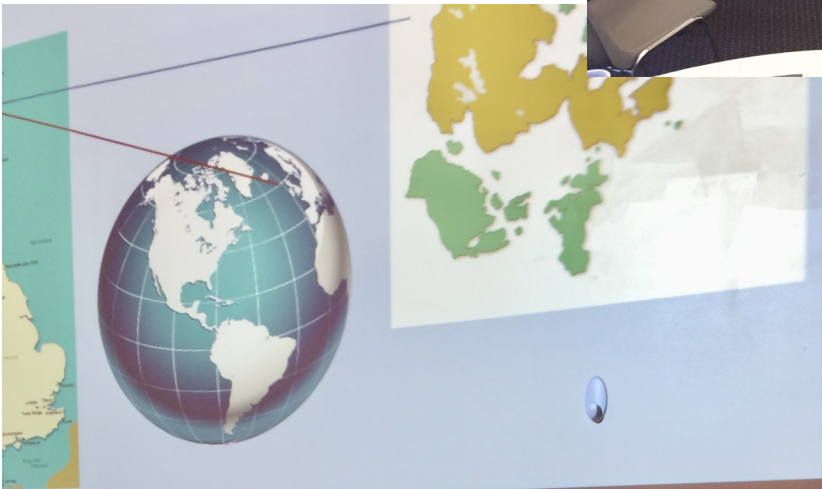
◆ **Sonja Savig** passed away the week of 4 February. Many of you maybe knew Sonja Savig. She was a member of SofN and of Norsemen of the Rockies. She read poetry such as Terje Vigen, recorded records such as Nu Takk For Alt, sang Norse songs, and appeared in movies. Please remember her and her family in your prayers. I do not have information on a service yet.

PLEASE KEEP ALL THESE PEOPLE IN YOUR THOUGHTS AND PRAYERS.



At the Zone 8 Leadership Workshop, Kaye Wergedal honored Marylee Hagen and Fjelldalen Lodge for having the most pictures in the Viking Magazine in Zone 8 (Colorado) for the past 2 years. She gave Marylee a set of the enlarged photos.

Zone 8 Director Bev Moe installs officers at the January meeting: Dan Schauer, Helen Mulhem, Eldon Halingstad, Guy Duncan, Lloyd Newland, Lise LeBlanc, Marilyn Lyle, Tony Hjelmstad, Marilyn Speas, Gayle Rodgers, Donna Newland, Ed Eskelson, Karen Campbell, Marylee Hagen, Teri Hjelmstad, Erik Collett, Bev Moe.



Kendra Elrod presents the program ORKNEY ISLANDS at the January meeting.

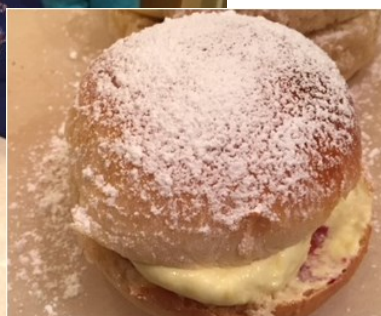


Tony Hjelmstad presents the cultural program at the February meeting.



The Cooking Club made Fastelavensboller. Pictured are Beverly Bergum, Lise Le-Blanc, Donita Zblewski, Candace Rimestad-Lykken, and Gayle Rodgers.

They ate their work!



At the Jan. meeting, Gayle Rodgers won the prize for getting her Volunteer Hours in early.



Marilyn Speas after a successful Lutefisk dinner—but a broken lemonade jar, gets the wooden spoon!

Kristine Dent, Agnes Omholt, and Lise LeBlanc at Feb. meeting



NORWAY HEADLINES OF INTEREST

Bygone Times Revealed in Norway's Abandoned Farms

[Read More](#)

Author and historian Øystein Morten has studied ødegårder - abandoned farms - at length. Fascinated by their vacant, fallen structures, Morten believes deserted farms have a particular allure and tell us something important about the places and the culture that Norwegians have moved away from. With photographer Pål Hermansen, Morten has published *Norske ødegårder - Historien om stedene vi forlot* ("Abandoned Norwegian Farms - The History of the Places We Left"), a book featuring nine deserted farmsteads that offer a glimpse into the past through clues found in diaries, photos and artifacts. Some of the farms were left in the Middle Ages, others within the last two decades.



Fur flies in Norway over ban on mink and fox farms



Government agrees to phase out industry that produces about one million pelts a year as it seeks coalition deal. Mink and fox farms are to be banned in Norway after a government decision to phase out the practice by 2025.

A plan by Norway's government to phase out fur farms by 2025 dismayed producers and delighted animal rights activists as a sign that fur is out of fashion even in a nation that was once the world's top producer of fox pelts.

Photograph: Diego Azubel/EPA



District Six Recreation Center Board of Directors Needs Members

How can you help Camp Norge? Think of the ways!! Be a BoardMember—yes! Have a family reunion—sure! Bring a Church Group up for a Retreat—you betcha! Attend Northern California Kretsstevne and hang out with everyone— why not? Send your children/grandchildren to Camps Trollfjell—whoopee! Attend a Rosemaling or Leikarring (folk dance) weekend—such fun!

Have you wondered about—who keeps this Camp running like a well-oiled machine so all of these events can take place each year? It is the 9-member Board of Directors who meet 2-4 times a year at the facility. They receive no monetary reimbursement for time spent and their travel costs are not paid for. But the joy of keeping this 46 acre Camp, the “Jewel of the Sierras”, that it is, is more than enough compensation! We have four members whose terms are up in June 2018. Directors are elected for 4-year terms at the District Six Convention (candidates need not be present). There are many jobs for Directors to handle and therefore many skills are brought to the table. If you would like more information or would like to run for this Board of Directors, please contact President Fred Hymans (fred.hymans@campnorge.org) or Vicki Running (vicki.running@campnorge.org.) Yah sure, you betcha!!

Fastelavensboller - Lenten Buns



Ingredients:

Rolls

3 ½ oz Butter 100 grams
 19 ½ oz Flour 550 grams
 3 oz Sugar 90 grams
 ½ tsp Baking Powder
 1 tsp Cardamom
 ¼ tsp salt
 2 tps dry yeast
 1 ½ cup Milk 3 ½ dl
 1 Egg
 1 Egg for glazing

Filling

Strawberry Jam or mixed berries
 1 ¼ cup Whipping Cream 3 dl
 Powdered Sugar

Crumble the butter with the flour in your kitchen machine using the dough hook, add the rest of the dry ingredients and mix together. This can all be done by hand as well.

Heat milk in microwave for 1 minute, but make sure it is only lukewarm. (If it is too warm it will kill the yeast and the dough will not rise.) Mix the egg with the milk. (You do not have to use an egg, some recipes do not call for it.)

Pour the milk and egg mixture into the dry ingredient slowly while mixer is on. Mix well for at least 5 minutes until you see dough slip away from the bowl. If it is a little sticky that is ok.

Cover the bowl with plastic and let sit to rise for about 2 hours or until doubled in size.

Use mixer again just for a couple of minutes to “knock” down the dough. Empty out on counter and divide into 20 rolls. Form the buns into balls and place on baking sheet that is covered with parchment paper. Let sit for a second rising, about 1 hour. During the last 10-15 minutes turn on the oven to 425F. Stir the egg with a fork for the glazing and brush on each roll.

Bake in the middle of the oven for 10-12 minutes. Let cool. Whip the cream until stiff. Remove just a little of the bun in the middle and spread a tablespoon of jam on the bottom part and then add as much whipped cream you want. Put top part on and dust with powdered sugar.

Scholarships

District Six offers up to three \$1000 Academic Scholarships each year to deserving Unge Venner or Youth Members who are or will be attending any accredited post-secondary schooling or training institution. The District President annually appoints a Scholarship committee to evaluate the applicants and determine the recipients. **Note: effective 2018, the District Six Scholarships are now open to high school graduates who have been accepted for enrollment in any accredited program of higher learning based upon high school performance/grades.** Also of note, application of the online District Six web site must now be postmarked on or before May 1, 2018 (vice April 1st as in years past).

District Six also offers a \$1,000 scholarship for a Heritage or Unge Venner member to attend Skogfjorden Norwegian Language Camp. The information can be found at www.concordialanguagevillages.org where you click on Norwegian village. This is operated by Concordia College and is situated in Bemidji, MN. Life at Skogfjorden is immersion in the Norwegian language and culture from the moment you wake up – participating in small language learning groups, cultural and camp activities, sports, dance, and song – until the close of the day. Scholarship Committee Chair: Carl P. Ingvoldstad at cingvoldst@aol.com or 707-987-2404

Two 50% cost of tuition Camperships to Camp Folkehøgskule and two 50% cost of tuition Camperships to Camp Trollfjell are available District wide for attendance at Camp Norge's summer camps in the High Sierras between Sacramento, CA



and Reno, NV. For more information about Camp Trollfjell and the Folkehøgskule, check out www.sofn6.org/arv for camperships and applications. Also, check with your local Lodge for ½ Camperships that may be available. District Six Campership Chair: Kristen Hunsbedt at kristenhunsbedt@gmail.com

CAMPERSHIPS

MAKING CAMP HAPPEN

Sons of Norway
Fjellidalen Lodge #6-162
Highlands Ranch, 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 Fjellidalen Lodge # 6-162



Sunday, May 20, 2018

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 Fjellidalen Lodge for a good family time. Call Marilyn Speas 303-973-2158 for further information.

Join us at **Sterne Park** (North Shelter), Littleton. Go South on S Spotswood St. off Littleton Blvd. Look for the **Norwegian Flag** and **Fjellidalen's canopy**.



Sterne Park, S Spotswood St, Littleton CO



***Norwegian Bunad Retreat
Colorado Springs Colorado
Fjellheim Lodge***



Date: April 27-30, 2018
Location : 1045 Ford Street
Colorado Springs, CO 80915
www.sonsofnorwaycs.com
Cost: \$250
Instructor: Sue Sutherland
Ph: 218-365-7745
E-Mail: info@bunadbutikken.com
Website: www.bunadbutikken.com
Fjellheim Contact: Kerry Hefta
Ph: 719-266-9429

Limited to 12 Students

All about Bunads

Norwegian bunads are specific to regions within Norway including design, fabric and jewelry selections. Bunads may be made for women OR men. Here is a link from the Lacrosse Tribune describing bunad selection and how and why they are worn. <http://tinyurl.com/yajjzgb>

Retreat Information

This retreat is for anyone who wishes to construct their own authentic bunad, folk dress or accessories to complete their bunad. Bunads take some time complete but a folk dress can be made in one retreat.

The instructor Sue Sutherland has studied apparel and textile design manufacturing and has learned to make bunader from Heimen Husflid in Oslo. She travels to Norway to purchase products and to continue her study of techniques and styles from all areas of Norway. She is VERY knowledgeable and a wonderful instructor, we are honored to have her at our lodge.

If you want to make a bunad and do not yet have the materials please contact Sue Sutherland as soon as possible. The kits and materials need to be ordered soon.

A well situated hotel in the area we would recommend is the 'Holiday Inn Express & Suites – First and Main', if you prefer a B&B look up 'A Room with a View' both have easy access to the lodge and are within walking distance to restaurants, shopping and movies.

**If interested in the class, please call or email Fjellheim Contact:
Kerry Hefta, 719-266-9429, khefta@comcast.net**

**Click on the following link for the registration form:
<https://tinyurl.com/FjellheimBunads>**

SAVE THE DATES FOR THE SON DISTRICT SIX



IN ROHNERT PARK, CA

AT THE **GRATON RESORT CASINO**



HOTEL AND SPA



**GENERAL MEETING
ROOM**



**SMALL MEETING
ROOM**



FOOD COURT



**DOUBLE QUEEN
GUESTROOM**



**SWIMMING POOL
CENTER COURT**



JUNE 10 – JUNE 14, 2018



SON District Six Convention 2018
Graton Resort & Casino: Rohnert Park, California
June 10-14, 2018

The Traditional Norwegian Folk Art Competition/Exhibit

1. Rosemaling
2. Weaving w/Norwegian design
3. Hardanger embroidery
4. Klosterson, diamantsom, other traditional needlework
5. Hand knitting w/Norwegian design
6. Crocheting and tatting
7. Figure carving w/Norwegian motif
8. Relief carving w/Norwegian motif
9. Chip carving
10. Bentwood/tine box or other woodworking
11. Folk Art from other Nordic Countries
12. Other media w/Norwegian theme
13. Bunad and Viking Costume Exhibit

I hope your project for the Folk Art Competition/Exhibition is part of your life these days. Don't be intimidated thinking that your work will not win a ribbon. Not everyone who enters a marathon will win, or even finish – but people enter marathons none-the-less, many times just for the experience. Give it a try and allow all of us the opportunity to admire your work!

You may enter your art/craft for Exhibition or Competition. We want to showcase to others what we are learning in the Norwegian Folk Arts and Handicrafts Exhibit. And let's not forget about our youth! Youth up to age 15 are invited to display their work. Ages 16-20 can compete in the Youth class. We would love to see the youth take an interest in these wonderful traditional Norwegian arts and crafts passed on, from generations past, to us!

The traditional Norwegian Folk Art Exhibit is a **very important** part of our Conventions. We celebrate the award winners, applaud all entrants, and encourage and appreciate all beginners.

Good luck!

Judy Immel

D6 Cultural Director and Folk Art Coordinator

2018 District Six Convention

<mailto:culturaldirector@sofn6.org>

“Raise the Roof!”

Fundraising Campaign for Camp Norge nearing its goal.

Camp Norge’s fund raising campaign has raised over \$34,000 in the few short months since it started. Our goal is \$50,000 which will help us make sure we have enough to pay for a complete rebuild of our roof structure. We’re almost 70% to our goal!

Remember, your tax-deductible donations will be put to good use. We need to tear off the old roof, repair all the broken and rotten rafters and eaves (and there’s a ton of them!) Then nail down a fresh layer of plywood and water proofing; all BEFORE the beautiful new metal roof is attached. It’s going to look great!

Go to www.sofn.com/campnorge and make your donation. If you prefer to contribute the old fashioned way, by writing a check and putting it in the mail, write your check payable to “Sons of Norway Foundation” and write “Camp Norge” in the memo section on your check. Mail the check to Sons of Norway Foundation. 1455 West Lake Street, Minneapolis, MN 55408-2666. Be sure to write “Camp Norge” in the memo section! For more information, contact Board President, Fred Hymans at (916) 486-4429 or email to: fred.hymans@campnorge.com.



www.sofn.com/campnorge



Celebrate Memorial Day at Camp Norge May 26, 27 and 28th, 2018

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 in 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!
- ♥ Brand new **Disc Golf** course
- ♥ **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

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

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

