

# Fjelldalen's NYTT <sup>30<sup>th</sup></sup> Anniversary



"Mountain Valley"

Fjelldalen Lodge #6-162

Christ Lutheran Church  
8997 S. Broadway, Highlands Ranch  
Fjelldalen.com



**SONS of  
NORWAY**

*Celebrating 130 Years*  
1895-2025

**September-October 2025**

Volume 30, Issue 5

Christ Lutheran Church

8997 S. Broadway, Highlands Ranch

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

<https://facebook.com/groups/fjelldalen.lodgecolorado/>



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## September 2025

6	9:30	Zoom Genealogy Meeting
13	Noon	Salmon Dinner
20	9:30	Hiking Vikings
27	9:30	IKEA Breakfast

## October 2025

4	9:30	Zoom Genealogy Meeting
11	Noon	Potluck and lodge Meeting
18	9:30	Hiking Vikings
25	9:30	IKEA Breakfast
31	????	5 <sup>th</sup> Saturday Surprise

## November 2025

4	9:30	Zoom Genealogy Meeting
11	Noon	Potluck and lodge Meeting
18	9:30	Hiking Vikings
25	9:30	IKEA Breakfast
31	????	5 <sup>th</sup> Saturday Surprise

## December 2025

6	9:30	Zoom Genealogy Meeting
13	Noon	Potluck and lodge Meeting
20	9:30	Hiking Vikings
27	9:30	IKEA Breakfast

## New Members

Dan Schauer  
Bruce Allen  
Bryan and Maryann Soderberg  
Josh Allen

## SONS OF NORWAY MISSION STATEMENT

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



# Fjelldalen Lodge #6-162 Highlands Ranch, Colorado



## SONS of NORWAY

### Upcoming Lodge Events

Web Site

**September 2025**



13 **12:00 Salmon and the fixings Dinner**

20 9:30 Hiking Vikings

27 9:30 IKEA Breakfast

30 6:30 Board Meeting

**October 2025**

11 **12:00**

18 9:30 Hiking Vikings

25 9:30 IKEA Breakfast

28 6:30 Board Meeting

Facebook



Zoom Link



#### **Slektforskningklubb – Genealogy - Meetings (ZOOM)**

Sept 6 9:30 Bring your Roadblocks

Oct 4 9:30 Passenger Ships, Immigrant Lists, and Shipping Agents

Genealogy Zoom ID: 860 5229 1262 Passcode: 700388

Email [Genealogy@Fjelldalen.com](mailto:Genealogy@Fjelldalen.com) for more information.

Click [Here](#) to Join ZOOM Meeting

Email Link



Web Site



#### **Språkklubb Norskkurs – Norwegian Speakers Meetings**

We have a language class/group and use Facebook and google meet monthly.

The members use DuoLingo or similar and then we discuss some words/topics/humor/events on the monthly virtual meeting.

<https://www.facebook.com/groups/852232346987226>

Email [vp@fjelldalen.com](mailto:vp@fjelldalen.com) or call 512-289-9143 for more information.

Email Link



**King Soopers Community Rewards program gives Fjelldalen an income of about \$800 to \$1000 a year which Fjelldalen puts toward the Scholarship Fund.**



If you shop at King Soopers, use your Super Card - Community Rewards account (sign up for one if you don't have it) and designate Fjelldalen Lodge TI915 as the target of your donations. Go to: <https://www.kingsoopers.com/account/communityrewards>.

If you need help, Contact Don Speas at 720-299-7309 or [Publicity@fjelldalen.com](mailto:Publicity@fjelldalen.com).



# Fjelldalen Lodge #6-162

## Highlands Ranch, Colorado



# SONS of NORWAY

Dear Fjelldalen Lodge Members and Friends,

As summer winds down and the air turns crisp with the promise of fall, I want to extend my heartfelt thanks to all of you for making our summer events such a resounding success. While our regular second Saturday lodge meetings were on pause for July and August, our lodge remained vibrant with a series of memorable gatherings.

In July, we celebrated a major milestone—our **30th Anniversary Dinner** on Saturday, July 12 at Christ Lutheran Church. This RSVP-only event for current members was a wonderful afternoon filled with stories, laughter, and recognition of the traditions that continue to bind us together.

**30<sup>th</sup>**  
**Anniversary**

August brought our always-popular **Annual Lodge Picnic**, held at Redstone Park in Highlands Ranch. One of the highlights this year was the presence of a **Norwegian Fjord Horse** (Sven), a beloved and iconic breed known for its strength, gentle temperament, and unique appearance. These horses have been faithful companions to Norwegians for centuries, and seeing one up close was a truly special treat for all who attended.

Now, as we step into the fall season, I am thrilled to announce a very special event:

**On Saturday, September 13**, we will return from our summer break with a **Grilled Salmon Dinner (!)**, hosted by our dedicated **Lodge Cooking Club (Matklubb)**. This will be a special **fundraising event** for the lodge and will take the place of our annual Lutefisk Dinner, which has unfortunately been canceled the last two years due to blizzard conditions in November.

I **strongly encourage** all members to make a reservation and participate in this meaningful event. Whether you can lend a hand in the kitchen (Attn: Potato Peelers ;-), help with setup and cleanup, bring some homemade cookies, or simply bring your appetite and enthusiasm—every bit of support counts! Please **watch your email inboxes for Fjelldalen News updates** with volunteer opportunities and additional details. \*Please send your reservations to [publicity@fjelldalen.com](mailto:publicity@fjelldalen.com) or call Don at 720-299-7309.

In addition to our special September event, our regular activities are also back in full swing.

**The Hiking Viking Club** will continue its adventures on the **third Saturday** of each month, offering relaxed local hikes and great camaraderie. And don't forget our always enjoyable **IKEA brunch meet-ups on the fourth Saturday** of the month, a great way to stay connected and enjoy Scandinavian treats with lodge friends.

I look forward to seeing you all soon as we return to our regular schedule with renewed energy and excitement.

Vennlig hilsen (Best regards),

Kris

President, Sons of Norway Fjelldalen Lodge







# Fjellaldalen Lodge #6-162 Highlands Ranch, Colorado



# SONS of NORWAY

## The Sunshine Troll



Donna and Agnus at a meeting ( best friends)

Donna Newland has passed away. Donna has been a Fjellaldalen member for over 20 years and has contributed to many activities of the Lodge. We had many great family picnics at Newland's over the years.

If you know any Lodge member having issues, please contact any of the following with news on any

of our members! Let us know if you want the rest of the Lodge to know.

Karen [kegenes@luc.edu](mailto:kegenes@luc.edu)

Don [publicity@Fjellaldalen.com](mailto:publicity@Fjellaldalen.com)

Tony [Editor@fjellaldalen.com](mailto:Editor@fjellaldalen.com)



GM – Golden Members  
HM – Heritage Members

Name	Mon	Day	Type
Maria Schroeder	09	02	HM
David Giboo	09	06	
John Grothe	09	06	
Bryan Soderberg	09	06	
Kelley Bowers	09	09	
Wilma Appesland	09	11	
Agnes Omholt	09	12	GM
Pamela Swenson	09	17	
Beverly Moe	09	19	GM
Erik Collett	09	22	GM
Erik Hjelmstad	09	22	
Merrill LeBlanc	09	30	
Kathryn Johnson	10	01	
Sharon Ingram	10	02	
Peter LeBlanc	10	03	
Robert Tollund	10	04	GM
Karsten Skildheim	10	06	
Rebecca Bowers	10	07	
Matthew Johnson	10	09	
Charles Scholpp	10	09	
Krista Degerness	10	10	
Jane Jensen	10	10	
Leslie Reingold	10	10	
Eva Lemley	10	12	
Dag Nedkvitne	10	15	
Roger Dudley	10	18	
Ruth DeLattre	10	20	
Penelope Einarsen	10	20	HM
Rebecca Sauer	10	22	
William Weinstein	10	22	HM
Kaia Weinstein	10	22	HM
Sofia Holmsen	10	25	
Beverly Nelson	10	25	
Marilyn Speas	10	25	
Phyllis Brudos	10	26	
Ethan Hjelmstad	10	28	HM
Cyndee Ormsby	10	30	

## FOOD DRIVE

JOIN US IN HELPING THOSE IN NEED



## Christ Lutheran Church Food Pantry A Sons of Norway Community Project

Before each meeting, Don will email a list of requested non-perishable food items. Please drop off the items in the shopping cart when

you come into the meeting. Any questions, contact Don at

[publicity@fjellaldalen.com](mailto:publicity@fjellaldalen.com).



If you change address, need a name badge, want a Fjellaldalen Mug or Pen, contact Don Speas at [publicity@fjellaldalen.com](mailto:publicity@fjellaldalen.com)



# Fjell dalen Lodge #6-162 Highlands Ranch, Colorado



## SONS of NORWAY

### Lodge Activities – 30<sup>th</sup> Anniversary Dinner

Charter Members were honored.



Ellen, and Charter Members Agnes and Eldon



Donita and Marilyn



Anders Tørnquist shared his amazing experience with the Norwegian Royal Family watching the SS Restauration leave Stavanger for America!





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



# SONS of NORWAY

Lodge Activities – Summer Picnic  
Kris the great cook  
Sven the Fjord Horse  
And the whole group  
Had a lot of fun!!!







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



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## **Fjelldalen's Matklubb Recipes**

### **Fried Brunost with Cloudberryes and Parsley**

#### **Ingredients**

10-14 oz. Brunost brown cheese	1½ Cup panko (Japanese style breadcrumbs)
½ Cup Flour	2 Eggs
1 Bunch flat leaf parsley	4 Cups cooling oil for frying
2 Cups of cloudberryes	½-¾ Cup sugar
Juice and grated zest of ½ of a lemon	

#### **Directions**

- 1) Put the flour, eggs and panko breadcrumbs into separate shallow containers. Pie plates or wide bowls are perfect.
- 2) Wash the parsley and set aside on a towel to dry.
- 3) Slice the Brunost into sticks. Dredge the cheese in the egg, flour and breadcrumbs. Once you have coated all the cheese, place it on a plate and let it cool in the fridge.
- 4) While the cheese is cooling combine the cloudberryes, lemon juice, zest and sugar. Stir gently until the sugar has dissolved. Stir occasionally while you cook the cheese until all the ingredients are well combined and the cloudberryes are lightly mashed.
- 5) Add the cooking oil to the frying pan and warm over medium high heat. You want a decent amount of oil in the pan, enough to let the cheese float and fry evenly. Fry the cheese quickly on both sides until it has a golden-brown crunchy crust. Set the fried cheese on a paper towel to let some of the excess oil drain.
- 6) Fry the parsley until it is crisp.
- 7) Server fried cheese with the cloudberry sauce and fried parsley.



### **Hearty Hunters Stew**

#### **Ingredients**

8- 10 Potatoes, peeled	2 Parsnips, peeled
2 Carrots, peeled	3 Yellow Onions, peeled
3 Cloves of Garlic	1/3 pound of Mushrooms,

#### **Shiitake or other**

10-12 slices of Beef or Venison	1 ¼ cup Dark Beer
1 Cup of beef stock or cube beef stock	9 Juniper Berries
Butter and Oil	Corn Starch for thickening
2 Tbsps. of Chopped Parsley	2 Tbsps. Thyme Leave

#### **Directions**

- 1) Season the meat with Salt and Pepper, braise the meat in butter and oil and set aside.
- 2) Slice the potatoes, parsnips, carrots, onions and garlic. Brown the vegetables together with the mushrooms in the same pan where you braised the meat. Cook for about 5-7 minutes.
- 3) Return the meat to the pan. Add the beer to deglaze the pan and add enough water to cover the vegetables and meat.
- 4) Add the stock, if you are using a cube of stock make sure that it completely dissolves, simmer for about one hour or until the meat is quite tender.
- 5) To thicken the stew, mix 1-2 tablespoons of corn starch with an equal amount of water. Add to the stew and stir as you pour it in so that lumps do not form in your stew.
- 6) Garnish your stew just before serving with the Parsley and Thyme.





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



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## **Financial Moment from Kendall Kjerstad** **Waves Happen**

The Stock market has had some significant ups and downs recently, some quite traumatic. It reminds me of the waves in the ocean. Clients will call me and ask, "How is my Sons of Norway investments looking?" Thankfully, I am always happy to report, "It looks good". Always it is followed by their reply "REALLY?". Yes, really. They then say, " You are the only ones that are not showing a negative in my portfolio". I guess the Vikings did know a thing or two about waves. Let the Sons of Norway help you have peace of mind and stability in a rough sea.

Skal,



Learn More Now [https://www.sofn.com/financial\\_products/](https://www.sofn.com/financial_products/)

Kendall Kjerstad  
Financial Advisor  
Cell 970-978-1634

kjerstadkendall@yahoo.com  
Office 970-697-1114

## **Rose Maling Clases with Louise Bath**

Hello Everyone,

I have decided to teach beginning classes on Sunday afternoons at the Sons of Norway Trollheim Lodge in Lakewood if there is sufficient interest. The address is 6610 W 14th Ave., Lakewood CO 80214. Class one would be Oct. 5,12,19,26. Class two would be Nov. 2,9,16,23. Cost is \$50 for 4 classes plus cost of materials (to be determined!)

I have been rosemaling for 35 years and earned a Vesterheim Gold Medal in Rosemaling in 2017. Vesterheim is the Norwegian-American Museum in Decorah, IA. I have travelled to Norway four times to study rosemaling, the latest in June of this year. I teach on Zoom and in person to may Norwegian Rosemaling Associations across the US. I have posted a few of my works at the top of this email in different styles.

I decided to do some beginning classes as I would like to increase interest in the Greater Denver area in the art of Norwegian Rosemaling. And you do not have to be Norwegian to love this Art form!

I hope to hear from you!

-Louise Bath 303-799-3527 or email [lbath25@comcast.net](mailto:lbath25@comcast.net)







*Fjellaldalen Lodge #6-162*  
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## **The Restauration Sails Away** By Luella Grangaard, International Board Chair

I was invited by District 8 Sons of Norway to participate in events commemorating 200 years since the initial launch of the Restauration in Stavanger, Norway July 3 & 4.

Many people in Norway participated in these events, including three generations of the Royal Family, dignitaries, politicians, Sons of Norway members and members of the public, who gathered to commemorate 200 years of organized migration to North America and to wish a safe passage to the crew of the Restauration. We also celebrated the strong ties between Norway and North America.

In Stavanger I was warmly received and hosted by members from District 8, Ryfylke Lodge and Eilert Lunde the lodge president and coordinator of Crossings 200 representing Sons of Norway in the Stavanger area. I sincerely appreciate everything they did to help plan my trip and guide me to each event. Fraternal Manager Jana Velo was also able to attend and photograph the events, as a representative of *Viking* magazine.

While in Stavanger, I had a chance to visit Sverd i Fjell (the three swords in the rock), the Maritime Museum where they had a display of the Restauration and Ledaal, the Kings residence. I enjoyed a visit and dinner with Eilert Lunde's family and board members of Ryfylke Lodge. I met over 60 members of Sons of Norway from various lodges in the area and enjoyed lunch with them. From there we went to Fiskepiren, the pier where the Restauration was docked to receive gifts from various organizations, including Sons of Norway Foundation. I presented a check on behalf of the Foundation and was able to say a few words on behalf of Sons of Norway and the Sons of Norway Foundation on the boat. That evening there was a celebration of the migration with a program and meal. At this event they tried to recreate the foods of 1825 including bread made on the ship with Madeira wine from a cask found floating in the Atlantic by the crew of the original Restauration.

On the big day — the 4<sup>th</sup> of July — I was able to attend a service at the Domkirke (Stavanger Cathedral) with Eilert Lunde. There I was able to see the King, Queen, Crown Prince and Princess and the Princess and Prince. It was a lovely service. We then proceeded to the harbor to see the Restauration waiting to start its journey. Jana, Eilert and I boarded a ferry to Randaberg. From the ferry, we saw the whole Royal Family board small boats to take them to the Royal yacht, *Norge*. The ferry along with the Royal yacht and many, many boats escorted the Restauration out of the harbor. Even Eilert's son and grandchildren followed in their boat waving Norwegian flags. It was an amazing sight.

At Randaberg we docked and were met by the mayor, walked a red carpet and were part of the group including US consuls for Norway. We watched the Restauration once again dock, and ministers of Norway disembarked from the ship, and I met the Minister of the Environment and the Stavanger Tourism representative. There was a beautiful locally sourced lunch. Then we were off to the concert hall for exhibits including Sons of Norway, music and later a musical program on the migration.

What an honor it was to represent Sons of Norway and to participate in all these events. It was an amazing opportunity. I can't wait to see the United States welcome the Restauration on October 9<sup>th</sup> in New York. This event is so important to all of us who have a connection to Norway on both sides of the Atlantic. I hope each of you have an opportunity to attend an event whether at your lodge, online or—better yet—for those in the U.S., attend one of the welcoming events for the Restauration and be a part of history.



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



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## **Shared meals in Norwegian culture**

Norwegians value eating meals together for several reasons that highlight the social and cultural importance of communal dining.

**Building Connections and Strengthening Relationships:** Shared meals offer a crucial opportunity for families and individuals to connect and bond, fostering a sense of belonging and community. Dinner is seen as a time for families to gather and share the experiences.

**A "Holistic Nourishment" Perspective:** As expressed in the old Norwegian saying "Maten er halve føda", meaning "the food is half of our nourishment," the act of enjoying friends and family is considered just as important as the nutritional sustenance derived from the food itself.

**Learning Cultural Values and Social Skills:** Shared mealtimes serve as a setting for children and youth to learn cultural values, develop social skills, and strengthen family attachments. This includes practicing good manners and respecting shared space.

**Creating a Sense of Normality and Well-being:** Communal meals can contribute to a sense of routine, normalcy, and social well-being, even in settings like prisons.

**Traditional and Social Significance:** The importance of sharing meals extends to traditional celebrations, where food plays a central role in marking special occasions like weddings and holidays. The concept of "Taco Fridays," where families enjoy a more indulgent meal together, is a modern example of this tradition.

It's important to note that while communal dining is valued, particularly in family settings, there can be a strong emphasis on privacy and the practicality of meals, especially when guests are involved. In such cases, the food might be considered secondary to the shared family time, and there can be a reluctance to impose on others or to create situations where guests might feel obligated to eat something they don't particularly enjoy.







# Fjellaldalen Lodge #6-162 Highlands Ranch, Colorado



## SONS of NORWAY



# Fjellaldalen Lodge #6-162 Highlands Ranch, Colorado



## SONS of NORWAY

Celebrating 125 Years  
1895-2020

## Fjellaldalen Lodge #6-162 Officers for 2025

**President:** Kris Bussell 303-335-5116  
[president@fjellaldalen.com](mailto:president@fjellaldalen.com)

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[vp@fjellaldalen.com](mailto:vp@fjellaldalen.com)

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[rollydog15@gmail.com](mailto:rollydog15@gmail.com)

**Historian & Photographer:** Cyndee Ormsby

**Marshalls:** Dan Schauer 303-795-2255  
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President  
Kris



Vice-President  
Eivind



Secretary  
Karen



Treasurer  
Amber

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Revision 3-1-2025



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



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# Fjelldalen Lodge Grilled Salmon Dinner Fundraiser

Saturday, September 13, 2025

Doors open at 12 Noon

Buffet starts at 1:00 PM

## MAIN ENTRÉES:

GRILLED SALMON

NORWEGIAN MEATBALLS

## ACCOMPANIMENTS:

MASHED POTATOES, CAULIFLOV AU GRATIN  
CUCUMBER-DILL SALAD, GREEN BEANS  
WITH LEMON, PICKLED HERRING

## DESSERTS

18-LAYER KRANSEKAKE, HOMEMADE COOKIES

CHRIST LUTHERAN CHURCH

8997 S. BROADWAY, HIGHLANDS  
RANCH, CO 80129

DONATION \$25/PERSON AT DOOR

RESERVATION REQUIRED, limit 65

Contact Don Speas: [publicity@fjelldalen.com](mailto:publicity@fjelldalen.com)  
720-299-7309 for Reservations

# Velkommen!





*Fjelldalen Lodge #6-162*  
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# Camp Oldfjell

## Course Catalog

**September 20 – 23, 2025**

**Saturday-Tuesday \$250 | Saturday-Sunday \$150**

**Register from July 1 to September 8**



Click [HERE](https://sofn6.org/camp-oldfjell/) to register or visit <https://sofn6.org/camp-oldfjell/> for the latest details!



*Fjellaldalen Lodge #6-162*  
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**Free Children's Cross Country Ski Event**

# **BARNELØPET**

**Saturday, February 21<sup>st</sup>, 2026**

Legett Hall

Snow Mountain Ranch YMCA, Granby

*1 km, 2.5 km & 5 km for ages 0 – 16*

Check-in at 9:30am Event begins at 11:15 am

*Free ski rentals at YMCA Nordic Center*

*After-event refreshments*

*Info and Registration at [www.barnelopet.com](http://www.barnelopet.com)*

*Sponsored by Sons of Norway District Six & the Colorado Lodges*