



"Mountain Valley"



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



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Fjelldalen's NYTT

Volume 24 Issue 6
November-December 2019

Christ Lutheran Church
8997 S. Broadway, Highlands Ranch
Get the latest information at Fjelldalen.com

Coming Up

November

1&2		Trollheim Christmas Fair
2	10:00	Genealogy Club Planning That Genealogy Trip Meeting
	1:00	Scandinavian Movie Reviews
16	2 & 6	Fjellheim Lutefisk Dinner
26	6:30	Board Meeting Lone Tree Library

December

7	10:00	Genealogy Club Roundtable on Other Genealogy Sites In the Conference Room
	1:00	Meeting Yule Fest—Cookie exchange In the Library
	2:00	Fjellheim Scandinavian Christmas Tea
	5:00	Finnlandia Christmas Party Trollheim Lodge
11-15		Ullr Fest Breckenridge
14		Trollheim Craft workshop and Jul Party
21	2:30	Fjellheim Julebord Feast
30	6:30	NO Board Meeting

February—SAVE THE DATE

22	9:30	Barnelopet Snow Mountain Ranch YMCA
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June—SAVE THE DATE

18-21		District 6 Convention Mesa Arizona
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Fjellidalen Lodge #6-162 Highlands Ranch, Colorado



President's Message

Subbing in—Luella Grangaard, District 6 President



Ord fra Presidenten

Luella Grangaard

**Greetings Members of
District Six,**

There has been a lot going on since I last wrote to you. We had a very successful Camp Trollfjell, and the team is already starting to plan for 2020. Camp Norge is celebrating 60 years, and I hope you plan to celebrate our camp with a birthday cake and maybe a donation or join the "Century Club" to support the camp. They had a wonderful party at camp. The Kretsstevner are occurring in Northern California, Central and Southern. These events are fundraisers for Camp Norge, but it is also an opportunity to meet and experience fellowship with members of other lodges in our district. On that note I encourage you all to not only attend your lodge events but also visit another lodge. I had the opportunity to visit the Salt Lake City Lodge, Leif Erikson Lodge and the "Multi Lodge Event at Henrik Ibsen Lodge at their Park. It is such fun to meet members, learn about different lodges and see the difference between lodges. We are different in many ways but have the same goals of "celebrating our Norwegian culture and heritage". Also the District is hosting its first camp for adults, Camp Oldefjell. I am looking forward to learning to weave. There is a lot going on; be a part of it.

The District Lodge is planning a great District Lodge meeting and Convention in Mesa, AZ June 18-22, 2020. The convention theme is "Celebrating our Roots", and as part of this we

are inviting a special speaker to discuss Norwegian Genealogy. In addition, we will have some leadership and volunteer opportunities as part of a leadership training, as well as the exciting District Lodge and Recreation Center Meetings.

Our International Delegates from 2018-2020 have been busy with numerous resolutions that have required a vote. These include approval of "Guidelines for Nominations" and approval of a pay raise for the International Board. It is time to start thinking about who will be your lodge delegates to our 2020 District Convention. And make plans for fundraising to support your lodge delegates to attend the convention.

This fall lodges should be preparing for elections. Remember each lodge should have at least four officers: president, vice president, secretary and treasurer. These are the required officers. Nominations are open for 2020-2022 District officers. To be an officer you must be a District delegate and own a Sons of Norway financial product. Do you know someone in your lodge, zone or district who would provide great leadership for District Six? Or maybe you are interested. We need to fill our District Lodge positions.

2020 celebrates the 125th birthday of Sons of Norway. As part of the celebration, Sons of Norway has prepared an electronic tool box which was sent the end of August to lodge leaders and is also located on the website, but to get all the information you need to log in. Check it out for lodge program and newsletter ideas for 2020.

Thank you all for everything each of you contribute to make District Six and its lodges...SUPER.

Fraternally,
Luella

This Month's SofN Web Site Feature

Explore Your Heritage

Are you curious about the unique story of your family? Then get inspiration to begin exploring using our newly updated guide, **Genealogy Tips and Hints — Connecting with your family history**. This handy 10-page introduction will help you get your research off to a quick start with information about Norwegian names and places. Exclusively for Sons of Norway members, you'll find the guide online at ww.sofn.com in the **Member Resources** area under **genealogy**.

Table of Contents

- ◆ **Velkommen!**
 - ◆ **One Member's Story**
 - ◆ **Tips and More**
 - ◆ **What is Genealogy? What is Family History?**
- ◆ **A Brief Introduction to Norwegian History, Emigration, Names and Geography**
 - ◆ **Changes in Society**
 - ◆ **Last Names**
 - ◆ **Geography**
 - ◆ **More Information and Resources**
- ◆ **About the Sons of Norway's Cultural Skills Program**



Birthdays:

Name	Mon.	Day	Tyoe
Agnar Jorgensen	11	4	
Karen Campbell	11	7	
Claudia Deasy	11	7	
Brian Ernster	11	8	
Beverly Bergum	11	16	
Sean Farrell	11	17	HM
Thomas Farrell	11	17	HM
David Lanham	11	17	
Gloria Vatne	11	18	
Ed Eskelson	11	25	
Dan Schauer	12	1	
Vernon Tweed	12	4	
Beverly Lundeen	12	5	
Don Speas	12	5	
Crystal Sundet	12	6	GM
Pamela Lugo	12	11	
Lee Corns	12	12	
Greta Grande	12	23	

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



Recipe: Serina Kaker

INGREDIENTS

2 large eggs
1 cup sugar
4 cups all-purpose flour
1 teaspoon baking powder
3 sticks salted butter, softened
1/2 cup sugar cubes, coarsely crushed, or
pearl sugar



PREPARATION

Beat together 1 egg and sugar with an electric mixer until thick and pale. Sift in flour and baking powder and add butter. Beat on low speed until mixture forms a dough. Chill, wrapped in plastic wrap, until firm, at least 1 hour.

Preheat oven to 350°F.

Lightly beat remaining egg. Roll level teaspoons of dough into balls and arrange 1 inch apart on ungreased baking sheets. Press thumb into center of each ball to flatten, leaving a depression, and brush lightly with egg. Sprinkle crushed sugar in centers and bake in batches in middle of oven until golden, 12 to 18 minutes. Transfer to racks to cool completely.

Financial Moment Life Insurance Awareness

According to the 2018 Insurance Barometer Study (Life Happens/LIMRA), 84 percent of adults believe most people need life insurance . . . yet only 59 percent say they have it themselves. So why are so many people underinsured?

It's often due to misconceptions about life insurance.

Myth: It's too expensive.

Truth: Not really. People can purchase insurance for just dollars a day.

Myth: Insurance is for older people.

Truth: No one's too young for life insurance. The younger and healthier you are, better your rates will be.

Myth: I can always get it later.

Truth: Not always the case. Aging and health problems can make it tough to get the coverage you want. You don't know what your health will be even tomorrow—and worse, you can never predict a life-changing accident.

Myth: I don't need life insurance.

Truth: What would your family do without your income? How would they cover bills, pay for funeral costs or fund your children's educational goals? If don't have a family, you can use the benefit to leave a legacy with a charitable organization that matters to you; like the Sons of Norway Foundation!

Are you confident you have enough coverage? When was the last time you talked to your Financial Benefits Counselor?

Kendall Kjerstad

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

The Value of Membership—Christmas Ideas

#1 Give the gift of membership! Your delighted gift recipient will enjoy Norwegian culture and heritage year-round with monthly deliveries of *Viking* magazine.

#2 Go online to the NEW Sons of Norway store and choose from several Sons of Norway logo products. Visit <https://sofn.logoshop.com/ProductResults/?ProdSetIds=109764>

#3 Use your members-only 20% off discount from Porsgrunds porcelain and Hadeland glasswork. Purchase stunning Norwegian home goods for an authentic Norwegian touch. Visit <https://porsgrund.com/en/> or <https://www.hadeland-glassverk.no/en/ebsite>. Use code NORDIC at check-out.

SAVE THE DATE!!

28th Annual Banelopet

Leggett Hall at the YMCA SNOW MOUNTAIN RANCH has been reserved for **February 22, 2020**.

Check in 9:30 am

Deadline to pre-register is February 15, 2020 with:

Lois Hodne at 303-795-6695 or email hiloie@aol.com

Ski instructors and Marshalls please let Jon-Eirik know you can volunteer - tvchi-ro@gmail.com

For lodging: Snow Mountain Ranch YMCA 303-443-4743

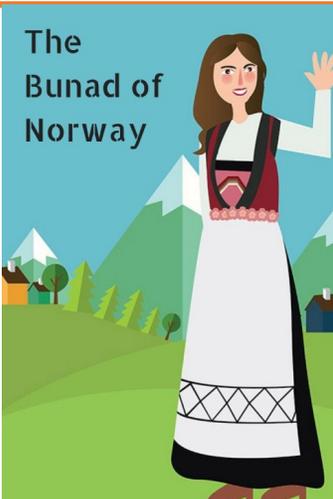
Were the Vikings Smoking Pot While Exploring Newfoundland?

The discovery of cannabis pollen near a Viking settlement in Newfoundland raises the question of whether the Vikings were smoking or eating pot while exploring North America.

The researchers also found evidence the Vikings occupied this outpost for more than a century, way longer than previously believed.

<https://www.realclearscience.com/2019/07/16/>

The
Bunad of
Norway



The colourful Norwegian folk dress has gained in popularity in recent years. We take a look at the history and the detail of the designs.

A bunad is a traditional folk costume that you find all over Norway. Although much more popular with women, men's bunads are also available.

The best time to see the outfit is on Norway's national day, when the streets are full of bunad-wearing Norwegians of all generations! You may also see people wearing one at weddings and other celebrations.

Read more at <https://www.lifeinnorway.net/bunad/>

September Meeting and Potluck



Everyone enjoyed the food



Crystal presents Tony and Teri with a commemorative Plate for their Key Member award

Crystal leads the Business meeting





Bev Bergum gets her Gangmerke (walking) Sports Pins



Teri gets her Genealogy Part 3 Award



Donna and Lloyd get their 15 Year pins

All of our "Year" pin recipients



There are many ways in which we are asked to assist our fellow human beings who are in need. Participation in the Tubfrim program is one of the more simple yet successful ways to do just that. Tubfrim is an organization in Norway that resells cancelled stamps and donates the proceeds to help children with disabilities. Sons of Norway is proud to support Tubfrim in their work to support children in need.

In 1928 Ditlef Frantzen, postmaster of the small Norwegian town of Nesbyen, got the idea to collect and market canceled stamps as a way of raising funds for the Tuberculosis Association in Norway. Within a few years, his idea caught on and many communities in Norway and beyond were collecting and sending bags of canceled stamps to Nesbyen.



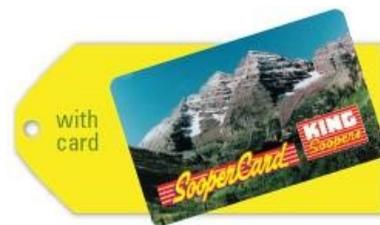
When Frantzen left Nesbyen in 1943, he donated his stamp collecting institution to the Norwegian Health Service. Since tuberculosis is no longer the threat to health that it once was, today disabled and needy children receive the proceeds from the resale of the stamps. Last year Tubfrim made a profit of 520,000 Kroner (that's almost \$80,000).

To help Tubfrim do its crucial work, simply clip canceled stamps from envelopes, leaving at least a quarter of an inch around the edge. When you have collected a pound of stamps, ask your Tubfrim chairperson or lodge secretary to weigh and verify them. Then place your stamps in a plastic bag and send it in a sturdy box to Tubfrim, 3540 Nesbyen, Norway
OR Collect stamps and give or send to Lloyd Newland, Special Activities.

Support Fjelldalen with King Soopers Community Rewards.

The Fjelldalen gift card that you could reload will no longer works. So:

1. Go to 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
8. If you need assistance, call 800-576-4377.



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) about any Member who needs some tender greetings from Fjelldalen Lodge!



Marylee Hagen sends thanks for all the cards and letters and thinks she's on the road to recovery. We hope to see her at a meeting soon.

Barbara Robb passed away October 9th. A memorial will be held in early November. Cards for the family can be sent to; Craig Robb, 3470 So. Grant St., Englewood, CO 80113

Don Bossert had pneumonia, but is home recovering now.

Marilyn Lyle is recuperating from back surgery.





Fjellaldalen Lodge #6-162 Highlands Ranch, Colorado



SPESIELLE INTERESSEGRUPPER

Fjellaldalen Lodge has some special interest groups you may want to consider. We need members—and non-members—that are interested to join these groups.

If you don't see a group you're interested in contact a Board member and we'll see if there's enough interest to form a new group.

So far, we have the following Groups:

- ◆ Norsk Klasse: Social get togethers while speaking in Norse! This is an open group that will converse in Norwegian (and English) while socializing. Come together to socialize while learning and speaking Norwegian! All are invited and with any level/ability to speak.



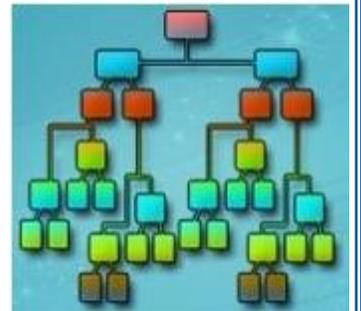
- ◆ Håndverker: Craft group get togethers. Meet to learn new crafts as well as work on your own projects and share ideas! This group needs a leader and/or someone willing to host the group.

- ◆ 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 January-February 2020 newsletter comes out the last week of December. All items for the next newsletter must be submitted by

December 15th.

Submit to Tony Hjelmstad at
tony@norsky.net.



Fjelldalen Lodge #6-162 Officers for 2019

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Dan Schauer 303-795-2255
bablan1@q.com

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bablan1@q.com

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

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Grab Your Viking Helmet, Come to Colorado, and Celebrate the Season in Breckenridgel

What is the Ullr Fest in Breckenridge, CO?

Ullr Fest has been a can't miss family-friendly event in Breckenridge since it began more than five decades ago. The event is a massive celebration of the season and community, inspired by Ullr, a Norse god known for his affinity for cold weather and outdoor activities this **December 11-15, 2019**, and the Town of Breckenridge invites snow lovers of all ages to join the party.

During Ullr Fest in Breckenridge, don't be surprised to see horned Viking hats adorning the heads of skiers and snowboarders, the biggest bonfire in town, and more than 12,000 Ullr enthusiasts filling the streets for the Ullr Parade with crazy float participants skiing off jumps on Main Street or gliding along town in a hot tub. Join us to rejoice with Ullr



himself... he's ready for a good party. Take part in the Ullr Parade down Main St, or attempting to break the 2019 Breckenridge Distillery "unofficial" World Record

Prove your dedication to the cold at Ullr Ice Plunge. The story behind the Ullr fest is . . . Ullr was so well skilled in the use of the bow and could go so fast on his skis that in these arts no one could best him. Each winter he covered the earth with snow to protect it from harm. It has been said that Ullr enjoyed the cold weather and loved traveling throughout the land, gliding along on his great skis, for pleasure and hunting.

It is also said that Ullr was such a great skier, he would streak across the sky leaving the brilliant stars as his trails (they obviously had some fine powder days). Though very skilled, Ullr guarded his knowledge closely and refused to show the other gods how to ski. Luckily for us, he let the secret out of the bag, and we will all be soon celebrating his glory. Next time you are trying to bash through some wind crust or plunge head first into fresh waist deep powder, be sure to invoke his name and remember – ULLR RULES!

One of Ullr's travels found him in Breckenridge, Colorado.

Breckenridge seemed a likely place for Ullr to settle down, since he wasn't looking to return to Norway any time soon. Ullr fit right in and took to the mountains. And every year, Ullr blesses Breckenridge with some of the finest snow in the world.

To repay Ullr for his gift of snow, we here in Breckenridge hold a festival to honor the god of winter. We call this little celebration Ullr Fest. This fantastic party all started back in 1963 when a few of the locals heard that Ullr was in town. Well, they wanted to let him know how much Breck appreciated Ullr's gift of snow, so they went to the Town Council and lobbied to start... 'Ullr Dag' (Ullr Day in English). The first few years of the event were hailed with locals honoring Ullr with gold coins, parties, skiing, and oh – don't forget the parties.

As the years went on, traditions were formed such as the Ullr Ball, the Ullr Bonfire, the Ullr Parade, Snow Sculpting, Ullr King and Queen, the Ulllympics and the Ullr Dating



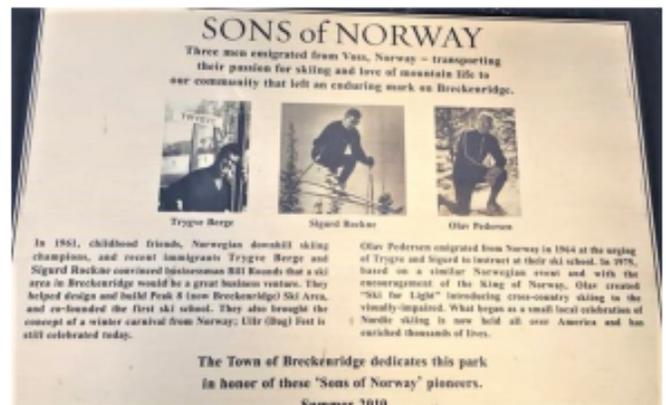
Game. Some traditions have stayed, such as snow sculpting, which has become its own event called the International Snow Sculpture Championships. Other traditions have gone by the wayside.



From fake currency to burning old skis in the bonfire, Ullr Fest has always been about fun and partying...and Breckenridge

knows how to hold a "killer party, dude." Just ask any of the locals.

Ullr Fest continues throughout the week with games, parties and more. Will you be there to join in the fun, this year?





SAVE THE DATE

District Six 2020 Convention

June 2020 

Su	Mo	Tu	We	Th	Fr	Sa
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				



The Sheraton Mesa Hotel
Mesa, ARIZONA

Celebrating Our Roots



The
Sheraton
Mesa Hotel.
Mesa.
ARIZONA

