



SONS of NORWAY

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

"Mountain Valley"



About Us

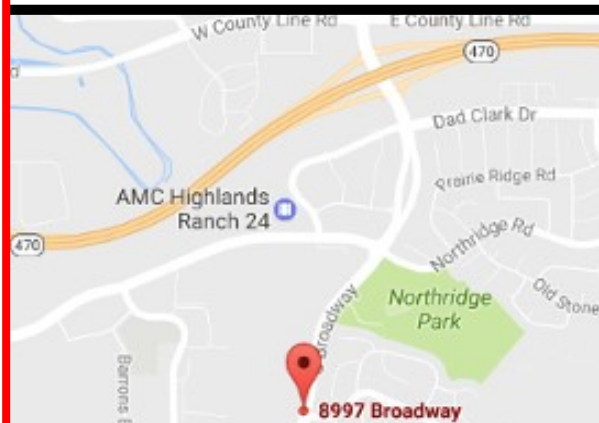
The mission of Sons of Norway is to promote and to preserve the heritage and culture of Norway, to celebrate our relationship with other Nordic Countries, and provide quality insurance and financial products to our members.

Fjelldalen's NYTT

2019 Volume 24 Issue 1, January February

We meet at 1 pm on the 1st Sat. of the month.
When we have Potlucks, we start at Noon!
Check our website for the latest information!

www.fjelldalen.com



Recent New Members

Amber C Quilling



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Coming Up

January

5	VOLUNTEER HOURS DUE TODAY!!!
5	10:00 Genealogy Hand's on Help Session
	12:00 <u>Pizza Luncheon</u> freewill offering
	1:00 Meeting— Norwegian Bingo
26-27	Ski for Light
29	6:30 Board Meeting Lone Tree Library

February

2-3	Ski for Light
2	10:00 Genealogy Finding Other Sources
	1:00 Meeting Traveling on the Hurtigruten in the Antarctic—Marilyn Elrod
23	9:30 Barnelopet YMCA Snow Mountain Ranch
26	6:30 Board Meeting Lone Tree Library



President's Message

A New year is here, 2019! That means a new board and new ideas! I welcome the new board and specifically like to thank Donita for volunteering for the president slot.

I like to thank the 2018 board and the entire membership for a job well done. I enjoyed being your president, even though I was on "sick leave" most of the spring.

We had some challenges this year. The December membership meeting was cancelled and the Lutefisk dinner was pushed forward from our preferred date because of church activities.

The Norsemen of the Rockies had their event on the same date and there are several other lutefisk dinners around the same time. It has been suggested that we move our dinner to October and maybe change from lutefisk to salmon. What do you think. Please let me know!

I think all of you know that the White Fence Farm closed this year. We like to continue the tradition of a July dinner and are looking for suggestions for a new location. Any ideas? Please let us know.

The meeting programs are a central part of our meetings and we would like to know what kind of programs you would like. Please contact me with your suggestions.

I am looking forward to 2019. I hope it will be a great year for the Lodge.

Hope to see all of you, and I mean all of you at the meetings. It would be great to have 100% attendance!

Sincerely, Erik

The Value of Membership

As a member of Sons of Norway, you're invited to enjoy the numerous benefits we have. Whether your interests lie in financial products, travel, culture or heritage, Sons of Norway has a lot to offer, including the assistance of Financial Benefits Counselors and the fellowship and philanthropy opportunities of your local lodge.

Discover all that's here for you at Sons of Norway:

- Lodge Leadership Resources
- Events and Community
- Cultural Programming
- Genealogy
- Foundation
- Financial Products
- Sons of Norway Visa Card
- Member Discounts

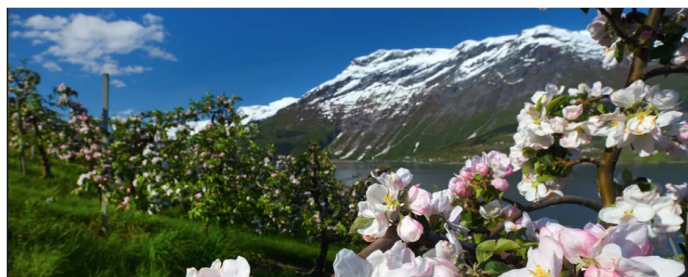
Thanks, Teri and Lise



The Mar-Apr 2019 newsletter comes out the last week of February. All items for the next newsletter must be submitted by

February 15th.

Submit to Tony Hjelmstad at
tony@norsky.net.



This Month's SofN Web Site Feature

The SofN.com site has a calendar of events from all lodges—Fjelldalen uses it to publicize our Lutefisk Dinner. But if you are traveling and want to do something "Norwegian", it's a good place to check . . .

Calendar of Events

Keep an eye on the Sons of Norway Web site to learn about Norwegian-related happenings in North America and Europe.

If you have an event you'd like to see on this page, [Click here](#) to post your event.

12/15/2018

[Lutefisk Dinner at Fjelldalen #6-162](#)

Highlands Ranch, CO

12/16/2018

[Nordic Julekonsert](#)

MINNEAPOLIS, MN

01/19/2019

[Traditional Scandinavian Lutefisk and Meatball Dinner](#)

Columbia Heights, MN

01/26/2019

[Lutefisk Dinner, Las Vegas-style!](#)

Boulder City, NV

01/26/2019 - 01/27/2019

[Lutefisk and Meatball Dinner](#)

Eugene, OR

Birthdays:

January

- 9 Marilyn Elrod
Brendan Farrell
10 Donita Zblewski
18 Eldon Halingsstad
24 Heidi Erickson
25 Gayle Rodgers
27 Michael Zblewski
29 Russell Anderson
Teresa Isaak
30 Tristan Farrell

February

- 5 Arne Omholt
16 Joyce Dean
22 Bailey Bagwell
Patrik Bagwell
Lloyd Selheim II
26 Richard Peterson

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!



Fjelldalen Volunteer Hours Worksheet

At the end of each year, as members of Sons Of Norway and Fjelldalen Lodge we are asked to fill out the "Volunteer Hours Form". It helps Sons Of Norway to maintain their Non-Profit status and future programs. There are different formats on our website

www.fjelldalen.com/membership

The form is also attached below.

Please fill out the form and get it to Fjelldalen's Secretary, Marilyn Lyle. You can send it to her at 1548 E Nichols Dr, Centennial, CO 80122 or email it to mari-lyle@msn.com or give it to her the next time you see her.

District 6 Mailing List Moderators Wanted

Greetings,

The District Six Communications Team is looking for a few folks to help moderate some of our email distributions lists. Attached is an announcement we would appreciate running in your next newsletter. Both a Word file and a JPG file are attached. Use what ever best fits. You can check the link in the Word file (<https://sofn6.org/email-list-moderator/>) for more information about this requirement.

Tusen takk,

Bruce Fihe

Webmaster - District Six, Sons of Norway

District 6 and Sons of Norway Foundation Calls for 2019 Scholarship Applications

The Sons of Norway Foundation awards 25 scholarships to promising students each year. The programs promote cultural exchange and support higher education to help students follow their dreams. Although application deadlines vary from Jan. 15 to March 1, 2019, it is not too early to think about applying for support for the 2019-2020 school year. See the Flyer at end.

The **District Six Sons of Norway Scholarship** supports **District Six students** who are planning to attend an accredited vocational training school or accredited college or university. Sons of Norway membership is required for eligibility. The deadline is May 1, 2019. Go to <https://sofn6.org>.

Please note our Foundation's application deadlines:

December 30	Helping Hands to Children, Lodge Culture and Heritage and Lodge Vitality Grants
January 15	All scholarships that involve international travel
March 1	All domestic scholarships
May 1	District 6 Scholarship



TUBFRIM
NO-3540 NESBYEN - NORGE



How to help us.

Send your used stamps and phonecards to TUBFRIM, Box 1, NO-3541 Nesbyen, Norway.

Please, never throw away canceled stamps and phonecards. Stamps and phonecards from any country in the world can be used.

Just cut or tear the stamps off the envelopes, leaving a slight margin (approx. 1/2 inch) to keep the perforation intact. Damaged stamps (damaged perforation, edges etc.) are worthless and are to be thrown away. (Damaged phonecards are also to be thrown away.)

We are also happy to receive stamp collections, old envelopes, covers and postcards. If envelopes, postcards etc. are more than 50 years old, then please do not cut off the stamp, but send us the whole envelope/postcard!

All type of stamps and phonecards are received with thanks. We give them a "new" value.



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



Matlagings Klubb

We are looking for new members and anyone who is interested should contact Lise or Donita for times, locations, and next item we're cooking. We have also posted about our meetings on the Fjelldalen Facebook page.

If anybody has any questions please ask away!

Lise LeBlanc

Donita Zblewski



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

Marilyn Lyle has been getting treatments for leg and back pain, but hasn't improved much. Wish her well as she works hard for the Lodge!

Gloria Vatne fell and broke her hip Friday. She had to have surgery and is in the hospital. She will go into rehab soon. Cards can be sent to her home address as a neighbor is picking up her mail.

Helen Mulhern has a broken ankle.. Send her a card or give her a call.



Recipe of the Month—Grynsodd

A Hearty Warm-Up for a Chilly Winter's Eve: You'll feel fortified and able to tackle any January task after enjoying a bowl of this full-flavored barley vegetable soup.

Ingredients

3 Tbsp barley, soaked overnight
3 Cups water
½ leek, washed and sliced
2 celery tops with leaves, chopped
2 Cups beef stock or bouillon
2 Cups cabbage, washed and sliced
1 Cup carrots, sliced
½ Cup rutabagas, diced
3 potatoes, diced
Salt and pepper to taste
Fresh parsley, chopped
Optional ingredient: 1½ Lbs. beef chuck diced

Directions

- Step 1—Rinse the barley and soak it in cold water overnight.
- Step 2—Add the barley and soaking water to large soup pot.
- Step 3—Cut the leek in half and wash it well, then slice. Cut the celery and add both to the soup pot. Simmer for about 1 hour.
- Step 4—Add the beef stock and sliced cabbage, simmer for 20 minutes. If you are adding the beef chuck, add it in this step.
- Step 5—Add the carrots and rutabagas, simmer for another 10 minutes.
- Step 6—Add the diced potatoes. Continue to simmer for another 15 minutes until the vegetables are firmly cooked, but not mushy.
- Step 7—Serve hot from the stove sprinkled with the chopped parsley. Pair with a crusty, dark bread.



<http://www.oppskriftskroken.no/grynsodd/>

“Member Seminars” Coming to your Zone

During January, February and March, Zone Directors will be holding Member seminars around District Six. There should be one near you or take the opportunity to travel and visit another lodge in our District.

What is “Member Seminar”? This is an opportunity for any member to find out about the “three legged stool” of Sons of Norway, which is comprised of the Fraternal, Financial and Foundation. The Fraternal is the membership branch, it offers culture and heritage programming, language lessons, recipes, supplies and member discounts. The Financial offers insurance and annuities. The Foundation offers scholarships, lodge grants and humanitarian grants. Come and learn more about what Sons of Norway has to offer to you and your lodge. Remember the old adage, “knowledge is power”.

In addition you will learn about the other three “F’s” which includes fun, food and fellowship. This is an opportunity to learn and share with members of other lodges what you do at your lodge in for fun, food and fellowship. Meet your Zone director and officers of the District Six. The more we know, share and understand about Sons of Norway the better experiences we all will have as members and as lodges.

Please look in your and other lodge newsletters for these events. Check out Facebook for postings. Take this opportunity to visit another lodge, meet new people and join the fun, food and fellowship of Sons of Norway.

Fraternally,

Luella

Luella Grangaard
President District Six
Sons of Norway

Financial Moment

This January will mark the 124th Anniversary of the Sons of Norway organization. Many things have changed since the beginning, just as many things will continue to change for the future. However, one thing that hasn't changed is that Sons of Norway is a Fraternal Insurance Company and as such, provides highly competitive products to our members. These products help reach the financial goals of you, our members, while still holding on to the grassroots ideas of our founding fathers. Let's all continue to work together to ensure Sons of Norway continues to grow. Please contact me with any questions. I'd be happy to do a complimentary financial review.

Kendall Kjerstad



Save the Date Language and Heritage Camps!



Camp Folkehøgskule (ages 14-17)

23 June-6 July 2019

Camp Trollfjell (ages 8-13)

7-20 July 2019



Registration opens January 2019!

Visit our website:

<https://arv.sofn6.org/>

Our Facebook page:

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



Lutefisk Dinner!

The Cooks—Ed, Mike,
Rick

A Cook Serves the
Cook!



Crystal, Bev, Rita (Norwegian Honorary Consul), Lise, and Erik toast a
successful Dinner!

Everyone had a great time





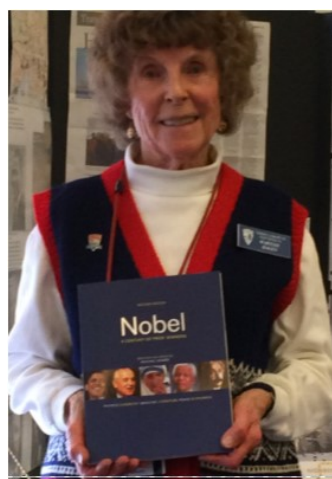
Lise and Erik relax after a successful Cooking Club Gravlaks Demonstration

The Cooking Club enjoys the fruits of their labors—Gravlaks for all!

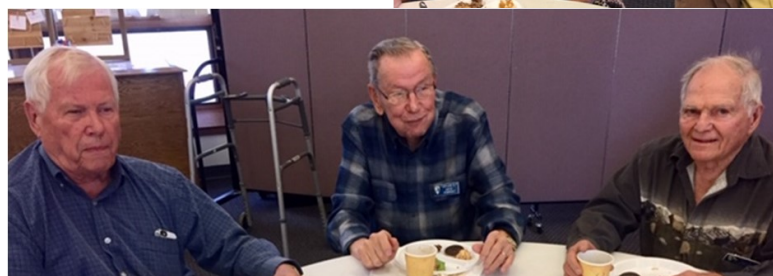


Everybody enjoys the snacks after the presentations!

Clockwise from top left—[Marilyn, Crystal, Joyce], [Ed, Eldon], the Bossarts, [Erik, Arne, Lloyd], [Donna, Agnes], [Heidi, Linda, Dan]



Marylee presented a program on her Norway trip, including the Nobel Peace Center.



Tony presents Teri her Level 2 Pin in Genealogy



Fjelldalen Lodge #6-162 Officers for 2019

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

Vice-President: Crystal Sundet 720-283-8592
cisun@siliconps.com

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

Treasurer: Ed Eskelson 303-388-1909
t.noslekse@q.com

Counselor:

Cultural Director:

Membership Secretary: Lise LeBlanc 303-242-6460
mark_and_lise@yahoo.com

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

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

Marshalls: Dan Schauer 303-795-2255
bablan1@q.com
Guy Duncan 720-254-7594
rollydog15@gmail.com

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

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

Foundation: Helen Mulhern 303-337-4090

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

Publicity: Don Speas 303-973-2158
donspeas@hotmail.com

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

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

Cultural Skills & Sports

Medals Awards: Tony Hjelmstad 303-771-1428
tony@norsky.net

Tubfrim: Lloyd Newland 303-973-8097
aahhhco@gmail.com

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

Webmaster: Don Speas 303-973-2158
donspeas@hotmail.com

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

International Director: Mary Beth Ingvaldstad 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

Name _____

Sons of Norway FIELDALEN Lodge #6-162

Volunteer Hours Worksheet

	A	B	C	D	E	F	G	H	I	J	K	L	M	N
1	COMMUNITY	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC	TOTAL
2	Schools													
3	Public Events													
4	Visitations													
5	Barnelopet													
6	Ski for Light													
7	Scandinavian Fest.													
8														
9														
10														
11	FRATERNAL													
12	Board Meeting													
13	General Meeting													
14	Other Meetings													
15	Genealogy													
16	Other classes													
17	Syttende Mai													
18	Lutefisk Dinner													
19	Summer Picnic													
20	Zone 8 Workshop													
21	Other Lodge Events													
22	Newsletter													
23	Correspondence													
24														
25														
26														
27														
28														
29														
30	NAME													
31														
32														
33														

Total Community Hours:

Total Fraternal Hours:

Fjeldalen Lodge #6-162 Volunteer Hours

TOTAL COMMUNITY

TOTAL FRATERNAL



SKI FOR LIGHT, INC.

SKI FOR LIGHT 2019 EVENT

The 2019 Ski for Light International Week will be held from Sunday, January 27, 2019 through Sunday, February 3, 2019, at Snow Mountain Ranch in Granby, Colorado. The skiing portion of the SFL week has taken place on the 100 kilometer trail system of Snow Mountain Ranch ten previous times, so you can tell that there is a lot about the trails that we like. This year, as in 2017, we will also be staying on the grounds of the property, so skiing will be just a short distance from your room.

Save the date!

Arrival at DIA on Sunday, January 27, 2019 and

Departure at DIA on Sunday, February 3, 2019

***Volunteers are needed both at DIA and
Snow Mountain***



The ***SUPER SIXTH*** DISTRICT



**SONS of
NORWAY
FOUNDATION**

For immediate release

Contact: Corrie Maki Knudson at 612-821-4632

Sons of Norway Foundation Calls for 2019 Scholarship Applications

The Sons of Norway Foundation awards 25 scholarships to promising students each year. The programs promote cultural exchange and support higher education to help students follow their dreams. Although application deadlines vary from Jan. 15 to March 1, 2019, it is not too early to think about applying for support for the 2019-2020 school year. The following scholarship applications are available through the Foundation website at www.sonsofnorway.com/foundation:

The King Olav V Norwegian-American Heritage Scholarship was so named when His Majesty King Olav V of Norway gave the Foundation permission to name his honor a fund to underwrite activities in which American and Norwegian heritages are explored, studied and shared by applicants who meet the fund's criteria. The application deadline is Jan. 15, 2019.

The Oslo International Summer School Scholarship assists students attend the six-week University of Oslo summer program that offers a wide range of undergraduate courses focusing on Norwegian language, culture and society, as well as a number of graduate courses with a broad international focus. Applicants must be current members of Sons of Norway or children or grandchildren of current Sons of Norway members. The application deadline is Jan. 15, 2019.

The Helen Tronvold Norwegian Folk High School Scholarship supports the Sons of Norway Foundation's objective to provide cross-cultural experiences for youth. Folk high schools (*folkehøgskole*) allow students not only to study theory but also to practice their chosen field, from music to language to sports to the arts. Applicants must be current members of Sons of Norway or children or grandchildren of current members. The application deadline is Jan. 15, 2019.

The Helen Tronvold Adult Learner Scholarship supports the Sons of Norway Foundation's objective to provide cross-cultural experiences for adult insurance members. Applicants must be current Sons of Norway members aged 40 and over who own a Sons of Norway annuity or insurance product. The application deadline is Jan. 15, 2019.

The Lund Fund Scholarship is to be used for study abroad at any accredited, postsecondary education institution. Special consideration shall be given to military veterans. Applicants must be current members of Sons of Norway or children or grandchildren of current members. The application deadline is Jan. 15, 2019.

The Douglas Warne – Rolf & Wenche Eng Scholarship creates an opportunity for qualified applicants to attend educational institutions in Norway and assists with the costs of tuition, room and board. The deadline is Jan. 15, 2019.

The Astrid G. Cates Scholarship is designated specifically for students interested in post-secondary training or vocational/trade school. Applicants who are between the ages of 17-26, United States citizens and current members of Sons of Norway or children or grandchildren of current members eligible to apply. The application deadline is March 1, 2019.

The Dan and Betty Rude Scholarship is offered specifically to undergraduate students majoring in elementary education (K-8). Candidates must have completed at least one year of college and be United States citizens. The deadline is March 1, 2019.

The Myrtle Beinhauer Fund offers scholarships to individuals who are current members of Sons of Norway or children or grandchildren of current members in Sons of Norway Districts 1-6. Furthermore, applicants must be enrolled in college or have proof of enrollment prior to receiving funding. The application deadline is March 1, 2019.

The Nancy Lorraine Jensen Memorial Scholarship Fund was established to encourage young women to enter the fields of science and engineering. Applicants must be American citizens aged 17-35 and a current female Sons of Norway member or the daughter or granddaughter of a current member of the Sons of Norway. The application deadline is March 1, 2019.

The Orel and Marie Winjum Memorial Scholarship assists with college tuition costs for American citizens of Norwegian and/or German heritage who have been accepted or are enrolled in an accredited four-year college or university or two-year community college in the United States. The application deadline is March 1, 2019.

District and Lodge Scholarships

The Sons of Norway Foundation partners with Districts and Lodges to offer the following scholarship opportunities. More information and the applications are available by contacting the District or Lodge directly.

The Carl M. Saltveit Scholarship provides full scholarships for District Two members to attend the University of Oslo International Summer School. The application deadline

is February 15, 2019. Contact District Two Youth Director David Champion or go to <http://sonsofnorway2.com/scholarships.html> for further information.

The Desert Fjord Agnes Stieler Scholarship allows members of Desert Fjord Lodge, 6-133, their children and grandchildren to receive support for college or to receive funding for a Norwegian educational class. Go to <https://desertfjord.org> for application details.

The Sons of Norway District Four Scholarship supports District Four students planning to attend an accredited vocational training school or accredited college or university in the United States or Canada, or university or folk school in Norway. Applicants must be Sons of Norway members. The deadline is March 1, 2019. For application information go to <https://www.sofn-district4.com>.

The District Six Sons of Norway Scholarship supports District Six students who are planning to attend an accredited vocational training school or accredited college or university. Sons of Norway membership is required for eligibility. The deadline is May 1, 2019. Go to <https://sofn6.org>.

The Sons of Norway Foundation is dedicated to funding activities that preserve and promote Norwegian heritage, positively affect members and make Sons of Norway communities more vibrant places to live.

For more information about Sons of Norway Foundation scholarships, contact scholarships@sofn.com, call (800) 945-8851, or check out the website at <https://www.sofn.com/scholarships/>. Each scholarship has specific criteria that applicants must meet.

The **SUPER SIXTH** DISTRICT

Things to Remember:



- As per YMCA regulations, no walking or snowshoeing on groomed trails
- Participants need to provide their own skis or rent at the Nordic Center
- Cross-Country ski rentals are available through Snow Mountain Ranch Nordic Center, 888-573-9622, or check your local rental establishment
- Ski trail access provided free
- Bring sunglasses and sunblock for the children
- Carpooling is encouraged
- Walk-ins welcome – come early!
- Make reservations early if you plan to stay overnight in Grand County

Hosted by Sons of Norway District Six
www.sofn.com & www.sofn-district6.com

Fjellidalen Lodge – Denver	6-162
Fjellheim Lodge – Colorado Springs	6-107
Stein Fjell Lodge – Loveland	6-114
Trollheim Lodge – Lakewood	6-110
Vesterheim Lodge – Boulder	6-118
Storjell Lodge – Grand Lake	6-169

Sponsored by



2019 Schedule

Leggett Hall, Snow Mtn Ranch

Same day walk-ins	9:00 a.m.
Check in begins:	9:30 a.m.
Ski Lessons:	10:00 – 11:00 a.m.
Barneløpet Event	11:15 a.m.
Post-Event Reception	12:30 - 2:00 p.m.
Close at	3:00 p.m.

Sons of Norway's Barneløpet is a FREE event open to boys and girls of all skill levels. It's an event where the whole family can get involved.



Parents, grandparents and other spectators can line up at the finish banner to cheer the skiers on with cowbells and flags.

All skiers receive a beautiful gold medal!

Post-Event Reception

Skiers and their families are invited to a free after-ski Barneløpet reception. The host lodges will serve a light lunch and beverage.



And they are off!

Information and Questions

For Lodging

Snow Mountain Ranch
 YMCA 888-613-9622

Granby Chamber of
 Commerce
 970-887-2311

Grand Lake Chamber of
 Commerce
 970-627-3372

Colorado Zone Director
 for Sons of Norway
 Bev Moe
 720-746-9755
bevm259@comcast.net

Barneløpet Coordinator
 Jon-Eirik Holm-Johansen
 970-413-0433
tvchiro@gmail.com

Barneløpet Registration
 Lois Hodne
 P.O. Box 394
 Tabernash, CO 80478
 303-795-6695
hiloie@aol.com

