

Fjelldalen's NYTT



"Mountain Valley"



SONS of NORWAY

Fjelldalen Lodge #6-162

Highlands Ranch, Colorado

May—June 2023

Volume 28, Issue 3

Christ Lutheran Church
8997 S. Broadway, Highlands Ranch

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

<https://www.facebook.com/fjelldalen.lodge.3/>

May 2023

6 9:30 Genealogy—[Zoom Meeting](#)

Year-end Roundup

13 Stein Fjell Lodge Syttende Mai

20 12:00 Syttende Mai

Fjellborg Vikings !!!

See Flyer

30 6:30 Board Meeting—[Join via Zoom](#)

June 2023

3 9:30 Genealogy—[Zoom Meeting](#)

What's Cooking

10 9:00 [Cooking Club at CLC](#)

12:00 Lodge Meeting and Potluck Brunch

New Member Welcome

24 Scandinavian Midsummer Festival

Estes Park—Fjelldalen Tent

No Board Meeting

Sept 2023

16 2:00 Fjellheim 50th Anniversary
Celebration

Nov 2023

11 1:00 Lutefisk Dinner

What's Inside

Lodge & Genealogy Meeting Topics	2
King Soopers Rewards	2
President's Greeting	3
From the Sons of Norway	4
From District 6	4
Sunshine Greeter	5
Next Newsletter Deadlines	5
Lloyd Clifford Newland Obituary	6
Fjelldalen Views	7
2023 Fjelldalen Lodge Officers	8
Financial Moment—Kendall Kjerstad	9
If you change your Address or Email	9
Order Fjelldalen Name Badges	9
Sons of Norway Web Site Feature	10
Birthdays & New Members	10
Matlagings Klubb Recipes	11
The Cooking Club is Meeting before Lodge meetings	11
The Fjelldalen Cookbook is Coming	11
Kålruller—Norwegian Cabbage Rolls	11
Fiskegrateng – Fish au gratin	11
Fjelldalen News	12
The Fjelldalen Hiking Vikings	12
CLC Food Pantry Donations	12
Kid's Pages—Coloring Contest Rules	12
Kid's Pages—Coloring Contest Artwork	13
Flyers	
Syttende Mai	14
Fjelldalen Lodge now Accepts Zelle	15
Host a Foreign Exchange Student	16



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 Lodge #6-162
Highlands Ranch, Colorado



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NORWAY**

<https://www.fjelldalen.com/> <https://www.facebook.com/fjelldalen.lodge.3/>

Lodge Meetings are on the Second Saturday at 1:00 pm!!!



- **20 May 2023—12:00—Sterne Park Main Shelter**
Syttende Mai Celebration—food, games, fun—*we will have the Fjellborg Vikings!*
- **10 June 2023— 9:00 Cooking Club at CLC—we'll make a dessert for the potluck**
12:00—Lodge Meeting and Potluck Brunch and New Member Welcome

Genealogy Meetings are ZOOM on the First Saturday at 9:30 am!!!

- May 6th – Year-end Roundup – round table questions/answers/demonstrations
- June 3rd – What's Cooking – a look at what and how the Norwegians cooked
- July 1st – Finding the Birth Parents – Marylee Hagen
- August 5th – Tracking an Emigrant – the steps our Immigrants had to do to leave

Join the Genealogy Zoom Meeting Meeting ID: 860 5229 1262 Passcode: 700388

Call Tony at 303-771-1428 if you need help.

[Click Here to Join ZOOM Meeting](#)

<https://web.zoom.us/j/86052291262?pwd=Vm9vR3F6dnNOcHhWNXNENlpXZjM3UT09>



Community Rewards

King Soopers donations account give Fjelldalen an income of about \$800 a year.

If you shop at King Soopers, use your Rewards Card account (sign up for one if you don't have it) and designate Fjelldalen Lodge 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.**



Fjellaldalen Lodge #6-162
Highlands Ranch, Colorado



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President's Greeting

Hei Friends,

Wow... we're getting ready for Constitution Day already!

This year we will hold our celebration on Saturday, May 20th and we will once again be at beautiful Sterne Park in Littleton.

Please join us starting at 12:00 Noon. The Parade starts at 12:30 and the Hot Dog line will opens right after!

Our Norwegian Smörgåsbord will include some great traditional food with grilled hot dogs, or *pølse* in Norwegian, heart waffles, and ice cream, to name a few. Of course there will be plenty of lefse and KAFFE! So, bring a cooler and some lawn chairs and spend the day with us!

I love that our Lodge is so food-oriented... the smørrebrød (open-faced sandwiches) in March, suppe (home-made soups) in April, and our famous Lodge potlucks before every meeting have been a great success.

One of our Lodge goals is to have at least one event scheduled every month outside our base meeting. So far we have had a couple of 'meet-ups' at local taverns including a St. Patrick's Day gathering at Lansdowne Arms that had a nice turn out.

We also have started a monthly **Hiking Viking** meet-up group to explore some of the fantastic local trails that our beautiful state has to offer. Please join us at one of these monthly hikes (read 'leisurely walk'). Of course, we like to go out after the hike to a local eatery, so plan on that too.

I have also heard rumblings of a Cooking Club, or Kokkeklubb, so watch our Website and Facebook page for updates.

In June, we plan to have a New(ish) Member Welcome Brunch to get you all indoctrinated into food-mode and we will end the month by hosting a tent at the annual Scandinavian Festival in Estes Park. You will be more than velkommen to use the Lodge tent as a 'base-camp' while you and your family and friends explore this terrific event... come by and put your feet up and cool off with your fellow Lodge friends!

Skål!

Kris



Fjell dalen Lodge #6-162 Highlands Ranch, Colorado



SONS of NORWAY

From the Sons of Norway Headquarters

As a Sons of Norway leader, we wanted to share with you some information regarding the financial status and operations of the organization impacted by recent decisions. Action had to be taken for the long-term financial health and vibrancy of Sons of Norway, so the organization will endure for another 128 years. These transactions increased our capital to better position Sons of Norway's financial strength and our prospects for future growth.

Our surplus, a measure of solvency equal to the owner's equity in accounting terms, has been reduced to a critical level in recent years. A healthy surplus level is required by the Minnesota Department of Commerce (MDOC), to continue as a viable carrier and ensure we have the capital to support future claims. To return our surplus to acceptable levels it was necessary to make changes, including increasing the level of surplus capital, reducing overall expenses, and continuing to price and implement insurance and annuity products with increased profitability and sales potential.

Sons of Norway recently announced the next step in our journey to profitability with the closure of sales of our guaranteed issue whole life (GIWL) product in the fourth quarter of 2022. This change was necessitated by several factors such as higher than expected claims and adverse economic and market conditions that ultimately caused higher than acceptable capital strain or cost to the organization. This strain, in conjunction with the immediate reduction of new sales due to this closure, has forced us to make some very difficult decisions:

- Regrettably, effective January 12, 2023, Sons of Norway has reduced our home office staff by 20%. The core team that remains will spend 2023 building a new normal for Sons of Norway that focuses on streamlined processes, steady but measured growth, and modernizing technologies.
- We have ceased sales of GIWL products, we will be introducing a new suite of life products later in 2023.
- We sold the royalty rights to some gas and oil lease investments.
- We entered into a reinsurance arrangement for a block of annuities.

We will continue to evaluate our expenses and leverage technology to ensure we are operating as efficiently as possible.

An early review of our year-end 2022 financials indicates a **PROFIT** of \$3.941 million, assets of \$233.3 million resulting in a **surplus of \$13.5 million**. We are pleased that Sons of Norway realized an increase to our surplus for 2022. While this is a positive step, it is still necessary to address the ongoing level of income provided by our insurance products and to reduce our long-term expenses to a level appropriate to an organization our size. Not doing so over the last few decades has led us to circumstances in which we have lower net income and annual losses. While we work our way out of this situation by lowering expenses and increasing profitable insurance sales, net losses for the next few years are possible.

We encourage you to watch for the June issue of **Viking** magazine for a more detailed report on the financial stability of Sons of Norway and the complete balance sheet.

From District 6

The District Six Zoom Seminar that was held on April 5th, 2023. International Director Luella Grangaard was in charge of the Zoom Meeting with President Lis Barca, Vice President Laurie Mittelstadt and Secretary Nancy Madson present. In total there were twenty-four District 6 Lodge members present representing a few different zones. The majority of the lodge members were from California and Arizona and one lodge member was from Colorado.

International Director Luella Grangaard spoke on numerous topics and goals for District Six to complete during the year. One of the biggest news items that Luella Grangaard spoke about was the District Six Convention that will be held in June and on dates 20th – 24th 2024 in Las Vegas, Nevada. The location will be at the Tuscany Suites & Casino, 255 East Flamingo Road, Las Vegas, Nevada. This hotel is located just two blocks from the Las Vegas strip.

Luella Grangaard also spoke about goals for the different Lodges and for the Lodges to have one "extra" event outside of the regular Lodge meetings each month.

The District Six website <https://sofn6.org> and Sons of Norway website <https://www.sofn.com> were discussed during the seminar. Members are strongly encouraged to look through both websites as they have been redesigned and have additional resources.

Karen Campbell



Fjelldalen Lodge #6-162
Highlands Ranch, Colorado



**SONS of
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The Sunshine Troll

Please call or send cards to our friends in need:

- Lloyd passed away—see article
- Eldon's wife Glenda has passed away
- Gayle is having medical issues
- Ramona has moved to a care center



If you know any Lodge member having issues, please contact any of the following—

Marylee Hagen—mlhtutor@aol.com

Don Speas—publicity@Fjelldalen.com

Tony Hjelmstad—Editor@fjelldalen.com

— with news on any of our members! Let us know if you want the rest of the Lodge to know and if we should let The Viking Magazine know.



JULY

The July—August 2023 newsletter comes out the last week of June.

All items for the next newsletter must be submitted
by:
June 15th, 2022

Submit to Tony Hjelmstad at tony@norsky.net

August



Fjell dalen Lodge #6-162 Highlands Ranch, Colorado



SONS of NORWAY

Lloyd Clifford Newland Obituary

It is with great sadness that we announce the death of Lloyd Clifford Newland Lakewood, Colorado born in Bayfield, Colorado, who passed away on February 22, 2023, at the age of 90, leaving to mourn family and friends. A memorial service was held on Wednesday, March 8th 2023 at the Holy Shepherd Lutheran Church.

He is preceded in death by his parents Twila and Walter Newland, his brothers Lefty and Jess, his sister Barbara, and his daughter Karen. He is survived by his wife Donna, his children Janice, Lloyd, and Donna, his sister Dorothy and his step children Jim, Dian, Michael, Ileen, and Dan. He is also blessed to have many grandchildren and great grandchildren.

During his lifetime Lloyd lived in several places including Bayfield, Grand Lake, Ft Collins, Lakewood and Littleton. As well as a brief stint in Wyoming early in his career. He attended Colorado State University and earned his degree in Mechanical Engineering. During those years he was also very active in the ROTC and had he been commissioned would have been a pilot in the Korean Conflict. The majority of his life he worked for the US Forest Service. His career included many varied assignments and special projects such as early development work on 3 point seat belts for federal vehicles, green houses to germinate pine seedlings to reforest burn areas. He also ran the A1 fire fighting crew for the Region 5 of the Forest Service and worked on many major fires including several at Yellowstone Park.

He was also an active member in many organizations including the Masonic Lodge and El Jebel Shriners, Sons of Norway, Forest Service retirees, as well as his church. He and Donna traveled on to many places around the world including a mission trip to Kenya to help build a church, and many others with their Sons of Norway group.

Lloyd and Donna hosted the Fjell dalen Picnic for years and Lloyd processed all the stamps we collected for Tubfrim for as long as I knew him.



Lloyd and Donna hosting the 2021 Picnic

In Loving Memory



Lloyd C Newland

April 30, 1932 - February 22, 2023



Fjellalden Lodge #6-162 Highlands Ranch, Colorado



SONS of NORWAY

Fjellalden Views



Assembling Open Face Sandwiches for a hungry crowd—Cecilie, Leslie, and Bev.

Linda Ault—Rorbur, Lofoten



Marylee, Ramona, and Marilyn visit together





Fjellaldalen Lodge #6-162 Highlands Ranch, Colorado



SONS of NORWAY

Celebrating 125 Years

1895-2020

Fjellaldalen Lodge #6-162 Officers for 2023

President: Kris Bussell 303-335-5116
president@fjellaldalen.com

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secretary@fjellaldalen.com

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treasurer@fjellaldalen.com

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gaylerodgers@gmail.com
Cyndee Ormsby

Sunshine: Marylee Hagen 303-771-3778
mlhtutor@aol.com



President
Kris



Vice President
Kristina



Secretary
Karen



Treasurer
Amber

DISTRICT 6 OFFICERS

District Six President: Lis Barca president@sofn6.org

International Director: Luella Grangaard luella.grangaard@sofn6.org

Zone 8 Director: Diane Molter zone8@sofn6.org

Financial Benefits Counselor: Kendall Kjerstad 970-697-1114 kjerstadkendall@yahoo.com

Revision 2-15-2023

Financial Moment Kendall Kjerstad

Uses for Life Insurance

Replace your income

- Money to cover bills
- Support your family
- Mortgage protection

Leave a legacy

- Transfer your wealth
- Increase the legacy you leave
- Avoid probate costs

Cover final expenses

- Provide for funeral expenses
- Pay off debts
- Support your loved ones

Preserve your wealth

- Allow your business to continue
- Source of retirement income
- Funds in the event of an illness

What Type of Insurance Fits your Needs?

Term Life Insurance	Permanent Life Insurance
<ul style="list-style-type: none">• A shorter term need• Premiums purchase higher amounts of coverage• Coverage without cash value• Premium level for period of time• A budget friendly option• You want to supplement existing insurance	<ul style="list-style-type: none">• Need insurance for your lifetime• Ability to grow cash value for future tax-advantaged uses• Cash value available by loan or withdrawing money• Premium level• Guaranteed death benefit



SONS of NORWAY

Learn about options available to you

Let me help you figure out what strategy is best for you. Please reach out to me now for a free consultation.

Kendall Kjerstad,

Email: kjerstadkendall@yahoo.com

Phone: 970-697-1114



If you change your mailing address, phone number or email address please contact
Don Speas, 720-299-7309 or publicity@fjelldalen.com

Fjelldalen Name Badges

If you would like a new Fjelldalen name badge, email

Don Speas at publicity@fjelldalen.com.

Include the first and last name you want on it and what type of fastener you would like.

Badges are \$6.00 each.



Magnet



Pin

Sons of Norway Web Site Feature

[Sons of Norway](https://www.sofn.com) — <https://www.sofn.com>

Member Benefits | Sons of Norway

Share Your Heritage

Free Heritage Membership is an easy way to share your heritage.

Sign up your children or grandchildren (age 15 and under) for FREE Heritage membership. They'll receive a member welcome kit with their own member ID Card.

Pass along a love of education and learning.

[Sons of Norway Foundation scholarships](#) offer financial support for college-bound youth and adult learners. Many local lodges also offer youth scholarships for summer language and heritage camps that provide fun opportunities for learning.

Security for those you love.

Kindness toward others, caring support and [financial security](#) are key Norwegian values that our members share. With your membership, you'll have access to affordable life insurance plans and other financial products to provide security at all stages of life.



Birthdays:

GM Golden Members!

HM Heritage Members

Name	Mon	Day	Type
Anton Bartels	5	1	
Karoline LeBlanc	5	1	
Kari Degerness	5	3	
Amber Quilling	5	9	
Kate Meckel	5	11	
Evan Stepp	5	14	
Guy Duncan	5	15	
Sara Hosteter	5	15	HM
Saxon Skipp	5	17	
Barbara Trimmer	5	19	GM
Tony Hjelmstad	5	22	
Nathaniel Einarsen	5	26	
Reidar Alvestad	5	27	
Lise LeBlanc	5	28	
Candy Westerman	5	28	GM
Sharon Young	6	1	
Daryl Einarsen	6	2	
Quinlyn Finnegan	6	7	HM
Aidan Finnegan	6	16	HM
Linda Svege	6	18	
Jonas Nekvasil	6	19	
Helen Mulhern	6	21	
Alissa Skildheim	6	25	



Recent New Members

Amelia, Galen, and
Jonas Nekvasil



Matlagings Klubb Recipes—one for each month!

*The klubb meets before Lodge meetings at 9:00 to cook something Good!
Come one and come all!!!*

The Fjelldalen Cookbook is Coming !!
Send recipes—with photos—to Publicity@Fjelldalen.com

Kålruller—Norwegian Cabbage Rolls

Ingredients:

2 medium-sized heads of cabbage	1/2 lb. ground beef
1½ tsp. salt	1/4 tsp. pepper
1/4 tsp. nutmeg, ground	1/4 tsp. ginger, ground
1 egg	2 Tbsp. heavy cream
1 can crushed tomatoes	salt and pepper for additional seasoning



Instructions:

1. Bring a large pot of salted water to a boil and then add one whole head of cabbage and allow it to boil for 5-7 minutes, or until the outer layers turn slightly transparent.
2. Remove the entire head of cabbage from the water and allow it to cool off on a baking sheet until cool enough to handle. Repeat the same process for each head of cabbage.
3. Once the cabbage has cooled off enough to touch with your bare hands, remove the leaves from the core. They should be quite flexible and easily malleable, but if you get some resistance from the vein of the cabbage leaf when you try to bend it, shave it down with a paring knife.
4. To make the meat filling, combine the beef, salt, all spices, egg and cream into a bowl. Using your hands or a large spoon, combine the ingredients until well incorporated.
5. Next, add a lump of filling into the middle of the leaf, and wrap the edges of the leaf around the meat to form a parcel or mini-burrito. Repeat this process until all the meat and leaves have been used.
6. Place all of your cabbage parcels into a baking dish. Pour the crushed tomatoes over the top, season to taste with salt and pepper, and bake in an oven pre-heated to 190°C/375°F for 35-40 minutes, or until the tomatoes bubble into a sauce.
7. Serve warm with boiled potatoes

Recipe and photo by Whitney Love of Thanks for the Food: <http://thanksforthefood.com/norwegian-cabbage-rolls/>

Fiskegrateng – Fish au gratin

Ingredients:

- 1 pound white fish fillets, poached
- 1/2 cup white flour
- 1 tsp. salt
- 3 eggs, beaten
- 1/3 cup margarine
- 2 cups milk
- 1/8 tsp. pepper
- buttered breadcrumbs or grated cheese

Directions:

1. Flake the poached fish into a well-greased baking dish
2. In a small saucepan, melt margarine and add 1/2 cup flour
3. Gradually add the milk, salt, pepper and beaten eggs
4. Beat thoroughly until smooth and lump-free
5. Pour over fish and top with a layer of buttered breadcrumbs OR grated cheese.
6. Bake at 175°C (350°F) for 45 minutes.

Source: Cookbook “Trolldom in the Kitchen” via food.com: <https://www.food.com/>



Fjelldalen News

The Hiking Vikings

hosted by Fjelldalen Lodge

Come take a leisurely hike with friends and enjoy a brunch after. Approximately every two to four weeks, a new hike will be led by a Fjelldalen member in a locale around Highlands Ranch—usually within 10 miles of our meeting place. Hikes will be from 1 to 3 miles and will not be strenuous!

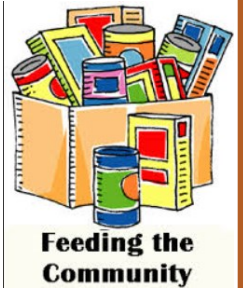
Come enjoy a walk, talk, and brunch with us!

Watch your email for Evites or check the Web site or the Facebook page.



CLC Food Pantry Donations—"Sharing for Sheridan" Food Drive

When you come to a lodge meeting - bring non-perishable food items and place in the grocery cart at Christ Lutheran Church. They will sure appreciate it. Watch for emails from Don for things they particularly need.



KID'S PAGES

Crayons and Coloring Page will be available at the
Syttende Mai Picnic!!!!

SONS OF NORWAY COLORING CONTEST

For Norway's national day, Syttende Mai, SofN is holding a coloring contest. Show off your coloring skills to have your artistic talents featured on Epost and sofن.com!

To Enter:

- Download the PDF below and print out the coloring page.
- Color the page using the medium of your choice: crayons, markers, paint, pens, ink- use your creativity! Digitally-colored entries will not be accepted.
- Scan or take a picture of your masterpiece and submit your entry by email to: culture@sofn.com . Entries must be received before 11:59pm CDT, May 31, 2023.
- Your email entry must include the subject line "17. Mai Coloring Contest," a digital photograph/scan of your work, full name, age (at time of entry), and email address.

Winners:

- Entries will be reviewed by a panel of Sons of Norway staff.
- Winners will be notified in early June and results will be announced on sofن.com.
- Three artists will be chosen in each of the following age categories: 10 and under, 11-16, 17 and older.
- Three (3) artists per age group (for a total of nine (9) pages) will have their work displayed in the June 2023 edition of Epost. The top winner in each age category will have their work posted on the rotating banner at sofن.com.

Happy Coloring!



Sons of Norway
Fjelldalen Lodge #6-162
Highlands Ranch, Colorado



"Mountain Valley"

SYTTENDE MAI CELEBRATION

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



Saturday, May 20, 2023

12:00 noon to 5:00 pm

Parade Starts At 12:30

Hot Dog Line Opens After Parade

Donations of \$20 for adults, Children 12 and under \$5
Please RSVP to publicity@fjelldalen.com by May 15th, You
can send a check to Fjelldalen Lodge % Don Speas, 6392 S
Reed Way, Littleton CO 80123, or pay as you sign in,
or use "ZELLE" to treasurer@fjelldalen.com

Join us at Sterne Park, 2001 W Shepperd Ave, Littleton CO
80120 (South Shelter). Go South on Bemis St off
Littleton Blvd to Shepperd Ave, turn East. Look for the
Norwegian Flag and Fjelldalen's canopy.

Bring your lawn chairs so we won't be crowded.

Please RSVP to publicity@fjelldalen.com so we have
a good count on how much FOOD to get!!!!

Menu

Pølser

(Hot Dogs)

Lefse

(Smoked Salmon)

Potetsalat

(Potato Salad)

Syltet sild

(Pickled Herring)

Geitost

(Goat Cheese)

knekkebrød

(crispbread)

Hjerte Vaffer

(Heart Waffles)

Tyttebær

(Lingonberries)

Iskrem kjegler

(Ice Cream Cones)

Kaffe

(Coffee)

Limonade

(Lemonade)



Syttende Mai Celebration RSVP

Saturday May 20, 2023 at 12:00



Name: _____ Phone: _____

Address: _____

City/State/Zip: _____ Email: _____

of Adults @ \$20.00 ea. ____ # of Children @ \$5.00 ea. ____ Total Enclosed \$ _____

RSVP by May 15, 2023 Please make checks payable to; **Fjelldalen Lodge**
Or "ZELLE" to treasurer@fjelldalen.com



Fjellaldalen Lodge #6-162
Highlands Ranch, Colorado



**SONS of
NORWAY**

Fjellaldalen Lodge can now accept Zelle!

When buying tickets for the Syttende Mai picnic or our Lutefisk dinner or even just making a lodge donation, the lodge's Zelle contact is Amber Gardner at 720-394-8304 or email her at treasurer@fjellaldalen.com with questions.

zelle®

What is Zelle:

Zelle is a money transfer service that is set up through most financial institutions. It pulls directly from your account to send money with no charge instantly (in most cases) to friends and family using their phone number or email address. They can also send money directly into your account using the contact method that is linked to your account through your online banking. Your financial institution should be able to help you enroll or answer any questions. Or go to <https://zellepay.com>.

How it works:

Behind the scenes on your online banking profile with a bank that participates in Zelle you'd link your phone number or email address to your account. This way, instead of providing people with account and routing numbers, you give them the contact information that you have linked in order to receive the money, which is a safer exchange of information.

Words of caution:

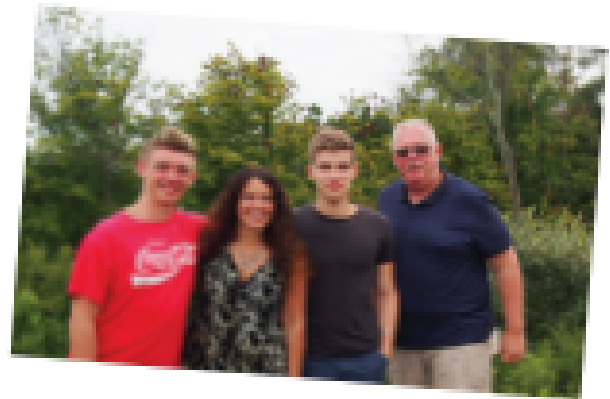
- Do not send money via Zelle to anyone you do not know. Zelle works like cash and rarely has dispute rights.
- Take the time to read the new recipient message and the "Enrolled as..." name displayed in the Zelle pop-up when transferring money to a new contact.
- The only piece of information that someone needs to send funds is a phone number or an email address. It's a red flag for anyone to ask for an account, card number, user ID, password, Social Security, etc.
- Scams abound, especially during the holiday season, so be wary and keep in mind that if a transaction sounds too good to be true, it probably is.
- Call your bank to report if you have fallen victim to Zelle fraud.

Make an

American Dream

Come True!

Become an
Aspect Foundation
Volunteer Host
Family and
Bring The World to
Your Home!



Whether you're married or single, with or without children, just starting out or just retired—you can make a difference in the life of a young person when you volunteer to host an international exchange student.

Aspect Foundation students hail from nearly 50 countries around the globe, but share a common dream—to live and learn the American way of life with a family like yours!



View Profiles of
Available Students at

[AspectFoundation.org](https://www.AspectFoundation.org)

Call 1-800 US YOUTH

To learn how **YOUR FAMILY** can have this unforgettable experience, please contact your Aspect Foundation representative today.

Your Local Coordinator is:

Donita

Phone: **415-689-7639**

Email:

donitanorsk@gmail.com

Aspect Foundation is a nonprofit organization celebrating over 35 years of excellence in the field of international student exchange.