



"Mountain Valley"

**Fjelldalen Lodge #6-162**

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



**SONS of NORWAY**

**Celebrating 125 Years**

1895-2020

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## 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.

Volume 26, Issue 1  
January—February 2021

*Coming Up*

**Until further notice—ALL meetings are on Zoom**

*December*

**29 6:30 Board Meeting - [Join via Zoom](#)**

*January 2021*

**10:00 Genealogy—Using DigitalArkivet to isolate an ancestor  
[Join Genealogy Via Zoom](#)**

**1:00 Lodge Meeting—[Join via Zoom](#)  
Norwegian New Year**

**26 6:30 Board Meeting - [Join via Zoom](#)**

*February 2021*

***Ski for Light and Barnolopet are Cancelled***

**6 10:00 Genealogy—WikiTree, Genie, and MyHeritage Web Sites –  
Genealogy Sites used in Norway  
[Join Genealogy Via Zoom](#)**

**1:00 Lodge Meeting—[Join via Zoom](#)  
Virtual tour of the  
Vesterheim Museum**

**23 6:30 Board Meeting - [Join via Zoom](#)**

*March 2021*

**6 10:00 Genealogy—WikiTree, Genie, and MyHeritage Web Sites –  
Genealogy Sites used in Norway  
[Join Genealogy Via Zoom](#)**

**1:00 Lodge Meeting—[Join via Zoom](#)  
Norwegian Knitting**

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





# *Fjellsdalen Lodge #6-162*

## *Highlands Ranch, Colorado*



### **Lodge Meetings Are now on Zoom**

Time: First Saturday of every month September through June

1:00 PM Mountain Time (US and Canada)

### **Join Zoom Meeting**

Meeting ID: 899 2806 0674    Passcode: 137506

### **How to join a Lodge Zoom meeting**

#### ***How to join a Zoom meeting on desktop***

- Click join the [Join Zoom Meeting](#), the link above, or in the email or in the newsletter.
- A browser window will open and ask you to select to open the Zoom app or run in a browser
- If prompted for the Meeting ID—you shouldn't be, but in case:  
Meeting ID: 899 2806 0674    Passcode: 137506

#### ***How to join a Zoom meeting on mobile (iPhone, Android)***

- Tap on the meeting invite URL in the email which will open the Zoom app. The app may ask for permission to use your phone's camera.
- If prompted for the Meeting ID—you shouldn't be, but in case:  
Meeting ID: 899 2806 0674    Passcode: 137506

If you haven't installed the Zoom App, you'll be asked if you want to install it. For desktops you have a choice. For most tablets and phones, you will have to install it. Download the Zoom app for iOS or for Android on Google Play, and set it up using your contact information

Depending on the meeting's set-up, you may enter the meeting right away, you may need to wait for the host to arrive first or you may be placed into a waiting room that the host controls.

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

Advanced information for those who want to know:

#### ***Test your Zoom setup***

To test how a meeting works, Zoom has a test meeting you can join. This will allow you to test your speaker and microphone—or headphones—and you video. Follow the instructions at:

<https://zoom.us/test>

and click Join.



# *Fjellaldalen Lodge #6-162*

## *Highlands Ranch, Colorado*



### **A Message From the Fjellaldalen President**

Godt Nyttår! Happy New Year Fjellaldalen Lodge!

It is my New Year's wish for a safe, healthy and exciting year ahead for you and your family. I hope you all had a joyous Christmas holiday and are ready to welcome in the hope that a new year brings.

"Gleder meg til å ta fatt på et spennende nytt år". Which translates as "I'm looking forward to begin the exiting new year". As a new year starts the future is bright. We each have our own lists of things to do maybe some places we hope this year we will be able to go. I don't even know where to begin with my list, but I have some goals for 2021 in the 5 areas of life improvement [physical, financial, educational, professional, and emotional/spiritual]. My membership in Sons of Norway can help fill some of these life improvement areas as I have, in years past, felt truly educated by our Cultural Programs. I hope you have too. As a lodge, we look forward to continuing those wonderful Cultural Programs to enjoy together whether they are by Zoom or in person. January's meeting will be the installation of our new lodge officers and a program on New Year's in Norway. Andrea is planning a special program for us in February as well.

I hope you are able to join us. It was really great to see those who were able to come in person to the church parking lot in December to pick up the treat we had available before the Lodge meeting. Our participation on Zoom is also increasing and we are getting better each time with maximizing the time and trying to keep the meeting focused while still enjoying our Lodge member's company. If you sign in a few minutes early to the meeting, you'll find some of us there visiting so feel free to join in! We all look forward to seeing you soon on our next Zoom meeting and someday in person again.

Be safe, be happy, and have joy.

Fraternally,

Donita



### **ATTENTION FJELLDALLEN LODGE MEMBERS**

Reminder, if you change your mailing address, phone number or email address please contact Don Speas (Publicity Director), 720-299-7309 or email Don at [donspeas@hotmail.com](mailto:donspeas@hotmail.com)

Thank you!





# Fjellaldalen Lodge #6-162

## Highlands Ranch, Colorado



### Fjellaldalen Lodge #6-162 Officers for 2021

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**Youth & Sports Directors:**  
Open

### DISTRICT 6 OFFICERS

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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, Postboks 1, N-3541 Nesbyen, Norway**

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































# *This Month's SofN Web Site Feature*

## Language Lessons

### Norwegian in 5 Minutes a Month, with Sound!

Our monthly language lesson has been out for a while now, and many of you have let us know that it is working well. Thank you for taking the time to communicate with us. Visitors to "Norwegian in 5 Minutes a Month" have asked for information on the Norwegian alphabet and genealogical terms, so we have added pages on both topics. We look forward to your feedback. In the meantime, good luck!

The Norwegian Alphabet (Print and refer to when listing to the lessons)

-  Lesson 1--When meeting people, small talk, and counting 1 to 10
-  Lesson 2--When leaving people, small talk, and counting 11 to 20
-  Lesson 3---Useful phrases and more numbers
-  Lesson 4--Days, months, and seasons and greetings
-  Lesson 5--Weather
-  Lesson 6--Activities
-  Lesson 7 & 8--Let's Go Shopping
-  Lesson 9--Genealogy Terms
-  Lesson 10--Travel Plans, Part 1
-  Lesson 11--Travel Plans, Part 2
-  Lesson 12--Travel Plans, Part 3
-  Lesson 13--Sports Activities, Part 1
-  Lesson 14--Sports--Equipment and More Sports Vocabulary, Part 2
-  Lesson 15--Christmas Words
-  Lesson 16--Winter Words
-  Lesson 17--Exploring the House
-  Lesson 18--Inside the House
-  Lesson 19--Other Rooms in the House
-  Lesson 20--Wander Out into the Community
-  Lesson 21--Hiking
-  Lesson 22--Fishing
-  Lesson 23--Visit a Museum
-  Lesson 24--A Walk through Trondheim, Part 1
-  Lesson 25--A Walk through Trondheim, Part 2
-  Lesson 26--Christmas Ideas
-  Lesson 27--We Go Skiing
-  Lesson 28--We Bake a Cake
-  Lesson 29--Seventeenth of May in Oslo

And more . . . . [Go to Lessons](#)

[https://www.sofn.com/norwegian\\_culture/norwegian\\_language\\_lessons/](https://www.sofn.com/norwegian_culture/norwegian_language_lessons/)

## Birthdays:

**GM** Golden Members!

**LM** Life Members

**HM** Heritage Members

**YM** Youth Members

Name	Mon	Day	Type
Marilyn J Elrod	1	9	
Margaret Bowers	1	10	
Donita Zblewski	1	10	
Tracy Ingram	1	12	
Eldon Halingstad	1	18	GM
Cary Weinstein	1	18	
Kristen Keller	1	19	
Heidi Erickson	1	24	
Gayle Rodgers	1	25	
Michael Zblewski	1	27	
Teresa Isaak	1	29	
Tristan Farrell	1	30	YM
Wayne Derby	2	2	
Arne Omholt	2	5	LM
Joyce Dean	2	16	GM
Bailey Bagwell	2	22	YM
Patrik Bagwell	2	22	YM
Richard Peterson	2	26	



# Family

Since we are nearing the Holiday Season time of year, often we may look forward to precious time with our Families with great expectations, much as a child who is looking forward to Christmas morning. In a normal year that would usually be the way that it would come to pass. But, not so with all that is happening in today's world.

That is why it is even more special that the friends and families of Sons of Norway, continue to be there for one another and for their members. With everyone concerned about exposure, we as members can telephone one another and since we have that common bond already established, it helps us through these difficult times. Nothing is more relaxing and reassuring than a friendly voice, to comfort us.

Several Sons of Norway Lodges have taken to, Zoom meetings, utilizing today's technology and being able to see one another on the computer, which is wonderful. But, we must not forget that there are some folks out there that either don't have a computer or access to one. So, please consider this when you are enjoying your Holiday.

We must all, think of our Sons of Norway members as treasured Family, Always.

May your Christmas be Merry and please enjoy the upcoming New Year.

Best Wishes. Mange Takk,, Kendall Kjerstad

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](mailto:kjerstadkendall@yahoo.com)  
Phone: 9706971114



Community Rewards

**King Soopers donations account for about \$800 a year in donations to Fjelldalen.  
Keep up the GOOD work!**

If you shop at King Soopers, here's a good fund raiser for Fjelldalen. King Soopers has a Rewards Program that benefits Fjelldalen by giving a percentage of what you spend back to our lodge. All you have to do is sign up on your King Soopers account, and use your KS SooperCard when you check out. Go to:

<https://www.kingsoopers.com/account/communityrewards>

If you want help, call Don Speas at 720-299-7309 ([donspeas@hotmail.com](mailto:donspeas@hotmail.com)) and he'll give you a hand.

## *The Sunshine Troll*

Talked to Beverly Lundeen. She is at home doing as well as possible. She will accept any calls. Keep her in your prayers. Would love to hear from her friends.

Erik Collett is out of the hospital and getting better.

Don Speas' mother passed away after an illness. The Speas are back home after traveling to the funeral.

Contact Donna Newland (303-973-8097 / [aahhhco@gmail.com](mailto:aahhhco@gmail.com)), Don Speas (303-973-2158 / [donspeas@hotmail.com](mailto:donspeas@hotmail.com)) and the newsletter editor Tony Hjelmstad (303-324-5381 / [tony@norsky.net](mailto:tony@norsky.net)) about any Member who needs some tender greetings from Fjelldalen Lodge!



# ***Matlagings Klubb Recipes—one for each month!***

## **Pumpkin and Potato Soup**

This meatless soup makes a savory fall meal. Serve your soup garnished with sesame seeds, lemon juice, red chili and coriander leaves. This soup pairs wonderfully with a nice crusty bread.

### **Ingredients**

2 3/4 cups small pumpkin, diced	3 large potatoes, diced	4 garlic cloves, peeled
2 medium red onions, diced	2 Tbsp. olive oil	2 tsp. thyme
1 green chili, finely chopped	2 cups fresh coconut milk	1 red chili, thinly sliced
2 Tbsp. lemon juice	2 Tbsp. toasted sesame seeds	2 sprigs fresh coriander leaves, finely chopped
Salt and pepper to taste	Fresh parsley, chopped	

Optional garnish: toasted pumpkin seeds, sage leaves, cheese or parsley

### **Directions**

Step 1—In a large frying pan over medium heat add the olive oil, diced pumpkin, potato and onions. Once these ingredients are lightly fried (the onion should be slightly soft) add the thyme and green chili (if you are using it). Salt and pepper to taste.

Step 2—Once everything is slightly soft and has good color, transfer the mixture to a blender or food processor. Puree until mostly smooth, but not completely liquified.

Step 3—In a large soup pot on your stove at medium heat, add the pumpkin mixture and coconut milk. Simmer for 15 minutes or until slightly thickened.

Step 4—Toast your sesame seeds and set them aside to use as a garnish.

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## **Norwegian Gold**

These rich Norwegian Gold cupcakes (or cake!) with chocolate sour cream ganache frosting are perfect for special occasions. Makes 20 cupcakes or one 10-inch cake.

### **Ingredients**

#### **For the cake**

1 2/3 cups sifted all-purpose flour	1 cup (2 sticks) unsalted butter	5 large eggs
1 1/2 cups sugar	1 1/2 teaspoons baking powder	1/4 teaspoon fine sea salt
1/4 teaspoon vanilla extract	1/4 teaspoon almond extract	

#### **For the chocolate sour cream ganache frosting**

10 ounces semi-sweet chocolate chips    1 cup sour cream    Pinch of fine sea salt

### **Instructions**

#### **For the cake or cupcakes**

Preheat the oven to 325° F for cake or 375° F for cupcakes. Grease the bottom of a 10-inch tube or bundt pan, or line two cupcake pans with a total of 20 paper liners. Have all ingredients at room temperature. Beat flour and butter together for five minutes. Add eggs one at a time, beating after each addition. Add sugar, baking powder, salt and vanilla and almond extracts. Beat for two minutes more. For a cake, bake for about one hour, checking after fifty minutes. For cupcakes, bake for 20-25 minutes. Cool in pan for 10 minutes and then completely on a rack before frosting.

#### **For the frosting**

When ready to frost cake or cupcakes, heat chocolate in a double-boiler until just melted. Stir until smooth, then stir in sour cream and salt. Spread onto completely cooled cake or cupcakes and top with sprinkles or other decorations if you like. Frosting will set over time.



## **One Lodge, One Book, One Film, One Music Selections**

Teri suggested The Wave—available at Hoopla, the Arapahoe Library District, and Amazon.

The very day he's about to drive his family to a new life in the city, geologist Kristian Elkjord senses something wrong with the mountain that overlooks his scenic town. No one wants to believe that this could be the big one, especially with tourist season at its peak, but when a landslide from the mountain sends tons of rock and earth crashing into the water, everyone has ten minutes to outrace the resulting tsunami to higher ground in this thrilling action spectacular.



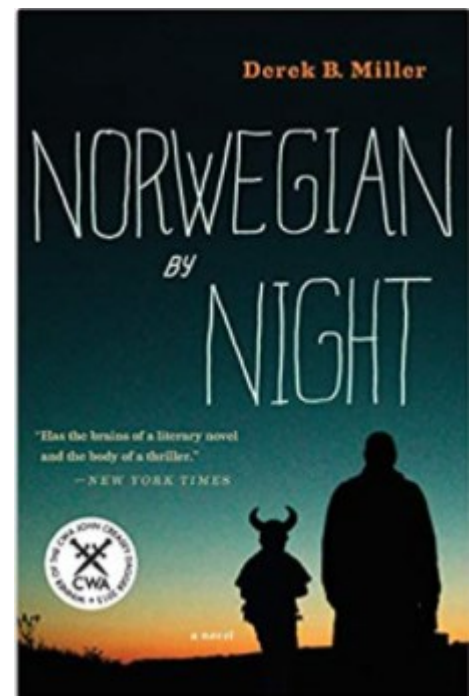
### ***This is the third book of three needed for the Literature Cultural Skills program—Part 1***

Sheldon Horowitz widowed, impatient, impertinent has grudgingly agreed to leave New York and move in with his granddaughter, Rhea, and her new husband, Lars, in Norway a country of blue and ice with one thousand Jews, not one of them a former Marine sniper in the Korean War

turned watch repairman. Not until now, anyway.

Home alone one morning, Sheldon witnesses a dispute between the woman who lives upstairs and an aggressive stranger. When events turn dire, Sheldon seizes and shields the neighbor's young son from the violence, and they flee the scene. As Sheldon and the boy look for a safe haven in an alien world, past and present weave together, forcing them ever forward to a wrenching moment of truth.

This is one of the best books of the season, of any genre. *Buffalo News*



## **Musikklubb**

### ***This is the second recording of four needed for the Music and Musicians Cultural Skills program—Part 1***

Folk Music from Norway Various Artists

Play List 2—[Button Box Accordion Music](#)

Available free on the SofN.com web site—direct link below

[\*Listen Here\*](#)



## First “Godhouse” dedicated to old Norse gods Unearthed in Norway

In the village of Ose, Norway, archaeologists from the University Museum of Bergen recently uncovered the remains of an eighth-century “godhouse.” In its day, this structure was dedicated to the worship of the old Norse gods and housed ceremonies such as midsummer or midwinter solstice. This is a particularly special discovery as it is the “first temple of its kind identified in Norway,” according to Smithsonian Magazine. Through digital reconstruction, researchers were able to determine that it resembles similar temples found in southern Sweden and Denmark.



A digital reconstruction of the newly unearthed Norse godhouse (Courtesy of the University Museum of Bergen)

In recent excavations, archaeologists have unearthed animal bones and cooking pits; their theory is that the worshippers prepared the food in offering to Thor, Odin and other Norse gods. These religious displays also doubled as feasts where “you would have a good mood, a lot of eating and a lot of drinking, “ archaeologist Søren Diinhoff explains.

Researchers are still unclear as to what caused the demise of the godhouse, but they hope to uncover the truth as they continue their efforts.

## A Beginner’s Guide to Norse Mythology



Interested in Norse mythology and don’t know where to start? We’ve got you covered! Here’s everything you need to know about the basics of Norse mythology, plus a little more.



Table of Contents

Introducing Norse mythology

Creation: “Early of ages, when nothing was...”

The nine worlds of Norse mythology

The Norse Gods

The Monsters of Norse Mythology

Ragnarök: The Twilight of the Gods

The sources of our Norse mythology knowledge

What’s Christianity Got to Do with It?

Modern Day Impact of Norse Mythology



# Kid's Page

## FRILUFTSLIV

K	G	H	Q	S	S	H	H	B	X	B	V	D	M	G	SKIING
A	N	O	C	K	G	Y	I	P	Q	H	D	O	R	N	SAILING
Y	I	C	J	J	K	N	K	K	X	Z	U	Z	X	I	HIKING
A	H	K	S	K	Y	D	I	V	I	N	G	G	Q	P	HOCKEY
K	S	E	H	L	H	X	P	T	T	N	G	U	S	M	CYCLING
I	I	Y	I	W	T	P	Y	A	A	S	G	P	I	A	CURLING
N	F	G	N	I	B	M	I	L	C	K	C	O	R	C	CAMPING
G	E	B	H	Q	E	N	G	S	X	V	S	E	K	Q	SURFING
I	C	U	O	A	E	P	A	N	G	B	Q	E	A	Q	HANDBALL
Z	I	V	P	E	N	I	G	N	I	L	C	Y	C	S	KAYAKING
Q	U	H	R	W	L	D	I	K	T	L	W	A	R	I	SKYDIVING
C	M	I	Q	I	P	F	B	B	P	M	R	Y	V	C	ICE SKATING
U	N	N	N	O	R	T	N	A	Q	Y	U	U	Z	U	ICE FISHING
G	Y	G	T	U	P	V	P	T	L	C	D	J	C	S	ROCK CLIMBING
R	D	M	S	K	I	I	N	G	F	L	V	B	T	E	MOUNTAINEERING

Friluftsliv — pronounced free-loofts-liv — was first published in 1859, appearing in a poem by renowned Norwegian playwright Henrik Ibsen. Titled "Paa Vidderne" ("On the Heights"), the poem follows a protagonist who needs solitude in nature to clarify his thoughts about the future. Friluftsliv literally means "free air life" in Norwegian - it's the concept of freely enjoying the outdoors. The Norwegian people's passion for nature is reflected in their schools and workplace. After high school, many Norwegian students attend Folkehøgskole, which translates to Folk High School. These schools have no grades, no rigid curriculum, and no exams. Classes focus on Norwegian culture, adventures, history, society, language, music, and the performing arts. One school, Fosen folkehøgskole (just outside Trondheim) offers classes such as Square-Rig Sailing, boat building, Textile & Traditional Handcraft, and organic farming. You don't have to live in Norway to be eligible to attend one of the 84 schools, visit their website for more information.

<https://www.folkehogskole.no/>



## Surviving winter like a Norwegian

As much of the United States and Europe brace for a second wave of the COVID-19 pandemic, many of us worry we're facing our darkest time yet and wonder how we'll cope with the long winter nights. Our answer might be to look at the Norwegian lifestyle.



That's exactly what health psychologist Kari Leibowitz did.

Leibowitz traveled to Tromsø, Norway to study how people above the Arctic Circle thrived in the winter months of darkness. During its shortest days, Tromsø receives as little as just 2-3 hours of indirect sunlight, with the sun never even rising above the horizon. We already know that sunlight exposure can directly affect a person's well-being. So how do these residents cope?

Building off of her past work, Leibowitz determined that having a positive mindset can help residents cope with the darkness. In her previous work, Leibowitz determined that the way we frame stressful events in our mind can determine how much we're affected by them. In fact, those who see a stressful event as a challenge tend to cope better than those who focus on the more threatening aspects of the event. These differences can impact mood and physiological stress responses like heart rate and blood pressure, and can even be a factor in how quickly someone recovers from the event.

With this in mind, Leibowitz designed the "wintertime mindset scale." Participants were asked to rate how much they agreed or disagreed with statements about winter. The answers to these questions predicted the participants' wellbeing over winter. Agreement with statements such as "There are many things to enjoy about the winter" or "I love the coziness of the winter months" showed a positive correlation with a person's well-being, and these individuals were more likely to have positive emotions throughout winter. Conversely, those who had a negative mindset, or those who agreed to statements such as, "winter is boring," or "There are many things to dislike about winter" were more likely to have negative emotions throughout winter.

So how do you get that winter attitude? Think like a Norwegian. Welcome the change of seasons and find ways to appreciate it by focusing on the elements you enjoy most. With the proper clothing, getting outdoors and into nature during winter can be refreshing. Plus, it makes coming home to embrace the cozier elements of winter even better. Whether it's bundling up for a hike in the snow, sipping hot chocolate by the fire or creating a cozy reading nook for yourself at home, having winter-specific things to look forward to can go a long way in your winter survival strategy.



# 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.



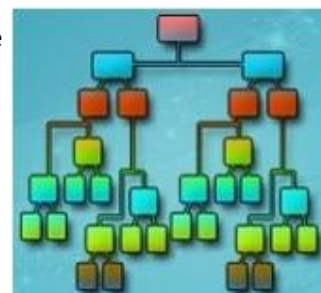
- ◆ Håndverker: Craft group get togethers. Meet to learn new crafts as well as work on your own projects and share ideas! This group needs a leader and/or someone willing to host the group.

- ◆ 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](mailto:mark_and_lise@yahoo.com) or Donita—[donitanorsk@gmail.com](mailto:donitanorsk@gmail.com).

- ◆ Slektforskningklubb: The Genealogy group meets On-Line the first Saturday of the month at 10:00 am. 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. Open to everyone. Contact Tony Hjelmstad—[tony@norsky.net](mailto:tony@norsky.net)—for an E-vite or with questions. [Join Genealogy Via Zoom](#)



To join a group, contact Donita or any Board member.



The March-April 2021 newsletter comes out the last week of February. All items for the next newsletter must be submitted by:

**February 15th, 2020**

Submit to Tony Hjelmstad at [tony@norsky.net](mailto:tony@norsky.net)





# Free Children's Cross Country Ski Event BARNELOPET



## Cancelled for 2021

Due to Covid concerns for all  
attendees, the event is postponed  
until 2022



## We look forward to seeing you in 2022!

For further information contact:  
Lois Hodne at (303) 795-6695 or [hiloie@aol.com](mailto:hiloie@aol.com)  
or Jon Eirik Holm-Johansen, Coordinator  
(970) 412-0433 or [tvchiro@gmail.com](mailto:tvchiro@gmail.com)

