

# Fjelldalen's NYTT



## Fjelldalen Lodge #6-162

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



**SONS of  
NORWAY**

**January - February 2026**

Volume 31, Issue 1

Christ Lutheran Church

8997 S. Broadway, Highlands Ranch

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

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



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## January 2026

8 1:00 Zoom Genealogy Meeting  
**New Date and Time**  
10 Noon Potluck & Lodge Meeting  
17 9:30 Hiking Vikings  
24 9:30 IKEA Breakfast  
31 ???? 5<sup>th</sup> Saturday Surprise  
31 1:00 **Trollheim Lutefisk Dinner**

## February 2026

5 1:00 Zoom Genealogy Meeting  
**New Date and Time**  
14 Noon Potluck & Lodge Meeting  
21 9:30 Hiking Vikings  
28 9:30 IKEA Breakfast  
28 10:00 **Trollheim Cookie Academy**

## March 2026

5 1:00 Zoom Genealogy Meeting  
14 Noon Potluck & Lodge Meeting  
21 9:30 Hiking Vikings  
28 9:30 IKEA Breakfast



Thomas Hott  
Cathrine Olimb

## SONS OF NORWAY MISSION STATEMENT

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





# Fjelldalen Lodge #6-162

## Highlands Ranch, Colorado



# SONS of NORWAY

## Upcoming Lodge Events

Web Site



### January 2026

10	Noon	Potluck & Lodge Meeting
		<b>Swearing in of Officers, Ski for Light</b>
17	9:30	Hiking Vikings
24	9:30	IKEA Breakfast
31	????	5 <sup>th</sup> Saturday Surprise

### February 2026

14	Noon	Potluck & Lodge Meeting
		<b>Harold III Talk</b>
21	9:30	Hiking Vikings
28	9:30	IKEA Breakfast

Facebook



### Slektforskningklubb – Genealogy - Meetings (ZOOM)

Problems and Roadblocks Sessions

**January 8, 2026** 1:00 Zoom Genealogy Meeting  
**New Date and Time**

**February 5, 2026** 1:00 Zoom Genealogy Meeting

Genealogy Zoom ID: 860 5229 1262 Passcode: 700388

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

Click [Here](#) to Join ZOOM Meeting



Web Site



### Språkkubb Norskurs – Norwegian Speakers Meetings

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

We use Duolingo or similar and discuss a topic of interest in a  
monthly virtual meeting.

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

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

Email Link



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

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

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



Community Rewards



# Fjelldalen Lodge #6-162

## Highlands Ranch, Colorado



# SONS of NORWAY

Dear Fjelldalen friends,

Godt nytt år – Happy New Year! As we step into 2026 together, I’m feeling very grateful for this little Norwegian “family” we’ve built here in Highlands Ranch. December was full of warm moments: julegudstjeneste, cookies and coffee, laughter in the kitchen, and plenty of stories shared around the tables. Thank you to everyone who decorated, cooked, washed dishes, played music, brought cookies, wrangled kids, or simply showed up with a smile. You made the season bright.

This is also the first newsletter of the year for our newly elected 2026 Board and volunteers. I want to extend a heartfelt tusen takk to each person who said “yes” when asked to serve—whether on the Board, in a coordinator role, or as one of the many “quiet helpers” who never seek the spotlight. Our lodge runs on volunteer energy and good humor; we truly could not do this without you.

Looking ahead to January and February, we’ll be leaning into what Fjelldalen does best: gathering, eating, and keeping our heritage alive in simple, joyful ways. Watch for details on our winter lodge meetings, potluck opportunities, Matklubb cooking fun, Hiking Viking walks (weather permitting!), and cultural presentations. These darker months are exactly when we need *koselig* the most—good food, candles on the tables, and friendly conversation.

If you’ve been away for a while, this is your invitation to come back. If you’re brand new, we’re thrilled you’ve found us. Don’t worry about not knowing the language or the traditions; just bring your curiosity and a willingness to pitch in. Sit next to someone you don’t know yet. Ask about their family, their favorite Norwegian dish, their connection to the lodge. That’s how friendships start.

In 2026 we’ll continue some familiar traditions and try a few new ideas as well. You’ll see more hands-on cultural activities, opportunities to help with community outreach, and plenty of chances to share your talents, whether that’s baking, storytelling, photography, genealogy, singing, or just stacking chairs at the end of the meeting.

From my heart to yours: thank you for being part of Fjelldalen Lodge. May the coming year bring you health, peace, and many small moments of joy.

Med vennlig hilsen,

Kris

President (and your friendly Grand Poohbah)

Fjelldalen Lodge #6-162, Sons of Norway

## Delegates needed - District Six Convention and Lodge Meeting

**SAVE THE DATES: June 11 – 14, 2026, Sacramento, CA**

Please consider being a delegate. Fjelldalen will provide a stipend to our delegates to the Convention.

The Convention will be at the Doubletree Hotel and a side trip to Camp Norge is planned.



# Fjelldalen Lodge #6-162

## Highlands Ranch, Colorado



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Birthdays

GM – Golden Members

HM – Heritage Members

Name	Mon	Day	Type
Ellis Kingsolver	01	03	H
Marilyn Elrod	01	09	
Donita Zblewski	01	10	
Margaret Bowers	01	10	
Alexander Scholpp	01	10	
Bruce Allen	01	15	
Galen Nekvasil	01	17	
Eldon Halingstad	01	18	GM
Cary Weinstein	01	18	
Eirik Thune-Larsen	01	18	
Jan Appesland	01	26	
Teresa Isaak	01	29	
Elizabeth Hansen	01	29	
Wayne Derby	02	02	
John Ormsby	02	02	
Robert Dolan	02	08	
Rita Schroeder	02	12	H
Anna Stepp	02	16	
Kris Bussell	02	20	
Joshua Allen	02	23	

### The Sunshine Troll

- Karen's dad is having more medical problems.
- Donna fell and is now in a wheelchair at home.
- Gloria Vatne a long time SON member passed away Dec. 17, 2025. She was 95 years old. There will be no service in Denver. She will be buried in South Dakota.

If you know any Lodge member having issues, please contact any of the following with news on any of our members! Let us know if you want the rest of the Lodge to know.

Tony [Editor@fjelldalen.com](mailto:Editor@fjelldalen.com) [kegenes@luc.edu](mailto:kegenes@luc.edu)

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

### FOOD DRIVE

JOIN US IN HELPING THOSE IN NEED



### Christ Lutheran Church Food Pantry

#### A Sons of Norway Community Project

Before each meeting, Don will email a list of requested non-perishable food

items. Please drop off the items in the shopping cart where you come into the meeting. Any questions, contact Don at [publicity@fjelldalen.com](mailto:publicity@fjelldalen.com).

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





# Fjelldalen Lodge #6-162

## Highlands Ranch, Colorado



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### Fjelldalen Lodge Member Nominated Scholarship 2026

In 2025, the Fjelldalen Board established a Member Nominated Scholarship for high school seniors entering an accredited post high school educational institution. The scholarship award is in the amount of \$500 and paid directly to the student. To qualify, the student must be related to, or be a member of Fjelldalen Lodge, maintain a GPA of 3.0 or higher, demonstrate service to their community, and complete a written essay.

Applications for the 2026 – 2027 academic year will be available in January 2026.

To help us to fund future scholarships, please consider contributing to the Foundation at our lodge meetings, and if you have a loyalty card with King Soopers, please add Sons of Norway, Fjelldalen Lodge to your Community Rewards. Our lodge receives approximately \$800 a year from the rewards program and all proceeds will be dedicated to our scholarship fund.

Ruth DeLatre, Foundation Director



### Like the Penny, the 50-øre's journey from a meal to half a plastic bag

Since the first 50-øre coin (then made of silver) was minted in 1877, hundreds of millions of such coins have circulated in Norwegian homes and shops. But 135 years later [in 2012], this has stopped. The 50-øre coin, which has existed in 10 different versions, will no longer be able to be used for payment.

Last year [in 2011], it was decided that after May 1, the 1-krone will be the least valued legal tender in Norway. Then, only Norges Bank will accept the little brown coins.

Trond Eklund, Director of Cash Payments at Norges Bank, explains why the 50-øre coin, which was produced at Kongsberg, will soon die. We issue 15 to 20 million 50-øre coins each year. The shop returns the change, but the customers put them aside or put them in a jelly jar,” he says.

So now the 50-øre coin will suffer the same fate as the 25-øre (1982), 10-øre (1991), 5-øre (1982), 2-øre (1973) and 1-øre (1973).

This is what you could buy for 50 øre:

2012: nothing (half a plastic bag)

1990s: A piece of Bugg chewing gum

1968: Half a kilo of potatoes

1948: The first Donald [Duck] comic

1930: Three tram tickets in Oslo

1900: 3 liters of milk



Norges Bank



# Fjelldalen Lodge #6-162

## Highlands Ranch, Colorado



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## Save Your Stamps!



*Please help Sons of Norway,  
Fjelldalen Lodge support  
Tubfrim by saving your stamps.*

*Letters don't often have postage stamps anymore, but this is the time of year you will see them!*

*Just tear off the corner of the envelope, bring them to a lodge meeting and we'll do the rest.*

Tussen Takk



Tubfrim is a Norwegian charity, founded in 1928 to collect and sell used stamps to fund the eradication of tuberculosis among children. Today, its profits

### Tubfrim

In 1928, in Nesbyen in Hallingdal in Viken County, Norway, postmaster Ditlef Frantzen established Tuberkulosearbeidets Frimerkeforetning (literally “Tuberculosis work's postage stamp business”), abbreviated TUBFRIM. Its task was to collect and sell used postage stamps with the proceeds going to aid the eradication of tuberculosis among Norwegian children. In 1929, the organization showed its first profit of NOK 1,500. Since then, profits have risen steadily, in all adding up to NOK 23 million.

Today, the charity is owned by Nasjonal-foreningen for folkehelsen (“National Society for Public Health”). It collects and sells telephone cards in addition to postage stamps, and its profits are used to help children and young people with disabilities and handicaps, in addition to those with serious illnesses.

TUBFRIM is still located in Nesbyen, where it was founded, address: TUBFRIM, P.O. Box 1, 3541 Nesbyen, Norway. It has a website at [www.tubfrim.no](http://www.tubfrim.no), with a version in English at [www.tubfrim.no/subdet9.htm](http://www.tubfrim.no/subdet9.htm).



# Fjelldalen Lodge #6-162

## Highlands Ranch, Colorado



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## Lodge Activity Photos – Hiking and Potlucks

Hiking Vikings



MatKlubb



Marylee gave a presentation on Agent Orange for  
Veteran's Day

IKEA Breakfast





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## Highlands Ranch, Colorado



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The Julenisen

Eivind  
Leads the  
Celebration



Bunads and Sweaters,  
And desserts





# Fjelldalen Lodge #6-162

## Highlands Ranch, Colorado



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## Fjelldalen's Matklubb Recipes

**Roasted Beet Hummus** - A delicious, creamy and visually stunning homemade hummus with just a hint of earthy sweetness thanks to the addition of a roasted beet. Perfect for dipping!

<https://true-north-kitchen.com/roasted-beet-hummus/>

### Ingredients:

1 medium beet, scrubbed and trimmed	2-3 cloves of garlic, unpeeled
1 tsp. hot water	1 can chickpeas, rinsed and drained
1/2 tsp. ground cumin	2 Tbsp. tahini paste
2 Tbsp. fresh lemon juice	1 tsp. coarse salt plus more to taste
4 Tbsp. extra-virgin olive oil divided, plus more for roasting the beet and garlic	

### To garnish:

Extra-virgin olive oil for drizzling	Chopped fresh parsley or chives
--------------------------------------	---------------------------------

### Instructions:

1. Preheat oven to 400°F / 200°C. Drizzle beet and garlic cloves with olive oil and rub to coat evenly. Wrap tightly in aluminum foil and roast until tender - about an hour. Unwrap & allow it to cool slightly.
2. Once the beet is cool enough to handle, use a paper towel to rub the skin off of the beet. Slice into quarters and place in the bowl of a food processor. Peel the roasted garlic and add it to the bowl along with the beet.
3. Add one tablespoon of olive oil and the hot water. Process until smooth, scraping down the sides of the bowl as necessary.
4. Add remaining ingredients except olive oil. Process again until smooth. While the machine is running, slowly add remaining 3 tablespoons of olive oil through the feed tube. Continue to process until fully combined, scraping down the sides of the bowl occasionally.
5. Transfer hummus to bowl. Season to taste with salt. Chill until ready to serve.
6. To serve, drizzle with olive oil and sprinkle with chopped fresh parsley or chives, if desired.

True North Kitchen





# Fjelldalen Lodge #6-162

## Highlands Ranch, Colorado



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## Fjelldalen's Matklubb Recipes

### Homemade Cardamom Granola with Almonds

<https://true-north-kitchen.com/nordic-morning-granola/>

#### Ingredients:

4 cups old-fashioned rolled oats	1 cup sliced almonds
1/2 cup raw pepitas (pumpkin seeds)	1 tsp. ground cinnamon
1 tsp. ground cardamom	1/2 tsp. ground ginger
1 tsp. fine salt	1/2 cup canola oil
1/2 cup real maple syrup	1 tsp. vanilla extract
1/2 tsp. almond extract	

#### Instructions:

1. Preheat the oven to 350°F / 175°C. Line a baking sheet with parchment paper and set aside.
2. Combine oats, almonds, pepitas, cinnamon, cardamom, ginger and salt in a large bowl. Stir well, ensuring that the salt and spices are evenly distributed throughout the mixture.
3. Add oil, syrup and extracts. Using a rubber spatula, stir well to combine.
4. Transfer granola to prepared pan. Pat down with a rubber spatula to distribute the mixture in an even layer. Bake for 15 minutes.
5. Remove granola from the oven and stir with a metal spatula to redistribute on the baking sheet. Firmly press down on the mixture using the back of your spatula, creating an even and tight layer of granola. Bake for an additional 12-15 minutes or until granola is toasty and golden brown.
6. Remove from the oven and allow it to cool completely on the baking sheet.
7. Use a spatula to transfer the granola to glass containers for storage (or freezer bags, if freezing). Granola keeps for about two weeks at room temperature or several months in the freezer



#### Notes:

- 1) Let the granola cool completely before removing it from the pan. If the granola is still warm when you package it, you run the risk of soggy granola.
- 2) Freeze for long-term storage. For longer storage, freeze in Ziploc freezer bags.

Dala horses painted by Linda





# Fjelldalen Lodge #6-162

## Highlands Ranch, Colorado



# SONS of NORWAY

### Why Knitting is the Key to Inner Peace

A Swedish study shows that knitting is good for more than just your wardrobe. It offers mental benefits that are of great value.

Traditionally, knitting has been a pleasant and calming activity that makes us think of grandmothers and older aunties. But modern and internationally renowned knitting luminaries like Lærke Bagger have given knitting a funky twist, making it a super popular hobby for all ages.

#### Easier to handle life

A study from the University of Gothenburg shows that people with mental health problems can use knitting as a form of medicine. The researchers investigated what people with mental health problems themselves have to say about how knitting affects their situation. A total of 600 statements were collected from Ravelry, a free, English-language social network dedicated to knitting, crocheting, weaving, felting and yarn production.

The collected statements were then analyzed using recognized qualitative analysis methods.

#### Three positive effects

The results of the analysis revealed three ways in which knitting is beneficial to health. It helps people to calm down and relax. As a hobby, it also gives people an identity as knitters in an informal setting. Finally, knitting helps to structure life and has a beneficial impact on mental health.

Overall, the knitters who participated in the study experienced their hobby as a highly valued activity that had a beneficial effect on their health, both in the short and long term. Some of the knitters had also observed a change in their mental processes, explaining that it was easier for them to think clearly and control their thoughts when they were knitting. "Occupational therapists' job is to make people's lives work. There is clearly a potential in knitting needles and yarn that healthcare should absolutely not underestimate," they write.

The Swedish study is not alone. A 2007 Harvard Medical School study, for example, showed that knitting stimulates the body's natural relaxation and lowers the heart rate by an average of 11 beats per minute—which lowers overall blood pressure.





# Fjelldalen Lodge #6-162

## Highlands Ranch, Colorado



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## LegacySure

### Financial Moment from Kendall Kjerstad

Learn More Now

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

Kendall Kjerstad

kjerstadkendall@yahoo.com

Financial Advisor

Office 970-697-1114

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# SONS of NORWAY

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[www.sonsofnorway.com](http://www.sonsofnorway.com)

Sons of Norway is a financial services organization offering our members financial products that help provide real peace of mind. A portion of the revenues from these products is invested back into the organization and local lodges to support our shared heritage and values.

Members of Sons of Norway receive valuable member benefits, such as *Viking* magazine and access to discounts on a wide spectrum of products and services from local and national retailers.

Member benefits are non-contractual and subject to change without notice.

### SONS OF NORWAY PRODUCTS

#### Life Insurance

- Whole Life Insurance
- Term Life Insurance

See all Financial Products at  
[sofn.com/financial\\_products/](https://www.sofn.com/financial_products/)

#### Annuities

- Flexible Premium Deferred Annuity (FPDA)
- Single Premium Deferred Annuity (SPDA)
- Single Premium Immediate Annuity (SPIA)
- Multi-Year Guaranteed Annuity (MYGA)

#### LegacySure is fast, easy and affordable

Sons of Norway offers a life insurance policy that is permanent and guaranteed. We know it is important to you that the coverage is in place. With this coverage you will have guaranteed level premiums for life. We can also help you determine how much coverage is best for you and help you select your beneficiaries.<sup>1</sup>

You will appreciate the quick and easy approval process where you only need to answer a few basic questions and will not be asked for a medical examination. With this policy your premium is determined when you are approved and will remain the same regardless of any change in health.

This type of final expense life insurance is a good option for those who:

- Don't have life insurance through their employer or would like additional coverage
- Want coverage for funeral expenses so your loved ones will not be burdened with these expenses
- Need additional coverage to handle other expenses such as bills and credit card balances

Planning ahead is smart when your loved ones are involved. With LegacySure you can provide them with comfort in knowing funds will be available for final expenses or other needs. There are three plans available, with varying face amounts and optional riders to further enhance your coverage.



# Fjelldalen Lodge #6-162

## Highlands Ranch, Colorado



# SONS of NORWAY

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



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



# SONS of NORWAY

## Fjelldalen Lodge #6-162 Officers for 2026

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Kris



Vice-President  
Eivind



Secretary  
Ruth



Treasurer  
Amber

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Revision 11-14-2025



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



**SONS of  
NORWAY**



**SKI FOR LIGHT, INC.**

## SKI FOR LIGHT 2026 EVENT

The 2026 Ski for Light International Week will be held from Sunday, February 1, 2026 through Sunday, February 8, 2026, 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 twelve previous times, so you can tell that there is a lot about the trails that we like. This year, as in 2023, 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, February 1, 2026 and

Departure at DIA on Sunday, February 8, 2026

**Volunteers are needed both at DIA**



**SONS of  
NORWAY**



*Fjelldalen Lodge #6-162*

**The *SUPER SIXTH* DISTRICT**

For further information, contact

JoAnn Kison 970-581-2348 or [jkison101@gmail.com](mailto:jkison101@gmail.com)



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



**SONS of  
NORWAY**



Free Children's Cross Country Ski Event

# BARNELØPET

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

Legett Hall

Snow Mountain Ranch YMCA, Granby

*1 km, 2.5 km & 5 km for ages 0 – 16*

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

*Free ski rentals at YMCA Nordic Center  
After-event refreshments*

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

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



# Fjelldalen Lodge #6-162

## Highlands Ranch, Colorado



# SONS of NORWAY



### Help Us Build the Hygge Hus –We're Nearly Halfway There!

At Camp Norge, we believe everyone deserves to feel welcome, safe, and included. That's why we're building the Hygge Hus—a cozy, accessible lodging unit just behind Heritage Hall. With a level path, ADA-compliant design, and proximity to central camp activities, it will be a game-changer for members and guests with mobility challenges.

We've already raised a little over \$17,000, thanks to generous early donors and the momentum sparked at the 2024 District Six Convention. But to move forward with Phase 1—design, permits, and site prep—we need to reach our \$50,000 goal.

We're asking everyone who loves Camp Norge to step up and give what you can. Whether it's \$25 or \$2,500, your gift brings us closer to making this vital addition a reality. Let's show our shared commitment to hospitality, dignity, and community.



**Donate today at: <https://gofundme.com/f/Help-Us-Build-the-Hygge-Hus>**

Together, we can make Camp Norge more inclusive—for generations to come.



**Donate Today to Help Build the Hygge Hus!**

\$17,575 raised of \$50,000 goal • 13 donations