

Fjelldalen's NYTT ^{30th} Anniversary



"Mountain Valley"

Fjelldalen Lodge #6-162

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



**SONS of
NORWAY**

Celebrating 130 Years
1895-2025

November-December 2025

Volume 30, Issue 6

Christ Lutheran Church
8997 S. Broadway, Highlands Ranch

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

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



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November 2025

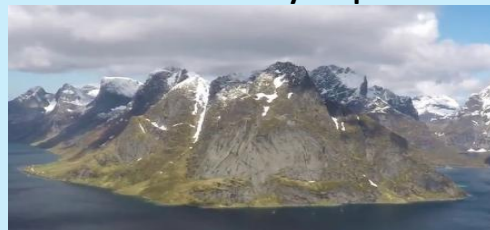
1	9:30	Zoom Genealogy Meeting
7		Trollheim Christmas Fair
8	Noon	Potluck and lodge Meeting Elections / Agent Orange
8		Trollheim Christmas Fair
15	9:30	Hiking Vikings
15		Fjellheim Lutefisk Dinner
22	9:30	IKEA Breakfast
29	????	5 th Saturday Surprise

December 2025

6	9:30	Zoom Genealogy Meeting
13	Noon	Potluck/Julefest/Cookies
20	9:30	Hiking Vikings
27	9:30	IKEA Breakfast

January 2026

3	9:30	Zoom Genealogy Meeting
10	Noon	Potluck and lodge Meeting Installation of Officers
17	9:30	Hiking Vikings
24	9:30	IKEA Breakfast
31	????	5 th Saturday Surprise



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.





Fjellaldalen Lodge #6-162

Highlands Ranch, Colorado



SONS of NORWAY

Upcoming Lodge Events

Web Site



November 2025

- 8 **12:00** Potluck, Meeting, Lodge Elections
VIETNAM IN MEMORY (honoring veterans who passed away from Agent Orange diseases)
- 15 9:30 Hiking Vikings
- 22 9:30 IKEA Breakfast
- 25 6:30 Board Meeting
- 29 5th Saturday Surprise

December 2025

- 13 **12:00** Potluck/Julefest/Cookie Exchange
- 20 9:30 Hiking Vikings
- 27 9:30 IKEA Breakfast
- 30 **6:30 NO Board Meeting**

Facebook



Zoom Link



Slektforskningklubb – Genealogy - Meetings (ZOOM)

- Nov 1 9:30 Witches
- Dec 6 9:30 Reading Old Norwegian Records

Genealogy Zoom ID: 860 5229 1262 Passcode: 700388
Email Genealogy@Fjellaldalen.com for more information.
Click [Here](#) to Join ZOOM Meeting

Email Link



Web Site



Språkklubb Norskurs – Norwegian Speakers Meetings

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

The members use DuoLingo or similar and then we discuss some words/topics/humor/events on the monthly virtual meeting.
<https://www.facebook.com/groups/852232346987226>
Email vp@fjellaldalen.com or call 512-289-9143 for more information.

Email Link



King Soopers Community Rewards program gives Fjellaldalen an income of about \$800 to \$1000 a year which Fjellaldalen 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 Fjellaldalen 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@fjellaldalen.com.



Fjellaldalen Lodge #6-162

Highlands Ranch, Colorado



SONS of NORWAY

Dear Fjellaldalen Lodge Members and Friends,

As the snow dusts the Front Range and we settle into the glow of Advent, I'm reminded how beautifully Norwegian traditions invite us to slow down and savor community. This season brings the gentle light of the adventsstake (four candles for the four Sundays of Advent), St. Lucia Day on December 13—with saffron buns and songs to “drive out” the darkness—and the much-loved Lille Julaften on December 23, when homes are tidied, risgrøt is stirred, and a single almond waits in the pot for some lucky spoon. Whether your table features lefse, pinnekjøtt, ribbe, or a platter of seven sorts of cookies (de sju slag), may your celebrations be truly koselig.

Our Hiking Viking Club continues to embody friluftsliv—the Norwegian love of fresh air and simple outdoor joy. We meet on the third Saturday each month for a leisurely local hike suited to all paces and friendly dogs on leash. Mark your calendars for November 15 and December 20, and watch your email for trail and meeting-point details. Layer up, bring water, and expect good company—plus a thermos or two of something warm at the trailhead.

For those who prefer their Scandinavian fellowship with coffee and conversation, our monthly brunch meet-up at IKEA (Centennial) is the place to be. We gather on the fourth Saturday each month: November 22 and December 27 this cycle. Grab a plate, find our tables, and enjoy easy fellowship before the weekend chores take over. As always, check for any last-minute updates around the holidays.

Our lodge leans into that spirit of lys og varme. Thank you to everyone who rolled up sleeves these past months—cooks, dishwashers, decorators, ticket-takers, and the quiet heroes who set up chairs, do the shopping, and brew coffee before anyone arrives. Your generosity keeps our community strong and welcoming. As we gather for our late-fall and holiday programs, please invite a friend or neighbor; Fjellaldalen is at its best when we have room at the table for more.

A final seasonal note: if you set out a small bowl of julegrøt for fjøsnissen (the barn gnome) on Christmas Eve, don't forget the pat of butter—no one keeps the household in better order than a contented nisse. From our lodge family to yours: God jul og godt nyttår! May peace, health, and a generous helping of pepperkaker find their way to every Fjellaldalen home.

On behalf of our board, tusen takk for another year of camaraderie, service, and joy. May your homes be warm, your hearts light, and your coffee strong.

God jul og godt nytt år—

Merry Christmas and a Happy New Year!

Med vennlig hilsen,

Kris

President, Sons of Norway Fjellaldalen Lodge





Fjelldalen Lodge #6-162 Highlands Ranch, Colorado



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The Sunshine Troll

- Karen's dad is having medical problems.
- Sharon had an appendectomy

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

w; Donna and Agnus at a meeting (best friends)

Karen kegenes@luc.edu

Don publicity@Fjelldalen.com

Tony Editor@fjelldalen.com



Good News

Birthdays

GM – Golden Members

HM – Heritage Members

Name	MON	DAY	Typ
Jane Gurecki	11	03	
Claudia Deasy	11	07	GM
Karen Campbell	11	07	
Riley Erickson	11	15	H
Cecilie Kingsolver	11	18	
Ed Eskelson	11	25	
Danny Schauer	12	01	
Vernon Tweed	12	04	
Donald Speas	12	05	
Crystal Sundet	12	06	GM
Karen Egenes	12	09	GM
Pamela Lugo	12	11	
Joe Tomlinson	12	13	
Val Ingram	12	16	
Pamela Groth	12	17	
Hege Lepire	12	17	
Wendy Allen	12	19	
Greta Grande	12	23	
David Speas	12	24	H



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.

Calendar Order Form

We have 2026 Norwegian calendars for a small donation of \$12.00. I will be bringing them with me to the meetings, Hiking Viking or IKEA. If you want me to mail them to your address add \$3.00 for shipping (total \$15.00). We accept cash or check to "Fjelldalen Lodge", we will accept Zelle to treasurer@fjelldalen.com

Contact Don at
publicity@fjelldalen.com

Fjelldalen Lodge
6392 S Reed Way
Littleton, CO 80123



Name	Qt	Total	Address



If you want a calendar, need to change address, need a name badge, or want a Fjelldalen Mug or Pen, contact Don Speas at publicity@fjelldalen.com



Fjellaldalen Lodge #6-162 Highlands Ranch, Colorado



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Why I Love Genealogy

I became fascinated with family history when I received a subscription from my brother to Ancestry for my birthday 13 years ago. I guess you can say I've always been interested in family history. I grew up with great grandparents, knew grand aunts and uncles, have so many family heirlooms and photographs that it was a natural progression to dig into my family genealogy.

I must warn you; genealogy can be addicting. Not only can you discover who your ancestors were (I've been able to identify my 9th great-grandfather, Ola Sjursson, who lived in Håland, Randaberg, Rogaland Norway around 1560) you can discover fascinating stories (cousins whose home was a stop on the Underground Railroad). Taking a DNA test can not only give you insights into your origins (how did I suddenly become 22% Swedish? Must be from the western Norwegian and Danish sides; at least I'm still 24% Norwegian!) but can also identify everyone in your extended family who have taken a DNA test (Uff da, I have over 50,000 matches ...).

You never know what you may find out. While expanding my family tree to include those DNA cousins, I came across a 3rd cousin, 1x removed, who was married to a man with the last name of Kingsolver. Could he be related to Cecilie's husband? Sure enough, all Kingsolver's in this country descend from the same person. I guess this makes Cecilie part of my very "extended family".

I initially joined Sons of Norway to explore my Norwegian roots. When I moved to Colorado, I was drawn to Fjellaldalen because of the genealogy club. Tony has done a marvelous job with his presentations, research tips, and help with breaking through roadblocks. I can't thank him enough for all the time he has put into this group. I encourage anyone who is interested in exploring their family history to join our special interest group. Tony is the best resource ever!

Ruth Delattour



Høst: The Beauty and Meaning of Norwegian Autumn

By Fjellaldalen Lodge Staff Writer

As the long days of summer give way to cooler winds and golden light, Norwegians welcome a season that is both reflective and vibrant—*høst*, or autumn. In Norway, *høst* is a time of natural beauty, quiet gratitude, and connection with both the land and each other. It is the season of harvest, coziness, and embracing change with grace.

The word *høst* comes from Old Norse "haust," meaning harvest, and for centuries it has been the time when families gathered the last fruits of the land before winter. In rural Norway, this meant storing potatoes, preserving berries, and preparing meat and fish for the cold months ahead. Even today, many Norwegians return to their family cabins (*hytter*) during autumn to pick mushrooms, forage for lingonberries, or simply enjoy the crisp mountain air.

Autumn in Norway is visually stunning. The forests come alive with rich hues of amber, red, and gold. The low sun casts a warm glow across fjords and hillsides, and the first dustings of snow begin to appear on distant peaks. Norwegians often describe this season as the most peaceful time of year—a moment of balance between light and dark, activity and stillness.

Høst is also the perfect time to practice *friluftsliv*, the cherished Norwegian tradition of outdoor living. Whether it's hiking through rustling leaves, enjoying a warm drink beside a lake, or simply bundling up for a walk in the brisk air, Norwegians embrace nature year-round. There's a well-known saying: "Det finnes ikke dårlig vær, bare dårlige klær"—"There's no such thing as bad weather, only bad clothing."

At home, the coziness of *høst* sets in. Candles are lit earlier in the evening. Families gather for slow-cooked meals like *fårikål* (lamb and cabbage stew), and many turn their attention to crafts, music, or reading by the fire. It is a time of nourishment—not just for the body, but for the soul.

Kris Bussell





Fjellaldalen Lodge #6-162 Highlands Ranch, Colorado



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Grilled Salmon Dinner - Charter Members were honored.



Ellen, and Char



Donita and Marilyn



IKEA Breakfasts!





Fjelldalen Lodge #6-162
Highlands Ranch, Colorado



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Fjelldalen's Matklubb Recipes

Creamy Baked Barley Risotto with Mushrooms – True North Kitchen

Ingredients

For the Risotto:

- 4 cups chicken or vegetable broth
- 1 Tbsp. extra-virgin olive oil
- 2 garlic cloves minced
- 1 1/2 cups pearl barley
- 3/4 cup shredded parmesan cheese
- Chopped fresh parsley or chives for serving
- 1 cup water
- 1 onion finely chopped
- 2 tsp. chopped fresh thyme
- 1/2 cup dry white wine
- 2 Tbsp. unsalted butter
- Coarse salt and freshly ground pepper

For the Mushrooms:

- 2 Tbsp. extra-virgin olive oil
- 2 10-ounce packages cremini mushrooms (about 4 cups) cleaned and sliced
- 1 Tbsp. soy sauce
- 2 garlic cloves, minced
- Coarse salt and freshly ground pepper



Instructions:

1. Preheat the oven to 375 degrees. Heat the olive oil over medium heat in a large saucepan or Dutch oven with a tight-fitting lid. Add onion and sauté until soft and translucent, about 3-5 minutes. Add garlic and thyme and cook for one more minute.
2. Add barley, 3 cups of the broth and 1 cup of water. Bring to a simmer and then cover the pot and remove from the heat. Transfer the pot to the oven and bake until the barley is tender, about an hour.
3. Meanwhile, cook the mushrooms: Heat 2 tablespoons of olive oil in a large skillet over medium heat. Add the sliced mushrooms. Cook, stirring frequently, until the mushrooms are tender and browned, about 10 minutes. Remove from the heat and add the soy sauce, scraping up any brown bits that have accumulated on the bottom of the skillet. Season to taste with salt and pepper and set aside.
4. Remove the pot from the oven and transfer to the stove top. Turn the heat to medium-low. Add the wine and remaining cup of broth. Stir constantly until the ingredients are incorporated and the mixture is creamy, about 3 minutes. Remove from the heat and stir in the butter and parmesan. Season to taste with salt and pepper. Gently fold in mushroom mixture, including any accumulated juices. Top with chopped fresh parsley or chives if desired and serve immediately.

Notes:

- You must use PEARL BARLEY for making risotto (also sometimes called medium barley). Hulled barley or a quick barley will not work in this recipe.
- You can use either chicken broth or vegetable broth.
- Any variety of mushroom will work in this recipe.
- Just a splash of soy sauce added to the mushrooms at the end of cooking time brings a big umami boost to this dish.



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Highlands Ranch, Colorado



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• **Fjellaldalen's Matklubb Recipes**

Spiced Pear Cake with Cardamom – True North Kitchen

Ingredients

- 3 cups all-purpose flour
- 1 tsp. salt
- 1 ½ tsp. ground cinnamon
- 1/2 cup unsalted butter
- 1 cup packed light brown sugar
- 2 large eggs
- 2 tsp. vanilla extract
- 3 cups peeled and chopped ripe pears about 4 medium pears
- 2 tsp. baking soda
- 1 tsp. ground cardamom
- 1/3 tsp. ground ginger
- 1/3 cup canola or vegetable oil
- 1 cup granulated sugar
- 1/2 cup sour cream
- Powdered sugar for dusting (optional)



Instructions:

1. Preheat oven to 350 degrees. Grease and flour a 10-cup capacity bundt pan. Set aside.
2. Place the butter in a medium skillet (preferably not nonstick or cast iron, so that you can more easily see the color change) and heat over medium, swirling the pan frequently. Once the butter has melted, continue to cook, swirling frequently, until the butter has a nutty aroma and is golden brown in color. Immediately transfer to a bowl to cool briefly.
3. In a large bowl, whisk together flour, baking soda, salt, cinnamon, cardamom, and ginger. Set aside.
4. Combine brown butter, oil, sugar and brown sugar in the bowl of a stand mixer fitted with the paddle attachment. Mix on medium speed until thoroughly combined, about 2 minutes. Add the eggs one at a time, fully incorporating one before adding the next. Add the sour cream and vanilla and mix until fully incorporated and smooth. Add flour mixture and mix on low until just combined. Fold in the pears with a rubber spatula.
5. Transfer the cake batter into the prepared pan and smooth the top. Bake until a skewer inserted into the middle comes out clean, about 55-60 minutes.
6. Cool on a wire rack for 15 minutes. Run a knife around the edges of the pan to loosen it from the cake and invert onto a serving plate. Allow to cool completely. Dust with powdered sugar if desired, and serve!

Notes:

- While you could simply use melted butter rather than brown butter in this recipe, I would encourage you not to skip this step! Brown butter adds so much delicious flavor to this cake.
- Don't overmix the cake batter once you've added the dry ingredients. This can cause your cake to be tough in texture rather than tender and soft.
- Use ripe pears (preferably the Bartlett variety) if possible.
- Serve simply with a dust of powdered sugar. You can also add a dollop of whipped cream, a drizzle of caramel sauce or vanilla sauce, or even a scoop of ice cream alongside!



Fjellaldalen Lodge #6-162
Highlands Ranch, Colorado



1) **Financial Moment from Kendall Kjerstad** **Waves Happen**

The Stock market has had some significant ups and downs recently, some quite traumatic. It reminds me of the waves in the ocean. Clients will call me and ask, "How is my Sons of Norway investments looking?" Thankfully, I am always happy to report, "It looks good". Always it is followed by their reply "REALLY?". Yes, really. They then say, " You are the only ones that are not showing a negative in my portfolio". I guess the Vikings did know a thing or two about waves. Let the Sons of Norway help you have peace of mind and stability in a rough sea.



Skal,

Learn More Now https://www.sofn.com/financial_products/

Kendall Kjerstad
Financial Advisor
Cell 970-978-1634

kjerstadkendall@yahoo.com
Office 970-697-1114

Rose Maling Classes with Louise Bath – Class 2

Hello Everyone,

I have decided to teach beginning classes on Sunday afternoons at the Sons of Norway Trollheim Lodge in Lakewood if there is sufficient interest. The address is 6610 W 14th Ave., Lakewood CO 80214. Class two is Nov. 2,9,16,23. Cost is \$50 for 4 classes plus cost of materials (to be determined!)

I have been rosemaling for 35 years and earned a Vesterheim Gold Medal in Rosemaling in 2017. Vesterheim is the Norwegian-American Museum in Decorah, IA. I have travelled to Norway four times to study rosemaling, the latest in June of this year. I teach on Zoom and in person to many Norwegian Rosemaling Associations across the US. I have posted a few of my works at the top of this email in different styles. I decided to do some beginning classes as I would like to increase interest in the Greater Denver area in the art of Norwegian Rosemaling. And you do not have to be Norwegian to love this Art form!
I hope to hear from you!

-Louise Bath 303-799-3527 or email lbath25@comcast.net





Fjelldalen Lodge #6-162

Highlands Ranch, Colorado



SONS of NORWAY



The Sons of Norway Foundation is proud to announce the scholarships awarded for the 2024-25 cycle. With over \$148,000 in scholarship awards, each of these scholarships brings an opportunity to deliver the Foundation's mission directly to our members and communities. ***Congratulations to our award winners in 2025!***

2024-25 Beinhauer/Espeland Scholarship

- **Camilla BrattebergNorth** | Carolina Vikings 3-675
- **Emerson Jehle** | Nordkap 5-378
- **Laila Heigre** | Nordahl Grieg 6-052

2024-25 Bernt Anker Scholarship

- **Espen Fenstad** | No Lodge Affiliation
- **James Kraatz** | Askeladden 5-610
- **Nathan Albrecht** | Vennelag 5-513
- **Annika Berry** | Cascade Lodge 2-001
- **Jack Nielsen** | Mandt 5-314

2024-25 Dan & Betty Rude Scholarship

- **Kaylynn Olson** | Norsemen of the Lakes 5-650
- **Terese Buhr** | No Lodge Affiliation

2024-25 Desert Fjord Scholarship - Agnes Stieler Endow

- **Markus Seza Gokan** | Desert Fjord 6-133
- **Jackson Bjorn Loomis** | Desert Fjord 6-133

2024-25 District 4 Scholarship

- **Abby Kallenbach** | Mollargutten 4-478
- **Jonah Kragness** | Kringen 4-025

2024-25 District 6 Educational Fund Scholarship

- **Charles Martin** | Trollheim 6-110
- **Siri Martin** | Trollheim 6-110
- **Stefan Moe** | Fjelldalen 6-162

2024-25 Doug Warne - Rolf & Wenche Eng Scholarship

- **Casey Hagen** | Norsfodt 1-590

2024-25 Elaine Nelson Scholarship

- **Colton Green** | Mollargutten 4-478
- **Hadley Fallang** | Fjelldal 4-543

2024-25 King Olav V Norwegian-American Heritage Scholarship

- **Bi Dje Benjamin Zamble** | No Lodge Affiliation
- **Erika Haugen** | No Lodge Affiliation
- **Annika Utsogn** | Spirit New Century 3-999
- **Brynn Bournon** | Grieg 2-015
- **Christine Longenecker** | No Lodge Affiliation
- **Martine Redshaw** | Terje Viken 1-017

2024-25 Nancy Lorraine Jensen Memorial Scholarship

- **Abigail Bjork** | Fosselyngen 5-082
- **Lauren Albrecht** | Vennelag 5-513
- **Madeline Maier** | Grieg 2-015
- **Jenna Becker** | Vegas Vikings 6-152
- **Piper Westhead** | Grieg 2-015

2024-25 Nordkap Lodge 3-215 Scholarship

- **Isaac Stutesman** | Wergeland 5-028
- **Josh Nielsen** | Mandt 5-314
- **Laila Heigre** | Nordahl Grieg 6-052
- **Ryah Hogberg** | Ueland 4-149

2024-25 Orel and Marie Winjum Memorial Scholarship

- **Lydia Repnow** | Thor 4-067
- **Nora Ramstad** | Oslo 2-035





Fjellaldalen Lodge #6-162 Highlands Ranch, Colorado



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Fjellaldalen Lodge #6-162 Highlands Ranch, Colorado



SONS of NORWAY

Celebrating 125 Years
1895-2020

Fjellaldalen Lodge #6-162 Officers for 2025

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

VP: Eivind Skildheim 512-289-9143
vp@fjellaldalen.com

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secretary@fjellaldalen.com

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treasurer@fjellaldalen.com

Counselor: Bev Moe 720-746-9755
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foundation@fjellaldalen.com

Social Media: Kris Bussell 303-335-5116
president@fjellaldalen.com
Cyndee Ormsby

Sunshine: Karen Egenes 630-323-7426
kegenes@luc.edu

Greeters: Karen Campbell 303-364-3827
karensue61@comcast.net
Ruth DeLattre 623-628-1256
rmelat@yahoo.com

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

Historian & Photographer: Cyndee Ormsby

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



President
Kris



Vice-President
Eivind



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 3-1-2025



Fjellaldalen Lodge #6-162
Highlands Ranch, Colorado



SONS of
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Trollheim Christmas Fair

SONS OF NORWAY, TROLLHEIM LODGE

6610 West 14th Ave.
303-232-1700

GOD JUL



November 7th & 8th, 2025

Doors open at 10:00 AM

Open until 3:00 PM

Admission: \$2.00

Children under 12: Free

Shopping

**Please note: Some vendors may only
accept checks or cash**

Shop for gifts. Shop for yourself. Shop at over
15 vendors. Shop at our Butikken. We have a
wide variety of merchandise so...
SHOP TILL YOU DROP!

Enjoy shopping in our

Wonderland Of Scandinavia



Fjellalden Lodge #6-162
Highlands Ranch, Colorado



SONS of
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Fjellheim Lodge Sons of Norway
LUTEFISK AND MEATBALL DINNER

Saturday, November 15, 2025 - 1:00 & 4:00 pm
Fjellheim Lodge, 1045 Ford Street
Colorado Springs, CO 80915

Dinner Reservations: Circle Preferred Seating: 1:00 pm 4:00 pm
Seating is Limited

Indicate Dine-In or Take-Out by checking below:

☐ *Dine-In*

☐ *Take-Out*

	Number Attending	Cost	Total
Members		X \$25.00 = \$	
Non-Members – 16+		X \$27.00 = \$	
Student – age 10-15		X \$12.00 = \$	
Under 10		X \$ 0.00 = \$	
		Total = \$	

Product Pre-Orders Cash or Check only:

Items	Quantity	Price per Unit	Total Product
Lefse – 5 rounds per pkg		X \$10.00	\$
Lutefisk – 1 lb. pkg		X \$15.00	\$
Herring		X \$12.00	\$
Lingonberries		X \$ 8.00	\$
		Total =	\$

Your Name: _____

Phone Number: _____ **E-Mail:** _____

Payment Option for Reservations only (Circle to indicate your choice):

⇒ Check: Make out to **Sons of Norway**

⇒ Pay at the door.—Cash or Credit Card

Mail reservations to Karen Ravnaas, 5295 Water Dipper Rd, Colorado Springs, CO 80911 by **November 12, 2025**. After that date, call Karen @ 719-390-0621 for space availability and registration.

NOTES/Special Requests: _____



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



**SONS of
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Free Children's Cross Country Ski Event

BARNELØPET

Saturday, February 21st, 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

Sponsored by Sons of Norway District Six & the Colorado Lodges