

# Fjelldalen's NYTT



## SONS of NORWAY

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

*"Mountain Valley"*

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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.

July-August 2022

Volume **27**, Issue 4

Christ Lutheran Church  
8997 S. Broadway, Highlands Ranch

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

#### July 2022

- 2** 9:30 Genealogy—[Zoom Meeting](#)  
How to use a Bygdebok

#### August 2022

- 6** 9:30 Genealogy—[Zoom Meeting](#)  
Norwegian Probate Records
- 13** 11:00 Picnic—11:00 am to ?? Picnic at  
Gayle Rodgers House—see flyer
- 30** 6:30 Board Meeting—[Join via Zoom](#)
- September 2022**
- 3** 9:30 Genealogy—[Zoom Meeting](#)  
U.S. Census Schedules
- 10** 12:00 Potluck  
1:00 Lodge Meeting **Viking Ship Voyage**
- 17** 2:00 Fjellheim Fish Fry
- 27** 6:30 Board Meeting—[Join via Zoom](#)

#### October 2022

- 1** 9:30 Genealogy—[Zoom Meeting](#)  
U.S. Census Schedules
- 8** 1:00 Lodge Meeting—**Fjellborg Vikings**
- 22** 5:00 **Lutefisk Dinner—TBA**
- 22** 9-12 Fjellheim Viking Fair  
Stein Fjell Lutefisk Dinner
- 25** 6:30 Board Meeting—[Join via Zoom](#)





# Fjellaldalen Lodge #6-162 Highlands Ranch, Colorado



## SONS of NORWAY

<https://www.fjellaldalen.com/> <https://www.facebook.com/fjellaldalen.lodge>

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

**July — No Meeting!!!**

**13 August 2022—11:00 am to ?? Picnic at Gayle Rodgers House**

Hamburgers, hot dogs, lemonade and your potluck dish—salad or dessert

**7011 S. Costilla St. Littleton, CO - See Flyer pg 13**

**10 September 2022—Potluck at 12:00 pm—Lodge  
Meeting at 1:00**



Dana Fergusen, a crew member aboard the Draken Harald Hårfagre during its 2018 voyage along the East Coast, will talk to us about his adventure. The Draken Harald Hårfagre, which was built in Haugesund, is 115 feet long and is the largest Viking ship ever built in modern times. It has 260 square meters of silk sail and a 79 foot tall mast made from Douglas fir.

**8 October 2022—Lodge Meeting at  
1:00**

The Fjellborg Vikings will do a reenactment and presentations on Viking Life



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

- July 2nd – How to use a Bygdebok (Farm Book Compilation)
- August 6th – Norwegian Probate Records



Community Rewards

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

If you shop at King Soopers, here's a good fund raiser for Fjellaldalen. King Soopers has a Rewards Program that benefits Fjellaldalen 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.



# Fjellaldalen Lodge #6-162

## Highlands Ranch, Colorado



# SONS of NORWAY

District Six Convention 2022 – Mesa, AZ

Your four elected delegates for Fjellaldalen Lodge (out of 108 for all of District Six) were Amber Quilling, Gayle Rodgers, Pam Swenson, and Kris Bussell.

We attended the Literature Program directed by Luella Grangaard, with assistance from Bob & Lotte Sather. I then attended the Music Program directed by Mary Beth Ingvaldstad & Tove-Lise Miller... this was so much fun!!!

The second day started off with some very interesting Leadership Workshops. First-up was Marketing your Lodge, then a Communication panel discussion and a talk on Generational Differences in the Lodge and how to communicate and include everyone.



The official opening of the convention started with an individual roll call of delegates and a Memorial Service was held that afternoon to remember all our Lodge friends that have passed away in the last four years. In the last four years, our district has lost approximately 500 friends. The President's Reception & Welcome was followed by a very nice buffet dinner... and even included meatballs!

On Saturday morning, the Folk Art Room was open and I was happy to see two very nice paintings by our own Linda Ault! The day continued with the Lodge meeting and District Six business. I was proud to be chosen as a Marshal for the meeting and wore a ceremonial sash while standing post at the main door. During this time, a representative from the Postage Stamp Museum, came to pick up all the stamps that were gathered and donated from all over the district... a wall of boxes 5'x8'x2'. That afternoon there was a Recreation Center Meeting talking about Camp Norge, our gem in the Sierras, and encouraged everyone in the district to take advantage of this camp as we are all owners. Just 60 minutes east of Sacramento and the rates are very cheap. That evening featured a Casino Night hosted by the Recreation Center Board, with proceeds benefiting the camp.

Saturday and Sunday also featured several coffee breaks with so many homemade cookies from all over the district... thank you to Marilyn, Linda, and Gayle for their delicious contributions!

Sunday had more Lodge meeting business as well as the raffle ticket drawing, duck pluck from the hotel pool, and folk art and Olaf awards. We all watched and voted for your video Tony, well done!

The day concluded with the installation of new District Officers where we all thanked Bev for her wonderful service and welcomed Diane Molter as our new Zone 8 Director! This was in conjunction with a very nice dinner where we said goodbye for now to all our new friends!

This was such a good time and I met so many new friends that I would hate to miss the next event!

Thank you,

Kris





Fjellaldalen Lodge #6-162  
Highlands Ranch, Colorado



SONS of  
NORWAY

## ***The Sunshine Troll***

Jeanie Erickson's husband has passed away—please pass on your condolences.



Helen Mulhern has had a hip replacement—you can call her and cheer her up.

Donna Krown has had knee surgery. Let her know you care.

Marilyn Lyle has had back surgery and is recovering—help her recover.

Tony Hjelmstad will have knee surgery at the end of July.



If you change your mailing address, phone number or email address please contact Don Speas at 720-299-7309 or [publicity@fjellaldalen.com](mailto:publicity@fjellaldalen.com)

The September—October 2022 newsletter comes out the last week of August.  
All items for the next newsletter must be submitted by:

***August 15th, 2022***

Submit to Tony Hjelmstad at [editor@fjellaldalen.com](mailto:editor@fjellaldalen.com)





# Fjelldalen News—Syttende Mai



Donita and Linda lead the Parade



Cecilie Serves food in the line



Kristina represented the Scandinavian Midsummer Festival in Estes Park



Lise and Donita with the Norwegian Consul Representative Anders Tørnquist



Ana's Norwegian Bakeri demonstrated their wares



Freyja og Sven ved Syttende Mai-feiring for Fjelldalen Lodge!





# Fjell dalen Lodge #6-162 Highlands Ranch, Colorado



## SONS of NORWAY

### ***Oslo's Famous Viking Ships Could be at Risk***



Ten years ago, experts discovered that the museum holding the Viking Ships was subject to vibrations caused by the many visitors and this was damaging the ships. This caused the museum to close last year.

A new museum was planned, but construction has not started as the price has gone up 100%, which the government is refusing to cover.. Since part of the original funding was from donations conditioned on the rest of the funding happening, this has put the whole project in doubt. Not only that a significant amount of the original funding is now being spent trying to increase the funding.

As everyone argues over the price tag and how to fund it, the museum remains closed to protect these valuable treasures.

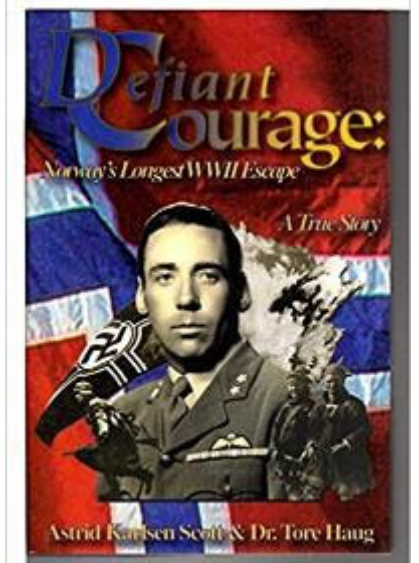
### **Defiant Courage—A WWII Epic of Escape and Endurance**

By Astrid Karlsen Scott and Tore Haug

A book review by Kris Bussell

In early 1943, in the middle of the Second World War, Norwegian commandos and would be saboteurs arrived by fishing boat from their training camp in Scotland to Toftefjord in northern Norway to establish a base of operations against the occupying Nazi regime. However, they were soon betrayed and a Nazi fast-boat sank their fishing vessel capturing the most vital information of the mission. All of the commandos were captured and executed except the lone survivor and hero of the book, Jan Baalsrud. Jan is wounded while being pursued by the Gestapo and must endure many hardships on his journey to escape and freedom including, freezing temperatures, icy fjords, snow covered mountains, winter storms, and getting caught in an avalanche! Jan suffers not only from his wound, but also from snow-blindness and frostbite. However, he is assisted by at least sixty loyal Norwegians along his journey, all of whom risked their own lives to help him.

*Defiant Courage* is the amazing story of Jan's escape, which inspired the book *We Die Alone* and the Oscar-nominated Norwegian film *Nine Lives*. Meticulously researched for more than five years, this book brings out the truth behind this very exciting real-life survival tale.





# Fjelldalen Lodge #6-162

## Highlands Ranch, Colorado



## Fjelldalen Lodge #6-162 Officers for 2022

**President:** Donita Zblewski 360-791-5858  
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[lindaault@comcast.com](mailto:lindaault@comcast.com)



**President**  
Donita



**Vice President**  
Kris



**Secretary**  
Karen



**Treasurer**  
Amber

## DISTRICT 6 OFFICERS

**District Six President:** Robert Sather [president@sofn6.org](mailto:president@sofn6.org)

**International Director:** Mary Beth Ingvaldstad [internationaldirector@sofn6.org](mailto:internationaldirector@sofn6.org)

**Zone 8 Director:** Diane Molter [zone8@sofn6.org](mailto:zone8@sofn6.org)

**Financial Benefits Counselor:** Kendall Kjerstad 970-697-1114 [kjerstadkendall@yahoo.com](mailto:kjerstadkendall@yahoo.com)

Revision 6-23-2022



## Sons of Norway Web Site Feature

# Blog

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.

One of the ways they do this is through the Blog:

<https://www.sofn.com/blog/>

The Blog covers many diverse subjects important to Norwegians living in America while maintaining a connection to our heritage.

The Blog covers famous people of Norwegian descent, the way we lived and now live, Norwegian celebrations, cooking, events, and other items of interest.

Some of the recent posts are below:

## Recent Posts

- [Midnight Sun Adventures in Bodø](#)
- [Magnificent Monuments](#)
- [The Norwegian Bunad and Syttende Mai](#)
- [Learn to bake Kvæfjord-kake – Verdens Beste Kake](#)
- [A Farewell to Fritz](#)



## Birthdays:

**GM** Golden Members!

**HM** Heritage Members

Name	Mon	Day	Type
Janet Nichols	7	1	
Curtis Brudos	7	4	
Lylah Gambill	7	5	HM
Barney Paulsen	7	6	
Jay Brekke	7	8	
Eric Tollund	7	9	
Daphne Einarsen	7	13	HM
Solveig Swenson	7	20	
Marylee Hagen	7	21	
Anders Tornquist	7	23	
Deanna Beatty	7	24	
Freyja Swenson	7	26	HM
Marie Hjelmstad	7	31	HM
Les Johnson	8	2	
Stephanie Cherry	8	5	
Keith Bowers	8	5	
Scarlett Hjelmstad	8	6	HM
Annika Moen	8	7	
Kai Moen	8	10	
Jeanie Erickson	8	13	
Madison Herrmann	8	18	
Kendra Runung	8	18	
Elizabeth Speas	8	21	HM
Charlotte Bagwell	8	24	
Blaine Rodgers	8	29	



## Recent New Members

**Les Johnson**

**Ruth Delattre**

**Cyndee Ormsby**



# What Type of Insurance Fits your Needs?

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

## [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.

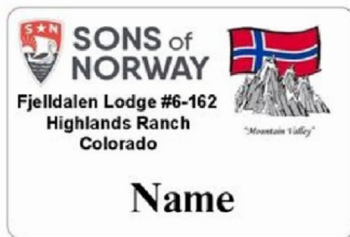
Kendall Kjerstad, Email: [kjerstadkendall@yahoo.com](mailto:kjerstadkendall@yahoo.com)

Phone: 970-697-1114

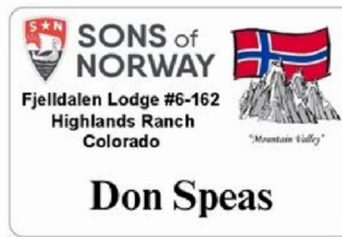
[Use Our Calculators](#)

[Start here](#)

If you would like a new Fjelldalen name badge, email Don Speas [publicity@fjelldalen.com](mailto:publicity@fjelldalen.com) with the first and last name you want on it. Also, what type of fastener you would like. Badges are \$6.00 ea.



New  
Fjelldalen  
Name Badges  
Order



Magnet



Pin

Print Name	\$6.00	Magnet or Pin	Phone #

# Matlagings Klubb Recipes—one for each month!

## Crab Linguine

### Ingredients:

300 g crab meat (10.5 oz.)  
450 g linguine (1 lb.)  
1 red onion  
cloves of garlic  
1.5 chili, mild  
3 Tbsp. olive oil  
large handful flat-leaf parsley leaves, very finely chopped  
salt and pepper



Photo Credit: seafoodfromnorway.co.uk

### Directions:

Heat the olive oil in a frying pan and gently sweat the onion for 10 minutes until it is soft and translucent. Add the garlic, and chili if using, and fry for a further minute or two. Remove pan from heat. Add the parsley and crab meat and stir well to mix. Season to taste with a little salt and freshly ground black pepper.

While the onion is softening, cook the pasta until al dente in a large saucepan of salted boiling water. This will take 9-12 minutes. Drain, reserving a couple of tablespoons of cooking water, and toss in the crab sauce. Add a little of the cooking water to loosen it up a little and serve immediately. from [seafoodfromnorway.co.uk](http://seafoodfromnorway.co.uk)

## Pancakes with strawberries and mascarpone cream

### Pancakes:

3 large eggs	2 cups milk	1 cup all-purpose flour
2 Tbsp. sugar	1/2 tsp. cardamom	pinch of salt
butter for frying		

### Filling:

7 Oz mascarpone	4 oz powdered sugar	1 vanilla bean, seeds
3/4 cup whipping cream	1 lb strawberries, washed	

### Lime-mint sprinkle

2 Tbsp. sugar	2 Tbsp. mint leaves, chopped	1 Tbsp. lime peel
---------------	------------------------------	-------------------



Photo Credit: Lis Fjellerhagen, via godt.no

### Directions:

- Pancakes
  - Mix or whisk together the pancake ingredients till smooth and lump-free. Let the batter rest a half hour before cooking.
  - Heat a medium-sized frying pan over medium-high heat. Melt a little butter between each pancake you make.
  - Put a good scoop of batter in the pan. Cook the pancake until it is nicely golden on the underside, turn and bake for 20 seconds on the other side. Continue like this until the batter is used up.
- Filling
  - Whisk the mascarpone smoothly with the powdered sugar and vanilla.
  - Stir in the cream and whisk everything into a thick, soft cream. Be careful not to overwhip, as the cream can easily separate.
  - Cut the strawberries into slices.
- Sprinkle
  - Using a mortar and pestle, crush the sugar, mint and lime peel.

Top each pancake with a dollop of mascarpone cream, sprinkle berries on top and fold or roll the pancakes loosely together. Sprinkle with lime and mint sugar.

Source: <https://www.godt.no/oppskrift/9215/tynne-pannekaker-med-jordbaer-og-mascarponekrem>



# KID'S PAGES

## the hiking viking

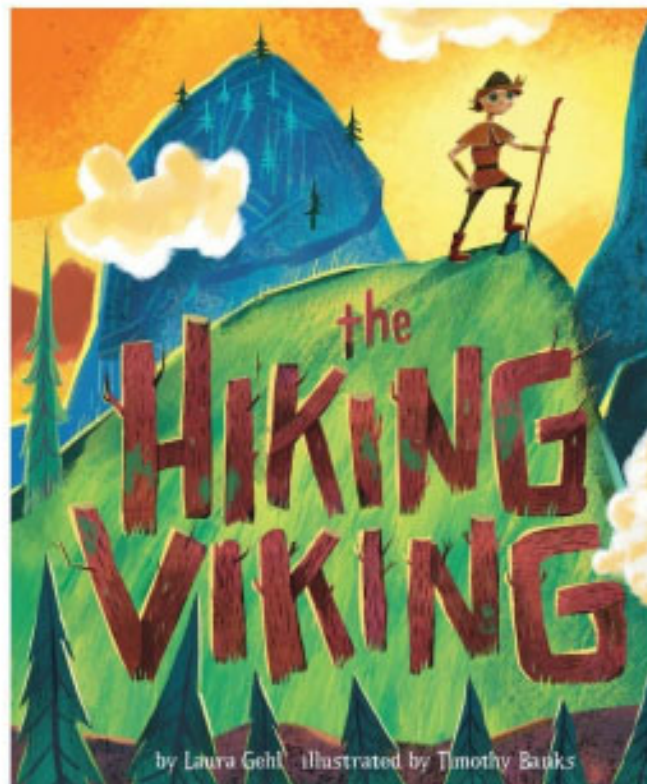
Written by: Laura Gehl

Illustrated by: Timothy Banks

While the other Vikings love to holler and howl and battle and brawl, Leif prefers spending time by himself atop the beautiful fjord. But when it's time for the Viking Games, everyone must participate. Will Leif let down his clan . . . or surprise them?

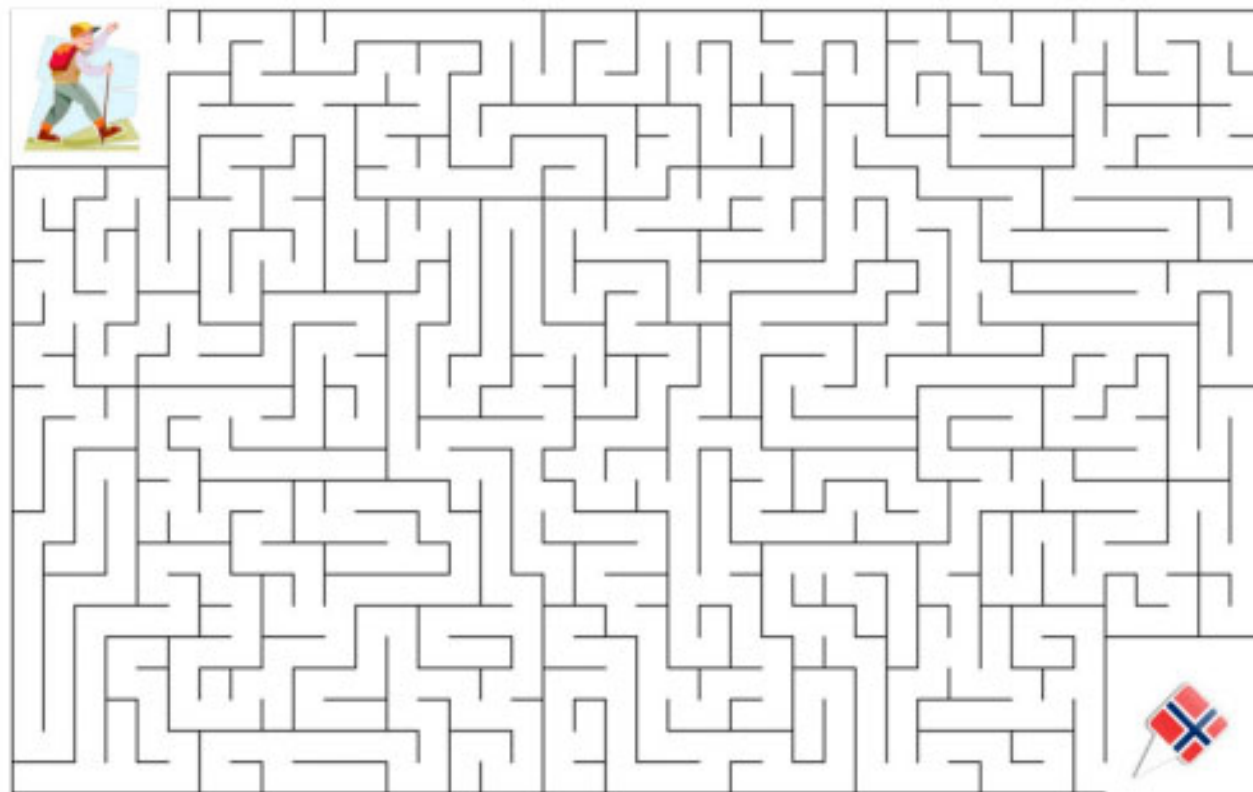
Skagit Valley Read Alouds will read the book to you on [YOUTUBE](#). Or you can purchase this book by clicking on any of the following vendors:

[AMAZON](#) [SCANDISK](#) [BARNES & NOBLE](#)



#

## FIND YOUR WAY TO THE FLAG!



# The Egg that Traveled to America

In 1898, 18 year-old Ole Brude barely survived a hurricane on a steamship, no thanks to a wooden lifeboat that was crushed by the sea when it was lowered down. From then on, Ole wondered what a reliable lifeboat should be, and made it his mission to find out.

As luck would have it, the World's Fair in St. Louis was happening in 1904 and there was a 417,000 kroner [equivalent to 40 million kroner, or US \$4.2 million today] prize to the one who came up with a revolutionary lifeboat. Ole had come up with the idea of a lifeboat shaped as an egg and soon after, his covered lifeboat was constructed out of steel, measuring six meters long.

To show the world his magnificent invention, Ole and three others set sail to America in "the egg" in July 1904. Unfortunately, the journey was long and grueling; Ole missed the World's Fair by about two months. But nonetheless, Ole and "the egg" drew quite the attention.



Photo Credit:  
Sunnmore Museum, via lindahall.org

Interestingly enough, covered lifeboats became mandated in 1978. Ole was 70 years too early.

## Norway's UFO Hotspot

Norway is a great place to witness the northern lights- an interplay of solar winds and the earth's magnetic field. However, one small valley in the center of Norway regularly experiences a different kind of light show.

Hessdalen (the Hess Valley), located 75 miles south of Trondheim, has been visited by mysterious orbs of light since the 1930s. The lights vary in color, duration and behavior. Some flash for a few seconds while others linger for over an hour. They swoop and sway and hover and have been observed above and below the horizon, by day and by night.

The source of these illuminations may be underground. Scientists speculate that the extremely high and varied mineral content of the slopes surrounding the valley generate a high electric field, acting like a huge battery. It is so strong that it lights up wafts of energy in the air that would usually remain invisible to the human eye. Of course, this is just one theory. Who knows what might be out there?

See them here: <http://www.hessdalen.org/pictures/>



Photo Credit: Tomas Dahl, via hessdalen.org



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



*"Mountain Valley"*

# *Fjellalden*

## *Picnic & BBQ*

*Saturday August 13, 2022*

*Gayle & Blaine Rodgers are hosting*

*7011 S Costilla St, Littleton CO 890120*

*11:00 am to ??? Food line starts at 12:00*

**Join Fjellalden members and their families for our Summer Picnic. Hamburgers, Hot Dogs, lemonade & coffee, cups, plates and silverware will be provided. Bring your "Special Picnic Dish, Salads and Desserts" for everyone to share. Good idea to bring Lawn Chairs. Call Don Speas 720-299-7309 for more information.**



### **S. Santa Fe & W. Mineral Ave.**

- 1. Go East on W. Mineral Ave**
- 2. Turn Left (North) onto Jackass Hill Rd. turns into S. Prince St.**
- 3. Continue on S. Prince St**
- 4. Turn Left (West) onto W. Costilla Ave.**
- 5. Continue to 7011 S. Costilla St. A Norwegian Flag marks Gayle's house.**

