

Fjelldalen's NYTT



"Mountain Valley"

Fjelldalen Lodge #6-162

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



**SONS of
NORWAY**

September October 2026

Volume 31, Issue 5

Christ Lutheran Church
8997 S. Broadway, Highlands Ranch

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



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September 2026

3	1:00	Zoom Genealogy Meeting
12	Noon	Potluck & Lodge Meeting
19	9:30	Hiking Vikings
26	9:00	IKEA Breakfast

October 2026

1	1:00	Zoom Genealogy Meeting
10	Noon	Potluck & Lodge Meeting
17	9:30	Hiking Vikings
24	9:00	IKEA Breakfast

HOLD THE DATE

The Trollheim Christmas Faire will
be November 6th and 7th, 2026!!!!

**November 14th – Annual Salmon
Grill**



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



Fjelldalen meets on the second Saturday of each month
We take a break in July.
Our August meeting is a Picnic.
On the third Saturday, Our Hiking Vikings Hike.
On the Fourth Saturday, we meet for Brunch at Ikea at 9:00
When a fifth Saturday occurs,
sometimes we try something special.
November 14 Noon Annual Salmon Grill

Facebook



Zoom Link



Slektforskningklubb – Genealogy - Meetings (ZOOM)
Problems and Roadblocks Sessions

The Genealogy group meets via Zoom on the first Thursday of each month.
Genealogy Zoom ID: 860 5229 1262 Passcode: 700388
Email Genealogy@Fjelldalen.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.

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 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.



Kjære Fjelldalen venner,



Fjelldalen Lodge #6-162

Highlands Ranch, Colorado



SONS of NORWAY

I hope each of you has enjoyed a wonderful summer filled with sunshine, family, friendship, and perhaps a little Norwegian-style *friluftsliv*—time spent appreciating the great outdoors!

As summer begins to give way to the cooler days and colorful leaves of autumn, I am very excited to return to our regular Lodge meetings at Christ Lutheran Church. Although our summer break is always enjoyable, I have missed seeing everyone and sharing the fellowship, traditions, and good times that make Fjelldalen Lodge such a special community. I look forward to welcoming back familiar faces and, hopefully, greeting some new ones as well.

What a wonderful time we had at our annual Fjelldalen Lodge Family Picnic in August! Redstone Park provided the perfect setting for an afternoon of delicious food, laughter, and friendship. The hamburgers and hot dogs were hot off the grill, the special picnic dishes brought by our members were wonderful, and the Norwegian flag proudly showed everyone where to find us.

Most importantly, it was a pleasure simply to relax, visit, and enjoy one another's company. Events like this remind us that Fjelldalen is much more than a monthly meeting—it is a family brought together by friendship and a shared appreciation for our Norwegian heritage. A heartfelt *tusen takk* goes to everyone who attended, brought food, helped with the grilling, setup, and cleanup, or contributed in any way to making the picnic such a success.

Now, as we begin another Lodge season, I encourage everyone to take part in the meetings, programs, and activities ahead. Our Lodge thrives because of the enthusiasm, ideas, talents, and participation of its members. Whether you attend a regular meeting, join the Hiking Vikings, gather with friends for our IKEA Brunch, volunteer at an event, or simply invite a friend to visit, every bit of involvement helps keep Fjelldalen strong and welcoming.

The fall months offer us a wonderful opportunity to reconnect, celebrate our heritage, and create new memories together. Please continue to watch your inbox for *Fjelldalen News* and updates about upcoming Lodge events and activities.

Thank you all for your continued friendship, participation, and support. I am looking forward to another lively, rewarding, and memorable season together.

Velkommen tilbake—welcome back!

Fraternally,

Kris Bussell

President, Fjelldalen Lodge #6-162



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



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The Sunshine Troll

- Tony had a nephew and his wife die, leaving two high-school age children

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.

Karen - kegenes@luc.edu Tony - Editor@fjelldalen.com

Don - 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.



TUBFRIM
NO-3540 NESBYEN - NORGE



Tusen Takk for saving your stamps. We have collected over a pound to send into Tubfrim.

If you need to change address, a name badge, or want a Fjelldalen Mug or Pen, contact Don Speas at

publicity@fjelldalen.com



**GM – Golden Members
HM – Heritage Members**

Name	Mon	Day	Type
Maria Schroeder	09	02	HM
John Grothe	09	06	
Bryan Soderberg	09	06	
Kelley Bowers	09	09	
Wilma Appesland	09	11	
Agnes Omholt	09	12	GM
Pamela Swenson	09	17	
Beverly Moe	09	19	GM
Erik Collett	09	22	GM
Erik Hjelmstad	09	22	
Merrill LeBlanc	09	30	
Kathryn Johnson	10	01	
Sharon Ingram	10	02	
Peter LeBlanc	10	03	
Robert Tollund	10	04	GM
Cathrine Floyd	10	04	
Karsten Skildheim	10	06	
Rebecca Bowers	10	07	
Charles Scholpp	10	09	
Matthew Johnson	10	09	
Leslie Reingold	10	10	
Krista Degerness	10	10	
Jane Jensen	10	10	
Eva Lemley	10	12	
Dag Nedkvitne	10	15	
Roger Dudley	10	18	
Ruth DeLatre	10	20	
Penelope Einarsen	10	20	HM
William Weinstein	10	22	HM
Kaia Weinstein	10	22	HM
Marilyn Speas	10	25	
Beverly Nelson	10	25	
Phyllis Brudos	10	26	
Ethan Hjelmstad	10	28	HM
Cyndee Ormsby	10	30	



Fjellaldalen Lodge #6-162
Highlands Ranch, Colorado



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Lodge Views - Picnic



The Picnic Masterminds



Ski for Light Volunteer
awards





Fjelldalen Lodge #6-162
Highlands Ranch, Colorado



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Lodge Views

Norseman of the Rockies
Float



Eivind and fiancé at
World Cup Watch Party



The World Cup Happened and Norway
was popular



We Came



We Rowed



We Represented



Thank You America!



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Highlands Ranch, Colorado



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Fjelldalen's Matklubb Recipes

Medisterkaker

Qualifies for Cooking Skills

Ingredients

2 1/4 lbs. ground pork	3 tsp. salt
3 eggs	5 Tbsp. potato starch flour
3/4 tsp. black pepper	1/2 tsp. nutmeg
1/4 tsp. ginger	2 1/2 cups milk
3-4 Tbsp. oil	

Directions

- In a large bowl combine the meat, eggs and salt, and stir until the mixture becomes sticky.
- Slowly add the flour and spices to the meat mixture and combine thoroughly.
- Add the milk to the meat mixture a little at a time, making sure that the meat gets sticky with each addition prior to adding more of the milk.
- The final mix should not be too firm. Shape into balls about 2 to 2 1/2 inches across.
- In a frying pan over medium-high heat, warm the oil and fry the medisterkaker until they are chestnut brown, about 5-7 minutes per side.
- Preheat your oven to 350° F. Place the fried medisterkaker in the oven on a baking sheet for about 15 minutes to finish cooking through.



Sirupsnipper

Qualifies for Cooking Skills

Ingredients

9 Tbsp. cream	1/2 Cup + 2 1/2 Tbsp. syrup
1/2 Cup + 2 1/2 Tbsp. sugar	7 Tbsp. butter
2 cups flour	1/4 tsp. pepper
1/4 tsp. ginger	1/4 tsp. anise
1/4 tsp. cinnamon	3/4 tsp. baking powder
3/4 tsp. baking soda	almonds, blanched, for decorating

Recipe

- Boil cream, syrup, and sugar together. Stir in butter and let mixture cool until lukewarm.
- Combine flour, pepper, ginger, anise, cinnamon, baking powder and baking soda. Whisk together.
- Sift in dry ingredients and knead the dough to mix thoroughly. Chill overnight.
- Roll dough out as thin as possible and cut diagonal lines to make diamond shapes.
- Lay sirupsnipper on a greased baking sheet. Place half a blanched almond on each cookie. For a shiny finish, brush cookies with egg white.
- Bake at 350°F for 5 minutes.





Fjellaldalen Lodge #6-162 Highlands Ranch, Colorado



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



Fjellaldalen Lodge #6-162 Highlands Ranch, Colorado



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Fjellaldalen Lodge #6-162 Officers for 2026

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

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bevm259@comcast.net

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ckingsolver@yahoo.no

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mark_and_lise@yahoo.com

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saingram61@gmail.com
Marilyn Speas 720-299-2158
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Genealogy: Tony Hjelmstad 303-771-1428
genealogy@fjellaldalen.com

Foundation & Tubfrim: Ruth DeLattre 623-628-1256
foundation@fjellaldalen.com

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

Sunshine: Karen Egenes 630-292-7426
kegenes@luc.edu

Greeter: Lise LeBlanc 303-242-6460
mark_and_lise@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

Musician: Karen Egenes 630-292-7426
kegenes@luc.edu

Lodge Chef: Kris Bussell
krisbussell@gmail.com



President
Kris



Vice-President
Eivind



Secretary
Ruth



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

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Fjellaldalen Lodge #6-162
Highlands Ranch, Colorado



Sons of Norway has something for you

Sons of Norway is a fraternal life insurance company devoted to supporting you through every stage of life, while providing opportunities for a vibrant social experience around Norwegian culture.

As a Sons of Norway member, you can reconnect with your heritage, learn about modern Norway, build a strong financial foundation and participate in philanthropic endeavors that make a positive impact in your community.



Community

There's something for everyone at Sons of Norway

[Member Benefits](#)



Financial Products

Secure your future with our financial planning resources

[Financial Products](#)



Foundation

Helping others through our shared Nordic values

[Foundation](#)

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

Kendall Kjerstad
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Picking Flowers and Plants in Norway

Norway is famous for its mountains, forests, meadows, fjords, and wild landscapes. During the summer months, these areas can be filled with colorful wildflowers and useful plants. Visitors may wonder whether they are allowed to pick flowers or collect plants while hiking. Fortunately, Norway has a long tradition known as **allemannsretten**, or the “right to roam,” which gives people considerable freedom to enjoy and gather certain natural resources.

Under Norway’s outdoor recreation laws, people may generally pick wild flowers, plants, berries, mushrooms, and the roots of wild herbs in **uncultivated land**, known as *utmark*.

However, this freedom does not mean that every plant can be picked everywhere. **Protected and endangered species must be left alone.** Norway’s environmental authorities specifically advise visitors to learn how to recognize protected and threatened plants before collecting wildflowers. Some protected areas have additional rules that may prohibit picking altogether.

There are some special rules for **cloudberries**. In Nordland, Troms, and Finnmark, landowners can prohibit cloudberry picking. People may still pick cloudberries to eat immediately.

The best approach for visitors is to think of picking flowers as a privilege rather than an unrestricted right. Take only a small number of common flowers, leave unusual or unfamiliar plants where they are, and avoid collecting in protected areas.



Dangerous Wildlife in Norway

Norway is famous for its spectacular mountains, forests, fjords, and Arctic landscapes. These wild areas are home to many fascinating animals, most of which avoid people. Nevertheless, Norway has several species that can be dangerous if they are approached, surprised, or threatened. For hikers and travelers, knowing how to behave around wildlife is an important part of enjoying the Norwegian outdoors safely.

Moose are one of Norway's largest and most impressive animals.. Moose can become aggressive, especially females protecting calves. Moose are also a significant hazard on Norwegian roads because collisions with these enormous animals can cause serious injuries. Hikers should never approach a moose and should give it plenty of space.

Norway is also home to **brown bears, wolves, wolverines, and Eurasian lynx**. These large predators are generally shy and rarely encounter humans. If a large predator is encountered, the safest approach is generally to remain calm, keep your distance, and slowly move away.

The **European adder**, Norway's only venomous snake, can deliver a painful bite. **Ticks** can also be a concern because they may transmit diseases. However, for most visitors, encounters with dangerous wildlife are much less likely than hazards caused by weather, terrain, cold, or traffic.

The best rule when exploring Norway's wilderness is simple: **observe wildlife from a safe distance and never attempt to approach or feed it.**





Fjellaldalen Lodge #6-162
Highlands Ranch, Colorado



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Celebrate International Rosemaling Day!

Trollheim Lodge #6-110 invites you to join our

American Rogaland Rosemaling Class

Saturday, Sept. 12th and Sunday, Sept. 13, 2026

9am to noon and 1pm to 3pm MDT

Instructor: Lois Mueller, VGM Artist and Author

Your payment of \$140 (to cover your registration fee and a 12" wooden plate for you to paint in class) is expected by Tuesday, Sept. 1st.

Call Diane Molter at 970-364-8013 or email GRNBViking09@live.com to register and receive a supply list, or to get more information. *This class can be done either in oil or acrylic paints.*



A big video screen and classroom space will be available prior to, during, and following the ZOOM times at: **Sons of Norway Trollheim Lodge Hall
6610 W. 14th Avenue in Lakewood, CO**

If you prefer to participate in this class from home, you can get the ZOOM link when registering.



Fjellaldalen Lodge #6-162
Highlands Ranch, Colorado



**SONS of
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FJELLDALLEN LODGE

**ANNUAL SALMON GRILL
LUNCHEON**

Saturday, November 14, 2026
Noon – 2:00 PM

Christ Lutheran Church
Highlands Ranch, Colorado

\$30
Donation Per Person

RSVP to publicity@fjellaldalen.com or 720-299-7309