

Fjelldalen's NYTT



Fjelldalen Lodge #6-162

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



**SONS of
NORWAY**

July - August 2026

Volume 31, Issue 4

Christ Lutheran Church
8997 S. Broadway, Highlands Ranch

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



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July 2026

2	1:00	Zoom Genealogy Meeting
11	Noon	Lodge Birthday Party ??
18	9:30	Hiking Vikings
25	9:30	IKEA Breakfast

August 2026

6	1:00	Zoom Genealogy Meeting
8	Noon	Picnic – Redstone Park
15	9:30	Hiking Vikings
22	9:30	IKEA Breakfast
24-25		Trollheim Jul in July
29	????	5 th Saturday ????

HOLD THE DATE

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



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	July 2026	Facebook
	11 Noon Lodge Birthday Party ??	
	18 9:30 Hiking Vikings	
	25 9:30 IKEA Breakfast	
	August 2026	
	8 11:00 Picnic	
	15 9:30 Hiking Vikings	
	22 9:30 IKEA Breakfast	
29 ???? Fifth Saturday Event		

Zoom Link	Slektforskningklubb – Genealogy - Meetings (ZOOM)	Email Link
	Problems and Roadblocks Sessions	
	July 2, 2026 1:00 Zoom Genealogy Meeting	
	August 6, 2026 1:00 Zoom Genealogy Meeting	
	Genealogy Zoom ID: 860 5229 1262 Passcode: 700388 Email Genealogy@Fjelldalen.com for more information. Click Here to Join ZOOM Meeting	

Web Site	Språkklubb Norskurs – Norwegian Speakers Meetings	Email Link
	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.	

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.





Fjelldalen Lodge #6-162

Highlands Ranch, Colorado



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Dear Fjelldalen Friends,

Summer has arrived in Colorado, and with it comes that very Norwegian invitation to step outside, breathe deeply, and enjoy a little *friluftsliv* — the open-air life. Whether we are hiking a trail, sharing a meal, visiting over coffee, or simply sitting under the shade with good company, this season reminds us that fellowship does not have to be complicated. Sometimes it is enough to gather, laugh, and be present with one another.

July and August are special summer months for Fjelldalen Lodge. As a reminder, we will not have our regular lodge meetings at Christ Lutheran Church on the second Saturday of July or August. Instead, please watch your inboxes for **Fjelldalen News** updates on our summer lodge events and happenings. Even without our regular monthly meetings, there will still be opportunities to gather and enjoy time together.

Our **Hiking Viking** outings will continue on the third Saturday of the month, and our **IKEA Brunch** will continue on the fourth Saturday of the month. These informal gatherings are wonderful ways to stay connected, enjoy conversation, and keep our lodge fellowship going through the summer.

This season also reminds us of *dugnad* — the Norwegian spirit of shared work for the good of the community. Every dinner, picnic, program, newsletter, table setting, kitchen shift, phone call, and friendly welcome reflects that spirit. When each person gives a little, the lodge becomes something much larger than any one of us.

This summer, we look forward to celebrating our lodge life together through our 31st Anniversary Dinner in July and our August picnic, complete with the warmth, heritage, and friendship that make Fjelldalen feel like home. These gatherings are not only social events; they are reminders of the many hands and hearts that have carried this lodge forward for over three decades.

As we enjoy these summer months, let us also remember the simple Norwegian value of *koselig* — creating warmth, comfort, and belonging wherever we are. A lodge becomes *koselig* when someone introduces themselves to a new member, saves a seat for a friend, helps clean up after a meal, brings a dish to share, or says, “I’m glad you came.”

Thank you for all you do for Fjelldalen Lodge. Your presence, service, and friendship are what keep our lodge strong.

Med vennlig hilsen,

Kris Bussell

President

Fjelldalen Lodge #6-162



<http://Travelcandies.com>



Fjellaldalen Lodge #6-162
Highlands Ranch, Colorado



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**Preserving Our Future
Through Partnership**



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BetterLife
A different kind of life insurance company

Dear Sons of Norway Members,

We are writing to share an important update about the future of Sons of Norway. Sons of Norway has entered into an agreement to join BetterLife, a member-founded, member-owned organization that shares our values, purpose, and commitment to community. The transaction is subject to regulatory approval and customary closing conditions.

We are excited about the opportunities that this partnership will bring for Sons of Norway.

Sons of Norway will retain our name, history, traditions, lodges, districts, and cultural programs. Members will continue to receive Viking magazine, and you will continue participating in the same local activities and connections that define your membership today. The Sons of Norway Foundation will also continue to serve our members and communities and celebrate Nordic culture.

This partnership provides long-term financial strength to support Sons of Norway for generations to come, while preserving the identity and community life our members value. Over time, members can also expect access to additional financial solutions and member benefits through BetterLife.

We understand this news may raise questions. To help, we have created a page with additional information and answers to frequently asked questions, which will be updated as more details become available.

Visit the Sons of Norway information page: sofn.com/newpartnership.

Thank you for your continued trust and involvement in Sons of Norway.

Sincerely,

Dan Seyfried
Chief Executive Officer
Sons of Norway

Stay connected with Sons of Norway



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



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The Sunshine Troll

- **Gayle Rodgers passed away April 27th. Blane is suffering from cancer. Send him get well wishes and sympathy.**

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



GM – Golden Members
HM – Heritage Members

Name	Mon	Day	Type
Curtis Brudos	07	04	
Jay Brekke	07	08	
Maren Schroeder	07	08	
Thomas Hott	07	10	
Daphne Einarsen	07	13	HM
Paul Kingsolver	07	15	
Elaine Scholpp	07	16	
Ellen Omholt	07	19	
Ellen Omholt-Gindorf	07	19	
Solveig Swenson	07	20	
Cathrine Olimb	07	22	
Anders Tornquist	07	23	
Deanna Beatty	07	24	
Freyja Swenson	07	26	HM
Per Schroeder	07	30	HM
Marie Hjelmstad	07	31	
Les Johnson	08	02	
Stephanie Cherry	08	05	
Keith Bowers	08	05	
Scarlett Hjelmstad	08	06	HM
Annika Moen	08	07	
Kai Moen	08	10	
Brady Nason	08	15	
Carol Bjornestad	08	20	
Elizabeth Speas	08	21	HM
Benedikte Schroeder	08	23	HM
Charlotte Bagwell	08	24	
James Rasmussen	08	24	
Dianne Pedersen	08	25	
Amelia Nekvasil	08	28	
Blaine Rodgers	08	29	

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





Fjellaldalen Lodge #6-162 Highlands Ranch, Colorado



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Kjære venner,

It is with sadness that I share the news that our fellow Lodge member and dear friend, Gayle Rodgers, passed away peacefully on April 27, 2026.

Gayle was a warm, spirited, and generous presence in our Lodge family. She was proud of her Norwegian roots, a lifelong member of Sons of Norway, and someone who brought energy, kindness, laughter, and friendship wherever she went. Many of us will remember her love of community, her creativity, her rosemailing, and her gift for making others feel welcome.

Please keep Blaine, their children, grandchildren, and the entire Rodgers family in your thoughts and prayers during this difficult time. Blaine will always remain warmly welcome among his friends at Fjellaldalen Lodge.



Takk for alt, Gayle. You will be deeply missed.

Med vennlig hilsen,

Kris Bussell
President, Fjellaldalen Lodge #6-162



Fjelldalen Lodge #6-162 Highlands Ranch, Colorado



37th District Six Lodge Meeting June 11 – 14, 2026

I was happy to have represented Fjelldalen Lodge at the convention in Sacramento this past weekend. Everyone was so friendly and welcoming. I was excited to see friends from my Arizona lodge and make new acquaintances across Zone 8.

I did not arrive until Friday afternoon and unfortunately missed the tour of Camp Norge. The Recreational Center is in the process of raising funds to construct 2 Hygge Hus – ADA accommodations at the Camp. They have raised approximately \$100,000 toward this effort.

On Saturday, presentations were given on Ideas for an Effective Lodge Social (we do most of their suggestions!) and Marketing Our Lodge and Events (ways to expand our social networking). We were also treated to a meet and greet with Liese Greensfelder, author of the Accidental Shepherd. It's a book worth reading! In the afternoon, the business portion of the meeting began with a Memorial Service.

International Chair Luella Grangaard and VP of Fraternal & Foundation Development Connie O'Brien addressed the merger of our insurance and financial products with Better Life. This merger will provide financial stability to our products. We were assured there will be no changes to our local and district lodges, though the International Board will be called Sons of Norway Fraternal Board.

Sunday's business revolved primarily around adopting resolutions to the district by-laws (cleaning up language) and providing an annual stipend of \$500 for those serving as President, VP, Public Relations Officer, Cultural Director and Webmaster (Secretary and Treasurer already are receiving a stipend.) Elections were held; The D6 Board will remain the same, there were a few changes in zone directors and Diane Molter will remain as the Z8 director.

We were treated well with lunches, banquets, Folk Dancers from Camp Norge, and of course the cookies! Vendors galore and the Folk Art Exhibition.

Awards were given to many lodges – Fjelldalen received a Gold Merit Award for 2025 and a Gold Medal Lodge Communications Award (way to go Don & Tony)!



Recommendations for our next Convention are San Diego or Salt Lake City (a delegate favorite). Colorado will host the convention in 2030.

But the best part of the convention for me was meeting my 2nd cousin. We had met once before in 1966. Who knew a Sons of Norway convention would bring a family reunion!



Fjellaldalen Lodge #6-162
Highlands Ranch, Colorado



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Lodge Views



On Memorial Day, Anders Tornquist, Honorary Norwegian Consulate of Colorado; Cecelia Sonsteby Kingsolver, and Bev Moe presented wreaths at the 68th Memorial Day Ceremony for the 10th Mountain Division & 99th Infantry



Syttende Mai

Food, Bunads, and
 Honorary Consul of
 Sweden and Norway
 Marie Forsberg-Mare,
 Sir Don Petersen, and
 Anders Tornquist





Fjellaldalen Lodge #6-162
Highlands Ranch, Colorado



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Fjellaldalen's Matklubb Recipes

Plums with Blue Cheese, Walnuts, and Crispbread

This summer appetizer is the perfect mixture of unique Scandinavian flavors. It will quickly become a go-to for your summer gatherings.

4 plums, or a combination of plums and pluots	3 oz. walnuts
6 oz. blue cheese or gorgonzola	1 small bunch fresh dill
Honey, for drizzling	2 large circles of crispbread



Halve the plums, discard the pits, and cut into thin wedges. Arrange on a platter with blue cheese and walnuts. Roughly chop the dill and scatter over the fruit. Drizzle honey over the fruit and serve with a bowl of crispbread broken into large pieces.

Serves 6.

Recipe directly from: <https://daytonadanielsen.com/plums-with-blue-cheese-walnuts-and-crispbread/>

Havrekjeks / Oat Crackers

Ingredients:

1 cup butter	¼ cup sugar
2.5 dl milk	2 cups oatmeal
2 cups flour	4 tsp. baking soda
Brunost for serving	



Directions:

- Melt butter
- Mix together butter, sugar and milk
- Pour mixture over the oatmeal and let it rest until the next day
- Mix baking soda and flour
- Mix everything together
- Roll out the dough until 4 mm thick
- Cut into circles or squares
- Bake at 400°F / 200°C for 8-10 min.

Serve crackers with brunost - Norwegian brown cheese.

Recipe credit: <https://www.tinebrunost.com/recipes/norwegian-oat-crackers>
<https://www.tine.no/oppskrifter/bakst/brod-og-rundstykker/kjempegode-havrekjeks>



Fjellidalen Lodge #6-162 Highlands Ranch, Colorado



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



Fjellidalen Lodge #6-162 Highlands Ranch, Colorado



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Fjellidalen Lodge #6-162 Officers for 2026

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

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

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secretary@fjellidalen.com

Treasurer: Amber Gardner 720-394-8304
treasurer@fjellidalen.com

Counselor: Bev Moe 720-746-9755
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
masilynspeas@hotmail.com

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Genealogy: Tony Hjelmstad 303-771-1428
genealogy@fjellidalen.com

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

Social Media: Kris Bussell 303-335-5116
president@fjellidalen.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

Revision 11-14-2025



Fjellaldalen Lodge #6-162
Highlands Ranch, Colorado



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Spend the Night in a Lighthouse



It is no secret that Norway offers a multitude of unique experiences and adventures. Perhaps one of the rarer experiences is to book a night in a Norwegian lighthouse.

Norway has 60 lighthouses that offer accommodations along its coast. Imagine falling asleep to the sound of waves crashing against the rocks or the lull of boats

passing by. Most lighthouses in Norway are owned by the government and are operated by local groups who use them for tours, visits, and stays.

Some of the lighthouses available for booking include: Høyeværde lighthouse near Karmøy, Molja lighthouse in the center of Ålesund, or the Lofoten lighthouse. They range in aesthetics from basic to cozy, or even luxurious. Some of them can even be booked in the winter!

If an overnight sounds too daunting, there is ample opportunity to do a day trip to visit lighthouses containing cafés or art galleries. Check out <http://Visitnorway.com> for a map of these lighthouses. This would definitely be a bucket list item!

The Otolith – A New Museum in Northern Norway

An exciting new museum opened at the end of June, in the Lofoten area in Norway. This museum is known as The Otolith and will be part of the SKREI center for knowledge and experiences. Skrei is the Norwegian word for Northeast Arctic Cod, the fish that travels from the Barents Sea to the Norwegian coast to spawn. It has been instrumental to the



Lofoten fishery, as well as Norway's culture and economy. The main exhibit at The Otolith will lead guests through an engaging experience of Lofoten, its fishery, the people who fish, and the impact fishing has today and in the future. The new building will also feature a museum shop, restaurant, and changing exhibitions. Visitors to The Otolith will receive access to the Lofoten Museum, Aquarium, and Espolin Gallery. All in all, the collection of attractions will give guests a deep understanding of the backbone of the area, while offering something for everyone.



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Nødvarsel - Norway's Emergency Alert System

Every year, thousands of tourists visit Norway to experience its dramatic fjords, northern lights, mountain landscapes, and vibrant cities. While most visitors focus on sightseeing and outdoor adventures, they may occasionally encounter an unexpected event: the testing of Norway's emergency alert system. Understanding these tests can help tourists avoid confusion and respond appropriately.



Norway maintains a comprehensive emergency warning system designed to alert the public during serious situations such as natural disasters, industrial accidents, security threats, and other emergencies. To ensure that the system functions correctly and that the public remains familiar with warning signals, Norwegian authorities conduct regular nationwide tests.

During scheduled test days, sirens emit a loud warning signal that can be heard over a wide area. In addition to sirens, Norway has implemented a mobile emergency alert system that can send messages directly to mobile phones located within a designated area.

During national tests, both residents and visitors may receive these alerts regardless of their nationality or mobile service provider, provided their phones are connected to Norwegian mobile networks. The alerts typically appear on the screen with a distinctive tone and vibration, accompanied by information stating that the message is only a test.

The testing of emergency systems serves an important safety function. Norway's geography includes steep mountains, remote regions, long coastlines, and areas vulnerable to avalanches, floods, storms, and landslides. Reliable communication systems are essential for protecting both residents and visitors during emergencies. Regular testing helps identify technical issues and ensures that alerts can be delivered quickly when real incidents occur.

Tourists can prepare by familiarizing themselves with Norway's emergency procedures before traveling. Checking official government websites, following local news, and understanding the significance of emergency alerts can reduce uncertainty during tests. If an alert is clearly identified as a test, no action is required. However, if a genuine emergency occurs, travelers should follow instructions from local authorities immediately.

In conclusion, Norway's emergency alert tests are a routine and important part of the country's public safety strategy. Although they may surprise visitors, these exercises help ensure that warning systems remain effective and that everyone—including tourists—can receive critical information when it matters most. Understanding the purpose of these tests allows travelers to enjoy their visit with greater confidence and awareness.



Fjellaldalen Lodge #6-162
Highlands Ranch, Colorado



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Financial Moment from Kendall Kjerstad

Numbers

It's that time of year again. When we return back to our Sons of Norway Lodges and strategize for the future. Things at Sons of Norway, tremendously improved last year. We hope that is also the case for you and your family.

There is no cost to our members to discuss and consider ideas that may be helpful to you and your family. Please, when you have the time and would like to review and analyze ideas that may protect and strengthen your numbers, and your family, give me a call. Sons of Norway is just a phone call or text away.

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

Kendall Kjerstad
Financial Advisor

kjerstadkendall@yahoo.com
Office 970-697-1114
Cell 970-978-1634



<http://Travelcandies.com>



Fjellaldalen Lodge #6-162
Highlands Ranch, Colorado



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Trollheim's Scandinavian Fair

'Jul' in July

Sons of Norway, Trollheim Lodge
6610 West 14th Ave.
303-232-1700

July 24th & 25th, 2026

Doors open at 10:00 AM

Close at 3:00 PM

Admission: Free

Lite Lunch

11:30 - 1:00
\$5.00

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

Shop for gifts.
Shop for yourself.
Shop at our Butikken.
We have a wide variety
of merchandise so...

*Shop til
You Drop*