

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.

Volume 26, Issue 5
September—October 2021

*Changes in Time and Where
September meeting is on Zoom*

August 2021

31 6:30 Board Meeting - [Join via Zoom](#)

September 2021

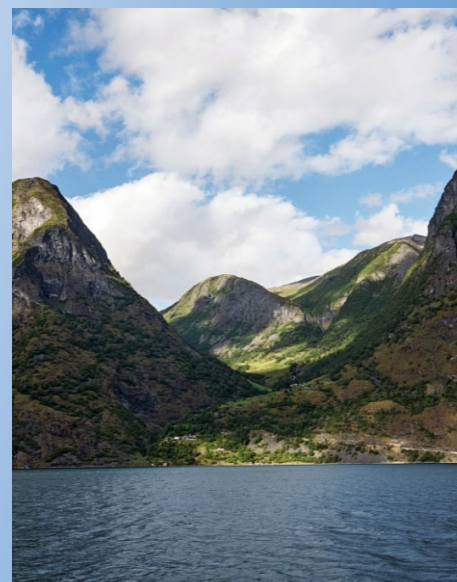
- 4 9:30 Genealogy—[Zoom Meeting](#)
Why Build a Family Tree Website
- 1:00 Lodge Meeting— [Join via Zoom](#)
The Norwegian American
Newspaper
- 28 6:30 Board Meeting - [Join via Zoom](#)

October 2021

- 2 9:30 Genealogy—[Zoom Meeting](#)
Importing your data to Family Search
- 1:00 Lodge Meeting— [Join via Zoom](#)
Traveling and Fraud
- ~~16 2 times —Lutefisk Dinner CANCELLED~~
- 26 6:30 Board Meeting - [Join via Zoom](#)

November 2021

- 6 9:30 Genealogy—[Zoom Meeting](#)
1950 Census Facts and Methods
- 1:00 Lodge Meeting— This may be a
Live Meeting or Zoom
[Join via Zoom](#)
Cooking
- 30 6:30 Board Meeting - [Join via Zoom](#)





Fjelldalen Lodge #6-162

Highlands Ranch, Colorado



Lodge Meetings Are now on Zoom

To join a Lodge meeting, just Click on the Links Below!!

Join the Lodge Zoom Meeting Meeting ID: 899 2806 0674 Passcode: 137506

Join the Genealogy Zoom Meeting Meeting ID: 860 5229 1262 Passcode: 700388

Join the Lodge Board Zoom Meeting Meeting ID: 890 0490 3605 Passcode: 274967

Call Tony at 303-771-1428 if you need help.

Genealogy Meetings moved from 10:00 am to 9:30 am!!!

04 September Fjelldalen Lodge Meeting—Join via Zoom

The Norwegian American is North America's oldest and only Norwegian newspaper, in existence since 1889. Twice monthly, it brings you news and features to connect you to your heritage and build bridges to contemporary Norway, both in print and online.

Join us for a program with Editor-in-chief Lori Ann Reinhall to learn about the history of the newspaper and how it has changed to adapt to changing times.

02 October Fjelldalen Lodge Meeting—TBD

Fraud and Travel—we'll have a talk about traveling and some of the ways to avoid fraud.

16 October Fjelldalen Lutefisk Dinner—Cancelled

Because of issues with availability of a place to hold this dinner, it has been cancelled.

ATTENTION FJELLDALLEN LODGE MEMBERS

If you change your mailing address, phone number or email address please contact Don Speas (Publicity Director).

720-299-7309 or email Don at donspeas@hotmail.com





Fjellaldalen Lodge #6-162

Highlands Ranch, Colorado



A Message From the Fjellaldalen President

Dear Fjellaldalen Lodge,

What a wonderful time we had at the Summer Picnic! I was so happy to see everyone who was able to join us at Lloyd and Donna's home and sorry to miss all those who were unable to attend. We look forward to being able to the time when we will meet again in person.

Both the September and October meetings were planned last Spring and already scheduled with zoom presenters. It seems COVID and masks are coming back into our lives, so it looks like this will work out for the best. Our September program is exciting. We have the Editor-in-Chief of The Norwegian American Newspaper as our guest speaker. I previously mentioned how I love this newspaper and have subscribed to for years. It is a little bit of Norway that comes to me both digitally and in my mailbox and brings me joy. For October we'll hear from the District Attorney's office. Did you know according to the Federal Trade Commission (FTC) there were nearly 40,400 vacation and travel fraud reports from January 2020 and June 2021 with \$74million in losses. During that same time there were half as many (\$39million) losses from online shopping. When we when you think of scams, travel might not have been as big as you thought but it is time to think again. I look forward to hearing this presentation

I'm troubled to say we have a few bumps ahead with our meetings. It seems with the COVID break in regular meeting at the church and some staff miscommunication, there are scheduling conflicts with Christ Lutheran Church. We are trying to sort these out. If anyone would like to talk to me about this or has concerns or suggestions, please send me an email at donitanorsk@gmail.com or give me a call at 360-791-5858.

Be safe, be happy, and have joy.

Be safe, be happy, and have joy.

Fraternally,

Donita

Minnesota Loon Soup

Ingredients

- 1 gallon water—preferably clean Minnesota Lake Water
- 1 loon, plucked and cleaned
- 5-6 egg-sized rocks
- Salt and pepper to taste

Put the loon, rocks, spices, and water in a large pot. Bring to a boil. Then simmer until rocks are fork tender. Simmer until rocks are fork tender and about the size of a medium potato. Remove loon and shred meat from loon and place back in soup. Server warm.



Fjellsdalen Lodge #6-162

Highlands Ranch, Colorado



District and National News

District 6 Officer Nominations

In about a year, many of us will be heading to Arizona for the District 6 Convention. Among other things, we will be electing officers to lead D-6.

There are eight positions to be considered - Pres, VP, Sec, Treasurer, Publicity Resource Officer, Culture Director, International Director and for us in Colorado, Zone 8 Director.

As Chair of the Nominating Committee, I am asking for your help to find nominees for these positions or consider nominating yourself. I know most of you and you would be a valuable asset to District 6.

The relevant information can be found at the District 6 website : sofn6.org. Go to Resources where you will find Duties of District Officers and Directors and District Candidate Application Form. The committee would appreciate applications as soon as possible, certainly by early next year.

We have wonderful lodges in Colorado. That is because of the work of people like you. Please consider sharing your skills and experience with the rest of District 6 and become a candidate for one of the offices.

Thank you.

Mike Johaneson, Fjellheim Lodge
720 971-0130

2022 District 6 and National Convention Delegates

Start planning ahead—the Conventions are coming soon.

If you are thinking about going to the National Convention, you need to be a District Delegate and then get elected to be a National Delegate.

See Page 6 for Convention locations and dates.



Fjellaldalen Lodge #6-162

Highlands Ranch, Colorado



Fjellaldalen Lodge #6-162 Officers for 2021

President:

Donita Zblewski 360-791-5858
donitanorsk@gmail.com

Vice President:

Jane Hoskinson 303-601-0398
janehoskinson67@gmail.com

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teri@norsky.net

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mark_and_lise@yahoo.com

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Gayle Rodgers 303-929-0909 gaylerodgers@gmail.com

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Eldon Halingstad 303-988-9349 ehalingstad@yahoo.com

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Donna Newland 303-973-8097 aahhhco@gmail.com

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Jane Hoskinson 303-601-0398
janehoskinson67@gmail.com

Publicity & Webmaster

Don Speas 720-299-7309 donspeas@hotmail.com

Tubfrim:

Lloyd Newland 303-973-8097 aahhhco@gmail.com

DISTRICT 6 OFFICERS

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Luella Grangaard

president@sofn6.org

International Director:

Mary Beth Ingvaldstad

internationaldirector@sofn6.org

Zone 8 Director:

Bev Moe

720-746-9755

bevm259@comcast.net

Financial Benefits Counselor:

Kendall Kjerstad

970-697-1114

kjerstadkendall@yahoo.com

The Sunshine Troll

If you know someone who needs tender greetings from the Lodge, please contact one of the following people: Donna Newland (303-973-8097 / aahhhco@gmail.com), Don Speas (720-299-7309 / donspeas@hotmail.com), or the newsletter editor Tony Hjelmstad (303-324-5381 / tony@norsky.net).

Marylee's daughter has passed after being readmitted to the ICU. Please email, call, or send cards. Her obituary is at <https://www.larkinmortuary.com/obituary/view/cheryl-ann-dorsey-cherry-39>

TUBFRIM

Lloyd continues to process all the stamps you send him. But he still has room for more. Trim them up and mail them to Lloyd—he gets another stamp that way! Today the profits are used to help children and youth with disabilities, and children and youth with handicaps in Norway, and to finance the efforts to eradicate tuberculosis.

Send them to: **Lloyd Newland**, 10300 W. Montgomery Av., Littleton, CO 80014

District 6 and National News

District 6 Convention—Save the Date

District Six's next convention will be in Mesa, AZ in mid-June 2022. The Folk Art Exhibit and Competition will include your entries for cultural items made between July 2018 and June 2022. That is four (4) years. I am looking forward to seeing a lot of entries since we had 4 full years to complete them. A few past submissions are featured on the left.

If you are looking for a project to complete for exhibit or competition, check out the wide variety of virtual classes offered at Vesterheim Museum. To visit Vesterheim Museum's website click [HERE](#). To check on upcoming online classes at their Folk Art School, click [HERE](#). They have some very nice offerings.

[Sheraton Mesa Hotel at Wrigleyville West](#) 860 North Riverview, Mesa, AZ

International Convention—Save the Date

We are pleased to announce that the International Board has approved the dates and location for the 2022 Sons of Norway International Convention.

The convention will be held August 31 - September 1, 2022. First-time delegates arrive for training on August 30. Delegates will depart September 2.

Here is the information about the venue—be sure and take the virtual tour of the site!

[Omni Viking Lakes Hotel](#)

[Virtual Site Tour](#)

2611 Nordic Way
Eagan, MN 55121

Upcoming Events

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

September 2021

SAT
11

September 11 @ 10:30 am - 5:30 pm CDT

Nordic Music and Arts Festival

A Nordic Music and Arts Festival will be held at the Lion's Park in Victoria, MN. The festival will include a variety of Scandinavian singers, bands, dancers instrumentalists performing in an open air setting. Scandinavian and American foods will be offered for sale. Nordic artists, authors, and craftsmen and women will display their creations and offer them for sale. A Silent Auction [...]

Free



SAT
18

September 18 - September 21

District 6 - Camp Oldfjell

Camp Norge 250 Canyon Mine Rd., Alta

Camp for Adults at Camp Norge sponsored by Sons of Norway District 6. Classes include Norwegian Hand Crafts, Music, Literature and more. Beautiful Camp Norge, Alta California - just 25 minutes from Grass Valley Lodging. Tent or RV Camping Available September 18-22 - Flexible 2 Day or 4 Day classes available.

\$100 - \$200.00



Birthdays:

GM Golden Members!

LM Life Members

HM Heritage Members

Name	Mon	Day	Type
Kelley Bowers	9	9	
Agnes Omholt	9	12	GM
Donna Herrmann	9	13	
Janice Sheldon	9	14	
Erik Collett	9	22	GM
Erik Hjelmstad	9	22	HM
Merrill LeBlanc	9	30	
Kathryn Johnson	10	1	
Sharon Ingram	10	2	
Peter LeBlanc	10	3	
Cathrine Floyd	10	4	
Robert Tollund	10	4	GM
Lyle Haugen	10	6	
Rebecca Bowers	10	7	
Gay Bossart	10	8	
Krista Degerness	10	10	
Leslie Reingold	10	10	
Eva Lemley	10	12	
Roger Dudley	10	18	
Andrea Peterson	10	19	
Penelope Einarsen	10	20	HM
Kaia Weinstein	10	22	HM
William Weinstein	10	22	HM
Ardis Haugen	10	23	
Donna Newland	10	24	
Beverly Nelson	10	25	
Marilyn Speas	10	25	
Ethan Hjelmstad	10	28	HM



Recent New Members

Stian Ulriksen

Products We Offer

Life Insurance—Term and Permanent

A wide variety of life insurance products are available in today's marketplace. However, they basically fall into two categories, either temporary coverage or permanent coverage.

Annuities

An Annuity is an investment designed for protection from market risk while offering you a guaranteed rate of return. An Annuity is a contract between you and an insurance company. Annuities give you the option to simply let your money grow with interest, ability to access free withdrawals, or take systematic payments over a set number of years; there are even life time payment options.

Learn More Now



Let's talk about what type of life insurance will meet your personal needs: A Sons of Norway Insurance Professional can help!

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
Phone: 970-697-1114



Community Rewards

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

Norway at the Olympics

4 Gold, 2 Silver, 2 Bronze

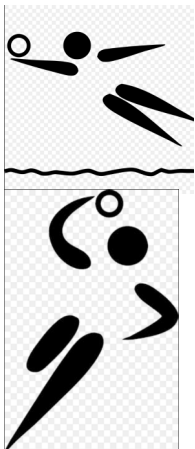
Jakob Ingebrigtsen Wins 1500m Gold

Norway Wins Beach Volleyball Gold

Kristian Blummenfelt: Wins Triathlon Gold

Norway Women's handball Bronze

List of All Medals



Matlagings Klubb Recipes—one for each month!

Spice-Crusted Salmon with Aquavit Sour Cream

The spices that are used in this salmon dish may lead you to think that this is a Middle Eastern recipe. All the spices, however, are also ingredients in the traditional Scandinavian aquavit - the potato-based liquor. Serves 2.

Ingredients:

- | | |
|--|--|
| 1 pound salmon fillet, skin on, any pinbones removed | 2 tsp. coriander seeds, crushed |
| 2 tsp. cumin seeds | 2 tsp. dill seeds |
| 2 tsp. fennel seeds | 1 tsp. salt |
| ¼ cup fresh lemon juice | ¼ cup sour cream |
| 1 Tbsp. aquavit | 1 tsp. caraway seeds |
| 1 Tbsp. finely chopped fresh chervil | 2 tsp. white wine vinegar, or to taste |

Directions:

Preheat the oven to 350°F / 175°C

Rinse the fish under cold running water. Pat dry with paper towels. In a small skillet, toast the coriander, cumin, dill, and fennel seeds over medium heat for about 2 minutes, until they start to release their fragrance. Transfer to a small bowl, add the salt, and mix well. Rub the fish with the spice mixture and place in a baking dish. Sprinkle with 1 tablespoon of the lemon juice. Cover and let marinate in the refrigerator for 1 to 2 hours. To prepare the aquavit sour cream, in a small bowl, mix together the sour cream, aquavit, caraway seeds, and chervil. Add vinegar to taste. Cover and refrigerate.

Place the baking dish with the fish on the middle oven rack and bake for 12 to 15 minutes, until the fish flakes nicely with a fork. Serve the fish topped with the sour cream and accompanied by the fennel.

Note: If you cannot find aquavit, season the sour cream with ¼ teaspoon ground fennel seeds, ¼ teaspoon ground dill seeds, ¼ teaspoon ground cumin seeds, 1 teaspoon sugar, and 1 tablespoon brandy.

Recipe from Andreas Viestad, NEW SCANDINAVIAN COOKING



Creamy Wild Mushroom Soup

When autumn arrives and the days are getting shorter in Norway, my body aches for soup. But as summer laziness still murmurs in me, I don't want to get involved in long-lasting projects. This soup is easy to make, and tastes wonderfully rich. Serves 4.

Ingredients:

- | | |
|---|---|
| 1 lb. mushrooms, sliced | 3 Tbsp. dried forest mushrooms, crushed |
| 2 medium shallots, chopped | 1 clove garlic, chopped |
| 2 tsp. tomato purée or sundried tomatoes | 4 cups vegetable or beef stock |
| 1 cup (a little more than 2 dl) heavy cream | ½ tsp. each salt and pepper |
| Swedish-style mustard (or other sweet, grainy mustard) for topping (optional) | |

Directions:

Melt the butter in a large pot over medium high heat. When melted and foamy, but not brown, add the shallots and garlic, and let simmer for 1 minute. Add the mushrooms, season with salt and pepper, and sauté for 4 minutes, until collapsed and light golden brown. Using a spatula, remove about four tablespoons of the mushrooms for garnishing. Crush the dried mushrooms and add to the pot along with the stock and the cream. Reduce heat to medium, and let simmer for about 5 minutes. Transfer to a blender and mix until smooth. If necessary, return to pot and reheat over medium heat. Transfer to serving bowls and garnish with sautéed mushrooms and mustard (optional).



Recipe from Andreas Viestad, NEW SCANDINAVIAN COOKING

Pålegg & Smørepålegg

Pålegg - anything and everything you can put on a slice of bread, including things like cole slaw, cheese salami, butter, etc.

Smørepålegg - a spreadable pålegg, such as butter, cream cheese, jam, caviar, cheese in a tube or can, etc.



13 “Typical” Norwegian Habits

1. Take a walk on Sunday - friluftsliv søndagstur - go outside for a Sunday walk.
2. Dress for function over fashion - there's no such thing as bad weather, just bad clothes
3. Maintain a strict work / life balance - everyone is entitled to at least 11 continuous work-free hours within 24 hours and 35 continuous work-free hours within 7 days
4. Go on holiday to “Syden” - go on holiday to “the south”. a “package holiday to more southern shores, particularly trips to the Canary Islands and the countries around the Mediterranean Sea”
5. Eat “taco” on Friday - tacos are as much of a national dish as pinnekjøtt or lutefisk
6. Drink coffee whenever you want - Norway has the second highest coffee consumption in the world
7. Eat (much) earlier in the day - A typical schedule consists of frokost (breakfast) or “morgenkaffe” (morning coffee) when they wake up . This is followed by “lunsj” (lunch) between 11 and 12, “middag” (dinner) between 4 and 5, and kveldsmat (evening food / supper) later
8. The Norwegian Arm - at Meal time, Norwegians never ask you to pass something they can reach
9. Do your shopping in Sweden - Norway has higher prices and a more restricted selection of goods than neighboring countries.
10. Use snus, not cigarettes! - snuff
11. You don't need a pandemic to practice social distancing - but see number 12
12. What happens at the pub/afterski/helgefylla/julebord, stays at the pub/afterski/helgefylla/julebord - once the drinking starts, it's only a matter of time before the social rules that sober Norwegians love so dearly are completely abandoned
13. Take off your shoes inside - it's snowy, rainy, and muddy outside

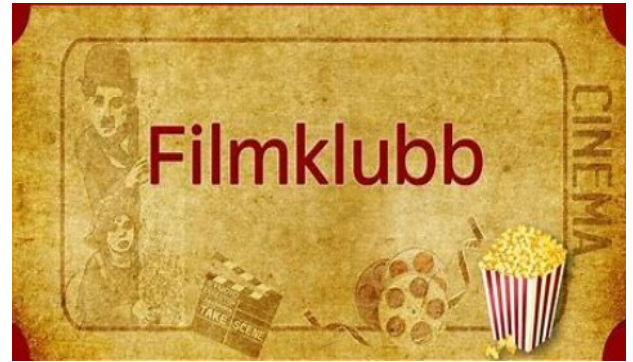
One Lodge, One Book, One Film, One Music Selections

Edvard Munch (1974)

Covering a ten year period from 1884-1894, when Munch was establishing himself as one of the most controversial artists in Europe, this film explores the film, nature, and politics of the artist.

With flashbacks to his childhood and a look at his friendships with Fru Heiburg, Hans Jaeger, and August Strindberg, this film is a very good video biography of Norway's famous painter.

Amazon Prime Video ~ \$4



Norwegian by Night / American by Day—Derek B. Millar

Norwegian by Night - Thriller of the Year Award—a former Marine sniper and a newly orphaned boy race across the Norwegian wilderness, fleeing demons both real and imagined. Amazon from \$10

American by Day—Sigrid, the detective from the above novel, goes from Oslo to the United States on a quest to find her missing brother. Amazon from \$10

Make sure you get a translated version. \$10 Kindle on Amazon

Musikklubb

Part 2: The Nineteenth Century: Edvard Grieg and Contemporaries

Get report forms [HERE](#) and a list of Electives [HERE](#)

[*Listen Here*](#)



[illegible][illegible]

KID'S PAGES

WHAT DOES THE FOX SAY? HVA SIER REVEN?

Learn animal sounds...
på norsk!



Can you color the animals?



Fjellaldalen Lodge #6-162

Highlands Ranch, Colorado



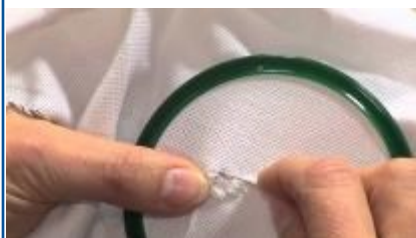
SPESIELLE INTERESSEGRUPPER

Fjellaldalen Lodge has some special interest groups you may want to consider. We need members—and non-members—that are interested to join these groups.

If you don't see a group you're interested in contact a Board member and we'll see if there's enough interest to form a new group.

So far, we have the following Groups:

- ◆ Norsk Klasse: Social get togethers while speaking in Norse! This is an open group that will converse in Norwegian (and English) while socializing. This group is on hold until the fall.



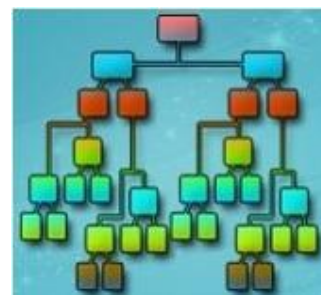
- ◆ Håndverker: Craft group get togethers. Meet to learn new crafts as well as work on your own projects and share ideas! Some meetings may be by Zoom. Contact Crystal—cjsun@siligrips.com for more information.

- ◆ Koret: Literally Choir, but in this case a social folk-singing group. If you enjoy singing, want to meet-up with others, and want to learn Norwegian songs to share at lodge meetings, this is for you. Open to all levels of talent. This group will start again this fall.



- ◆ Matlagings Klubb: The cooking group meets once a month and eats their results! This group is looking forward to fully meeting this fall, but may hold a summer BBQ! Open to all levels of talent. Contact Lise—mark_and_lise@yahoo.com or Donita—donitanorsk@gmail.com.

- ◆ Slektforskningklubb: The Genealogy group meets On-Line the first Saturday of the month at 10:00 am. They look at both general genealogy and Norwegian and Scandinavian specific tools and discuss how to use and work on practical examples. Help sessions usually occur for the last half of the meeting. Open to everyone. Contact Tony Hjelmstad—tony@norsky.net—for an E-vite or with questions. [Join Genealogy Via Zoom](#)



To join a group, contact Donita or any Board member.

The November-December 2021 newsletter comes out the last week of October.
All items for the next newsletter must be submitted by:

October 15th, 2021

Submit to Tony Hjelmstad at tony@norsky.net

