



Fjelldalen's NYTT Fjelldalen Lodge 6-162

*Sons of Norway Highlands Ranch, CO
2017 Volume 22 Issue 4 July–August*

We meet at 1 pm on the 1st Saturday of the month.

Always check our website for the latest information!

Fjelldalen Lodge 6-162
Sons of Norway International
Christ Lutheran Church
8997 S Broadway
Highlands Ranch, CO 80129
www.fjelldalen.com



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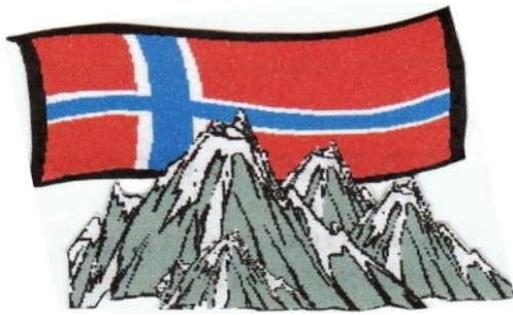
Coming Up

July

12 Ice Cream Social, 6—9 pm
Civic Green Park, Highlands
Ranch

Aug

05 Annual Picnic / Potluck, 12:30
Newlands



Fjelldalen's NYTT

Fjelldalen Lodge 6-162

Sons of Norway Highlands Ranch, CO

President's Message

Special Events for May were well attended and positive feedback was welcomed by all who helped make these successful. Several members volunteered their skills for the VIKING SCANDINAVIAN DAY at the Denver Museum of Nature and Science. Check out the photos in this newsletter to see what we offered! Thanks to good weather, hard working members and guests participation, our Annual Syttende Mai Celebration at Sterne Park was a super fun day. Marilyn and Don Speas deserve an extra special "pat" on the back for their many dedicated hours as Publicity and Social Directors.

Karen Campbell spent many hours preparing for the genealogy program she gave in May to update us on FamilySearch.Org. Bev Moe and her well behaved Buhund (Norwegian dog) Gunnar presented our cultural program in May. Gunnar was a show dog and earned lots of ribbons – see photo!

June 3 we had our lodge Potluck, Yearly Awards Ceremony and Swedish Dancers Cultural Program. Bev Moe presented our lodge with a certificate/check for increasing our membership in 2016. New Member Recruitment Certificates/Pins, Sons of Norway Member Pins for 5 to 50 years and Key Member Awards were presented. Recognition was given to Louise Bath of Trollheim Lodge for offering to teach Rosemaling to our Fjelldalen Lodge members. It was an exciting and eventful day with lots of positive remarks. A highlight was when we got to join in the dancing and learn some Norwegian dance steps! See photos in this newsletter of June 3 activities.

Looking ahead - The Ice Cream Social is July 12 in Highlands Ranch. Our summer picnic is set for August 5 at Donna and Lloyd Newlands. Details on these events are in this newsletter.

NO Genealogy classes this summer. For our September Cultural Program we will be promoting and sharing our success with the Sons of Norway CULTURAL SKILLS and SPORTS MEDALS PROGRAMS. Please continue working on these this summer.

Fraternally, Marylee Hagen

2017 Kalender

General Meetings/ Genealogy

- ⇒ NO JULY or AUG.
- ⇒ Sept. 02 – Potluck - noon
Cultural/Sports program
- ⇒ Oct. 07
- ⇒ Nov. 04
- ⇒ Dec. 02

Board Meetings

- ⇒ No meeting - JUNE or JULY
- ⇒ Aug. 29
- ⇒ Sept. 26
- ⇒ Oct. 31
- ⇒ Nov. 29
- ⇒ No meeting— DEC.

Special Events

- ⇒ Jul 12 Ice Cream Social
Highlands Ranch
- ⇒ Aug 5 Picnic
At the Newlands
- ⇒ Dec. 16 Lutefisk Dinner
More info coming



TUBFRIM
NO-3540 NESBYEN - NORGE



Please, never throw away canceled stamps and postcards. Stamps from any country in the world can be used. Just cut or tear the stamp off the envelopes, leaving a slight margin (approx. 1/4 inch) to keep the perforation intact. You can also cut the corner of the envelope off diagonally and I'll trim it for you. Damaged stamps (damaged perforation, edges, etc.) are worthless and are to be thrown away, as are damaged phone cards. Stamps without any margin are acceptable as long as all perforations are complete.

I am also happy to receive stamp collections, old envelopes, covers and postcards. If envelopes, postcards, etc. are more than 50 years old, then do not cut off the stamp, but keep the whole envelope or postcard to send to Tubfrim.

Just bring your collected stamps etc. to the lodge and leave them, with your name included, at the greeters table. You can also mail them to me at: 10300 W Montgomery Ave. Littleton, CO 80127. In 2015 our lodge collected more than 10 pounds of stamps, there were no phone cards received.



Thank you, *Lloyd Newland*, Special Activities



Gayle Rodgers and Marylee Hagen get Rosemaling Pins

The Sunshine Troll wants to send a greeting to anyone who's down or out. Contact Donna Newland (303-973-8097 / aahhhco@gmail.com) and let her know about any Lodge Member who needs some tender greetings from Fjelldalen Lodge!



The September-October newsletter comes out the last week of August.

All items for the next newsletter must be submitted by

August 15th.

Submit to Tony Hjelmstad at tony@norsky.net.



Summer: the Perfect Time for Savings with PerkSpot

With the warmer weather comes a myriad of activities that can diminish your bank account in no time. Sons of Norway provides members a one-stop discount shopping experience with PerkSpot. Need a Father's Day gift? Access Edible Arrangements or the Columbia Sportswear store websites to find just the right item for Dad. Moving your student to or from college? Rent a moving van with Penske. Ready to ramp up your exercise routine? Discover deep discounts at Diamond-back Bicycles. Sign up to get these discounts and more at Sons of Norway's online PerkSpot portal at <https://sonsofnorway.perkspot.com/login>. Before you finalize your summer activities, check out even more exclusive member discounts at https://www.sofn.com/member_benefits/member_discounts/.



Jarlsberg Filled Peppers (Jarlsbergfylt paprika) Authentic Norwegian Cooking by Astrid Karlsen Scott

- 4 large peppers, red or green
- 1 lb. (450g) ground meat, low fat
- ½ tsp. pepper, coarsely ground
- ⅔ cup (½ dl) French bread crumbs
- 1¼ cup (3 dl) Jarlsberg®, diced
- garlic salt
- 2 tsp. coarse salt
- ½ tsp. Tabasco®
- ½ tsp. garlic salt
- juice from 1 lemon
- 3½ tbsp. butter

Divide peppers in two, remove stem and seeds. Sprinkle the coarse salt on baking pan. Mix meat, Tabasco, garlic salt, pepper, lemon juice, crumbs and half of Jarlsberg cheese. Divide evenly between the peppers. Top the peppers with remainder of the cheese. Melt butter, add garlic salt and brush over the peppers. Place on top of coarse salt on baking sheet, and bake in 350°F (175°C) oven for about 35 minutes. Serves 4-6.



Bev Moe and Gunnar

Insurance Talk

A couple of weeks ago, we were hiking Zion and Bryce with our grandson. He is going to graduate school in Utah to be a physician assistant. I learned what his tuition was and what he had to borrow. I thought it was a lot of money.

On the other hand, I was grateful that he has enough life insurance so his loan could be paid off if something should happen to him.

The costs of higher education are very high these days and many of our children or grandchildren borrow to be able to finish school.

Good financial planning would dictate we have something in place to insure that the family could take care of the debt if something happened to the student.

Fortunately, life insurance for people that age is quite inexpensive.

Please call, text or email me if I can be assistance.

Mike Johaneson

720 971-0130 mjohaneson@gmail.com



District Six Nominating Committee for 2018

To present qualified nominees for Office.



Anyone interested in becoming a part of the District Six Board of Directors has a Nominating Committee member in their Zone. Each one of them is knowledgeable and ready to answer your questions. Contact them for an application or check out www.sofn6.org!!

CHAIR-----Zone 1---Tove-Lise Miller tovelise@aol.com 916-364-8704
Roald Amundsen Lodge #6-048 in Sacramento

Zone 2—Lis Barca lis@thebarcas.net 707-495-5808
Freya Lodge #6-062 in Santa Rosa

Zone 3—Carol Campbell bestemorcampbell@gmail.com 650-851-1463
Vigeland Lodge #6-155 in Redwood City

Zone 5—Marilyn Molinari marimol@aol.com 818-716-1953
Norseman Lodge #6-091 in Thousand Oaks

Zone 6—Caronne Van Nyhuis threevannyhuis@yahoo.com 909-239-8399
Vinland Lodge #6-159 in Temecula

Zone 7—Ed Bergo ebergo@cox.net 480-812-9762
Desert Fjord Lodge #6-133 in Scottsdale, AZ

Zone 8—Dan Schauer bablan1@q.com 303-795-2255
Fjelldalen Lodge #6-162 in Highlands Ranch, CO

Lingonberry Bavarian Cream

The Norwegian Kitchen
by Astrid Karlsen Scott

- 5 sheets (5 tsp. powdered) gelatin
- 1 cup full fat milk
- 3 egg yolks
- scant ½ cup sugar
- 1½ cups whipping cream
- 1½ cups lingonberries
- 3 tbsp. sugar



Soak the gelatin sheets in cold water (or sprinkle the powdered gelatin over 3 tablespoons of the milk) 5 minutes to soften. Squeeze excess water from the sheets

(disregard for powdered gelatin). Melt the gelatin over low heat. Bring the milk to a boil. Beat the egg yolks with ½ cup sugar until light and lemon-colored. Whisk egg mixture into the boiling milk. Stir in the melted gelatin. Refrigerate until syrupy.

Combine berries with the remaining sugar. Lightly whip the cream and fold in the berries. Fold cream and berries carefully into the slightly stiffened gelatin mixture. Pour into a rinsed 1-liter (quart) mold. Refrigerate at least 3 hours. Remove from mold and garnish with whipped cream and fresh lingonberries.

2017—Birthdays:

July

- 2 Darlene ROOT
4 Jim HALLSTROM
6 Annette GRATER
John PAULSEN
8 Dr. Jay C. BREKKE
Gina BREKKE
9 Eric TOLLUND
21 Marylee HAGEN
23 Anders TORNQUIST

September

- 6 Bryan TORBJORN
9 Dwight PALAS
12 AGNES OMHOLT
13 Donna HERRMANN
14 Janice SHELDON
22 Erik COLLETT
23 Nancy CONKLIN



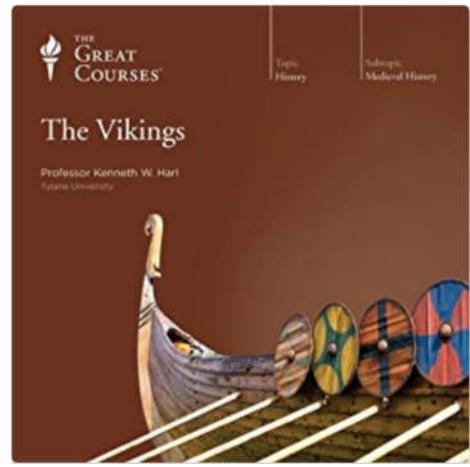
And
won-

a
derful

upcoming year to one and all of

our

Happy Birthday Celebrants!



In conjunction with the Sons of Norway exhibition at the Vikings Exhibition at the Denver Museum of Nature & Science

Learn the truth about the Vikings with an audio course. The Vikings Audible – Original recording

As raiders and explorers, the Vikings played a decisive role in the formation of Latin Christendom, and particularly of western Europe.

Now, in a series of 36 vivid lectures by an honored teacher and classical scholar, you have the opportunity to understand this remarkable race as never before, studying the Vikings not only as warriors, but in all of the other roles in which they were equally extraordinary - merchants, artists, kings, raiders, seafarers, shipbuilders, and creators of a remarkable literature of myths and sagas. Professor Harl draws insights from an astonishing array of sources: The Russian Primary Chronicle (a Slavic text from medieval Kiev), 13th-century Icelandic poems and sagas, Byzantine accounts, Arab geographies, annals of Irish monks who faced Viking raids, Roman reports, and scores of other firsthand contemporary documents.

Among the topics you'll explore are the profound influence of the Norse gods and heroes on Viking culture and the Vikings' extraordinary accomplishments as explorers and settlers in Iceland, Greenland, and Vinland. And with the help of archaeological findings, you'll learn to analyze Viking ship burials, rune stones and runic inscriptions, Viking wood carving, jewelry, sculpture, and metalwork. By the end of the series, you'll have a new understanding of what it meant to be a Viking and a richer appreciation of this remarkable race - a people who truly defined the history of Europe, and whose brave, adventurous, and creative spirit still survives today.



New Kroner Designs Sport a Modern Look

Fjelldalen Lodge Events

In Pictures



Rosemalling Class
Gayle Rodgers, Lise
LeBlanc, Instructor
Louise Bath,
Marylee Hagen



Swedish Dancers

Recruitment Members

Marilyn Speas

Marilyn Lyle

Marylee Hagen

Lise LeBlanc

Marylee Hagen presentation: The Stavig
National Historic House Museum





2016 Key Member Gift -
Marylee Hagen (plate de-
signed by Louise Bath)

2017 Key Member
Marilyn Lyle



- Member Pins
- 5 Yrs—Andrea Peterson, Beverly Bergum
 - 10 Yrs—Dan Schauer
 - 15 yrs—Lyle and Ardis Haugen
 - 20 Yrs—Marylee Hagen
 - 35 Yrs—Eldon Halingstad
 - 45 yrs. son Eric Tollund for Robert Tollund
 - 50 Yrs—Arne Omholt



Syttende Mai Celebration

Agnes Omholt, Marylee Hagen, Bev Moe,
Lise Leblanc at Syttende Mai



Denver Museum Vikings Day—Fjelldalen Lodge Participants

Sunday, 7 May 2017



Marilyn Speas, Lise LeBlanc, Agnes & Arne Omholt



Eldon Halingstad



Teri Hjelmstad

Crystal Sundet

Marylee Hagen



Guy Duncan and Ed Eskelson

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



"Mountain Valley"

Fjellaldalen

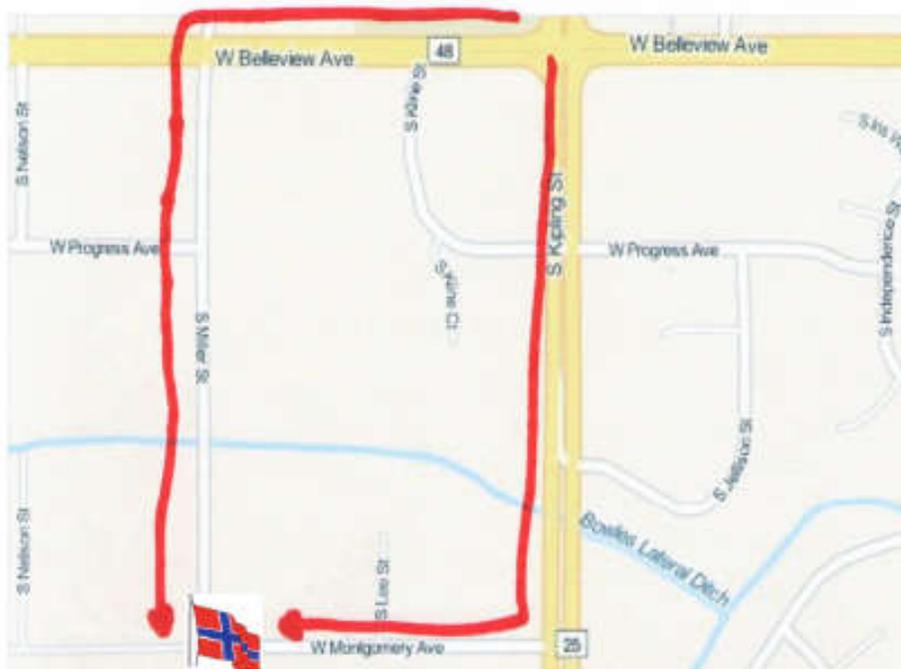
Pot-Luck Picnic

Saturday August 5, 2017
Lloyd & Donna Newland's
12:00 to ???

Join the Fjellaldalen members and their families for our Summer picnic. Hamburgers, Hot Dogs, condiments, coffee & lemonade, plates and silverware will be provided. Bring your "Special Picnic Dish, Salads and Desserts" for everyone to share.



Lloyd & Donna, 10300 W Montgomery Ave, Littleton 80127 Ph. 303-973-8097



- South on Kipling St.
- Right on W. Montgomery to 10300 (Norwegian Flag)

OR

- West on W. Bellevue
- South on S. Miller St. to 10300 W. Montgomery (Norwegian Flag)

Newlands' are on the South-East corner of S. Miller & W. Montgomery

SIXTY FIFTH

ROSEMALING SEMINAR AT CAMP NORGE

September 23/24, 2017

The bridge will soon be completed. We can get to Camp Norge again. It is time to make your reservations for the adult (18 years and over) Fall Rosemaling Seminar at Camp Norge. We will have two classes. The teachers are Karen Nelson and Onya Tolmasoff.

We will be painting a 6-1/2 x 5" card box make by Mike Lusk. Karen is teaching an Old Rogaland design on Sea Swirl (medium blue) background. Onya is teaching a Valdres Style design on a blue/gray background. Check the Camp Norge Website for pictures of both projects: www.campnorge.org. I am also attaching them to this notice.

Please make your bed reservation with me. I develop the list of who is in which room. You will pay for your bed when you arrive at Camp. It is not included in your class fee. Bring your current membership card. If you can't locate your membership card, bring the last issue of your Viking Magazine. It has your number in the address box. Members pay \$16.20 per night; guests pay \$27.00 for beds in the dorms, which includes 8% Placer County Occupancy Tax. Only members are allowed to stay in the main house and the cozy cabins. For people who want to room together, I need to receive the list of names with the first reservation. RV's are encouraged as we have a limited number of beds. Members pay \$25 per night for up to four people per RV. Guests pay \$35 per night for RV's. Camp has electrical and water, but no sewer hookups. Tents are \$15 for up to four people for members, \$20 for non members. No occupancy tax on RV's or tents. Pets are \$2 per night. Pets are not allowed in any of the buildings, pool area or sleeping rooms at any time.

Please include your full phone number, address and lodge name and number when registering. If you have e-mail, please include your e-mail address. It is so much faster and cheaper if I need to talk to you. The supply lists will be sent when I receive your registration form and check. **ABSOLUTELY NO E-MAIL RESERVATION REQUESTS.** I need the check and registration form together. Be sure to send a self addressed stamped envelope for your supply list and class confirmation information if you do not have e-mail. *I will not be sending you a supply list unless you send me a self-addressed, stamped envelope or your e-mail address with your registration form*

The cost of the seminar will be \$87 for registration which includes the class and wood piece all base coated and ready to go, hall rent, and the meals. There will be \$25 cancellation fee for any cancellations, but absolutely no cancellations after September 5th. It is difficult for people on the waiting list to take your place if they do not have at least a couple of weeks to make their plans, so please be thoughtful. Melanie Souza will again do our cooking. The cost for food for the weekend is included in the \$87 registration fee. The food includes breakfast, lunch and dinner on Saturday and breakfast and lunch on Sunday. You were so very generous and cooperative with the cookies last time. I do so appreciate that. We will ask just one class to bring cookies, and will rotate those classes each time. The information will be on your supply list.

My e-mail address is pennyknudsen@sbcglobal.net. My phone number is (916) 941-6433. Please **cut off** and complete the following registration form, make your check payable to Penny (not Camp Norge) and return as soon as possible with your stamped, self-addressed envelope for supply list if you do not wish to receive it by e-mail, to:

Penny Joseph Knudsen, 3774 Park Drive, El Dorado Hills, California 95762

September 23/24, 2017 ROSEMALING SEMINAR REGISTRATION FORM

Name _____ Phone (____) _____ I need a bed reservation: y es _____ No _____

Address _____ e-mail address _____ I want to room with: _____

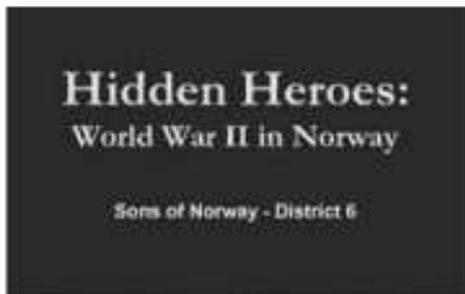
City _____ Zip _____ Name of Lodge _____

Class I want is: Karen _____ Onya _____ I am bringing my RV _____

I am enclosing \$87 for registration fee for food and class. I am bringing my tent _____

My spouse and/or family will be eating with us and I enclose \$35 for each _____

Please support Norwegian-American heritage and Camp Norge



Camp Norge is Sons of Norway's District 6 Norwegian heritage project. As a "tusen takk" for your donation, you can get the book "Hidden Heroes: World War II in Norway." These twenty eyewitness accounts were originally collected from Sons of Norway members by a District Cultural Director, Jean Bittner. We hope these accounts help you remember the acts of bravery that everyday heroes made in Norway in World War II.

Living in Norway during World War II, you never knew if the person next door was a hero; a Norwegian resistance fighter. The hero next door could be a teenager going with his dad to steal grain from a Nazi train, in order to feed refugees. It could be a girl who hid messages in her instrument case, while going by bike to a violin lesson. It could be the fisherman down the street, rowing a boat full of grenades, with a German U-boat captain sitting on the seat which was hiding them. Many Norwegians risked their lives to thwart the Nazis who were occupying their country. These are their true stories.

If you haven't earned a SON literature cultural skills pin, this book is a great way to get started.

ORDER FORM - HIDDEN HEROES: WORLD WAR II IN NORWAY

- \$20 (1 book) allow 3 weeks for printing and shipping (shipping to one location)
 \$25 (Camp Norge donation for 1 book)
 \$100 (Camp Norge donation for 5 books)
 \$250 (Camp Norge donation for 15 books)
 \$500 (Camp Norge donation for 33 books)
 I want to make a \$ _____ donation, and receive only _____ books

Make checks out to "Sons of Norway District"

Name: _____

Address: _____

City/St/Zip: _____

Email: _____

Phone: _____ Lodge: _____

Send your order to: Mike Palecek, SON treasurer, 5747 Sandy Lane, Racine WI 53406

Tidløs

Tidløs is a Norwegian psalm group from the south of Norway. We are five relatively young men touring the US this summer and we start with a concert July 2th.

We love the traditional psalms of our country and want to preserve them for generations to come. It is important for us to encourage both young and old not to forget these treasures, but to learn the powerful message through our psalms. Our music is both traditional and dressed in folk-style arrangements with lyrics in Norwegian and English.

Where: SON Trollheim Lodge, 6610 W 14th Ave., Lakewood, CO 80214

When: Sunday, July 2nd, 2017 at 7 pm (doors open at 6:30)

Admission: \$10 per person, payable by cash at the door. Seating limited.





<http://www.fjellborg.org/>

FAQ ABOUT
FJELLBORG

"from the fury of the northmen,
O Lord, deliver us!"

UPCOMING
EVENTS

EVENTS
GALLERY



AFFILIATIONS AND
BENEFACTORS

Join us as Colorado's Fjellborg Vikings take you back 1000 years to a time of raids, wars, exploration and cultural change influencing much of Europe, England, Russia and even reaching the Americas!

**Fjellborg and Vi-
kings Vinland** are
official representa-
tives of

Fjellborg Vikings expects members to learn about history by studying the period known as the Viking Age. As a member you would be able to advance your "kit" as you acquire or construct period appropriate clothes, weapons and armor, or tools and craft skills. Your personal exploration of period lifestyle and culture will be reflected in the nature of the person you may choose to portray.



The Vikings
Celtic, Norman, Saxon & Viking Re-enactment

We attempt to make our reproduction artifacts as close to the originals as modern materials allow. Following an authenticity standard, the same accepted by other Viking age groups in the USA and the UK/Europe creates an atmosphere of knowledgeable learning. Becoming period is a process and an attainable goal and though we are aiming for realism; we want to remember that learning about history should be fun.

At the events we put on, such as demonstrations of camps, period skills, crafts and trades, you may take part in or witness any number of ancient professions being performed by like minded reenactors. All events are geared to be safe and intended for full family participation.

The Vikings UK -
the oldest and largest
Dark Age reenact-
ment society in the
world.