



## JANUARY-FEBRUARY 2024

Wow, December came and went and now we are already heading into 2024. We had so many great events in the past two months and so much time and effort put into these events by our Lodge members. I just want to say Thank You to everyone who helped with the Trollheim Holiday Fair, Kon-Tiki movie, Lights of December parade and afterparty, and our Lodge Holiday Party.

We are kicking off 2024 by yet again celebrating that Norwegians consume the most frozen pizza per capita in the world. But ours will be sizzling hot fresh out of the oven. Also be on the lookout for a quick survey for what toppings you want. This event, where the men of the Lodge cook, has been a big success in the past.

We are also planning more movies this year, in addition to a trivia night and a dinner celebrating the lodge being 45 years young. Our biggest party in the spring, celebrating 17. mai, will be held Saturday the 18th of May.

I hope everyone had a great holiday season and I look forward to many exciting events with you in 2024.

---

Wow, desember kom og gikk og nå er vi allerede på vei inn i 2024. Vi har hatt så mange flotte arrangementer de siste to månedene og så mye tid og krefter brukt på disse arrangementene av våre lodge medlemmer. Jeg vil bare si tusen takk til alle som hjalp til med Trollheim Holiday Faire, Kon-Tiki filmen, Lights of December paraden og etter-festen, og vår Lodge Julefest.

Vi sparker i gang 2024 med nok en gang å feire at nordmenn spiser mest frosne pizzaer per innbygger i verden. Men vår pizza kommer varm og fersk ut av ovnen. Vær også på utkikk etter en rask spørreundersøkelse for hva du ønsker på pizzaen. Dette arrangementet, hvor det mennene som lager mat, har vært en stor suksess tidligere.

Vi planlegger også flere filmer i år, i tillegg til en trivia kveld og en middag som feirer at Lodgen er 45 år. Vår største fest, feiring av 17. mai, arrangeres lørdag 18. mai.

Jeg håper alle har hatt en flott juletid, og jeg ser frem til mange spennende arrangementer med dere i 2024.

Erik

# CALENDAR OF EVENTS

## JANUARY

Jan 8	Mon 1-4	<b>HANDARBEIDER.</b> RSVP to LaVonne at 303-465-5070, lavpete16@outlook.com. Details on p.8 of this newsletter.
Jan 10	Wed 7:30	<b>VESTERHEIM BOARD MEETING.</b> Contact Erik for Zoom link. <a href="mailto:eriksirnes@hotmail.com">eriksirnes@hotmail.com</a> . Meeting is open to all members.
Jan 11	Thurs 3-5	<b>LADIES AFTERNOON TEA AT CHAUTAUQUA.</b> RSVP to Cathy Allen at bouldercathy46@gmail.com. Details on p.9 of this newsletter.
Jan 18	Thurs 1-3	<b>BOOK CLUB. “The Burnt-Out Town of Miracles” by Roy Jacobsen.</b> Meet at Kathy Erickson’s, 5048 Ellsworth Place, Boulder. Contact Esther Mills for questions at <a href="mailto:millser2@msn.com">millser2@msn.com</a> . Details on p.3.
Jan 27	Sat 2-4	<b>GENERAL MEETING. PIZZA.</b> Men cooking. To help, RSVP to <a href="mailto:eriksirnes@hotmail.com">eriksirnes@hotmail.com</a> . Atonement Lutheran Church, Baseline & Inca Parkway. Details on p.3.
Jan 27	Sat 9-2	<b>DISTRICT 6 ZONE 8 MEETING.</b> Location: Trollheim Lodge. 6610 W. 14th Ave, Lakewood. Coordinating and planning sessions, updates on Sons of Norway and lodge events for 2024, Barneløpet, Midsummer Festivals and event planning. Meet with lodge members and officers, working lunch (provided by District 6) Must RSVP to Diane at 303-288-6014 or grnbviking09@live.com. Open to all SON members.
Jan 29	Mon 1-4	<b>CRAFTS.</b> Planning for 2024. Meet at Cathy Allen’s. RSVP to bouldercathy46@gmail.com. Details on p.8 of this newsletter.

## FEBRUARY

Feb 7	Wed 7:30	<b>VESTERHEIM BOARD MEETING.</b> Contact Erik for Zoom link. <a href="mailto:eriksirnes@hotmail.com">eriksirnes@hotmail.com</a> . Meeting is open to all members.
Feb 12	Mon 1-4	<b>HANDARBEIDER.</b> RSVP to Rhonda at rhonda@fadum.net. Details on p.8 of this newsletter.
Feb 15	Thur 1-3	<b>BOOK CLUB. “Child Wonder” by Roy Jacobsen.</b> Meet at Grete Jansen’s, 2610 Briarwood Drive, Boulder. Contact Esther Mills for questions at <a href="mailto:millser2@msn.com">millser2@msn.com</a> . See p. 3 of Newsletter for details
Feb 24	Sat 2-4	<b>GENERAL MEETING.</b> Atonement Lutheran Church. Details on p.3. Movie “The Hero’s of Telemark.” See p.3 for details.
Feb 24	Sat 9:30	<b>BARNELOPET.</b> Snow Mt. Ranch, Granby. Children’s Cross Country Ski Event. Free. Details and link to register on p.7 of this newsletter.

# GENERAL MEETINGS

## PIZZA SOCIAL

### Saturday January 27, 2-4 pm

Eat Pizza & Socialize. MEN ARE COOKING. If you want to be a Very Important Man please get in touch with Erik and he will have a job for you. [eriksirnes@hotmail.com](mailto:eriksirnes@hotmail.com). 315-267-6665. Also, a very quick installation of new officers.

## SATURDAY AFTERNOON AT THE MOVIES.

### Saturday February 24, 2-4 pm

“THE HERO’S OF TELEMAR.” A 1965 classic starring Kirk Douglass & Richard Harris. Good follow-up from Mitch’s presentation in October. With Popcorn and drinks. Trailer: [https://www.youtube.com/watch?v=M7\\_n9nYRIJs](https://www.youtube.com/watch?v=M7_n9nYRIJs).

## BOOK CLUB

### January 18, 2024 1:00-3:00pm : “The Burnt-Out Town of Miracles” by Roy Jacobsen

2024 begins with the Vesterheim Book group reading another Roy Jacobsen novel. The story recounts life in Suomussalmi, Finland after the villagers have burned their village and retreated into the country side to fight the advancing Russians during World War II. So the story begins. Timo Vatanen is the village logger [and village idiot] who has a farm near town and delivers firewood to townsfolk. Timo refuses to leave with the other villagers when the Russians arrive and have need of firewood for a brutally cold winter. Timo delivers firewood to the Russians using a hapless group of six wanderers. Jacobsen delivers a story of “unexpected bravery, feats of survival, and the powerful and forbidden friendships forged during the war”. One reviewer said “a powerful and well-written account of an unfamiliar episode in the Second World War.”

Meet at Kathy Erickson’s  
5048 Ellsworth Place  
Boulder 80303

RSVP to Kathy (h) 303.449.1724, [kaerickcolo@aol.com](mailto:kaerickcolo@aol.com) or  
Esther at 303.717.3328, [millser2@msn.com](mailto:millser2@msn.com)

### February 15, 2024 1:00-3:00: “Child Wonder” by Roy Jacobsen

The Amazon description says “Child Wonder is a powerful and unsentimental portrait of childhood... through the eyes of a child.” The child is Finn who lives with his mother in an apartment in Oslo who struggles to make ends meet. The summer brings multiple changes to Finn’s life and by the end of the summer Finn attempts to make sense of the adult world of his mother, the lodger, and an unknown half sister. Winner of the prestigious Norwegian Booksellers Prize.

Meet at Grete Jansen’s  
2610 Briarwood Drive  
Boulder 80305

RSVP to  
Grete at 303.499.6564, [gretejansen@msn.com](mailto:gretejansen@msn.com) or Esther (see above for contact)

# GENEALOGY

**Trollheim Genealogy Group** meets on the second Saturday of each month from 10-noon in the library of Trollheim Lodge. Trollheim gatherings are in-person combination exploring genealogy-related research topics and sharing our family stories and discoveries. Trollheim Lodge is located at 6610 W 14th Ave. Lakewood. Contact Esther Mills at [millser2@msn.com](mailto:millser2@msn.com) for more information

January: Free Resources, Using World Catalogue, What's a Lag?, Did your ancestors come thru Quebec?, Into to Church Records.

February: Using newspapers for Family Research

**Fjelldalen Genealogy at Highlands Ranch** is run by Tony Hjelmstad and meets on zoom on the first Saturday of each month at 9:30. Tony invites all who are interested in Norwegian genealogy to contact him at [genealogy@fjelldalen.com](mailto:genealogy@fjelldalen.com) for zoom link. These meetings are an amazing rich fact-filled session! Well worth your checking it out.

## ROSEMALING

Trollheim Lodge  
6610 W. 14th Ave, Lakewood



On Jan 13, 20, Feb 3 and 4 Gold Medalist Louise Bath is planning to have a class painting a shallow bowl in the Setesdal Style. She will have about 12 of the 10" shallow bowls for sale on Saturday Jan. 13 at Trollheim (or you could paint on a plate of your own.) At 9:30 on the 13th she will be at the lodge to demonstrate base coating. You will start rosemaling the following Saturday. You can pay Louise at the Lodge on the 13th or by Venmo. The cost is \$48 for the class and \$21 for the wood.

Classes will be recorded on Zoom and sent to those who can't attend the classes at Trollheim. On Jan 20 and Feb 3 from 10-12 the Zoom recordings will be at the Lodge. The Sunday Feb 4 meeting will be on Zoom from 1-3 PM and not be shown at the lodge. You must watch it at home.

Email Louise at [lbath25@comcast.net](mailto:lbath25@comcast.net) and let her know if you plan to attend and would like to purchase the bowl. For questions on the class or materials, don't hesitate to contact her at [lbath25@comcast.net](mailto:lbath25@comcast.net) or at 303-819-8194.

\*\*\*\*\*

Kirstin Lewis will be teaching beginning classes on Saturday afternoons at Trollheim. For more information contact her at [Kirstin\\_Lewis@hotmail.com](mailto:Kirstin_Lewis@hotmail.com).

# Hello, high school seniors and current college students.

It's time to start thinking about 2024!

If you are a member of Sons of Norway or have a parent or grandparent who is a member, you can apply for a scholarship from the Sons of Norway Foundation.

There are a variety of scholarships available for college, trade schools, and study abroad, from \$1,500 to \$20,000+.

Go to the Sons of Norway website at [www.sofn.com](http://www.sofn.com) and click on Foundation. Then click on Scholarships and read about each one and who is eligible to apply. When you find one or more for which you qualify, read the Overview, Who Can Apply, and View Guidelines.

**Some are due January 15 and some you have until February 15 to apply.**

Now, think about what you have to do to apply . . . and here are a few suggestions:

1. Treat the application as if it is a job application. Be thorough in completing all requirements of the application.
2. Make a list of all the application requirements and check them off when completed. Then, double check before submitting. If any requirement is not completed, your application will automatically be rejected.
3. Read and study the Criteria section of the application. In your essay, you are asked to address six (6) key points. Use specific, experiential examples when answering these key points, especially your connection to Sons of Norway.
4. How did you find out about the Sons of Norway Foundation scholarship and/or what do you know about the Sons of Norway Foundation? Show you did more research than just a Google search.
5. Emphasize your community or school volunteer work.

We are excited to bring these opportunities to you! We believe you have the potential to be an excellent candidate. The applications are due in several months and we hope you start now to create a compelling application.

Remember, the Sons of Norway Foundation is "Here for You . . . Here for Good".

## NORWEGIAN GAP YEAR

Norwegian folk high schools in Norway are unlike anything we have in North America.

Think of them as an organized gap year. It gives students an opportunity to dedicate a year to something they're passionate about or to discover new passions. It can also work as a sort of technical school; it all just depends on which subject of study that you choose. Folk high schools stand out because they offer a wide variety of subjects, no final exams, freedom, self-motivation and a focus on self-development.

Danish writer and pastor Nikolai Frederik Severin Grundtvig came up with the concept of the folk high school. His idea was based on the fact that students needed "lifelong learning" skills in order to succeed. He liked the English Boarding School concept and mixed that with popular education and enlightenment rather than the formal education curriculum.

Norway's first folk high school was formed in 1864 and now there are 85 folk high schools around the country. About a third of these schools have a religious focus but all vary according to subjects and location.

To learn more about Norwegian folkehøgskoler, visit the official Norwegian Folkehøgskole website: <https://www.folkehogskole.no/en/frontpage>

The Sons of Norway Foundation offers financial support for members attending folk high schools. Visit the Foundation's scholarship page to find out more: <https://www.sofn.com/foundation/scholarships/>

*Source for both articles: Sons of Norway*

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



"Mountain Valley"

# Lutefisk and Lefse Dinner Hosted by Fjellaldalen Lodge

## Menu

- Lutefisk
- Kjøttkaker (Meatballs)
- Lefse
- Kokte Poteter (Potatoes)
- Saus (Gravy)
- Fløtesaus (Cream Sauce)
- Erter (Peas)
- Syltet Rødbeter (Pickled Beets)
- Lingonberries
- Tyttebær (Cranberries)
- Smør (Butter)
- Risikrem
- Småkaker (Cookies)
- Kaffe (Coffee)
- Brus (Lemonade)



**Saturday, February 10, 2024**

1 serving; 1:00 PM, 150 Limit

**Christ Lutheran Church**

8997 S Broadway  
Highlands Ranch, CO 80129

### Ticket Donation

Adults - \$25.00  
Children 4 to 12 - \$10.00  
Under 4 Free

**Kransekake**

**Raffle**

3 Tickets for \$5.00

Or

\$2.00 a Ticket

Please **RSVP** by February 5, 2024. There will be a **limit of 150**, so please get your reservations in early. Please fill out the form below, send it with payment to: **Don Speas, 6392 S. Reed Way, Littleton CO 80123** or call (720) 299-7309 or pay by "Zelle" to [treasurer@fjellaldalen.com](mailto:treasurer@fjellaldalen.com) sorry no Credit Cards.

Look us up at [www.fjellaldalen.com](http://www.fjellaldalen.com) or on Facebook **Fjellaldalen Lodge Colorado**



**Lutefisk and Lefse Dinner, Feb 10th**



**SONS of NORWAY**

Name: \_\_\_\_\_

Phone: \_\_\_\_\_

Address: \_\_\_\_\_

City/State/Zip: \_\_\_\_\_

Email: \_\_\_\_\_

# of Adults @ \$25.00 ea. \_\_\_\_ # of Children @ \$10.00 ea. \_\_\_\_ Total Enclosed \$ \_\_\_\_\_

**RSVP by February 5, 2024** Please make checks payable to; **Fjellaldalen Lodge**

# Free Children's Cross Country Ski Event

## BARNELØPET

1.0 Km, 2.5 Km & 5.0 Km for ages 0 - 16



### Saturday, February 24, 2024



Snow Mountain Ranch ~YMCA~ Granby,  
Legett Hall

Sponsored by Sons of Norway

- Register at [www.barnelopet.com](http://www.barnelopet.com) or at 9:30 a.m. on the day
- Check in at 9:30 AM, Beginner Ski Lessons from 10:00-11:00 AM, Event begins at 11:15 AM
- Free ski rentals at YMCA Nordic Center
- After event reception with refreshments
- For further information contact:  
Lois Hodne at (303) 324-1880 or [loishodne@gmail.com](mailto:loishodne@gmail.com)  
or Jon Eirik Holm-Johansen, Coordinator  
(970) 412-0433 or [tvchiro@gmail.com](mailto:tvchiro@gmail.com)



FOR REGISTRATION BROCHURE GO TO:  
<https://onedrive.live.com/?>

authkey=%21AP7dWMcGnVXO1uU&id=16029369BCB9EB55%211621&cid=16029369BCB9EB55&parId=root&parQt=sharedby&o=OneUp

# HÅNDARBEIDER

**WHEN? SECOND MONDAYS OF EVERY MONTH STARTING IN JANUARY**

**WHERE? ROTATING HOST HOMES**  
**JANUARY: LaVonne Peterson**  
**FEBRUARY: Rhonda Fadum**

**WHAT? WOMEN'S GATHERING**



We'll meet at various host homes on a monthly basis to socialize and - this is optional - work on a craft, knitting, hand sewing, mending etc. that you have brought with you. But - if you'd rather just sit and chit-chat and entertainer the menders that is perfect. All are welcome!

The host provides a refreshment, usually coffee and a dessert. What she chooses is entirely up to her.

**JANUARY 8, 1-4 pm**  
**RSVP to LaVonne at 303-465-5070,**  
**[lavpete16@outlook.com](mailto:lavpete16@outlook.com)**  
**13933 Star Creek Drive, Broomfield**

**FEBRUARY 12, 1-4 pm**  
**RSVP to Rhonda at 303-499-1711,**  
**[rhonda@fadum.net](mailto:rhonda@fadum.net)**  
**3861 Apache Ct West, Boulder**

## CRAFTS for 2024



**Meeting January 29 from 1-4**  
**Cathy Allen's home**  
**262 Spruce, Boulder**

In early January Esther and I will meet to decide on crafts which we hope the group will be able to do, and make up six prototypes with directions and six kits. We will have a Crafts Meeting on January 29th to present them to the members, and let everyone choose a project which either we have designed, or one that is their own idea.

Members should make up a dozen to sell at the Trollheim Christmas Fair, and will have until October to do this. All their work will be done at home. We will have no more formal meetings until October, when we will meet to price.

Anyone who wants to do their own particular project is welcome to bring it to show the group at our January meeting, if you have an idea ready.

You are more than welcome to bring whatever you are working on to our handarbeider gatherings.

Let us know if you will be able to attend our January meeting.

RSVP to Cathy at [bouldercathy46@gmail.com](mailto:bouldercathy46@gmail.com) or 303-449-9596.



# **LADIES AFTERNOON TEA At CHAUTAUQUA**



**Thursday January 11 at 3pm**

The Afternoon Tea includes a classic, three-tiered assortment of sweet and savory pastries, scones, tea sandwiches, sweet cakes and a pot of premium tea.

\$32 per guest. Add \$3 for Gluten Free.

RSVP to Cathy Allen: 303-449-9596  
[bouldercathy46@gmail.com](mailto:bouldercathy46@gmail.com)

## **Intensive on-line Norwegian Workshop**

Indiana University  
Hamilton Lugar School of Global and  
International Studies



In June and July the intensive online Norwegian Workshop helps students develop their linguistic and cultural competency rapidly and effectively through live online instruction, extracurricular activities, authentic materials, and real-time interactions with instructors and presenters from Norway. Classes are conducted primarily in Norwegian and focus on the rapid development of practical communication skills.

Class Dates: June 3 – July 26, 2024

Online Class Times: Monday–Friday,  
11:00 am–3:00 pm, eastern daylight time

Estimated Costs - online programs \$1,950

Priority Admission and Funding Deadline:  
February 2, 2024.

[https://languageworkshop.indiana.edu/  
languages/online-hybrid/norwegian/index.html](https://languageworkshop.indiana.edu/languages/online-hybrid/norwegian/index.html)