STEIN FJELL LUTEFISK AND MEATBALL DINNER

It's that time of the year again – when the aroma of lutefisk and meatballs, etc. wafts from Faith Church in Loveland, signaling Stein Fjell’s wonderful annual Lutefisk Dinner. Some help is still needed for workers and food donations! Sign up at the October lodge meeting or call Marian at 970.225.9035.

Members really appreciate the fact that they no longer have to make the meatballs, and contributed $51.00 toward the meatball fund last month – if you haven’t contributed, you’ll have another opportunity in October to help defray the cost of buying our Swedish meatballs.

STEIN FJELL SCHOLARSHIPS

The Scholarship Committee chairman recommends that we give one Member Scholarship and one Community Scholarship this year, for $750 each, to graduating high school seniors. Download the application from our website, steinfjell.com, and send it to Keith Robbins at the mailing address or e-mail address on the application. Applications must be received by December 31st.

KULTURHJØRNET (CULTURE CORNER)
Nancy L. Dunn, Cultural Director

A synopsis of all officer positions for Stein Fjell Lodge will be presented briefly at our October lodge meeting. It is very important for all members to see the value of what these office holders do and how they impact our lodge. The officers plan to explain their functions, activities, and the responsibilities involved. In some cases, an office might even be shared among two or more members. It is up to our office holders to keep our members informed, active, and happy with our lodge. Participating as an office holder assures that our lodge will successfully continue to grow. So, please attend this particular meeting and bring any ideas you may have for our "stone mountain" lodge, ourselves, and our prosperity.
OKTOBER KALENDER
Sons of Norway Foundation Month

1-4: SON Foundation Online Auction (Sept. 13 Posten)

1-5: Norsk Høstfest, Minot ND

3: Lodge Meeting, 7 p.m., New Member Welcome

4-6: Central California Kretsstevne, Buelton - sofn6.com

9: Leif Erikson Day, USA (Leifr Eiriksson, Old Norse)


12: Trollheim Rosemaling Classes will be on Saturdays, for experienced rosemalers (9:30 a.m. - 12:30 p.m.) and beginners (1 - 4 p.m.). Cost is $12.00 per half day or $45 a month. Please contact Louise Bath at 303.799.3527 or lbath25@comcast.net if you are interested in the classes or have any questions. The classes will be painting tomte and trolls on cards and ornaments, and rosemaling cloth bags.

13: Vestafjell Torsk and Meatball Dinner, Auction, 2 p.m. Lodge meeting with dinner and silent auction, adults $8. Shepherd of the Valley Lutheran Church, 3133 F Rd (Patterson), Grand Junction. Info: Barb 970.245.5649

19: Stein Fjell Lutefisk Dinner, 4 p.m. and 6 p.m. dinner seatings, Faith Evangelical Church, 2707 N. Wilson, Loveland (p. 4)

20: Posten Submission Deadline

24: United Nations Day (Norway charter member, 1945)

26: Fjellheim Viking Fair, Breakfast, 9 a.m. - 2 p.m. (p. 5) Sundford Lodge (#6-65) 60th Anniversary, Pomona CA HURRA!

27: Norwegian Daylight Saving Time Ends

31: Halloweenfeiring (Halloween Celebration)

SAVE THE DATE – NOVEMBER

1-2: Trollheim Scandinavian Christmas Fair, 9 a.m. to 4 p.m. - butikken, crafters, vendors, bakers, lunch

3 or 10: Storfjell Community Lefse Bake, 1 - 3 p.m., Church of the Eternal Hills, Tabernash (970.531.0811)

7: Lodge Meeting, 7 p.m., Pizza Party

9: Vestafjell Veterans Parade with Norwegian Fjord Horses, 2 p.m.

16: Fjellheim Lutefisk, Meatball Dinner, 2 and 6 p.m. (p.5)

16: Vestafjell Traditional Thanksgiving Dinner

21: Board Meeting, 7 p.m., Inger Froyland’s

MEETING REMINDERS FROM RAS
Rasmus Erdal, Stein Fjell Host Coordinator

Our October 3rd Refreshment Hosts are Jeanne Hanson (chair), Linda George, Neva Gulliksen, Jane Robbins, Keith Robbins, and Lisa Whannel (who is probably isolated in Estes Park due to the flooding and road damage – Uff Da!). This meeting is our New Member Welcome . . . and we do it so well.

Vær så god . . .

Looking forward to November, our Pizza Night . . . the Refreshment Hosts for the November 7th lodge meeting are Joann Harris (chair), Kathy Browne, Karen Johnson, Vigdis Lohne, and Lyn Warrick.

Tusen takk for hjelp.

SOLSKINN (SUNSHINE)
Marian Erdal

Horses seem to be the nemesis of our lodge members. Kathy Browne is recovering nicely from her broken leg, after being kicked by a horse, and Kirsten Gjelde-Bennett is improving from a broken upper arm and shoulder after falling from her horse. We all wish you speedy recoveries.

Rod Skaflen will have knee surgery on September 26th. Stein Fjell wishes you pain-free times ahead.

REGARDING CULTURAL SKILLS
Ras Erdal, Cultural Skills Director

The Hardanger Embroidery class will now meet on Friday afternoons from 1-3 p.m. The Erdal home is approaching normalcy after the upheaval of painting and carpeting. Our next meeting will be on September 27th.

If there is anyone new that wants to begin learning Hardanger or join the group, please contact Midge Parkos (970.356.7489) or me (970.225.9035).

GRATULERER MED DAGEN!
HAPPY BIRTHDAY!

2  Carol Baldo   20  Ruth Nelson
15  Steve Gulliksen   21  Marian Erdal
18  Jim Haugen   21  Neva Gulliksen
19  Ed Fadness   22  Corinne White
19  Inger Ingvaldsen   24  Tim Sagen

Please respect fellow members’ privacy.
Names, Phone Numbers, and Addresses must not be redistributed, or used for commercial purposes.
DITT OG DATT (THIS ‘N’ THAT)

★ Unge Venner member Kira Wright’s picture is in October’s Viking magazine (p. 33, at far right), as a Dist. 6 Scholarship recipient (Juni, Juli, August <3 Posten). She is the daughter of member Kari Wright and granddaughter of members Marian and Ras Erdal.

★ Barbara Nolin will be taking orders for Christmas lefse at the October Lodge meeting. Can’t make it to the meeting? Call her at 970.667.7641.

★ Gangmerker (walking medals) and a sykkelmanke (cycling medal) were awarded in September:

L-R: Susan Zook – gold gangmerke, Gary Zook – gold gangmerke, Rod Skaffen – silver gangmerke, Kris Bakich – silver gangmerke and gold sykkelmanke, Jon-Eirik Holm-Johansen, sports dir. Photo: Ras Erdal

★ Storfjell Lodge sponsored a Telemark Rosemaling Seminar at Tabernash in August. Happy artists below.

L-R, bottom row – Kris Schneider and Toshiko Ogishi, VGM (instructor), Storfjell; Jacque Bland, Trollheim. Top row – Grace Noteboom, Stein Fjell; Linda Ault D6 zone director, Trollheim; Diane Molter, Storfjell. Photo from Linda Ault

BLESSED BE THE FLEXIBLE,
FOR THEY SHALL NEVER BE BENT OUT OF SHAPE

A LETTER FROM PATTY AND MIKE

Dear Erdalians and fellow members of the Sons of Knut . . .

FINALLY a chance to sit down and write a letter to the people we love and miss most. This summer has been quite a ride, not for the faint of heart. Last spring we decided we needed to move closer to the grandkids. Our house sold in two days, and we have been running around like proverbial headless chickens ever since.

We left Colorado with the pickup and the Honda, but only the Honda made it to Minnesota. The pickup is still at the Ford dealership in Ogallala, Nebraska where it was towed after the clutch broke at the gas station. We had to re-pack both vehicles, and the pickup was left with bedding, laptop computers, a large model sailing ship from a Norwegian uncle, and who remembers what else. Hope there wasn’t any chocolate in that load. The next trick will be to get Mike back to Ogallala get the pickup and drive it to its new home in Minnesota.

We don’t close on our Minnesota house until September 20, so we decided to go to Norway for three weeks while we waited. The most exciting part of that plan was when we discovered that our passports were back in Ogallala in the pickup truck, two days before we were to travel. The good news was when he found them in a shoe box marked “portable office.”

Norway is so beautiful right now that it takes your breath away. The sun just can’t quit shining, and it’s warm and golden as all the grain in the fields ripens. It was 45 degrees yesterday night, and birch leaves are starting to fall, so we know this weather won’t last forever.

Tomorrow we’re invited to coffee at the house of a woman I met while metal detecting at the beach here. Her husband is a jeweler who makes Viking replica jewelry. He is also a history nut, like myself, and has a collection of Viking artifacts that he is going to show us. I can’t wait!

So happy that my favorite Loveland chiropractors are going to be parents. Lucky baby! I imagine that will result in a slight change in the lifestyle of the new parents, but what a wonderful one.

Our regards to all of you.
We miss you so much!

Patty and Mike Breien

vennskap, kameratskap – friendship
bli venner – make/become friends
en venn av meg – a friend of mine
i godt vennelag – among good friends
Our 34th Annual Stein Fjell Lodge Sons of Norway

Lutefisk & Meatball Dinner
Dinner includes Lutefisk, white sauce, butter, Rosina Swedish Meatballs, vegetables, potatoes, pickles, beets, herring, lingonberries, lefse, Scandinavian cookies, riskrem, coffee, lemonade

...in Loveland at:
Faith Church
2707 N. Wilson Ave.
Loveland, CO 80538

Saturday, October 19, 2013

Dinner Seatings: 4:00 p.m. & 6:00 p.m.
with Reservations...

Adults ...$18.00  Children ages 5 to 12...$8.00

Event Includes Butikken with
Scandinavian Gifts and Baked Goods for Sale

For Information, Reservations,
and Ticket Sales...Contact:

Ft. Collins... Marian & Ras Erdal...........(970) 225-9035
Greeley....... Midge Parkos.....................(970) 356-7489
Loveland.....Barb Nolin...................................(970) 667-7641
Longmont ....Kris Bakich...........................(303) 774-8363
Windsor........Kristi Quinlan....................(970) 686-9444
Brighton / Ft. Lupton...John Everson..(303) 655-1876
FJELLHEIM VIKING FAIR – BAZAAR, BREAKFAST  
Saturday, October 26, 9 a.m. - 2 p.m.  
Viking Hall, 1045 Ford Street, Colorado Springs

Fjellheim’s fifth annual Viking Fair – Bazaar (9 a.m. - 2 p.m.) and Breakfast (9 - 11 a.m., $8) – will be held on October 26th at Viking Hall. All are invited to participate in this community event! Plan on an enjoyable day with arts, collectibles, food, fun, lefse, music, raffles, stories, unique gifts, vendors, and Viking recipes. Proceeds will help to support various charities. Information: 719.596.6159 or 719.351.3554. Breakfast reservations: Millie Sullivan, 719.597.0381.

FJELLHEIM LUTEFISK AND MEATBALL DINNER  
Saturday, November 16th, 2 p.m. and 6 p.m.  
Seatings Viking Hall, 1045 Ford Street, Colorado Springs

Fjellheim Lodge’s November 16th lutefisk and meatball dinner will again offer a choice of two seatings – an early dinner at 2 p.m. and the evening meal at 6 p.m. Meals will be served family style to allow guests to sit, relax, and enjoy this traditional dinner served by our enthusiastic staff of volunteers.

The cost will be $18 for adult members 12 and up, $20 for non-member adults 12 and up, and $8 for children ages 5-12. Please call Virginia Nelson at 719.650.7029 for reservations.

ZONE 8 LODGE MEETINGS

FJELLDALEN – 1st Tuesdays, 7 p.m.  
Prince of Peace Lutheran Church  
2400 S Colorado Blvd, Denver

FJELLHEIM – 2nd Wednesdays, 7 p.m.  
Viking Hall, 1045 Ford Street, Colorado Springs

STORFJELL (Grand County) – No Set Day or Time  
Various Locations

TROLLHEIM – 3rd Mondays, 7 p.m.  
6610 W 14th Ave, Lakewood

VESTAFJELL – 2nd Sundays, 2 p.m.  
Shepherd of the Valley Lutheran Church, Grand Junction and various cities on the Western Slope

VESTERHEIM – 4th Fridays, 7 p.m.  
Atonement Lutheran Church  
Baseline and Inca Parkway, Boulder

DISASTER ASSISTANCE FROM SON FOUNDATION

Cindy Olson, Dir., SofN Foundation, sofn.com

We are all watching the news and seeing the severe flooding that is happening in your area of Colorado. The Sons of Norway Foundation offers Helping Hands to Member Grants for current Sons of Norway member families who lose their homes or are displaced due to severe damage caused by natural disasters. These $1000 grants help with costs as members begin the recovery process.

Sons of Norway cares about each and every member – the true meaning of fraternalism. The Foundation stands ready to assist. You are all in our thoughts as this disaster continues. Feel free to call (612.821.4632) or e-mail (colson@sofn.com) me with any questions you may have.

RISK OR PROTECTION

LaRue Hanson, Financial Benefits Counselor

Many of us remember the golden years of the stock market. We could brag about the gains we had made and rarely were we concerned about risk. Why, the Baby Boomers had never really experienced a down market to any great extent. Times change and now we want protection, safety, and a sure thing. Sons of Norway has been offering this all along.

Allow us to review your retirement plans from previous employers or your existing IRAs that may be costing you money. Things change and a review can keep you protected from old risks. We are here to help protect you and your family. Life insurance can be used to replace Social Security at death; annuities can be used for retirement income planning. If you, our members, have a problem we are here to help find a way to solve it.

P.S. Sons of Norway just increased their interest rates in September.

Lhanson1@q.com - 719.599.8546(office) - 719.237.7314(c)  
2523 Shalimar Drive, Colorado Springs CO 80915-1030

Verdens Gang (literally “the way of the world”), known as VG, is an award-winning, non-political Norwegian tabloid newspaper. In circulation, it is Norway’s second largest print newspaper, but has the largest number of readers. It is owned by Schibsted, which also owns Aftenposten and others in Sweden and Estonia. Established by resistance movement members shortly after Norway was liberated from German occupation in 1945, VG’s first issue was published on 6/23/45. Website: vg.no
The Norsk Skogkatt (Norwegian Forest Cat) is a relatively new breed in the U.S., but is a very old breed in Norway. It appears in folk tales, Viking mythology, and Edda poems from between 800 and 1200 A.D. It is suggested that they may have developed from short-haired cats brought to Norway from Great Britain and long-haired cats brought from Russia and/or Turkey.

It is believed that the Norwegian Forest Cat kept Viking ships free of rodents. They lived in Norway’s forests for centuries, but were later prized for their hunting skills and were used on Norwegian farms.

The Norsk Skogkatt was named Norway’s official cat by the late King Olaf V. Its nickname is “Wegie.”

It takes five years for Wegies to mature. It also takes that long for them to grow their long, glossy, thick coat, which is an insulated, water-proof, double coat capable of withstanding Scandinavian winters, with large, coarse, guard hairs over a dense undercoat. It is thickest at the legs, chest, and head, and there are hair tufts between the toes. Surprisingly, the coat does not require the care that some long-haired breeds do – weekly combing, along with a little more attention when shedding in the spring, should cover it. Tail hairs remain long, and can spread 12 inches or more when fully fanned.

This breed is strongly built and larger than an average cat, with a long, sturdy body, long legs, and a bushy tail as long as its body. It resembles other semi-long-haired breeds, like the Maine Coon and Siberian, but there are differences. In particular, the expression of the Norwegian Forest Cat is striking and distinctive, having large, almond-shaped eyes with an oblique set and an equilateral triangle-shaped head with tufted ears.

These cats have very strong claws and are very good climbers, ever climbing rocks. This supports the theory that the Skogkatt is the one referred to in Norse legends as a “mountain-dwelling fairy cat with an ability to climb sheer rock faces that other cats could not manage.” In the home, a necessity is having some thing tall to climb – if not provided, they will find something themselves.

Norwegian Forest cats are friendly, intelligent, eventempered, and moderately active – short bursts of energy are followed by long naps. Very popular in Norway and Sweden, they are the fifth most-popular breed in France (since 2003). People-oriented and nurturing, they love to mother everyone and will happily hold down a cat, dog, or person and administer a loving bath. They are strong and silent, but possess a loud, rumbling purr. Their quiet voice can develop into a loud one if kept in a house with a dog.

Hardy and healthy, these cats live 14 to 16 years, but can have kidney or heart disease. Being heavy-boned and tall, they need more food than most other domestic breeds – males are 12-16 lbs. and females are 9-12 lbs.

The Norwegian Forest Cat Club was formed in 1938. Preserving the breed was interrupted by World War II, when Wegies became endangered and nearly extinct. An official breeding program helped the breed make a comeback, and it was registered in Europe by the 1970s, but not recognized by the American Cat Fanciers Association until 1995. Their first arrival on North America’s east coast may have been with Leif Erikson or his contemporaries in the late 900s; the U.S.’s first pair arrived November 1979.

To see these cats in action, entertaining videos are available on YouTube and Animal Planet. Examples are youtube.com/watch?v=3yHnOpH9dvM and http://animal.discovery.com/tv-shows/cats-101/videos/norweigan-forest-cat.htm.

Sources: cfa.org, simplycatbreeds.org, forest cats.net, wikipedia.org
SLOW TELEVISION
Bill Nesse

In an earlier and less stressful time, TV stations broadcast a test pattern before and after each broadcast day. The test patterns, that allowed us to adjust the TV picture, have long since disappeared into the mists of the past, but it seems that Norwegians continue to want to experience the thrill that the test pattern provided. Now called "slow television," it is a unique feature of Norwegian TV.

The genre got its start in 2009 when the train journey from Oslo to Bergen was continuously broadcast as part of its 100-year anniversary celebration. Four cameras showed interior and exterior views, and crew and passenger interviews. Because the train had to pass through 182 tunnels where transmission was not possible, those slots were filled in with archival clips from the 100-year history of the Bergen Railway. The show was a hit and had an average of 176,000 viewers at any one time – 1.2 million Norwegians watched at least part of the show. Since then, other slow television shows have appeared.

The most notable of these TV programs was the 134-hour live broadcast of the Hurtigruten coastal ferry Nordnorge as it made its voyage from Bergen to Kirkenes in June 2011 (Oktober 2011 Posten). It received international coverage and became a PBS show. The Norwegian Embassy in Seoul, South Korea even had the program broadcast live at a Seoul subway station, to promote Norway.

Anyone who has visited a large dam and watched the salmon migrate upstream on a fish ladder will understand the appeal of another of NRK’s programs, which showed 18 hours of salmon swimming up river. The local reaction was that the program may have been too brief.

Another program that captured the Norwegian imagination was broadcast on February 15th of this year, called Nasjonal vedkveld (National Wood Evening). It began with a four-hour segment on cutting, splitting, stacking, and burning wood, followed by eight hours of watching a fire in a fireplace, live. It can be viewed at http://tv.nrk.no/serie/nasjonalvedkveld/ dvnr30003513/15-02-2013.

One of the more extreme programs put on by NRK was a 30-hour long interview of Hans Olav Lahlum, a well-known crime author. The wide-ranging interview plumbed Mr. Lahlum’s seemingly inexhaustible knowledge of all manner of topics, ranging from American politics to his obsession with allergies. Fortunately, viewers could take a break to get some sleep, but not so Mr. Lahlum, nor his interviewer.

Possible future programs include an evening of knitting, and yet another thrill-fest – a 24-hour program showing wood planks arranged to show the time, like the numbers on a digital-style clock. Each minute, workers would rearrange the planks to show the new time. Changing from 9:59 to 10:00, when almost all the planks would have to be rearranged, “...will actually be really exciting.” says Rune Moklebust, a programming executive.

NRK (Norsk Rikskringkasting) is Norway’s government-owned radio and television broadcasting company and the largest media organization in Norway. It provides three national television channels and three national radio channels. Funding comes from mandatory license fees for ownership of television sets. In addition to nationally produced programming, twelve regional offices also produce programming for their local audiences.

Sources: Wall Street Journal, wikipedia.org, NRK TV
STEIN FJELL LODGE meets on the first Thursday of each month at 7:00 p.m. in the Spiritual Life Center, Good Samaritan Society – Loveland Village, 2101 S. Garfield Avenue, Loveland, Colorado. Board meetings are held on the third Thursday of every other month at the home of a member. YOU ARE WELCOME TO JOIN 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.

Sons of Norway misjon er å fremme og ivareta norske kulturtradisjoner, feire vårt forhold til andre nordiske land, og samtidig tilby de beste forsikrings og finansprodukter til våre medlemmer.