



Sons of Norway Stein Fjell Lodge 6-114

Loveland, Colorado

www.steinfjell.com

Posten



# November 2008

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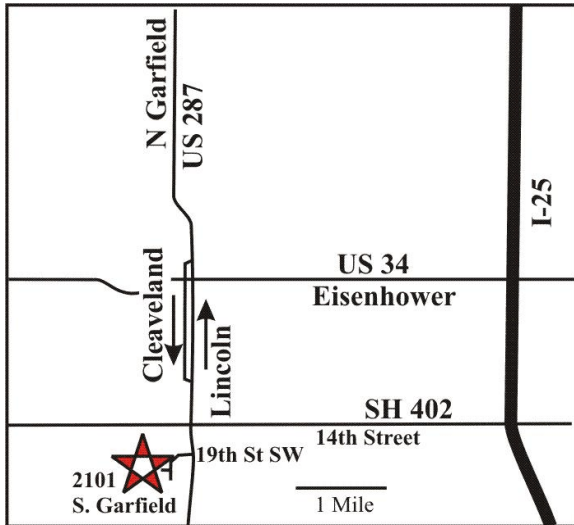
**FRA PRESIDENTEN**

**Bernice Nikolaisen Kwan**

Stein Fjell Lodge meets on the first Thursday of each month at 7:00 p.m. in the Good Samaritan Retirement Village West Dining Hall. The address is 2101 South Garfield Avenue, Loveland, CO (see map below).

Board meetings are held on the third Thursday of every other month at the home of a member.

**WELCOME !**



*Verdistigning.* Our public appearances represent the Lodge. Think of how your enthusiasm and friendliness impress the public. We reach out to many with the parades in Estes Park and in Loveland, renowned lutefisk suppers, and the recent Family History Festival in Greeley. Here's a pat on the back for your personal contributions and efforts to promote and preserve the Nordic culture.

We might consider offering more skills classes. Knowledge transfer requires that we uncover member interest and instructor potential. Think about how we can arrange classes at various locations. Find persons who might demonstrate with a presentation at a lodge meeting or to other audiences.

Show the public that today's vikings still explore.

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**THANK YOU** to all the members who volunteered their time and shared their Norwegian crafts and items during the Family History Festival, October 18, at Centennial Library in Greeley. Your participation and contributions were very much appreciated!

Marilynn Loustalet, Coordinator



## TUSEN TAKK, TUSEN TAKK

**We can't thank Trollheim Lodge enough for the loan of their tent during the Scandinavian Festival in Estes Park. We are grateful for their generosity!**

*It was erroneously stated in the October Posten that the tent was from the Denver Swedish Club.*

## KALENDAR

- Nov. 6: Lodge Meeting**, 7pm, *Pizza Night*
- Nov. 8: Lutfisk Dinner**, Seating 4-5, 5-6, 6-7pm  
Our Savior's Lutheran Church, Greeley
- Nov. 8:** Fjellheim Lutfisk & Meatball Dinner  
6pm, Viking Hall, Colorado Springs
- Nov. 9: Father's Day, Norway**
- Nov. 11: Read Aloud Day, Coyote Ridge School**
- Nov. 20: Board Meeting**, 6:30pm  
Midge Parkos' home, Greeley
- Dec. 4: Lodge Meeting**, 7pm  
*Installation of New Officers*
- Dec. 6: Loveland Lights**, 9am-6pm  
Gertrude Scott Room, Loveland Public Library
- Dec. 7: Loveland Lights**, 1pm-5pm (see above)
- Dec. 7: Juletreffest**, 5pm  
Trinity Lutheran Church, Loveland
- Dec. 15: Scholarship Application Deadline**

## GRATULERER MED DAGEN



We wish each of you a very **HAPPY BIRTHDAY!**

- |                          |                     |
|--------------------------|---------------------|
| 2 Joyce Jordeth          | 16 Pat Breien       |
| 2 Judy Leaffdale         | 20 Vigdis Lohne     |
| 3 Gerald Benson          | 22 Mike Breien      |
| 3 Bill Parkos            | 22 Holly Thompson   |
| 4 Rob Werge              | 23 Eric Moe         |
| 10 Anna May Flynn        | 25 Kelton Elmes     |
| 10 Keith Robbins         | 26 Frances Olson    |
| 13 Enid Van De Walker    | 26 Jane Robbins     |
| 14 Gifford Grinager      | 27 Richard Peterson |
| 14 Darlene Miller        | 29 Lyn Warrick      |
| 14 Jennifer Schlotthauer |                     |

*Please let us know if we've missed anyone's birthday!*

## CONDOLENCES

*Stein Fjell Lodge members express their deepest condolences to **Enid Van de Walker** on the loss of her mother and **Bill Parkos** on the loss of his brother.*

## MEETING REMINDERS FROM RAS, Your Stein Fjell Host Coordinator

The **November 6<sup>th</sup>** meeting is our **annual "Pizza Night"** to thank all of you who work so diligently at our fundraising activities such as the Lutfisk Dinner (on Nov. 8) and the Estes Park Midsummer Festival. Please be certain to **invite the non-member family friends that have helped us**. Refreshments Committee members are: **Sonja West (Chair), Kristi Quinlan, Jane Yestness, and Mike Erickson**. Also: **An extra reminder** that there will be some Norwegian articles available that were donated by **Karen Johnson and Paula Sutton**. The only cost is that you should **thank them for their contribution. ...and looking ahead...** Refreshments Committee members for the **December 4<sup>th</sup>** meeting are: **Marilynn Loustalet (Chair), Dick Peterson, Russ Nielsen, Grace Noteboom, and Paula Sutton**.

**PLEASE REMEMBER...** to let **Bernice Kwan (970.593.9995 / [llrnr@q.com](mailto:llrnr@q.com))** know the number of children you will be bringing to the Juletreffest!!

## SAVE THE DATE

### Barneloepet 2009 "Children's Race"

A free, children's cross-country ski race sponsored by all Colorado Lodges and our District 6. To be held Saturday, Feb. 28, 2009 at YMCA/Snow Mountain Ranch, Winter Park, CO. 1K, 2.5K, and 5K distances for children aged 0-15. Call or email Jon-Eirik for information: [tvchiro@yahoo.com](mailto:tvchiro@yahoo.com) / 970.412.0433

### Knut Erik Jensen Concert

Knut is returning to Colorado in 2009! He will be performing Thursday, March 5, at the Fjellheim Lodge in Colorado Springs. (This is the same night as our Lodge meeting.) Interested in carpooling to the concert? Contact Kathy Browne at 970.667.9562.

## THIS AND THAT

- ★ We all wish **Ruth Dohrn** a speedy recovery from her broken wrist, following a fall.
- ★ **Marian Erdal** has **Solo Almond Paste**, 8 oz. cans, for \$3.92. If you want a can for Almond Bars, etc., they will be at the November meeting. Please have a check or exact change.
- ★ **Tillie Schopbach** would love a phone call from any members who remember her. Her phone number is 303.776.0067 – best time is early evening. Tillie is a remarkable woman at 99, living in assisted living and still cooking her own meals.

## LOVELAND LIGHTS

The Lodge will be doing another cultural display and demonstration – this time at the Loveland Library. Plan on participating. Kathy Browne is coordinating our efforts and needs to know who can help and who is willing to share items for display. You can call her at 667-9562 or e-mail her at [ksbrowne@lycos.com](mailto:ksbrowne@lycos.com). She also will have sign-up sheets at the November and December meetings. Set up is on Friday evening, December 5<sup>th</sup>. The event is Saturday, December 6<sup>th</sup>, 9am-6pm, and Sunday, December 7<sup>th</sup>, 1pm-5pm, ending just before our Juletreffest. The location is the Gertrude Scott Room at the Loveland Library, 300 N Adams.

## HOW MUCH IS IT WORTH?

At the October meeting, members wielded scissors to trim box tops and soup coupons (which have replaced the whole label). Kathy Browne delivered them to Coyote Ridge on October 16<sup>th</sup>, and they were worth \$74.10! Diane Spearnak, the principal at Coyote Ridge, was very pleased and thanked the Lodge for their support. So, save those box tops and coupons. Watch for other items that provide educational funding. Let's go for \$100.00 (that's 1000 coupons or box tops) by May.

## MUNNHELL / ADAGE

*Morgenstund har gull i munn.*

[There is gold in the mouth of the morning. OR  
The early bird catches the worm.]

## FAMILY HISTORY FESTIVAL CENTENNIAL LIBRARY, GREELEY



*Having fun weaving heart baskets with Ras Erdal and Maria Reichel.*



*Maria Reichel, Midge Parkos, Marian Erdal, and Pat Breien at our display area.*

## MEMBERSHIP DIRECTORY NEW ADDRESSES, PHONE

### **Blaine and Nina Johnson**

1544 Duke Drive, York NE 68467

### **Lyle Berge**

6980 Stuart Street #1-206, Westminster CO 80030  
720.470.4961      [bergenorsk@comcast.net](mailto:bergenorsk@comcast.net)

*Membership Directory corrections or additions??  
Posten via email?? Please let the Editors know.*

## NORSK KOMMUNER

Bill Nesse

In Norway, signs along the roads announce when you are about to enter a “kommune.” Since kommuner are not a political division familiar to us in the United States, I thought it might be interesting to look at the administrative arrangement of the different governmental levels in Norway and find out what a kommune actually is.

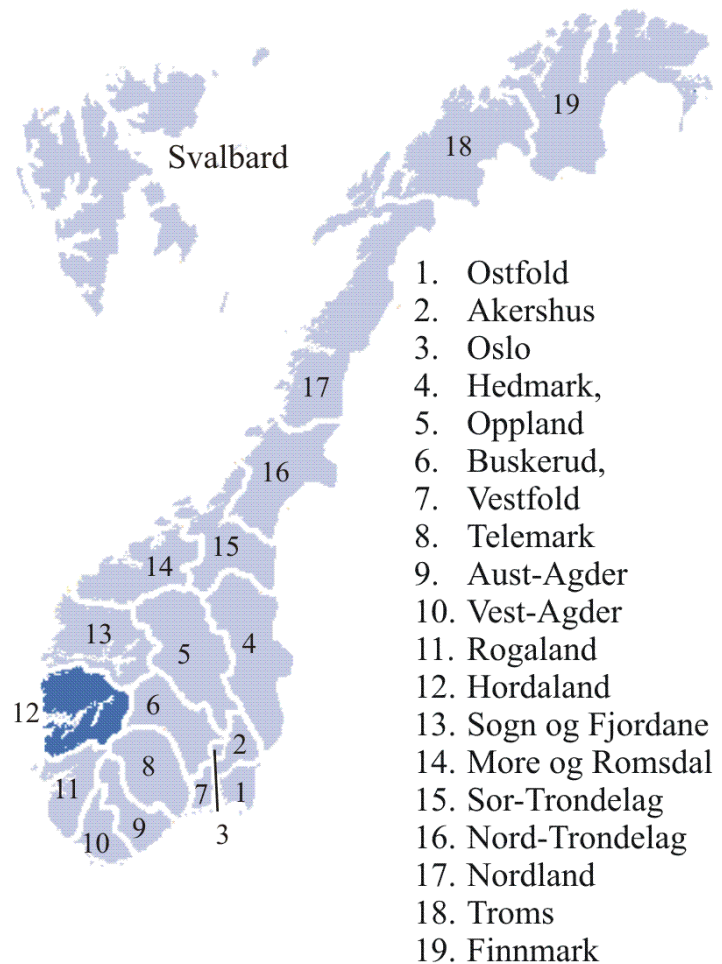


Norway is divided into 19 administrative units known as *fylker*, which variously translates as “counties” or “provinces.” The administration of each fylke is directed by the *fylkesting* or county council comprised of a number of elected representatives which is headed by the *fylkesordfører*, or county mayor. There is also a *fylkesmann*, or County Governor, who represents the King and National Government. Each fylke has its own coat of arms. Hordaland’s is shown here.



Each fylke is in turn divided into a number of kommuner, or municipalities. At present Norway has 430 kommuner, or 431 if Oslo is included, because it is both a fylke and a kommune. Hordaland, shown in the darker shade on the map, has 33 kommuner, one of which is Bergen. Kommuners are typically organized around a larger city, which serves as the administrative center and often lends its name to the kommune.

Kommuner are the foundation of local government and are responsible for primary education (through 10<sup>th</sup> grade), outpatient health services, senior citizen services, unemployment and other social services, zoning, economic development, and municipal roads. Each kommune has its own government with a mayor, council, and associated administrative offices, and has its own coat of arms. Law enforcement is provided at the national level.



1. Ostfold
2. Akershus
3. Oslo
4. Hedmark,
5. Oppland
6. Buskerud,
7. Vestfold
8. Telemark
9. Aust-Agder
10. Vest-Agder
11. Rogaland
12. Hordaland
13. Sogn og Fjordane
14. More og Romsdal
15. Sor-Trondelag
16. Nord-Trondelag
17. Nordland
18. Troms
19. Finnmark

*Norway's Fylker. Svalbard has its own administrative relationship with the central government.*

A kommune typically contains a number of different cities, towns, and villages, so in that sense it is similar to an American county. However, only in select cases, such as in Oslo and Bergen kommuner, will separate city or municipal factions (*kommunedel* or *bydel*) be established within a kommune to deal with select local issues.

The picture is muddled a bit, because Norway is also divided into about 50 traditional districts, whose boundaries often do not coincide with the official administrative units. As a practical matter, many people are more likely to identify with the traditional district than with the fylke in which they live. The districts have deep historical roots based on geographic, transportation, and cultural considerations. The regional distribution of bunads, for example, has its roots in the traditional districts.



## NEW LOCATION

### 29th Annual Stein Fjell Lodge Sons of Norway Lutefisk and Meatball Dinner

Saturday, November 8, 2008  
Our Savior's Lutheran Church  
1800 21st Ave.  
Greeley, Colorado

Dinner Seatings  
4:00 - 5:00, 5:00 - 6:00, 6:00 - 7:00  
Adults \$14.00, Children (4 to 12) \$5.50

Event includes Butikk with scandinavian gifts  
and baked goods for sale

#### For Information About Ticket Sales

Fort Collins: Ras & Marian Erdal 970.225.9035  
Greeley: Mary Ann Rakke 970.356.4984  
Loveland: Ruth Dohrn 970.667.8829  
Longmont: Evelyn Longseth 303.776.4371  
Brighton/Fort Lupton: John Everson 303.655.1876

#### Directions to Our Savior's Lutheran Church

From I-25 and Hwy 34 travel east towards Greeley. Continue on the 34 Bypass (Greeley/Fort Morgan), do not take the 34 Business Route exit. At 35<sup>th</sup> Avenue turn left (north) to 16<sup>th</sup> Street. Turn right (east) on 16<sup>th</sup> to 21<sup>st</sup> Avenue. Turn right (south) for 2 blocks to 1800 21<sup>st</sup> Avenue. (Church is on the left.) Turn left (east) on 18<sup>th</sup> Street and right (south) into the parking lot. Enter through the east door.

## VELKOMMEN

We welcome **Bill Dunn** to Stein Fjell Lodge. Bill is Nancy Dunn's brother and he has worked on events for our lodge before becoming officially initiated. He was a member several years ago and we are delighted that he has returned to our lodge.

Bill was born in Cañon City, Colorado; attended high school in Montrose, Colorado, and college at Southeastern Oklahoma State University in Durant, Oklahoma. He holds a Degree in Aviation Sciences and works full time in Air Traffic Control/ATC Requirements Staff, at the Denver Air Route Traffic Control Center in Longmont. This includes long-range radar, covering nine states. He also is an airplane pilot and flight instructor.

Bill's family includes his wife Dee and three daughters: Molly 22, Christa 18, and Carlee 15. His interests lie in outdoor activities (where he walked with our float in parades and helped out at the Estes Park Scandinavian Midsummer Festival). He also enjoys family and church activities.

Trondheim is the area in Norway where his family came from. He has not been to Norway – YET! Bill would like to learn more about Traditional Norwegian Cooking and Norwegian Language and Culture, which are two units in our Cultural Skills Program.

**Welcome Bill!**

## OUR SISTER LODGE

Viking Lodge 8-007 in Kvinesdal, Norway is Stein Fjell's sister lodge. They meet on the first Friday of each month at 7:30pm, in Kvinesdal or Kvavik Verksted Lyngdal. They have taken responsibility for the annual *Utvandrer Festival* (Emigrant Festival).

Kvinesdal is a kommune, established on 1 January 1838, in Vest-Agder fylke, inside the Fedafjorden fjord. It resembles the geography of Norway as a whole and is often called "Little Norway." American citizens comprise about 10% of its 5,630 inhabitants.

Look for more about this Lodge in future *Postens*.

**ALMOND BARS**

[This can be made ahead of time and frozen without frosting, and then frost before serving.]

1. Grease a 9x13 pan and line it with parchment for easy removal. Take 1 cup butter, 1 cup sugar, 2 cups flour. Cream together and press onto the bottom of greased w/ parchment pan.

2. Take 8 oz. "Solo" almond paste, ½ cup sugar, 2 eggs, 1 tsp. almond extract, 2 Tbls, softened butter. Combine and beat well. Spread on top of the first layer.

Bake at 350° approx. 35 minutes until golden brown. Frost when cool or freeze until needed and then frost.

**Frosting:** Combine 4 Tbls. butter, 2 cups powdered sugar, 2 Tbls. milk, 1 tsp. almond extract. Spread on cooled (or unfrozen) almond bars. Sprinkle with chopped blanched almonds.

**ROSETTES (makes 40)**

Canola oil                    1/4 tsp. salt  
2 eggs                         2 T sugar  
1 cup skim milk            1 tsp. vanilla  
1 cup flour sifted (it becomes 1¼ cup)

Heat about 3 inches of Canola oil to 400 ° in a frying pan. (If electric fry pan, cook on a bread board to protect the counter surface.)

Beat eggs slightly – add remaining ingredients and beat until smooth. Strain the batter.

Heat the rosette iron in the hot oil first. Drain excess oil on a paper towel and carefully dip the iron into the batter until 2/3 covered. Hold it there for a few seconds, then dip the battered iron into the oil until golden brown. Raise and invert the iron to drain off oil. Gently push the rosette off the iron onto a paper towel, then invert the rosette on the towel. Stir batter each time before dipping the iron. Dip the finished rosette in granulated sugar or garnish as desired.

**SANDBAKKELS**

Makes 50 to 60 Assorted forms

**3/4 cup sugar**                    **2 tsp. almond extract**  
**1 cup salted butter**           **1 tsp. vanilla**  
**1 egg**                                **2-1/2 cups flour**  
**15 almonds chopped fine**

Combine sugar and softened butter. Mix well. Add egg, flour, almonds, vanilla, and almond extract. Mix well (hand kneading), chill for 45 minutes, then let stand a while. Should be pliable when pressing into forms. Keep the dough below the top of form for easy removal. Press in with thumbs until very thin.

Bake in oven at 325° approximately 10 to 15 minutes. (depends on size of form and thickness of dough in the forms.) Let sit until you can handle the forms. Invert and snap it on a cutting board to release the Sandbakkel. Re-use forms w/o washing until finished.

**KJØTTBOLLER (MEATBALLS)**

3 lbs. ground beef                    1 ½ cups bread crumbs  
2 beaten eggs                         2 tsp. salt  
1 large onion finely chopped    ½ tsp. pepper  
1 can (12 oz.) Evaporated Milk

Brown the onion in butter. Mix the ingredients. Form into small walnut-size balls. Bake on cookie sheet at 350 degrees for 15 minutes. Meatballs can be made ahead and frozen.

**\*\*\*Thaw meatballs before bringing them to event.\*\*\***

**RISKREM (RICE CREAM) 9x13 Pan or Bowl**

1 cup uncooked rice (not instant, medium grain best)  
4 cups regular milk...2/3 cup sugar...½ tsp. salt  
2 cups whipping cream...½ tsp. almond flavoring

In the top of a double boiler, cook rice in the milk on medium heat (stirring often) approx. 60 minutes (time varies with rice and heat). Cook until thick and creamy. Add sugar, salt, and almond flavoring. Cool completely. Whip cream and stir into rice mixture. Refrigerate until ready to serve. Can be made the day before using

## STEIN FJELL OFFICERS 2008

[All Area Codes are 970, unless noted.]

### Board of Directors

**President:** Bernice Kwan – 593.9995  
**Vice-President:** Marian Erdal – 225.9035  
**Secretary:** Becky Holm-Johansen – 412.0433  
**Treasurer:** Jane Robbins – 667.5686  
**Financial Secretary:** Neva Gulliksen – 669.2371

### Directors

**Cultural:** Nancy Dunn – 663.2829  
**Foundation:** Keith Robbins – 303.547.6370  
**Publicity:** Rod Skaflen – 484.5459  
**Sports:** Jon-Eirik Holm-Johansen – 412.0433  
**Youth:** Maria Reichel – 302.0896

### Support Officers

**Auditor:** Garry Bjorkland – 482.0511  
**Butikk Manager:** Inger Froyland – 303.776.9967  
**Chaplain:** Patricia Breien – 330.7718  
**Counselor:** Kathy Browne – 667.9562  
**Greeter:** Wilma Gullickson – 663.6929  
**Historian:** Marilynn Loustalet – 330.7843  
**Librarian:** Midge Parkos – 356.7489  
**Marshals:** Jon-Eirik Holm-Johansen – 412.0433  
 Wilma Gullickson – 663.6929  
 Terry Thompson – 443.3164  
**Musician:** Midge Parkos – 356.7489  
**Posten Editors:** Marianne, Bill Nesse – 330.7183  
**Trustees:** Garry Bjorklund 1/3 – 482.0511  
 Terry Thompson 2/3 – 443.3164  
 Lyn Warrick 3/3 – 482.5588

### Committees

**Social:** Host Coordinator, Ras Erdal – 225.9035  
 Supplies, Marb Nolin – 667.7641  
 Table Setup, Lyn Warrick – 482.5588  
**Sunshine:** Fort Collins, Marian Erdal – 225.9035  
 Greeley, Bonnie Heberlein – 352.9201  
 Longmont, Kris Bakich – 774.8363  
 Loveland, Ruth Dohrn – 667.8829  
 Long Distance, Marian Erdal – 225.9035

### Coordinators

**Adopt-A-School:** Kathy Browne – 667.9562  
**Audio-Visual:** Ras Erdal – 225.9035  
**Sister Lodge:** Inger Froyland – 303.776.9967  
**Tubfrim:** Bonnie Heberlein – 352.9201

**Web Master:** Pat Sikes [patsikes@sikescentral.com](mailto:patsikes@sikescentral.com)

**Insurance Rep.:** LaRue Hanson – 719.599.8546  
[lhanson1@msn.com](mailto:lhanson1@msn.com)

**Colorado Zone Dir.:** Diane Molter – 303.288.6014  
[lakeviewviking81@live.com](mailto:lakeviewviking81@live.com)

**District 6 Vice-Pres.:** Lyle Berge – 303.344.4196  
[bergenorsk@comcast.net](mailto:bergenorsk@comcast.net)

## GENEALOGI / GENEALOGY

**barn; \*born** / child; children  
**berg** / mountain, rock  
**bestefar; bestemor** / grandfather; grandmother  
**+bonne, \*bonde; bønder** / farmer; farmers  
**+bror, \*brør; +brødre** / brother; brothers  
**bruk** / use ; (small) farm (once part of larger farm)  
**bruke en gard** / run a farm  
**by; byen** / city or town; the city  
**bygd** / rural settlement  
**+bygselbrev, \*bygselebrev** / lease document  
**bygselmann** / tenant farmer (literally: lease man)  
**dal** / valley  
**+datter, \*dotter** / daughter  
**dreng** / hired man  
**+døde** / died  
**døpt** / baptized  
**ekte** / legitimate  
**+ektefelle;+ektehustru;ektemann** / spouse;wife;husband  
**elv** / river, stream  
**eng** / meadow, pasture  
**+enke; +enkemann** / widow; widower  
**far, fader; +fedre, \*fedrar** / father; fathers  
**fattig** / poor  
**+fetter; kusine** / male cousin; female cousin  
**fjell** / mountain, bedrock, the mountains  
**flytte, \*flytje** / move, change residence  
**foreldre** / parents  
**+forpakter, \*forpaktar** / lessee, tenant  
**født** / born  
**gamle, gammal, +gammel. \*gamal** / old  
**gard, +gård** / farm, estate, manor  
**gift; gifting** / married; wedding ring  
**+gutt, \*gut** / boy, young man  
**hushjelp; husfolk** / domestic help, maid; house servants  
**kommune** / municipality  
**kone, \*kåne; mann** / woman, wife; man, husband  
**mor; +mødre, mødrer** / mother; mothers  
**oldefar; oldemor** / great-grandfather; great-grandmother  
**onkel** / uncle  
**+pike** / girl, young girl  
**sjø** / ocean, sea, or lake  
**slekt** / family, kin, lineage  
**son, +sønn** / son  
**+sted** / place  
**svigerinne; svoger** / sister-in-law; brother-in-law  
**+søster, \*syster** / sister  
**tante** / aunt  
**+utvandrer; utvandring** / emigrant; emigration  
 +Bokmål \*Nynorsk

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www.steinfjell.com

FIRST CLASS

Marianne and Bill Nesse, Editors  
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Greeley, CO 80634-9501



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**SONS OF  
NORWAY**

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 Norways 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.*