



Sons of Norway
Stein Fjell Lodge, #6-114
Loveland, Colorado

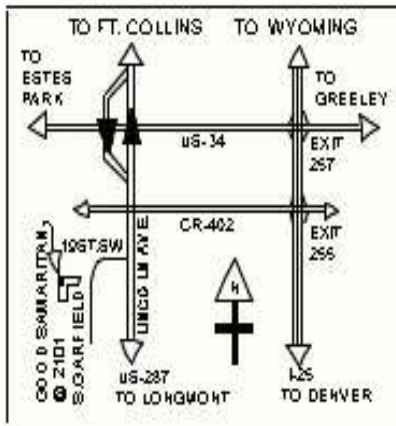


**FEBRUARY
2008**

Stein Fjell Lodge meets the first Thursday of each month at 7:00 pm at Good Samaritan Retirement Village, West dining hall. The address is 2101 South Garfield Avenue, Loveland, CO (see map below).

Board meetings are held the third Thursday of every other month at the home of members.

WELCOME !



Fra President

Hei fra presidenten ! Let's commend **Keith Robbins** for his masterful planning of the site, the menu and the cheerful entertainment of our 32nd Anniversary Dinner!! If you were at our recent gathering in Berthoud you may still be glowing from the warmth. It is quite hyggelig to mingle. Since you elected me I have had a resolution to travel to as many sister lodge events as weather will allow. I can easily bring three of you along with me. Other carpools occur too. Check upcoming events section for details. Sometimes there is a deadline if a meal is served.

Bernice Kwan, President

Marian Erdal presents membership pins at the Anniversary Brunch
Mike Breien, 25 years
Mickey Schmidt, 5 years
Wilma Gullickson, 30 yrs.
Dick Peterson, 10 years
Evelyn Longseth, 10 years



CONGRATULATIONS!

THIS AND THAT.....

- We wished **TILLIE SCHOPBACH** a wonderful 99th birthday. If you missed sending her a card, you can still do so!
- We hope to see **ROD SKAFLEN** soon. He had shoulder surgery and hasn't been able to drive yet.
- Our web site is up and running, so take a look at it! www.steinfjell.com. We thank **PATRICK SIKES** who managed to do this in spite of moving to a new home and battling a case of the chicken pox this month.
- Special thanks to **DIANE MOLTER**, Zone 8 Director, for bringing the flags to use at our anniversary brunch.

VIKING OF THE YEAR 2007



Our Viking “Princess” of the Year has been in our midst over five years. She has been a very busy lady in her short time with us. She has held offices that required hours and hours of service to our Lodge. She is an extremely positive person, a gal with a smile, and always willing to help the Lodge in any way. She has learned much about her own heritage and helped us keep our interest in Norwegian heritage, culture, and anything Norwegian or Scandinavian.

She was vice-president of Stein Fjell for 2 years and then stepped into the President’s chair for two years. While in office she introduced to the Lodge at each meeting the fylka’s (counties) of Norway. We learned where some of our members are from, where their ancestors lived, facts about the countryside, the mountains, and the seas and shorelines of some of the fylkas. It was a wonderful history of Norway.

Our Adopt-a-School program was started by her—where we collect box top coupons for education and also where we can go to schools and read to the children. She coordinated with the Loveland Civic Music Association to put on a free concert for Stein Fjell lodge, the Loveland community, and the general public. She initiated getting Knut Erik Jenson, a classical pianist, to give a program on Edvard Grieg’s life and music at the Price Civic Auditorium. She also had an open house at her home for Knut Erik to meet and visit with members of the lodge.

Last January she coordinated a program for Lyle Berge. It was a workshop for officers of the lodges in Colorado. This past fall, she helped with the Stein Fjell float that was part of the Christmas Parade of Lights in Estes Park the day after Thanksgiving and she lent her back yard to the float before it was taken up to Estes and then after the parade where it was dismantled. When the Skogn Folkskole boys and girls were here to present a program for Stein Fjell at our November meeting, she and her husband hosted a couple of the girls for two nights. Then in December she taught crafts to the children at the annual Jultrefest.

I am sure you know by now who the Viking of the Year is. Our choice for 2007 is **Kathy Browne**. Congratulations, and thank for all you have done and continue to do for Stein Fjell!



Neva Gulliksen presenting **Kathy Browne** as our “Viking of the Year”



KALENDER

February 7—Lodge meeting 7 pm
“Soup Supper & Sweater Night”

February 9—Trollheim
Anniversary Celebration 12:00
noon

February 18—“Harmony” concert
sponsored by Fjelldalen lodge
7:00 pm (see page 6 for more
information)

February 23 - Banelopet at
Winter Park

March 6—Lodge meeting 7 pm

March 20—Board meeting 7 pm



REMINDERS FROM HOST COORDINATOR, RAS ERDAL

February 7—Lodge meeting 7:00 pm with hosts Terry Thompson**, Corinne White, Inger Froyland, Rod Skaflen, Marian & Ras Erdal
“**Soup Supper & Sweaters**” - Our February meeting will be our Soup Supper event. Please bring a pot of soup to share, and don’t forget to put a label on it telling us what it is. Also bring your own table service and a ladle for the pot.

It is also our “Norwegian Sweater” night, and a group photo will be taken of those wearing their “Lusekofte” (Norwegian Sweater). This should be a delightful social evening where you can meet new friends and pick up a new recipe...unless, of course, it’s a fiercely guarded secret family recipe. The Refreshments Committee will provide beverages and dessert. Bill Nesse will show a 9 minute power point presentation on our float that was built for the “Catch the Glow” parade in Estes Park. This is an Encore presentation from January since most members did not see it in it’s entirety.

March 6—Lodge meeting 7:00 p.m. with hosts John Ever-son**, Kris Bakich, Mike & Patty Breien, Darlene & Jim Miller

GRATULERER MED



DAGEN

*We wish each of you a
wonderful birthday!*

<i>Sandra Bright</i>	<i>2/04</i>
<i>Jerry Knutson</i>	<i>2/07</i>
<i>John Everson</i>	<i>2/11</i>
<i>Bjarne Mosness</i>	<i>2/13</i>
<i>Harlan Fretheim</i>	<i>2/17</i>
<i>Abigail Strand</i>	<i>2/19</i>
<i>Mary Johnson</i>	<i>2/20</i>

DIRECTORY CHANGES & CORRECTIONS

Tillie Schopbach
100 21st Ave. #308, Longmont, CO 80501

Gerald Benson
Apt. #213—The Winslow
909 Centre Ave., Fort Collins, CO 80526

Vigdis Lohne
Phone 970-586-4438
Cell phone 970-214-7289

DIRECTORY ADDITIONS

Rick Bilstad
2641 W. 28th St., Loveland, CO 80538

Mike Erickson
527 Welch Ave., Berthoud, CO 80513

Directories will be brought to the February meeting, so if you didn’t pick one up in January, please make sure and get one in February or ask someone to pick it up for you. It will save greatly on postage if we don’t have to mail it!

Stein Fjell Lodge 6-114 Meeting Minutes
January 3, 2008 7pm Good Samaritan Village

The meeting was called to order by president Bernice Kwan, a silent roll call was taken by the officers. The pledge of allegiance and the three national anthems were sung.

All guests and visitors were welcomed to the lodge. Special guests and visitors for tonight were Richard Bilstad from Loveland and Mike Erickson from Berthoud. Two Membership nominations were presented by Neva Guliksen

The membership memorial was presented by Patty Breien in honor of our past members.

Officers' Reports:

President- Does anyone know where our flags went? If you do, please contact one of the lodge members ASAP.

Secretary report- Please turn in hours for the end of the year report.

Vice President- Marian Erdal reported that she wants to focus on heritage members for the upcoming year.

For the Good of the Order:

Sunshine Committee- Cards were sent to: LaRue Hansen, Rod Skaflen and Inger Froyland.

Field Representative LaRue Hansen unable to make it due to a surgery.

Skryte Kurv – (Brag Basket)

Mike Breien- started employment with a Danish company today and is quitting his previous job at Banner Health after 30 years!

Kathy Browne- Come out on February 15th to the Budweiser Event Center, she designed the promotional piece that will be featured.

Historian- Marian Erdal showed us pictures of the November and December meeting.

Anniversary Dinner – January 19th 11am – 2pm, cost is \$19 per ticket, please call Jane Robbins to RSVP.

Sports Director- Jon-Eirik Holm-Johansen- Barneløpet is set for February 23, 2008, please spread the word and hand out the fliers.

Posten Editor- wants to know who would like to receive the *Posten* by email. Also she is in need of email addresses for the new directory. Please sign up or call Corinne White for more information.

Social Committee- Ras Erdal is going to be sending out reminders to all monthly lodge refreshment committees.

Board Meeting- Will be at Becky and Jon-Eirik Holm-Johansen's home on Nov 17th, 2008.

Leadership Seminar- January 26th at Trollheim lodge in Lakewood CO, 9:30 -3pm. All lodge officers are highly recommended to participate.

Happy Birthday was sung to all birthdays and a big thank you to the hosts for the evening.
Program presented by Kathy Browne, second half of her trip to China.

Respectfully submitted, Becky Holm-Johansen, secretary

New Benefit for Sons of Norway Members

Sons of Norway is proud to announce a brand-new member benefit, Norwegian for Reading Comprehension. This unique online course focuses on reading Norwegian for general understanding. The program covers the many historical forms of the Norwegian language, and teaches innovative reading strategies for understanding anything from modern web pages to old immigrant letters.

This course is not quite like any other. Unlike traditional language-learning programs, this course will not teach you to understand spoken Norwegian, or to speak or write sentences of your own. Instead, the goal of this program is to help you read texts written in any form of Norwegian for basic comprehension. The intention is not to train you to translate every single word with total precision, but rather to identify the key concepts, and come to solid conclusions about what a text means.

To get started, sign in to the "Members Login" section of www.sonsofnorway.com. Once you're in, go to "Member Resources" and choose "Learn Norwegian."

Lodge Board Meeting Minutes
January 17, 2008
Stein Fjell Lodge 6-114
Hosted by Jon-Eirik & Becky Holm-Johansen

Officer Reports:

President- Delegates to District 6 Lodge: We are allowed 4 delegates. A motion was made to provide a stipend of \$450 per delegate. Delegates must be elected prior to the month of March. Elections will be made at the February meeting.

If you are interested in running for a delegate position, please contact your president.

Leadership Training Seminar- Saturday January 26th, 9:30 to 3pm. Meet at 402 Park and Ride at 8 am to caravan with leadership team. All members are welcome to attend.

Unfinished Business: Posten deadline 25th of each month.

Inventory for the lodge needs to be updated ASAP. If a member has anything that is the lodges, please call or email with information. Please contact Lynn Warrick.

The Youth Director position is still open. Maria Reichel offered to be a contact and keep the children's activity bags updated. The board may then want to nominate an assistant youth director to organize 3-4 youth events for the year.

Old Business: Anniversary Dinner- approximately 50 people expected. Arrangements for the program were discussed. For the flag ceremony, Diane Molter will be bringing up the flags. Marshals: Terry Thompson, Ron Browne, Wilma Gullickson will be in charge of the flag ceremony.

New Business:

- Planning more family events for the lodge. Syttende Mai, Fishing derby and/or a soccer tourney.
- We need to decide on what type of programs and social events. We are interested in short activities to do during the lodge meeting. The board wants to keep the meeting time from 7pm-9pm.
- Cleaning up: Ras Erdal has made up a closing procedure for those cleaning up.
- Kathy Browne's "Hope Eternal" will be showcasing her masterpiece on Saturday, February 16th, 2008 at the Ranch in Loveland.

Direct from Norway, singing group named Harmony will be performing at the Holy Sheppard Lutheran Church, Feb 18th at 7pm. Sponsored by Fjelldalend lodge.

Lodge Sponsored Events:

- Banelopet- Scheduled for Feb 23rd. The orienteering leaders may not be able to be there. We may need volunteers to help post the points. At Feb meeting a sign up sheet will be handed out for refreshments.
- Adopt a School- Coyote Ridge Elementary is a new school between Loveland and Fort Collins. Kathy Browne wants to have this be our adopted school. This school will focus on international baccalaureate.

Lodge Meeting: February 7th - Soup and Sweater supper

Next Board Meeting – March 13th at the Erdal's, May 15th- Kathy Browne, Sept 18th – Nancy Dunn, Nov 20th- Midge Parkos

Respectfully submitted,
Becky Holm-Johansen, secretary

From our Financial Advisor:

As you look over your 1099s and other investments for your taxes, it's a good time to also check your returns on investments from 2007. One other check to make is your total investment amount per financial institution. Banks and Credit Unions normally insurance customers up to \$100,000. If you are unhappy with your returns or are over this amount you should consider re-allocating a portion to another financial institution. Sons of Norway has an excellent alternative with an annuity. Your investment is 100% guaranteed and the amount you deposit will determine your interest rate. For more information please give me a call.



LaRue Hanson, 2523 Shalimar Dr., Colorado Springs, CO 80915 719-599-8546 (office)



Sports medal recipients for 2007

Congratulations to the following lodge members for their commitment to better health by participating in the SON sports medal program.

William Munsell	GANGMERKE (walking)	446 miles	Enamel
Lyn Warrick	GANGMERKE (walking)	275.25 miles	Silver
Lyn Warrick (2006)	GANGMERKE (walking)	113 miles	Bronze
Joann Harris	GANGMERKE (walking)	106.25 miles	Bronze
Mickey Schmidt	IDRETTSMERKE (sports and fitness)	954 points	Bronze

Besides their tremendous performance and great attitude, the key is documenting their accomplishments. Here are some interesting facts:

Bill's 446 miles of walking amounts to "only" 1 1/4 miles per day. Although we all probably walk this amount in a day, the greatest benefit from walking is brisk tempo to raise your heart rate slightly and for 20-30minutes in duration on a daily basis. Within the health profession, walking as an exercise is considered the walking outside of daily activities or work. In other words, if the walk is performed for the purpose of staying in shape it is considered exercise. Great job, Bill!

Great job to Lyn for submitting back to back sports medals and to Joann for making a commitment to improved conditioning!

Mickey's Idrettsmerke or sports and fitness medal is probably the most challenging one. This medal incorporates a multitude of "athletic" activities involving distance, duration and sports. Approximately 1/3 of all points must come from each of the three categories. Great job, Mickey!



Let me know what you would start out 2008 doing!

Jon-Eirik Holm-Johansen
Sports director



Direct from Norway

"HARMONY"

Featuring *Terje & Tore Solheim* and their musical group singing American Gospel / Country and Norwegian

songs. A reception will follow to meet the group and enjoy a light refreshment. A free will offering will be accepted.

Place: Holy Shepherd Lutheran Church

920 Kipling St.

Norwegian Ski Race Celebrates its 800 Year Anniversary

Every year, thousands of skiers participate in Birkebeinerrennet. A lot is at stake, but at least they don't have to deal with a civil war in the tracks. 800 years ago, two men of the Birkebeiner group followed the same route to get the newborn future king Haakon Haakonsson to safety during a turbulent and dangerous time in Norway. Read more about the history of the race here.

3/15/2006 :: Ski enthusiasts have come long distances since 1932 to participate in the **54 kilometre long Birkebeinerrennet**. And it's a historical path they're following.

The trip over the mountains from Lillehammer to Østerdalen 800 years ago was dominated by terrible weather conditions for the brave Birkebeiner men. A civil war was raging throughout Norway, with chiefs and kings fighting over power and influence. The Birkebeiner group's newborn royalty, Haakon Haakonsson was in great danger and with the enemy, the Balgers, in close pursuit, two Birkebeiners took a dangerous journey to bring the young child to safety with his chief, King Inge.

Haakonsson grew up to be a strong leader and was responsible for ending the destructive civil war. Under his leadership, Norway experienced its most prosperous years in the Middle Ages, and thus the historical ski trip had a great influence on Norwegian history.

It's not just the Birkebeiner ski competition that illustrates the Norwegian passion for skiing this March. World Cup competitions in Oslo, Lillehammer and Drammen, children's ski day in Holmenkollen and the snowboard competition Artic Challenge are only some of the events that have drawn people of all ages out to the snow-filled Norwegian slopes. Even 800 years after the Birkebeiner skis saved Haakon Haakonsson, there exists no doubt that Norwegians know how to appreciate a good ski trip.

(Based on information from www.birkebeiner.no, the race's official website)



The two Birkerbeiners brought the young Haakon Haakonsson to safety in 1206 across the stormy and dangerous mountains from Lillehammer to Østerdalen.
Photo: Birkebeinerrennet



Thousands of skiers participate in the historical race every year. This picture was taken at last year's race. Photo: Birkebeinerrennet

More [Birkebeinerrennet homepage](http://www.birkebeinerrennet.no)
Links [Norwegian Ministry of Foreign Affairs](http://www.norwegianministryofforeignaffairs.no)

Getting to know new Stein Fjell members...

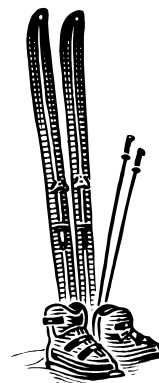
Karen Johnson is following in the footsteps of her parents, Pauline and Earl Miller, in joining Sons of Norway. Karen considers Fort Collins her hometown, although she was born in Houston and has lived in Minneapolis, MN and Aurora, CO before moving to Fort Collins. She operates her own Home Child Care for 6 children under 3 years of age, so she is kept quite busy. Her family includes her husband of 36 years, Russ, and 2 wonderful children. Her daughter Jennifer lives in Maine and is working in the banking industry. Her son Eric works in landscaping, is married to Cassie, who is a nurse at PVH, and they are expecting their first child in May. We'll be waiting for the announcement of our first time "Mor-Mor", and don't forget the Skryte Kurv (Brag Basket).

Karen's grandfather emigrated to the U.S. from Bryne, Norway and her grandmother from Sandness. Norway trips include one in 2001 and again in 2005, touring and visiting relatives. Karen plans to take her sister this year to see the family farm and tour the country. Karen is interested in Norwegian Cultural Skills, particularly folk dancing and Norwegian language and culture. Her own hobbies right now include scrapbooking when she can squeeze it in.

Karen is a busy lady and we say "Welcome to Stein Fjell Lodge, Karen"!

Notes from the Sports Director:

- Be prepared to sign up for refreshments, drinks or to volunteer for Barneloepet 2008 during our February meeting. Refreshments are considered cookies, brownies etc or any type of fruit while various juices are greatly appreciated by the kids. Each lodge is required to provide 3-4 gallons of juice and 15-20 dozen baked goods or fruit.
- We are looking for 2-3 people to help specifically with the orienteering portion this year. Due to an event conflict, Rocky Mountain Orienteering Club has next to none volunteers for Barneloepet and the orienteering portion. If you are an avid cross country skier or snow shoe and would like to assist with placing and collecting the controls please let me know. The course will already be mapped out, so you must be able to read a map.
- As a remainder about the Sports Medal Program, there still is time to start an activity and earn your points towards a medal. Individual medals are obtainable in walking, sports and fitness, skiing and biking. You can start any time in the year and earn more than one pin a year, but they must be earned in consecutive order. You must first earn the bronze pin, next the silver, then the gold and finally the enamel. Remember, you must restart at zero every time you begin earning points for a new pin. You must complete the requirements for each level within 365 days. For simplicity sake, it is recommended to follow the calendar year.



Sons of Norway TROLLHEIM LODGE 34th Anniversary Celebration

Date: Saturday, February 9th
Time: Hors D'oeuvres 12:00 noon
Luncheon at 1:00 p.m.
Cost: Members \$12.00 / Non-members \$14.00

RVSP by Saturday, February 2
TO: Barb Hessel
953 S. Holland St.
Lakewood, CO 80226
(303) 989-4496



SONS OF NORWAY

Sons of Norway Mission Statement

The mission of Sons of Norway is to promote, preserve, and cherish a lasting appreciation of the heritage and culture of Norway and other Nordic countries while growing soundly as a fraternal benefit society and offering maximum benefits to its members.

*Sons of Norways misjon er å fremme, ivareta
og på lang sikt verne om norske og andre nordiske
kulturtradisjoner, samtidig som organisasjonen
får vokse og utvikle seg som en broderskapsforening
med maksimal hjelp og støtte til
alle medlemmer.*

Stein Fjell Officers for 2008

PRESIDENT	Bernice Kwan	(970)593-9995	CHAPLAIN	Patricia Breien	(970)330-7718
VICE-PRESIDENT	Marian Erdal	(970)225-9035	AUDITOR	Garry Bjorklund	(970)482-0511
SECRETARY	Becky Holm-Johansen	(970)412-0433	TRUSTEES	Garry Bjorklund 1/3	(970)225-9035
TREASURER	Jane Robbins	(970)667-5686		Lyn Warrick 2/3	(970)482-5588
FINANCIAL SECRETARY	Neva Gulliksen	(970)669-2371		Terry Thompson 1/3	(970)442-3164
COUNSELOR	Kathy Browne	(970)667-9562	BUTIKK MANAGER	Inger Froyland	(303)776-9967
CULTURAL DIRECTOR	Nancy Dunn	(970)663-2629	LIBRARIAN	Midge Parkos	(970)356-7489
FOUNDATION DIRECTOR	Keith Robbins	(303)547-6370	SISTER LODGE COORDINATOR	Inger Froyland	(303)776-9967
SPORTS DIRECTOR	Jon-Eirik Holm-Johansen	(970)412-0433	ADOPT-A-SCHOOL COORDINATOR	Kathy Browne	(970)667-9562
YOUTH DIRECTOR	Maria Reichel	(970)302-0896	SUNSHINE COMMITTEE	Fort Collins - Marion Erdal	(970)225-9035
SOCIAL COMMITTEE	Host Coord.-Ras Erdal	(970)225-9035		Greeley - Bonnie Heberlein	(970)352-9201
	Supplies-Barbara Nolin	(970)667-7641		Longmont - Kris Bakick	
	Table Setup-Lyn Warrick	(970)482-5588		Loveland - Ruth Dohrn	(970)667-8829
PUBLICITY DIRECTOR	Rod Skafien	(970)484-5459	TUBFRIM	Long Distance - Marian Erdal	(970)225-9035
POSTEN EDITOR	Corinne White	(970)613-0944		Bonnie Heberlein	(970)352-9201
HISTORIAN	Marilynn Loustalet	(970)330-7843	WEB MASTER	Patrick Sikes	patsikes@sikescentral.com
MUSICIAN	Midge Parkos	(970)356-7489	AV COORDINATOR	Ras Erdal	(970)225-9035
GREETER	Wilma Gullickson	(970)663-6929	ZONE 8 DIRECTOR	Diane Molter	(303)288-6014
MARSHALS	Jon-Eirik Holm-Johansen	(970)412-0433	INSURANCE REP	LaRue Hanson	(719)599-8546
	Wilma Gullickson	(970)663-6929			
	Terry Thompson	(970)443-3164			

**SONS OF NORWAY
STEIN FJELL LODGE #6-114, LOVELAND, COLORADO**

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Loveland, CO 80537
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FIRST CLASS



February 2008

Lodge Member News

At the January meeting, **Mike Breien** dropped a dollar in the “skrytekurven” and announced that after 30 years of building hospitals, he has taken a new job with Vestas Blades America in Windsor. In other words, “he’s gone over to the Danes”.

Vestas is a Danish-owned company which builds the windmills that capture wind energy and convert it to electric power. You’ve probably seen some of these machines at the “wind farm” on the way to Cheyenne.

When Mike was interviewing for the job, he was asked why he wanted to change careers after so many years. He said something polite about “change being good” when his interviewer, Mr, Jensen of Denmark, interrupted. “I think you just need a kick in the a—”.

Extremely grateful for this kick, Mike will start his new job in February by traveling to Denmark for training. Nothing nicer than Denmark in February—wind, cold, dark, rain.

The only place that might be worse is Norway.

