



Posten

Sons of Norway
Stein Fjell Lodge 6-114
Loveland, Colorado
www.steinfjell.com



APRIL 2009



FRA PRESIDENTEN *Bernice Nikolaisen Kwan*

Here comes SPRING and with more spring in our step, most of us will get out more often or receive more visitors. Keep in mind how ties to Scandinavia are points of interest we can insert into conversations within our circles and with those who do not know about Sons of Norway lodges and its foundation of benefits programs.

Jot down LaRue Hanson's e-mail Lhanson1@msn.com and phone #'s: 719-599-8546 or 719-237-7314.

Realize that the good reputation and skill of Fraternal Benefits Counselors underwrites (pun intended) our exploration of the past and present day Nordic world. Insurance products are a bedrock support for our hub of guidance from dedicated experts on the staff at our Minneapolis headquarters.

See you at lodge meetings or elsewhere. Make your bestemor proud as you go about life.



SCANDINAVIAN FILM FESTIVAL

Starz FilmCenter, Denver, will host a Scandinavian Film Festival from 4pm to 7pm on April 18, through the efforts of David Lundquist, Boulder. The feature film, "*Du Levande*," (You, The Living) was a "Best Foreign Film" nominee at the 2009 Academy Awards.

Three short films also are to be shown:

Slurpinn & Co (Iceland, 12 min.) The president of the company is a loud and overbearing character. His employees try their best to do his bidding, but nothing seems to be good enough for him!

Mr Mustache (Norway, 7 min.) A film about men and their mustaches. Interviews are woven together as a lively collage, with ten participants telling both disadvantages and positive effects from the hair growing beneath their noses.

Little Man (Denmark, 13 min.) Mathias, age 8, is writing an essay for school entitled "How to Understand Women." Obviously, his fieldwork turns out to be quite difficult.

Starz FilmCenter is at 9th & Auraria Parkway, Denver. Admission for the four films is \$10. Parking is free.

VÅR NORSK SPRÅK KURS MEDLEMMER

Our Norwegian Language Course Members

Pictured with Instructor Charles Knutson are (L to R):

1st Row – Bill Nesse, Charles Knutson, Carol Condit

2nd Row – Carmen Herrick, Sharon Rein

3rd Row – Charlotte Miller, Bernice Kwan, Lyn Warrick

4th Row – Marianne Workman-Nesse, Rob Werge

Absent: Kathy Browne, Roxanne Storlie

KALENDAR

April 1: Application Deadline for –
Stein Fjell Memorial Scholarship
Colorado Past Presidents Club Scholarship
6th District Undergraduate Study Scholarship

April 2: Lodge Meeting, 7pm, *New Member Welcome; Northern Lights DVD, 2nd Half*

April 12: Påskedag / Easter Sunday

April 18: Scandinavian Film Fest, 4 – 7pm
Starz FilmCenter, 9th & Auraria Pkwy, Denver

April 22: Earth Day

April 26: Frokost - Authentic Norwegian Breakfast
11am – 1pm, Viking Hall, 1045 Ford St, Colo. Springs

Mai 1: Application Deadline, 6th District Concordia Language Village Scholarship

Mai 7: Lodge Meeting, 7pm

Mai 17: Syttende Mai, Norwegian Constitution Day

Mai 21: Board Meeting, 7pm, M & R Erdal's home

Mai 25: Memorial Day Holiday (Mai 30 Traditional)

SAVE THE DATE

Scandinavian Midsummer Festival

June 27 and 28, 10am – 5pm both days, Estes Park

MEMBERSHIP DIRECTORY INFO

tvcdrbecky@gmail.com - Becky Holm-Johansen

Ruth Nelson - New Member, add to Clayton's entry

Heritage Members: (add under Maria Reichel)

Evan Reichel 9/23/2004

Simon Reichel 5/14/2002

Names, Phone Numbers, and Addresses listed in the *Posten* must not be redistributed or used for commercial purposes.

DEADLINE FOR POSTEN - 20TH of the month
Membership Directory corrections or additions??
Posten via email?? Please let the Editors know.

MEETING REMINDERS FROM RAS Your Stein Fjell Host Coordinator

Our April meeting is on Thursday, April 2nd. We will be showing the **second half** of a video adventure called "**In Search of the Northern Lights**" and we will be **welcoming new members**. Our Refreshment **Hosts** are **Linda George (chair), Inger Froyland, Becky and Jon-Eirik Holm-Johansen, Evelyn Longseth, and Terry Thompson.**

Looking ahead... The Refreshment **Hosts** for the **May 7th** meeting are **Midge and Bill Parkos (chairs), Janice Henry, Barbara and Frank Nolin, Mary Ann Rakke, and Jennifer Schlotthauer.**

GRATULERER / CONGRATULATIONS MATTHEW STRAND!

Matthew Strand is the 2009 Sons of Norway Stein Fjell Membership Scholarship recipient. The \$500 award is paid when Matthew attends school this Fall.

CAMP NORGE RAFFLE REMINDER

Come With Cash to the April meeting and take a chance on the Camp Norge Memorial Day Raffle! Prizes to be drawn during the Memorial Day weekend are for \$100, \$50, and \$25. Tickets are \$1 / six for \$5.

GRATULERER MED DAGEN



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

6 Bill Dunn	18 Terry Thompson
7 Esther Leum	21 Ronald Normann
9 Kristina Parkos <i>H</i>	22 Garry Bjorklund
11 Roxana Bradney	24 Robert Flynn
16 Corinne Schlimme	26 Derrick Parkos <i>H</i>
17 Medeia Ramirez <i>H</i>	

H = Heritage Member UV = Unge Venner Member
Please let us know if we've missed anyone's birthday!

THIS 'N' THAT

- ★ We thank **Inger Froyland** for the donation of a Thermos Decanter for the Lutefisk Dinner.
- ★ Stein Fjell welcomes two new Heritage Members, **Evan and Simon Reichel**, sons of Maria and Tim Reichel.
- ★ Congratulations to Unge Venner **Matthew Strand**, on being accepted to the Colorado School of Mines. Way to go, Matthew!
- ★ Foundation Director, **Rick Bilstad**, will have **SON Bumper Stickers** for sale at the April meeting. All proceeds will go to the Sons of Norway Foundation.
- ★ **Frank Nolin** continues to rehabilitate from shoulder placement surgery at Sierra Vista, 821 Duffield Court, Loveland, CO 80737. Cards from Lodge members are welcome.
- ★ We're glad to hear **Esther Leum** is back at Sterling House, after a hospital stay.
- ★ **Esther Leum's** daughter, **Helen Ramirez**, is very proud of her daughter, **Medeia**, a Heritage Member, who is the pitcher for a soft ball team, traveling around the state in competitions.

CONFIDENTIALITY OF MEMBERSHIP INFORMATION – A REMINDER

The mailing list and Stein Fjell Directory of Members are never to be disclosed to non-member individuals or to business organizations.

The mailing list and Stein Fjell Membership Directory are not to be used by SteinFjell members in any way to solicit business.

This rule is issued to protect the privacy of Sons of Norway members and to prevent disclosure of telephone numbers and/or e-mail addresses, some of which are unlisted and/or unpublished.

CHARITY SUGGESTIONS REQUEST From Your Steinfjell Lodge Board

It is the time of year to decide if there is a charity in your town, that you would like the Lodge to make a contribution to. Please give a brochure about the charity to Treasurer Mike Erickson. The Board will make a final decision at the May Board meeting.

VELKOMMEN

Stein Fjell welcomes new member, Kari Wright. Following in the footsteps of her two daughters, Heritage Members Kira and Kelsey, and her parents, Ras and Marian Erdal, Kari has become a member of our lodge.

Kari was born in Brooklyn, New York, and raised in Baldwin, on Long Island. She has lived in Colorado for 20 years, after having lived in New York, California, and Hawaii. Besides daughters Kira (15) and Kelsey (11), Kari's family is complete with Don, her husband of 17 years.

Education is important to Kari. She earned a B.S. in Business from State University of New York in Oswego and an M.B.A. from Chaminade University in Honolulu. She has worked 18 years for Furniture Row and currently is Assistant to the CEO.

Her paternal grandparents emigrated from Norway – her grandfather from Nordfjord and grandmother from Kristiansand. Kari has been to Norway four times. First, when she was ten years old, to visit family at the farm in Erdal. Second, when she was 16 years old, to attend Camp Norway Summer Program in Sandane. Third, in 2004 with her parents, her sister and family, and her husband Don and their kids. She visited from Stavanger to Oslo, and at the farm in Erdal again. Fourth, this past October, with her daughter Kelsey, Kari visited her sister Kristi and family, who were living in Bergen.

Kari enjoys skiing, biking, camping, and scrap booking. She is interested in Norwegian Rosemaling in our Norwegian Cultural Skills.

"Is there anything else you would like to share with us about yourself?" is the last question on the questionnaire sent to all new members. Kari's answer was, "I have the best parents in the whole world."

WELCOME, KARI!

NO *AFTENPOSTEN* ENGLISH SERVICE

Aftenposten.no has stopped producing "News in English." Archived stories remain available at the website.

KNUD LARSEN BERGSLIEN

Marianne Workman-Nesse



Knud Larsen Bergslien (1827 – Nov. 27, 1908) was a Norwegian painter, art teacher, and master artist, who also is the great-great-uncle of lodge member Kathy Browne. He portrayed the lives of the Norwegian people, their history, and heroes. He was the brother of sculptor Brynjulf Bergslien and uncle of painter and sculptor Nils Bergslien. Monuments honoring the three famous Bergslien artists now exist in Bergslien Park located in Voss, Hordaland, Norway, where all three were born and raised.

At 18, Bergslien enlisted in the army, but his unusual gift for drawing was soon noticed. After having been a student at the artist Hans Reusch' school of drawing in Bergen, he continued his studies abroad in Antwerp (1844 – 1852), Paris (1850 – 1851), and Düsseldorf (1855 – 1869). He then moved back to Norway, and from 1871 on he ran the Bergslien School of Painting in Kristiania (Oslo) together with Morten Muller.

A whole generation of Norwegian painters became his students, among them Harriet Backer and Edvard Munch. Knud belonged to the Düsseldorf school and was a close friend of the artists Adolph Tidemand and Hans Fredrik Gude. With Knud's help Tidemand found



Skiing Birchlegs Crossing the Mountain with the Royal Child / Birkebeinerne på Ski over Fjeldet med Kongsbarnet (1869)

some of his best models for portraits of peasants in Voss. Some of Bergslien's students emigrated to America, including landscape artist Herbjørn Gausta.

Today, Bergslien

is best known for three of his historical paintings: the national icon "Skiing Birchlegs Crossing the Mountain with the Royal Child," "King Sverre in the Mountains of Voss (Kong Sverra på Vossefjeldene)," and "The Crowning of King Oscar II in the Nidaros Cathedral," the painting for which he was honored by



*The Crowning of King Oscar II in the Nidaros Cathedral
Kong Oscar II's groning i Nidarosdomen (1875)*

Oscar II, King of Sweden and Norway, with the Order of Vasa, an esteemed order of Knighthood. It was however, as a portrait painter and drawing master that he made his greatest achievements.

Bergslien's work is represented in the National Gallery (Nasjonalgalleriet), Universitetsgaten 13, Oslo. Admission is free, and it is open daily, *except* Tuesdays. See www.nationalmuseum.no.



*Woman Spinning Wool
Kvinne ved rokken i bondeinteriør*

Sources: Wikipedia, www.vossnow.net, www.1st-art-gallery.com, www.kongehuset.no, Frommer's Norway, www.inga-lami.com

FJORD FLIGHTS

Marianne Workman-Nesse

Wingsuit flying is the art of flying the human body through the air using a special jumpsuit – a wingsuit – with fabric sewn between the legs and under the arms, shaping the body into an airfoil which can create lift.



Wingsuits in Flight

A wingsuit can be flown from any point that provides sufficient altitude to glide through the air, such as skydiving aircraft or BASE jumping exit points. Cliffs above Norwegian fjords are ideal for this. To see an excellent video from Norway, go to: http://vimeo.com/moogaloop.swf?clip_id=1778399&server=vimeo.com.

The wingsuit flier wears a parachute, deploying it at a planned altitude, and unzips the arm wings, if needed, to allow the parachute to be controlled for a normal landing. A speed of 60mph is typical, with a glide ratio of 2.5:1. Strapping jet engines to each leg can create additional lift for a limited time.

Wings were first used in the 1930s, to try to increase horizontal movement. Early wingsuits were made of canvas, wood, silk, steel, and even whale bone, and were not very reliable. According to wingsuit lore, from 1930 to 1961, 72 of the 75 original so-called “birdmen” died testing their wingsuits. Some of these, most notably Clem Sohn and Leo Valentin, claimed to have glided for miles and inspired dozens of imitators.

In the mid-1990s, French skydiver Patrick de Gayardon developed a wingsuit with greatly improved safety and performance, which allowed for a new

generation of birdmen. Unfortunately, he died in 1998 in Hawaii, due to a rigging error, while testing a new parachute container modification.

Jari Kuosma of Finland and Robert Pecnik of Croatia established BirdMan, Inc. in 1998 with Pecnik’s design of BirdMan’s “Classic,” a wingsuit that was safe and accessible for all skydivers, and the first offered to the general public. Today, suit options can be made-to-order for 500–900€. BirdMan was the first manufacturer to advocate wingsuit safety, creating a standardized instructor program, to remove the stigma that wingsuits were dangerous and to provide wingsuit beginners (skydivers with at least 200 logged jumps) with a way to safely enjoy what was once considered the most dangerous feat in the skydiving world.

Very dangerous but rewarding, this sport is a world-wide phenomenon, with competitions judging speed, artistry, formations, and flying angles, to name a few.



*Wingsuit World Record, November 20, 2008:
71 Birdmen and Birdwomen Built a Slot-perfect
Flock, over Elsinore, Calif. Photo: Scotty Burns*

World records include the highest wingsuit jump, from 37,000 feet over central Australia, set on July 24, 2008 by Australian doctor Glenn Singleman.

The current wingsuit evolution involves technology for safely landing a wingsuit without a parachute.

Sources: Wikipedia, www.bird-man.com, www.gofastsprots.com, and Google sites using “wingsuit,” “wingsuit with jets.”

GOD PÅSKE / HAPPY EASTER

Marianne Workman-Nesse

The official Easter, or *påske*, holidays in Norway are Palm Sunday, Maundy Thursday, Good Friday, Easter Sunday, and Easter Monday. This holiday is longer than in many other European countries and includes the closure of Norwegian embassies around the world.

According to old Norwegian traditions one should not work with an axe or a wheel on Maundy Thursday, as it was believed that on this day the crucifiers made the cross of Jesus and the ropes Jesus was tied up with. Good Friday was traditionally a day for heavy and painful work. It was forbidden to work with sharp tools such as needles or awls because one should not repeat the nailing of Jesus to the cross. According to folk tradition it was possible to predict the weather for the following months by the weather on Easter Day.

Today more secular traditions are practiced. Many Norwegians have a small mountain cabin or *hytte*, and Easter means enjoying cross-country skiing, sunny spring weather, a simple life in the mountains with family and friends, and reading crime stories and detective novels. Many Easter thrillers, *påskekrimmen*, are published. In addition to religious programs and articles, TV, radio, and newspaper series are produced based on the works of famous crime novelists. Eating oranges and drinking hot chocolate are compulsory parts of Norwegian Easter traditions. Children receive Easter eggs filled with sweets every day during Easter.

Sources: www.norway.org, www.ayushveda.com, www.visitnorway.com, goscandinavia.about.com, festivals.iloveindia.com

ANYONE FROM THE LOFOTEN AREA?

Through District 6 we have learned of Håvard Wannebo, a journalist working at a small, local newspaper in Lofoten, Norway who will be on vacation in the western U.S. in May. He is looking for former or second-generation Norwegians from his area of Lofoten (Flakstad, Moskenes, and Vestvågøy), to interview while celebrating Syttende Mai. If you are from this area and would like to help him, his e-mail is haavard@wannebo.com (website www.wannebo.com). His newspaper's website is www.lofot-tidende.no.

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Feel free to contact your local Financial Benefits Counselor for more information.

LaRue Hanson E-mail: Lhanson1@msn.com
Office 719-599-8546 / Cell 719-237-7314
2523 Shalimar Dr., Colorado Springs, CO 80915

FROKOST AT FJELLHEIM LODGE

Fjellheim Lodge is preparing a Frokost (an authentic Norwegian breakfast) that will be served on Sunday, April 26, from 11am to 1pm, at Viking Hall, 1045 Ford Street, Colorado Springs. The menu, lovingly prepared with wishes for a hearty "Velkommen til bords," includes baked honey ham, roast beef, liver sausage, salami, roast pork, Westphalia ham, pickled herring, sardines, smoked salmon, salmon mousse, scrambled eggs, deviled eggs, head cheese, gjetost, Jarlsberg cheese, Swiss cheese, bond ost, crab salad, shrimp salad, tomato aspic, coleslaw, potato salad, cucumber salad, pickled beets, dill pickles, waffles, lefse, cardamom bread, rye bread, flat bread, rye crisp, assorted jams, lingonberries, fresh fruit, jule kake, apple cake, bloody Marys (sold at the bar), orange juice, and coffee.

Members: \$13, Non-members: \$15, Children 5-10: \$7
Call for Reservations prior to April 22:
Cathe Berg – 719.282.0908.
Mail checks to:
3430 Birnamwood, Colorado Springs, CO 80920

STEIN FJELL OFFICERS 2009

Information Confidential and Not For Business Use
[All Area Codes are 970, unless noted.]

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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

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 lakeviewviking81@live.com
District 6 Vice-Pres.: Lyle Berge – 720.470.4961
 bergenorsk@comcast.net

+VÆR OG VIND / WIND AND WEATHER

+ Bokmål * Nynorsk No sign = both

kald; kaldfront / cool, cold; cold front
Det er kaldt ute. / It is cold outside.
varm; varmfront / warm, hot; warm front
Det er varmt i dag. / It is hot today.
temperatur; termometer / temperature; thermometer
grad; grader / degree; degrees
kuldegrad, varmegrad / degree below or above freezing
minusgrad, plussgrad / degree below or above 0°Celsius
+høytrykk, *høgtrykk / high pressure
+lavtrykk, *lågtrykk / low pressure
dis; disig; soldis / haze; hazy; heat haze
dogg; doggfrisk / dew; dewy, fresh as morning dew
hagl; +haglbyge, *haglbye / hail; hailstorm
haglskur / hail shower
himmel / sky, heaven
lyn; lynnedslag / lightning; stroke of lightning
nedbør; nedbørsområde / precipitation; rain area
regn; +regndråpe, *regndrope / rain; rain drop
+regnbue, regnboge / rainbow
regnskur / rain shower
+regnbyge, *regnbeye, regnbøye / shower, squall
Regnet høljer ned. / The rain is teeming (pouring) down.
gjennomvåt / drenched, soaking wet
få tørt på kroppen / get dry clothes on
sky; +skyete, *skya / cloud; cloudy
lette skyer; skyfritt / light clouds; cloudless
sol og skygge / sun and shade
+solskinn, *solskin / sunshine
+solskinndag, *solskindag / sunny day
+Sola skinner. *Sola skin. / Sun is shining.
storm; stormkast / storm; gust
tåke; tåkebanke / fog, mist; bank of fog
+torden, *tore; toredønn / thunder; rumble of thunder
+lyn og torden, *lyn og tore / thunder and lightning
+tordensky, *toresky / thundercloud
+uvær, uvær / rough weather, storm
bris; luftdrag / breeze; breeze, puff of wind
vind; vindpust / wind; breath of wind
kraftige +vinder, kraftige *vindar / strong winds
+bitende vind, *bitande vind / biting wind
motvind; vindstyrke / headwind; wind force
nord, sør, +øst/*aust, vest / north, south, east, west
nordavind, sønnavind / north wind, south wind
+østavind, *austavind / east wind
vestlig vind, vestavind / west wind
+værkart, *værkart / weather map
+værmelding, *værmelding / weather forecast or report

“furet, +værbit over vannet” / furrowed, weathered o’er
 the sea (Norwegian national anthem, Bjørnson)

SONS OF NORWAY
STEIN FJELL LODGE #6-114
LOVELAND, COLORADO
www.steinfjell.com

FIRST CLASS

MARIANNE and BILL NESSE, EDITORS
22 DOS RIOS
GREELEY CO 80634-9501



APRIL 2009

STEIN FJELL LODGE meets on the first Thursday of each month at 7:00 p.m. in the Good Samaritan Society - Loveland Village's West Dining Hall. The address is 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!**



**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