



# Posten

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



SEPTEMBER 2009

Volume 33, Number 7



NORWEGIAN  
POLITICAL  
PARTIES



## FRA PRESIDENTEN

### WHAT SEASON IS IT ANYWAY?

It does seem to me that temperatures, precipitation, current events – wherever we turned – little was the "same old, same old" since May 2009. So we'll ask "Did you have an eventful summertime?" Tell us while feeding a brag basket at the Lodge meeting in September.

Several officers receive newsletters from other Colorado lodges. A lot of them arrive via computers but we'll set paper copies on the table to the left of our flags at our first Thursday meetings. In those pages you will read of other lodges who support gatherings for members who miss the major monthly meeting or those who have night-time transportation difficulties.

Would you like to add Stein Fjell socialization dates loosely related to Sons of Norway? Besides the smiles and hearty handshakes, our minds might center on shared cultural skills, special projects (TUBFRIM), or the exchange of Ole & Lena jokes.

Let's remind prospective members of our "fallen away" personalities of the worth, appeal, and reward of association under the Sons of Norway banner.

I have missed each and every one of you. Stay in touch.

*Bernice Nickolaisen Kwan*

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### MANGE TAKK / MANY THANKS

We all give a HUGE THANKS and ROUND OF APPLAUSE to **Becky Holm-Johansen** for organizing our Food Tent for the Scandinavian Midsummer Festival. It turned out exceedingly well. Many thanks also to **Jon-Eirik Holm-Johansen** whose presence and hard work complemented Becky's organization.

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Dear Stein Fjell Members,

What another great year for our Lodge! Beautiful weather, great Scandinavian vendors, and many helpful hands made this year's Festival a gigantic success. We keep trying to improve our "system" to accommodate the large number of people wanting to sample our delicious meatball sandwiches, korv, brats, and tasty treats without losing out on good old customer service! It hasn't been easy, but I know we were more efficient than last year. We still have areas to improve on and we also will be able to sell bottled water next year for our customers!

Special thanks to all the bakers – it is a lot of hard work to make all of those delicacies, but nothing even comes close to grandma's cookies and almond bars. We actually had 45 members, family, and friends involved in the baking, transporting, and working at the concession. A special *Tusen Takk* goes to Inger who ran the Butikk for two solid days, and Terry who helped her transport everything up there and back.

A huge *Tusen Takk* to everyone who donated their precious time to come, participate, and work at the Festival. Your time dedicated to helping this event succeed is invaluable. It will enable our Lodge to make a great impact on the surrounding communities, not to mention take the stress off our Lodge's financial committees and enable us to have more FUN at our monthly meetings! Ras and Marian have already been busy summarizing and planning for next year's event. They also attended the wrap-up meeting for this year's Scandinavian Festival as I was unable to attend.

I feel honored to work with such caring, compassionate, and enthusiastic people! Thank you for showing such loyalty and dedication to our Lodge. I am so proud to call myself a member of the Stein Fjell Lodge.

*Mange Tusen Takk,  
Becky Holm-Johansen*

## KALENDAR

*\*Official Norwegian Flag-Flying Day*

**September 3: Lodge Meeting**, 7 p.m., *Potluck Supper*

**September 7: Labor Day, USA**

**+++CHANGE OF DATE +++CHANGE OF DATE+++**

**September 10: Board Meeting**, 7 p.m., Parkos' home

**+++CHANGE OF DATE +++CHANGE OF DATE+++**

**September 14\*: Stortingsvalg** (Norwegian Parliamentary Election)

**September 19: The Family History Festival, A Celebration of Genealogy, History, Culture, and Heritage**, 10 a.m.- 4 p.m., Centennial Park Branch Library, 2227 - 23<sup>rd</sup> Ave., Greeley

**September 19: Fjellheim's 36<sup>th</sup> Anniversary**, 4 p.m. Social Hour 4 p.m., Potluck 5 p.m. Adults \$5, Children 5-10 \$3, under 5 free. Meat and dessert provided. Bring a dish to share. Reservations by Sept. 16 to June Peterson (719.599.3235). Viking Hall, 1045 Ford St., Colo. Springs

**September 22: HRH Princess Märta Louise's B'day First Day of Autumn**

**September 29-October 3: Høstfest**, Minot, North Dakota North America's largest Scandinavian festival. Frankie Valli & The Four Seasons, Clint Black, Reba McEntire, Ray Stevens, George Jones, Oak Ridge Boys, bunad show, parade of flags, shops, food, fun. Info.: [www.hostfest.com](http://www.hostfest.com)

**Oktober 1: Lodge Meeting**, 7 pm, *New Member Welcome*

**Oktober 2-4: Central California Kretsstevne**, Buellton, CA. Motel deadline Sept. 3. Register by Sept. 18. Info: Ron Oftebro (805-964-9195 / [r.oftebro@cox.net](mailto:r.oftebro@cox.net))

**Oktober 6: Fjellidalen Lodge WW II program**, 7 p.m. Holy Shepherd Lutheran Church, 9<sup>th</sup> & Kipling, Lakewood

**Oktober 16-18: So. California Kretsstevne**, Jamul, CA Register by Oct. 5. Reserve early for rental RVs. Each lodge to provide 3 dozen cookies; \$10 raffle gift. Contact Lise Fleming, [lisenorsk@earthlink.net](mailto:lisenorsk@earthlink.net) / 909.624.2868 (H)

## SAVE THE DATE

**October 24: Lutefisk Dinner**, 4 p.m. and 6 p.m., Our Savior's Lutheran Church, 1800 - 21<sup>st</sup> Ave., Greeley

**November 7: Scandinavian Ball**, Denver area

**Juni 23-26, 2010: Dist. 6 Convention**, Modesto CA

**Juni 26-27, 2010: Scandinavian Midsummer Festival**, Estes Park

## MEETING REMINDERS FROM RAS

**Your Stein Fjell Host Coordinator**

Our September meeting is on Thursday, Sept. 3<sup>rd</sup>. This is a Potluck Supper... so please bring a dish to share and your own table service.

Our Refreshment Hosts are: Bonnie Heberlein (Chair), John Everson, Gifford and Claire Grinager, Joann Harris, and Darlene and James Miller.

Looking ahead... The Refreshment Hosts for the October 1<sup>st</sup> meeting are: Maria Reichel (Chair), Roxana Bradney, Dick Peterson, Roxanne Storlie, and Sonja West. Vær så god...

## UPCOMING EVENTS

**Bernice Nickolaisen Kwan**

Last year we displayed Scandinavian artifacts and explored family ties with known and yet-to-be discovered kin in Norway at Greeley's Family History Festival. Sponsored by the Weld County Genealogical Society, there were representatives from many groups who research and honor contributions from the past. There is much to discover and celebrate from the past and if you can, I urge you to visit the Centennial Library on September 19.

Due to a shortage of members available to assemble a display and discuss the inspiration we draw from our Norwegian forbears, we shall not be part of The Family History Festival 2009. *Hopefully we can return in 2010 to further expand public awareness of Sons of Norway.*

Of course, lutefisk dinners are a premier attraction. We hope to serve again at Our Savior's Lutheran Church in Greeley. Can you work on October 24 or in the days preceding? We can not risk performance for lack of manpower.

**!!!! YOUR HELP IS NEEDED !!!!**

**Lutefisk Dinner Committee**

*For the past 29 years, the Lodge has provided its usual, highly-complimented Lutefisk Dinner. In order to have a successful Dinner this year, we need to be assured of Lodge members' help.*

*Sign-up sheets for dinner preparation and serving, as well as baked/cooked food, will be at the September Lodge meeting. If you can not be at the meeting, contact Marian Erdal (970-225-9035 / [rmerdal@aol.com](mailto:rmerdal@aol.com)).*

*If we are able to have the dinner, we are anticipating that more food will be purchased ready-to-cook. At this time, members will only need to provide baked goods (for dessert and sale), rice krem, and white sauce. We plan on two seatings (4 p.m., 6 p.m.); Adults \$15, 4-10 yrs. \$6.*

*With YOUR help, we definitely can proceed with this event. Let's make it to 30!*

## THIS 'N' THAT

- ★ Stein Fjell condolences to **Garry Bjorklund** on the passing of his father-in-law. Garry and George were very close and it's been a difficult time.
- ★ Stein Fjell offers its sincere condolences to **Richard Linsenmann** and **Nancy Dunn**, on the passing of Richard's mother, August 23<sup>rd</sup>, in Pennsylvania.
- ★ Stein Fjell Lodge mourns the loss of a good friend, **Joyce Kuehn**, 77, who passed away on May 28. Joyce was a member of Fjellheim Lodge in Colorado Springs. She was very active with Kretsstevne and always enjoyed our Anniversary Dinners.
- ★ We are glad that our president, **Bernice**, is recovering nicely from her back surgery. Are you ready for some Norwegian dances, Bernice?
- ★ Cards and visits are welcome by **Frank Nolin** at Loveland House Assisted Living, 2115 Eagle Drive, Loveland, CO 80537-6167.
- ★ Stein Fjell members are delighted to hear that **Diane Molter**, Zone 8 Director, is well on the mend after her fall. She has been cleared to return to work at the end of August. Great News!!
- ★ For those who remember **Major Chris Johnson**, he and Nicky and children now reside in Missouri (1007 Meek St., Weston, MO 64098-1033). He sends regards to all. Chris was our first Sister Lodge Coordinator.
- ★ Check out the Stein Fjell website: [www.steinfjell.com](http://www.steinfjell.com). It is up-to-date. **Patrick Sikes'** mom broke her leg, his dad is undergoing cancer treatments, and his grandfather passed away, so Patrick, our Webmaster, has had his hands full. We hope all will be well soon, and thanks for updating the site.



**GRATULERER MED DAGEN!  
HAPPY BIRTHDAY!**

1 Becky Holm-Johansen	21 Emily Strand <i>H</i>
3 Mike Erickson	23 Evan Reichel <i>H</i>
4 Patrick Sikes	24 Janice Henry
11 Meghan Bothwell <i>UV</i>	25 Brian Leeson <i>UV</i>
14 Kady Parkos <i>UV</i>	26 Nina Johnson
15 Helen Ramirez	29 Lynne Rosenthal

*H* = Heritage Member    *UV* = Unge Venner Member

## STEIN FJELL CONTACTS 2009

**President:** Bernice Kwan – 970.593.9995 / [lllrnr@q.com](mailto:lllrnr@q.com)  
**VP & Membership:** Marian Erdal – 970.225.9035  
**Secretary:** Roxanne Storlie – 970.225.6669

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

## CONDOLENCES

Stein Fjell Lodge members express their deepest condolences to **Anna May Flynn** on the loss of her husband, **Robert Jerome "Bob" Flynn**. A member of our Lodge since 1987, Bob died June 30 in Longmont. They were married 46 years. He was 84.

After graduating from Longmont High School, Bob was a sonarman in the Coast Guard from 1943-1946. He earned Bachelor's, Master's, and Advanced Studies Degrees in Education, teaching for five years at the Azusa City School District in California before becoming a school principal for the U.S. Department of Defense Schools in France and Germany for 29 years. He retired in 1986, returning to Longmont.



He was a member of the First Evangelical Lutheran Church, Phi Delta Kappa in Germany, American Overseas Schools Historical Society, and American Legion Post 32. He was a past president of the Kiwanis Club of Longmont, and a past director and board member of the St. Vrain Historical Society.

A memorial service was held July 7 in Longmont.

## **KULTUR HJØRNE / CULTURE CORNER** **Nancy Dunn, Cultural Director**

I hope all our SON members had a GREAT SUMMER!! I know the Strand girls spent two weeks in July at Camp Norge. Rebekah was a Counselor. (She also is our very own Youth Director.) Emily and Abigail learned folk dancing and numerous other fun stuff at the camp. They would love to give a short report, kind of a "show and tell" slide show at our September meeting! We will be having our Potluck Supper so this will be a nice little program to start our fall SON Lodge meetings.

See You There!!!!

Remember – if anyone has future ideas for our cultural programs, please contact me:  
 970-663-2629 / [plumtree1453@comcast.net](mailto:plumtree1453@comcast.net)

## VOLUNTEER HOURS

With the Estes Park Scandinavian Midsummer Festival, many members logged numerous volunteer hours. Sit down and figure how many hours you spent baking, serving, and doing all the other chores that were done, as well as traveling there and back. Be prepared to enter your hours into the book that Roxanne has for the entries. We will be amazed with all the Volunteer Hours the Lodge earned.

## VELKOMMEN

Stein Fjell members welcome **Jerad Sutton** to our Lodge. He follows in the footsteps of his mom, Paula Sutton, and his aunt, Karen Johnson. Living in Northern Colorado, they have transferred from Fjelldalen, in Denver, to be closer to home. They have all proved to be hard workers in the short time they have been members. Jerad is the grandson of the late Pauline and Earl Miller, whom many of you remember.

Jerad lived in Loveland growing up and now resides in Fort Collins with his wife, Sherrie Ann. He has earned a B.S. in Mathematics from CSU. He is presently a substitute teacher and hopes to teach math full time this Fall. He also works part time in the King Soopers Deli. Now we know why he felt so comfortable behind the counter serving korv, in Estes Park!! In his spare time, he enjoys golf and hiking.

Jerad has never been to Norway, but knows some day he'd like to visit the Rogaland region where his great-grandparents emigrated from.

The Cultural Skills he would like to learn more about are Genealogy, traditional Norwegian Cooking, Reading Norwegian and Norwegian-American Authors, and Norwegian Language and Culture.

*Welcome Jerad, and thank you for your help at the Scandinavian Festival!!!*

## INTER-LODGE CONTEST ANNOUNCED! Lyle Berge

The District Six Membership Committee announces a District Six membership contest for all lodges. Prizes for 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> place will be awarded during our District Lodge Convention in June, 2010. Winning lodges will be those with the highest percentage gain of new members aged 50 & younger who join during the period of June 1, 2009 through May 31, 2010. (Goal #1)

**And then**— The local winner may use their award as a local lodge fund raiser or as a prize drawing.

**Continuations**— Your District Six Membership Committee continues to recommend that opportunities be made to utilize a Membership meal or event with a Financial Benefits Counselor (FBC) presentation. (Goal #2), such as during a Leif Eriksson remembrance in October, a September "Welcome Back" or any specific lodge time. We continue to encourage the welcoming of each assigned FBC as a viable part of all lodge activities. (Goal #3)

### District Six Goals for the 2008 - 2010 biennium:

- 1) A net gain of one new member. (All ages welcome!)
- 2) 100% of local lodges will host at least one Membership event.
- 3) Issue at least fifty new Life-Annuity Certificates.

## FALL RECRUITMENT BLITZ Sons of Norway

One small and one large lodge with the largest percentage increase of dues-paying members recruited from Sept. 15 to Dec. 15, 2009 will receive \$500 to support their lodge! You could win as well. Don't forget – each dues-paying member you recruit also counts toward the 2009 Norwegian Experience contest!

## FJELLDALLEN WW II PROGRAM

**Tuesday – October 6, 2009 – 7:00 p.m.  
Holy Shepherd Lutheran Church  
9<sup>th</sup> and Kipling, Lakewood, CO  
Reception Following the Program**

Fjelldalen Lodge 6-162 invites SON members and guests to a program by Captain Norman Midthun from Minneapolis, MN. Captain Norm joined the Norwegian Air Force in Canada at the age of 17. He served in World War II and will share his experiences with Colorado Sons of Norway members. His presentation comes highly recommended.



For additional information, contact: Barbara Robb (303.443.9158) or Donna Newland (303.973.8097)

## MEMBERSHIP DIRECTORY INFO

<b>GRINAGER, Claire</b>	same information as Gifford
<b>HALVORSON, Heidi</b>	<b>new zip code: 80528-4427</b>
<b>INGVALDSEN, Inger</b>	<b>(New Heritage Member)</b>
<b>Ava Elizabeth Barrett</b>	<b>1/15/2008</b>
<b>NOLIN, Barb</b>	<b>917 W. 29<sup>th</sup> Street</b>
same phone number	Loveland, CO <b>80538-2558</b>
<b>REICHEL, Maria</b>	<b>mareichel@msn.com</b>
In process of moving - no current address or phone	
<b>ROSENTHAL, Lynne</b>	<b>2107 Westlake Drive</b>
	<b>Longmont, CO 80503-8102</b>

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**DEADLINE FOR POSTEN – 20<sup>th</sup> of the month**  
*Membership Directory corrections or additions??*  
*Posten via e-mail?? Please let the Editors know.*

## PARLIAMENTARY ELECTION

Bill Nesse

Norway will hold a Parliamentary election September 14<sup>th</sup> to select the 169 seats in the *Storting* (Parliament). All Norwegian citizens who will be 18 years or older at any time in 2009, including those residing abroad, may vote. Interestingly, for election purposes, the King is not considered a citizen and may not vote. The Queen and Crown Prince may vote, but traditionally do not do so.

Norway has a multi-party system with numerous political parties. Typically, no single party receives enough votes to get a majority in the *Storting*, so parties must form coalitions to

create a government. In the 2005 election, seven different parties (shown in the table) received enough votes to qualify for seats in the *Storting*. Numerous other parties participated but failed to receive the required 4% of the vote needed to be awarded seats. The government formed in

2005 is a coalition of the Labour, Socialist Left, and Centre parties – the so-called Red-Green coalition (Red for the Socialists and Labour, and Green for the agrarian Centre party). While they only received 48% of the vote, they won a majority (87) of the *Storting* seats, due to the formula used for allocating seats to the *fylker*.

Seats in the *Storting* are allocated to each of the *fylker* (counties) using a point system based on population and area. Each inhabitant scores one point and each square kilometer scores 1.8 points. Thus, sparsely-populated but large *fylker* may get more representation per capita than smaller, but more densely-populated *fylker*. Besides the seats allocated by this formula, an additional 19 leveling seats (one per *fylker*) are allocated to parties getting fewer seats than their election results would indicate.

For this year's election, 24 political parties are fielding 3688 candidates. The current government, under Prime Minister Jens Stoltenberg (Labour), is campaigning for a



*Storting, Oslo*

continuation of the Red-Green coalition. The "Projected Vote, 2009" in the table is based on the betting site [www.unibet.com](http://www.unibet.com). Polling data from TV2 (see sources) are very similar.

With relatively large blocks near the two ends of the political spectrum instead of near the center, forming a government might be a problem. If the three parties in the Red-Green coalition retain a majority of *Storting* seats, (possible with as little as 46% of the vote), it is likely that they will continue in power. If they fail to retain a majority, the outcome is unclear because an alternative majority coalition is not obvious. The four relatively non-socialist parties that are not part of the Red-Green

		Party	Vote, 2005	Current Seats	Projected Vote, 2009
		<i>(Roughly socialist at top, conservative at bottom)</i>			
Socialist Left		<i>Socialistisk Venstreparti</i>	8.8%	15	7.5%
Norwegian Labour		<i>Det norske Arbeiderparti</i>	32.7%	61	32.5%
Centre		<i>Senterpartiet</i>	6.5%	11	5.5%
Christian Democrat		<i>Kristelig Folkeparti</i>	6.8%	11	6.5%
Liberal		<i>Venstre</i>	5.9%	10	5.5%
Conservative		<i>Høyre</i>	14.1%	23	13.5%
Progress		<i>Fremskrittspartiet</i>	22.1%	38	26.5%

coalition do not appear to form a united block. The two largest parties, Labour and Progress, are very unlikely to cooperate because they are at opposite ends of the political spectrum. Other potential combinations all appear to have problems, so it is possible that a minority coalition could be required to form the next

government. Other parties not currently represented in the *Storting* also could win seats and further complicate the political calculations.

Voting is somewhat different than in the United States. Different ballots are provided for each of the different parties. Each *fylke* has its own set of ballots for the different political parties, listing only that *fylke*'s candidates. The voter selects the ballot for his or her party. [Norwegian TV2 has an on-line questionnaire to help decide which party most closely reflects a person's political values.] On the ballot, the candidates from that party are listed in order of the party's preference. If the voter does not like that order, a different priority can be indicated. When the votes are counted, seats are allocated to the parties based on the total votes that each party receives in the *fylke*. Individuals from each party are selected based on the priority established by the vote of those casting ballots for that party. For example, if the Labour party in Hordaland receives 33% of the vote, they receive five of the 15 Hordaland seats. Those five seats go to the top five vote-getters on the Labour ballot.

Sources: Wikipedia (politics in Norway, elections in Norway, election 2009, political parties), Norsk Kommunal- og Regionaldepartementet voter guide and web page ([www.regjeringen.no](http://www.regjeringen.no)), [www.norway.org.uk/facts/political/priorities/priorities.htm](http://www.norway.org.uk/facts/political/priorities/priorities.htm), [www.tv2nyhetene.no/valg09/velgerguiden/](http://www.tv2nyhetene.no/valg09/velgerguiden/)

## FOTBALL'S NORWAY CUP

Bill Nesse

*Fotball* (soccer) is to Norway what football and baseball combined are to the United States. The place is nuts about *fotball*. One of the manifestations of this obsession with running around a pasture chasing a ball is the Norway Cup. Each year youth from all over the world converge on Oslo to compete in this tournament, that until recently, has been the largest in the world.

The Norway Cup began in 1972 when the Bækkelagets Sportsklub, the Dagbladet newspaper, and Pepsi Cola got together and invited both boys' and girls' clubs in Scandinavia and Europe to a junior *fotball* competition. The response was overwhelming, and 430 teams from eight countries came to Oslo to compete. The event is held at the Ekeberg sports complex in Ekeberg, a suburb of Oslo, and at other nearby playing fields. The finals are now held at Ullevål Stadion, which holds 25,000 people, and is where the professionals play.

The 2009 Norway Cup was held from July 26<sup>th</sup> to August 1<sup>st</sup>. About 30,000 participants (10-19 years old) on 1371 teams from 49 countries played 3810 matches on 61 fields. This required 350 referees and 50 observers. They keep those folks busy. Volunteers (1277 of them) from the Bækkelagets Sportsklub help keep everything organized.

Boys and girls are grouped separately into six different classes based on age and team size. Each team plays an average of five or six games. The matches were scheduled between 8:00 a.m. and 8:00 p.m. each day, except for the final day, which had a shorter schedule since it involved the finals for each class. When not eating, practicing, or playing matches, the participants could go for a swim, play minigolf, go to the amusement park at Ballsletta, or enjoy concerts and other cultural activities. TV2 devoted a full hour each evening to report on the day's activities, and media representatives from 27 countries reported back to their respective audiences.

Evidently the weather presented some challenges this year with rain... lots of rain. Some of the playoff matches had to be cancelled and others were rescheduled, but most of the matches went on regardless, and everyone had a

good time. An additional complication was the threat of Swine Flu, which the organizers took seriously.



*Playing fotboll in the rain was the order of the day.*

Handling 30,000 youth for a week is no small undertaking. Participants that are not local either stay at schools, evidently sleeping in classrooms and gymnasiums, or stay in hotels. This year a total of 32 schools were used, and five hotels. Participants get breakfast at their home, school, or hotel. Lunch and dinners were served at the Ekeberg Sports Hall. Typical evening meals included meatballs in cream sauce with mashed potatoes or cod in hollandaise sauce with rice.



*A girl's team in action. Photo: Pierre De Brisis/MFA Norway*



*The Class D Final was played in the sun to a 0-0 tie.*

Many teams that participate in the Norway Cup also participate in the Gothia cup in Sweden, which is typically scheduled in mid-July. While the Norway Cup used to be the largest youth *fotball* competition in the world, the Gothia cup is now the largest.

The next Norway Cup will be held again at Ekeberg, on August 1-7, 2010.

Sources: [www.norwaycup.no](http://www.norwaycup.no), [www.norhouse.com](http://www.norhouse.com), [www.en.wikipedia.org/wiki/Norwegian\\_Football\\_Cup](http://www.en.wikipedia.org/wiki/Norwegian_Football_Cup), [www.norway.org/culture/sports/norwaycup2007.htm](http://www.norway.org/culture/sports/norwaycup2007.htm)

## OSTEHØVEL

**“The greatest invention known to man”**  
**Bill and Marianne Nesse**

Most of us have a Norwegian cheese slicer or *ostehøvel* that we use from time to time, particularly when we want to slice geitost or some other firm cheese. This nifty little kitchen gizmo was invented by Thor Bjørklund, a master carpenter from Lillehammer, and patented in 1925. He formed a company to produce his invention (Bjørklund og Sønner AS) and production started in 1927. They are now



*Reproduction of the original osthøvel*

available in a variety of designs, including non-stick versions, one for

soft cheese, and one with a handle designed for use by people with rheumatism. Some are packaged in gift boxes.

In function the *ostehøvel* is very much like a wood plane (*høvel*) from which it gets its name. The beauty of this tool is that it can peel off a very nice, thin slice of cheese, something that cannot be done with a knife or other types of cheese slicers. If you are careful, you can even get the cheese to curl, like a shaving from a nice, sharp wood plane. The *ostehøvel* also can be used to peel and slice potatoes, cucumbers, or other vegetables and fruits.



*Osthøvel cutting Jarlsberg cheese*

Bjørklund og Sønner remains the only maker of these marvelous little tools in Norway, and they export them to

more than 20 countries, where they serve as a classic symbol of Norwegian invention and design. While some might argue that sliced bread ranks higher, the Urban Dictionary makes the case that the humble *ostehøvel* is the “greatest invention known to man.”



*Osthøvel intended for people with rheumatism*

Sources: [www.bjorklund-1925.no](http://www.bjorklund-1925.no), *sett I gang* by Nancy Aarsvold and Kari Lie, [www.urbandictionary.com](http://www.urbandictionary.com), [www.wikipedia.org](http://www.wikipedia.org)

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**The ten most common cow names in Norway are:**  
**Dagros, Rosa, Litago, Stjerne, Rodlin, Staslin,**  
**Dokka, Svarta, Roslin, and Krona.**

(From *sett I gang* by Nancy Aarsvold and Kari Lie)

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## GRANDPARENTS HELPING WITH COLLEGE COSTS

Many grandparents want to help pay for their grandchildren’s college education. I invite you to consider Life Insurance as a tool. Features include cash values growing tax-deferred that you can borrow against or take a partial surrender, and premium flexibility – you can choose a one-time payment, or monthly or annual payments. There are no restrictions on how this money can be used.

Finally, Life Insurance is self-completing if you should die before your grandchild goes to college.

Feel free to contact your local Financial Benefits Counselor for more information: LaRue Hanson – 719.599.8546(w) / 719.237.7314(c) / [Lhanson1@msn.com](mailto:Lhanson1@msn.com) 2523 Shalimar Drive, Colorado Springs, CO 80915-1030

## COLORADO LODGES’ MEETINGS

**Vesterheim, 4<sup>th</sup> Friday, 7 p.m.**

Atonement Lutheran Church, 685 Inca Pkwy, Boulder

**Fjellheim, 2<sup>nd</sup> Wednesday, 7 p.m.**

Viking Hall, 1045 Ford Street, Colorado Springs

**Fjeldalen, 1<sup>st</sup> Tuesday, 7 p.m.**

Prince of Peace Lutheran Church  
 2400 S. Colorado Blvd., Denver

**Trollheim, 3<sup>rd</sup> Monday, 7 p.m.**

Trollheim Lodge Hall, 6610 W. 14<sup>th</sup> Ave., Lakewood

**Storfjell: Contact Kenneth and Muriel Johnson**

[970.727.0874 / [kmjohn@earthlink.net](mailto:kmjohn@earthlink.net)]

**Vestafjell, 2<sup>nd</sup> Sunday, 2 p.m.**

Covenant Presbyterian Church  
 237 - 32 Road, Grand Junction

## NEW WORLD BASE JUMPING RECORD SET Marianne Workman-Nesse

Remember the wingsuit flying article in the April 2009 *Posten*? A new record was set, in Norway, August 8! TV 2 Nyheter reported that 49 adrenaline seekers, 45 men and 4 women from 13 different nations, leaped from the Katthammaren mountain in Eikesdal, Romsdal.

This beat an August 7<sup>th</sup> jump, when 36 thrill-seekers leaped from the same mountain in western Norway.

The established Norwegian base jumper Tom Erik Heimen was one of the organizers. “This jump was carefully planned. Safety is key when so many people jump together,” said Heimen, Nike’s spokesperson in Norway, about his successful jump.

Sources: *Norwegian American Weekly*, 14 Aug 2009; TV2/Nike ACG

**SONS OF NORWAY**  
**STEIN FJELL LODGE #6-114**  
**LOVELAND, COLORADO**  
[www.steinfjell.com](http://www.steinfjell.com)

**FIRST CLASS**

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## SEPTEMBER 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.*