



ORD FRA PRESIDENTEN
PASSING DOWN FAMILY TRADITIONS
 Roxanne Storlie

Family traditions are created by regularly doing something special together. In our case, this could be sharing something Norwegian with our children or grandchildren, such as Grandma's best *krumkakke* recipe or the annual *Juletrefest*. Sharing gives the whole family certain levels of comfort and security in a chaotic world and gives everyone a connection to family. As we all know, family is the most important thing.



One of my family traditions is that at family reunions we always wear our Viking helmets for the entire reunion. My dad would show up to all family functions with his helmet and staff. To some this may be silly, but to us it was something we all looked forward to whenever we got together. We do not have a celebration without a traditional shot of *aquavit*, complete with the evil eye stare and *skål*. We also share all our Norwegian recipes with each

other.

In my family, I cooked Norwegian foods on all holidays and any special occasion. I shared the stories about *nissen* and he was very alive in our home. I learned *rosemaling* and Hardanger and taught them to my daughters.

We in Sons of Norway and Stein Fjell are all doing this at some level. We are teaching members who want to reconnect with their heritage and those who want to learn more. As an organization we are passing on some family traditions to a new generation. During my term in office I hope to keep lodge and family traditions going strong. I hope all of you join in and help to spread traditions among us.

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KULTURHJØRNET (CULTURE CORNER)

Nancy L. Dunn, Cultural Director

Our own Stein Fjell member, Linda George, who collects and has been influenced by *nissen* for over twenty years, will create a cultural moment. Join us for the February lodge meeting and keep a sharp look out for the little people amongst us.



As Cultural Director, I always need inspiration, ideas, and members to step up for the monthly cultural experience. I challenge all of you to think of something that would make for an enjoyable and educational program. Please contact me at 970.663.2629 or plumtree1452@comcast.net.

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STEIN FJELL CONTACTS

- President: Roxanne Storlie – 970.412.5713
- Vice President: Rod Skaflen – 970.484.5459
- Secretary: JoAnn Kison – 970.581.2348
- Editors: Marianne, Bill Nesse – 970.330.7183
- PostenEditor@gmail.com

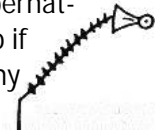
FEBRUAR KALENDER

*Official Norwegian Flag-Flying Day

Des. 30 - Februar 11: Grand Winter Sports Carnival, Hot Sulphur Springs (*Januar 2012 Posten*)

2: Lodge Meeting, 7 p.m., *Norwegian Sweater Night, Nisse Program, Barneløpet Sign Up, Convention Delegates and Alternates, Bring Charity Brochure Groundhog Day*

3: *Blåsmesse* (Blowing Mass) *Primstav*: "If the wind blows hard on *Blåsmesse*, it will be windy all year." Also, the wind blew life back into the hibernating animals, such as snakes and toads, so if the wind was strong there would be many snakes the following summer.



4: Trollheim Lodge's 38th Anniversary, 12 - 2 p.m. – Pin Ceremony, potluck (dessert, beverage provided)

5-12: Ski for Light, Provo, Utah (www.sfl.org)

6*: *Samefolkets Dag* (Sami People's Day)



12: *Morsdag* (Mother's Day), Norway

14: *Valentinsdag* (Valentine's Day)

20: *Posten* Submission Deadline
President's Day, USA

21*: HM King Harald V's Birthday

25: *Barneløpet* (Children's Race) Snow Mountain Ranch
Bring/donate snacks, remember encouragement bells!

29: *Skuddår* (Leap Year) An extra day every four years was introduced with the Julian calendar (named for Julius Caesar and adopted by Rome in 45 b.c.) which was an early attempt to keep dates in sync with the seasons.

SAVE THE DATE

Mars 1: Lodge meeting, 7 p.m.; Scholarship Application Deadline – Oslo International Summer School (*Desember 2011 Posten*) and SON Foundation (*Januar 2012 Posten*)

Mars 3: *Barneløpet*, Grand Mesa, Western Slope

Mars 15: Board Meeting, Barb Nolin's

April 12: Lodge Meeting NOTE CHANGE – 2ND THURSDAY

Juni 6-10: 6th Dist. Lodge Mtg., Mesa AZ (www.sofn6.com)

Juni 23-24: Scandinavian Midsummer Festival, Estes Park

MEETING REMINDERS FROM RAS

Ras Erdal, Stein Fjell Host Coordinator

Our next lodge meeting is on Thursday, February 2nd. We will have our Norwegian Sweater Night and a program by Linda George (see Culture Corner).

Our Refreshment Hosts are Barb Nolin (chair), Mike and Patty Breien, Bonnie Heberlein, Bill and Marianne Nesse, and Dick Peterson. Looking to March... The Refreshment Hosts for the March 1st lodge meeting are Marian and Ras Erdal (chairs), John Everson, Inger Froyland, Jeanne Hanson, and Vicki Johnson.

Vær så god...

IMPORTANT LODGE MEETING NOTES

We will still be meeting in the Great Room on the lower level at Good Samaritan for February and March, due to dining room construction. Come in the regular door, take the elevator down, and follow the signs.

You can still add your Volunteer Hours sheet to the folder at the February lodge meeting, since the time has been extended for receiving lodge reports.

At the February lodge meeting we will vote on delegates and alternates for the District Six Convention, which is June 6-9 in Mesa, AZ. Interested? Ask a member to nominate you to be one of our four delegates.

Which charities should Stein Fjell support in 2012? If you have a favorite local charity, obtain a brochure, bring it to the February or March lodge meeting, and give it to a board member. The Board will look them over and make a decision at the March Board meeting.

BARNELØPET (CHILDREN'S RACE)

Jon-Eirik Holm-Johansen, Coordinator

The sign up for *Barneløpet* refreshments will circulate at the February lodge meeting. Additional volunteers who plan on coming and have not let me know, need to let me know. So far I have the Nesses and Erdals from Stein Fjell.



GRATULERER MED DAGEN!
HAPPY BIRTHDAY!

06 Kari Wright	19 Abigail Strand
07 Jerry Knutson	22 Alex Thompson
11 John Everson	28 Roger Gunlikson
17 Harlan Fretheim	28 Lisa Whannel
17 Alicia Parkos	



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

DITT OG DATT (THIS 'N' THAT)

- ★ *Takk*, Crystal Sundet for the Barneløpet Snack Ideas: fruit juices, Cuties, string cheese, cheese/peanut butter crackers, and grapes. If you can't attend yourself, arrange to get your snacks to someone who is going from your town.
- ★ *Barneløpet* was started 20 years ago by Barbara Robb of Fjelldalen Lodge. *Bra for deg* (good for you)!
- ★ From Kathy Browne: I turned over my Kleenex® box and discovered a BOX TOPS FOR EDUCATION coupon on the bottom. Wonder how many coupons I've tossed out? Be sure and check yours!
- ★ Roxanne Storlie, Rod Skaflen, JoAnn Kison, Gary Zook, Marian and Ras Erdal, and Marianne and Bill Nesse attended the recent Zone 8 Leadership Workshop. Many Zone 8 plans and ideas were discussed, particularly attracting and keeping new members and possible new activities involving all lodges, such as ice skating or skiing.
- ★ Join Storfjell Lodge activities throughout the year! Contact information is in Zone 8 Lodge Listing (p. 6).
- ★ Anyone is welcome to receive the *Trollheim News* via e-mail. Just go to trollheimlodge.com and sign up.
- ★ Don't forget about the current information and wonderful resources found at norway.org, Norway's official site in the U.S.! You also can sign up to receive, by print or e-mail, newsletters from the Norwegian Embassy in Wash. DC and the Consulate Generals in New York, San Francisco, and Houston. No computer? Contact Royal Norwegian Embassy, 2720 34th Street NW, Washington, DC 20008 / 202.333.6000. *Takk*, Bernice Kwan, for sharing her newsletter!



SOLSKINN (SUNSHINE)

Marian Erdal

We have just learned that Betty Clithero has broken her ankle. We wish you a speedy recovery, Betty.



Neva Gulliksen took a fall and fractured her wrist. She is sporting a cast! Mend fast!!

Mary Ann Rakke began a series of radiation treatments this week. We all wish you well!

REGARDING CULTURAL SKILLS

Ras Erdal, Cultural Skills Director

Our Hardanger embroidery group will meet again on Feb. 10th. We currently have ten members actively sewing on different projects; we also are making some small Hardanger Christmas ornaments for the district convention this year. Anyone who wishes to join us is welcome... but please call Midge Parkos or me for logistical purposes.



Norwegian drawn work, now known as Hardanger (photo by Elisabeth Emmerhoff)

Since Hardanger, in Hordaland fylke on the SW coast of Norway, is in a unique mountainous area at the head of the Hardanger fjord, a very distinctive style and technique of whitework was developed, exclusive to this part of the country. Residents of Hardanger are called *Hardingar*. MW-N



PIN RECIPIENTS, ANNIVERSARY LUNCHEON, L-R: President Roxanne, Patty (15 yr.), Marian (past president), Jane Y. (5 yr.), Neva (10 yr.), Keith (10 yr.), Betty (5 yr.), Kathy (10 yr.), and Vice President Rod

REMEMBRANCE SERVICE

January 5, 2012 by Patricia Breien, Chaplain

WE BLESS THE MEMORY OF JOHN STORLIE,
GERALD BENSON, ESTHER LEUM, AND REITA KYLLO.

There is an expression which concludes every Norwegian eulogy:

Vi lyser fred over hans/hennes minne.
We bless his/her memory.

It is a beautiful expression meaning *it's time to put away differences, remember the one who has departed, and pray for his or her soul's eternal peace.*

It's an expression meaning that *though we may cry over our friend's passing, we rejoice in the fact that s/he lived.*

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A POEM BY A NUN WHO LIVED IN THE 1600s

Lord, Thou knowest better than I know myself that I am growing older.

Keep me from the fatal habit of thinking I must say something on every subject and on every occasion.

Release me from the craving to straighten out everybody's affairs.

Make me thoughtful, but not moody; helpful but not bossy.

With my vast store of wisdom it seems a pity not to use it all, but Thou knowest, Lord, that I want a few friends at the end.

Keep my mind free from the recital of endless details; give me wings to get to the point.

Seal my lips on my aches and pains. They are increasing and the love of reciting them is becoming sweeter as the years go by.

I dare not ask for grace enough to enjoy the tales of others' pains, but help me to endure them with patience.

I dare not ask for improved memory, but for a growing humility and a lessening stubbornness when my memory seems to clash with the memory of others.

Teach me the glorious lesson that occasionally, I may be mistaken.

Keep me reasonably sweet.

I do not want to be a saint – some of them are so hard to live with – but a sour old person is one of the crowning works of the Devil.

Give me the ability to see good things in unexpected places, and talents in unexpected people.

And, give me, O Lord, the grace to tell them so.
Amen.

DEN GAMLE MANNEN OG DØDEN

Hva ønsker vi – egentlig?

Hentet fra Æsops fabler

Tegning: Kristian Kristiansen

Det var en gang en gammel fattig mann som gikk i skogen for å samle grener og kvister. Han hadde laget et stort knippe, og han hadde fått det opp på ryggen. Så tok han til å rusle hjemover til det vesle huset sitt.

Men han ble så trett der han gikk, at han slapp knippet ned på marken og satte seg ved siden av. "Å, jeg er et stakkars menneske," sukket han. "Bare Døden ville komme og befri meg fra verdens sorg og jammer."

I samme øyeblikk sto Døden foran ham og sa: "Du kalte på meg. Her er jeg. Hva vil du meg?" Gamlingen ble ordentlig redd.

Han sa: "Du vil vel ikke være så snill og hjelpe meg med å løfte dette knippet opp på ryggen min så jeg kan komme meg hjem igjen?"



THE OLD MAN AND DEATH...

what do we really want?

TRANSLATION of a story from Aesop's Fables,
with a drawing by Kristian Kristiansen

There once was a poor old man who went into the woods to collect branches and twigs. He had collected a big bundle and managed to lift it up onto his back. Then he began to walk back to his little house.

But he got so tired as he was walking that he dropped his bundle onto the ground and sat down next to it. "Oh, I am a poor old wretch," he moaned, "If only Death would come and free me from this world of sorrow and misery."

And at that very moment, Death stood in front of him saying, "You called me and here I am. What do you want?"

The old man was very frightened. And he said to Death, "Will you please help me lift this bundle of wood back up on my back so I can get home?"

6TH DISTRICT 2012 SCHOLARSHIPS

Rick Hausvik, Chairman

170 Shadow Glen Court, El Cajon CA 92019-1158
PH: 619.579.5447 / e-mail: rmhausvik@yahoo.com



The 6th District will award three, \$1,000 scholarships to members in good standing, and children or grandchildren who are *Unge Venner* members in any District lodge. They must attend a four-year accredited college or university in the USA as a full-time undergraduate in their sophomore, junior, or senior year and have a grade point average of 2.5 or better on a scale where A=4, B=3, C=2, D=1.

When an applicant is deemed worthy of a scholarship (recommended by the 6th District Scholarship Committee and approved by the 6th District Board) the funds will be jointly paid to the applicant and to the institution he or she is attending. Applications must be submitted to the scholarship committee by April 1.

Also, the 6th District offers a scholarship, for those who are over 13 years old, towards a two-week Concordia Language Camp Summer Session at the Norwegian Language Village or *Skogfjorden* in the amount of ~\$1700. The applicant must be a Heritage or *Unge Venner* member of a 6th District lodge. Applications may be obtained from scholarship committee members. Applications must be submitted to the scholarship committee by May 1.

The applicant also must apply directly to and meet all requirements of Concordia Language Camp. Visit website ConcordiaLanguageVillages.org for information and applications for the Norwegian Language Village or *Skogfjorden*.

NANCY LORRAINE JENSEN MEMORIAL SCHOLARSHIP

Sons of Norway Foundation – sofn.com



The Nancy Lorraine Jensen Memorial Scholarship provides no less than 50% for one term (quarter or semester) and no more than 100% of the tuition for one. Dr. and Mrs. Arthur S. Jensen established this fund in memory of their remarkable daughter, Nancy Lorraine Jensen, an aerospace engineer/chemist at NASA, who died unexpectedly at age 35. The fund encourages female American citizens ages 17 to 35 to apply for financial assistance for programs in chemistry or physics, or in chemical, electrical or mechanical engineering. The candidate, or parent/grandparent of the candidate, must be a current (minimum of three years) member of Sons of Norway.

STEIN FJELL MEMORIAL SCHOLARSHIP FUND

Begun in 1993, this scholarship assists any Stein Fjell Lodge member wishing to attend Norwegian language camps or other courses of study in Norwegian heritage, culture, or history. If there are no qualified scholarship applicants, the funds, as grants, support members who have participated in local Norwegian cultural skills classes.

Priority 1 (Scholarships) – One \$200 or two \$100 scholarship(s) is/are available annually for full-immersion courses (e.g. Concordia Language Camp, Camp Norge, or similar), to lodge members in good standing for at least one year, or *Unge Venner* or Heritage members. Application deadline is April 1; award(s) are announced by May 1.

Priority 2 (Grants) – Any funds (up to \$200) not allocated by May 1 will be available to offset up to 50% of the costs of local cultural skills courses completed within the next 12 months. Examples are Hardanger, rosemaling, woodcarving, and language courses. To qualify, the course must have a student fee, and be offered over a specified time with a specific course of study. Eligibility for grants is the same as that for scholarships. If requests exceed \$200, the available funds will be prorated among all applicants after April 30 of the following year.

Applicants for either scholarships or grants must complete the application form and submit additional information if required. Funds are disbursed only after completion of the course, and the scholarship recipient may be required to make an oral or written report to the lodge. Applications may be obtained from Rick Bilstad (970.980.6850) and when completed, should be sent to him: Rick Bilstad, Foundation Director Stein Fjell Lodge, 2641 West 28th Street, Loveland, CO 80538-2906.

CAMP TROLL FJELL, July 8-21, 2012, CAMP NORGE District Six Language and Heritage Youth Camp

Camp Troll Fjell is all about learning and living Norwegian heritage while building lasting friendships. Daily activities include rosemaling, Viking history, crafts, folk dancing, language lessons, and foods of Norway.

For ages 8-13, Camp Troll Fjell costs \$750/camper. Application must be postmarked by May 8; after May 8 cost is \$800 (note Stein Fjell Memorial Scholarship). Link to Camp Troll Fjell at campnorge.com for camper or counselor applications. Questions? Contact Registrar Carol Lee Solheim: solheim2636@earthlink.net / 530.677.2006 / 3570 Vista Grande, Shingle Springs, CA 95682-7602.



GREETINGS AND BEST WISHES FOR A
WONDERFUL 2012 TO YOU AND YOUR LODGE!
Crystal Sundet, Zone 8 Director

A big *Tusen Takk* to all who attended our Workshop on January 7th. I hope you left feeling happy that you made the effort to attend, and that you took home with you not only new friends, but some good ideas for your lodge. I think we had a number of good ideas presented, and working together, we can make them happen.

We want to clarify one issue that some may have misunderstood. *Viking for Kids*, a quarterly publication previously sent to Heritage members – ages up to 16 – at no cost, has been discontinued. There is no current plan to replace this publication for the Heritage members.

The *Viking* magazine is mailed monthly to all adult members and dues-paying *Unge Venner* members.

Unge Venner is young-adult membership – ages 16 to 23. If they have a dues-paying lineal family sponsor, (parent, grandparent, great-grandparent) they can retain this membership at no cost. Or, they can become a dues-paying member at a reduced annual fee – determined by each individual lodge – and they will receive the *Viking* magazine. If a non-dues paying *Unge Venner* wishes to receive the *Viking* magazine, they can do this for the cost of \$6.00 annually. This can be done by calling SON Headquarters, speaking with Membership, and giving them your credit card information.

Movement from Heritage membership to *Unge Venner* membership does not happen automatically. Near the time of a Heritage member's 16th birthday, SON Minneapolis sends a letter to the address they have on file, requesting confirmation that they still have a dues-paying lineal family sponsor and wish to continue their membership into *Unge Venner*, or if they wish to continue into *Unge Venner* membership as a dues-paying member. More often than not it seems these letters find their way into cyber-space – Minneapolis doesn't receive a response and therefore drops them from membership. Our lodge membership people need to watch for this on their monthly membership activity reports, then contact the sponsor (if known) and follow-up with Minneapolis to keep their membership. This is a good time, also, to ask the sponsor if the young adult lives somewhere else and would not have the opportunity to see the *Viking* magazine, and if they would like to purchase a subscription for them – a good way to keep Norway and Sons of Norway in their home and in their thoughts!

This progression of membership is easily misunderstood. I hope this helps. If you still have questions, please call me – 720.283.8592.

We need to keep these young people interested! And what better way than to make sure they get up to Snow Mountain Ranch on February 25th and take part in the *Barneløpet* event this year! Advance registration by Feb 18th is great, but we'll be there, and if you have the urge to join us at the last minute – JOIN US!!! You and your kids will be glad you did!

And then, on to the District Convention in Mesa, AZ June 6-9, 2012. All lodges will be getting their packet of information shortly – perhaps you already have. If you have any questions – please call me (720.283.8592). Let's have a 100% delegate attendance from Zone 8 this year! And we always love having non-delegates too – they have a tendency to spice things up! ☺

Happy Spring!

ZONE 8 LODGE MEETINGS AND WEBSITES

Fjelldalen, 1st Tuesday, 7 p.m. – fjelldalen.com
Prince of Peace Luth. Church, 2400 S. Colo. Blvd., Denver
Fjellheim, 2nd Wednesday, 7 p.m. – sonsofnorwaycs.com
Viking Hall, 1045 Ford Street, Colorado Springs
Storfjell: Contact Kenn and Muriel Johnson
970.627.0874 / kmjohn612@gmail.com
Trollheim, 3rd Monday, 7 p.m. – trollheimlodge.com
Trollheim Lodge, 6610 W. 14th Ave., Lakewood
Vestafjell, 2nd Sunday, 2 p.m. – www.vestafjelllodge.org
Meets at various Western Slope towns
Vesterheim, 4th Friday, 7 p.m. – vesterheimlodge.com
Atonement Lutheran Church, 685 Inca Parkway, Boulder

IT'S TIME TO CHECK YOUR INVESTMENTS LaRue Hanson, Financial Benefits Counselor

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. You do not want to be over the insured amount. If you are



unhappy with your returns or are over the insured 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 your interest rate will be determined by the amount you deposit. For more information please give me a call.

lhanson1@q.com - 719.599.8546(w) - 719.237.7314(c)
2523 Shalimar Drive, Colorado Springs, CO 80915-1030

HELP WANTED – RECREATION CENTER BOARD

The Nominating Committee for the Recreation Center (Camp Norge) Board is seeking names of members willing to be nominated and serve a four-year term. Several Board positions will be vacant in June. We are looking for members who have the time to spend, talent in one or more of the following disciplines – accounting, engineering, management, construction, building maintenance or law, a willingness to work with people, and most of all, interest in preserving our greatest asset in District 6.

This is truly a labor of love – there is no mileage reimbursement nor per diem, but a great deal of satisfaction, and some appreciation. The Board has two business meetings a year, currently on the day before each of the weekends of Memorial Day and Labor Day. The election will occur during the District 6 Convention and officers will be elected by the Board at its first meeting.

Please send, via either e-mail or U.S. mail, a resumé outlining your willingness to serve, and some information about your background and talents. Send the e-mail to pennyknudsen@sbcglobal.net, the U.S. mail to Penny J. Knudsen, Chairman, Nominating Committee, 3774 Park Drive, El Dorado Hills, CA 95762-4556.

MAGIC SILVER SCREENED IN WASHINGTON DC norway.org

The Norwegian children's film *Magic Silver* (released 11/99) was screened in January at the National Gallery of Art in Washington D.C. It tells the story of Princess Bluerose, a gnome living in the Norwegian mountains. Her small community is responsible for making the transition between day and night, a magic hour dependent on the magic silver only these gnomes possess. When the silver is stolen, the world is plunged into eternal night and Princess Bluerose sets out on a remarkable journey to retrieve the silver and save the world from unending darkness.

Magic Silver is a spin-off from a very popular

Norwegian children's TV show that has been a part of Norwegian children's Christmas traditions since 1999. The TV show *Jul i Blåfjell* (Christmas in the Blue Mountain) was originally a 24-part series and aired as one of the traditional televised Advent calendars with one episode every day from December 1 - 24. MW-N



DISCOVER YOUR INNER TROLL Lyle Berge, President, SofN District Six



Opportunity knocks! You can discover your inner troll in Mesa, AZ. It must be caught between June 6th and 10th. Will your troll be in your special suite or room in the Holiday Inn and Suites, the large swimming pool, or might it try to escape to the amusement park across the freeway?

We are 6477 strong and belong to both our local lodges *and* to the District Lodge. Yes, your participation is very important for successes at all tiers in Sons of Norway. This 31st biennial District Lodge meeting is hosted by the officers and directors of your Board. In addition to the responsibilities we perform in our district offices, your twelve district directors and one international director have taken on specific convention duties. We will offer plenty of enthusiasm and make your time worthwhile for an enjoyable stay in Arizona.

We will recognize this summertime location and observe a more relaxed style during the convention sessions. The recommended dress code will be casual. An exception will be Thursday morning when summer business casual will be recommended for those participating in the Opening Ceremonies and the Memorial Service. Woolens shall be appropriate for that evening's bunad show.

I am excited to announce that there will be planned activities for youth throughout the business session. As the appointed district youth director, Colleen Wilson-Pappa will of course need to know ages of youngsters ahead of time to prepare accordingly – please send their age information along with your registration. This is not “baby-sitting,” therefore non-delegate adult assistance will be appreciated and accepted for the various activities.

There will be SofN Foundation walk and/or swim times. We are presenting a district-wide fund raiser for the District Six Scholarship account; we thank you in advance for your support in buying tickets. Prizes will be announced during the Saturday banquet, as will the top Lodge of the Year awards for 2010 and 2011.

Elections for all twelve district offices will be held Saturday forenoon. We also will be electing four members to the Recreation Center Board during their special meeting on Friday morning.

Will your *inner troll* show up during a luncheon, the President's Reception on Wednesday evening, the Saturday banquet and dance, or appear as the dedicated participant for the business session? I look forward to saying *velkommen*, and in sharing my troll with you.



Northern lights over the Ersfjord in Tromsø. Photo: Bjørn Jørgensen / Innovation Norway (norway.org)

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ICELANDAIR – DIRECT FROM DIA TO KIA
icelandair.us

NORTHERN LIGHTS
NASA, Norwaypost.no

It's time to get excited! It was announced months ago that Icelandair, the national carrier of Iceland since 1937, would offer direct flights from Denver, but you can book NOW for four flights a week, beginning May 11th. From its hub in at KIA (Keflavik International Airport, Reykjavik), Icelandair offers connections to over 20 destinations in Scandinavia, the United Kingdom, and continental Europe with a stop in Iceland at no extra cost. As of January 25th, fares (round trip, taxes included, May 14-29 – except Milan, May 14-27) from DIA were Oslo \$792, Frankfurt \$844, Glasgow \$779, London (Heathrow) \$799, Milan \$1005, and Stavanger \$708. Scandinavian destinations are Bergen, Oslo, Trondheim, and Stavanger in Norway, and Copenhagen, Helsinki, and Stockholm.

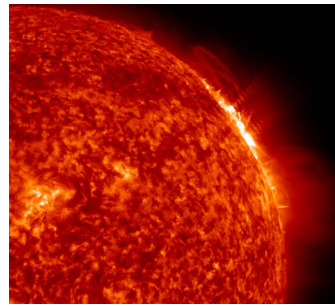
Icelandair also offers non-stop service to Iceland from Boston, New York-JFK, and Seattle, with seasonal flights from Washington, D.C., Minneapolis-St. Paul, Orlando Sanford, Halifax, and Toronto.

Besides offering competitive airfares, comfortable leather seats, personal in-flight entertainment, and three cabins of service, Icelandair claims that its partnership with Frontier Airlines will expand convenient connections and offer the fastest elapsed time to many European destinations.

For more information about flight schedules or fares on Icelandair, call (877)I-FLY-ICE or go to icelandair.us. MW-N



This winter is expected to have one of the strongest displays of northern lights (*Januar 2011 Posten*) in many years. The intensity of northern lights is synchronous with sunspot activity, which has, roughly, an 11-year cycle.



Both sunspot and northern lights activity have been increasing for the past four years, so the peak is near. Large solar flares occurred January 22nd, 23rd, and 27th. Finnmark and Troms *fylker* in northern Norway are among the best places to view the northern lights. BN

NEWS OF NORWAY AT NORWAYPOST.NO

The web site norwaypost.no provides news from Norway in English. Its sections include News & Politics, Business, Sport, Travel, and Culture Arts & Living. It even includes a listing of jobs for English-speakers. Among the items found there recently is a report that Svalbard has more polar bears (3000) than people (2500). BN

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våge seg ut på tynn is
venture out on thin ice, take a big risk
Den som leter han finner.
He who seeks shall find.

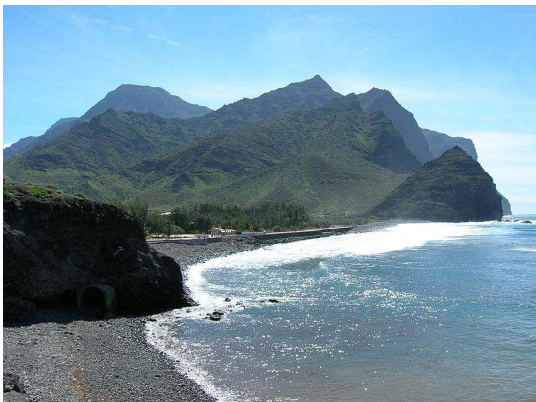
TIL SYDEN (TO THE SOUTH)

Marianne Workman-Nesse

Do your suitcases cry out to you to “get packing,” especially during the winter months? In Colorado, we are blessed with many sunny days, and yet the desire for time spent in a warmer climate can be compelling. Norwegians have a reputation as world travelers, due in part to this same desire. Many travel at least once a year *til Syden* (to the South), and not only during the winter. The best times to visit popular regions may be during the spring or fall.

The concept of *Syden* has become a part of Norwegian culture and everyday language. If someone states “*Jeg skal til Syden.*” (“I am going to the South.”), a general understanding would exist. In the 1970s, this meant the Mediterranean, one of the foremost Norwegian vacation destinations. Now, however, the meaning, as well as the location, of *Syden* can be vague and debatable. To some it may mean an all-inclusive destination catering solely to tourists, with multilingual menus, overpriced tourist shops, and neon lights. Others may think of *Syden* simply as a sunny, warm, relaxing vacation destination that typically includes a beach. A Mediterranean destination is no longer assumed.

During the cold, dark winter, Norwegian travel agencies often boast of specials on *Syden* tours and airlines offer deals on tickets to popular *Syden* destinations. Favorite European *Syden* destinations include the Mediterranean countries and Portugal’s Algarve coast. *Min mann*



Beach on Gran Canaria, Canary Islands

Bill’s cousins have mentioned going to the Canary Islands, and many Norwegians own time share apartments there. The Canaries are the Spanish archipelago 100 km off the northwest coast of Africa and roughly at the border between Morocco and the Western Sahara.

Besides the Canaries, another place to experience really nice, warm “*Syden* weather” during the winter is Thailand. It is far away, but still well-liked, and many quite inexpensive trips are advertised regularly.

Also outside of the European continent, *Syden* might mean Brazil and the Dominican Republic – but Norwegians do not visit there often as both are quite far away, with

long and expensive flights. More attractive places include Tunisia and Morocco in North Africa, the Balkan countries like Croatia and Montenegro with their wonderful old towns to enjoy along the beautiful Adriatic Sea, and Bul-



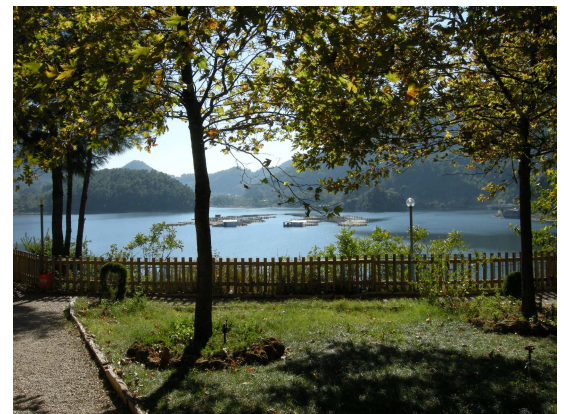
Resort on the Black Sea, Bulgaria

garia with its long coast along the Black Sea. Visiting these countries can be quite

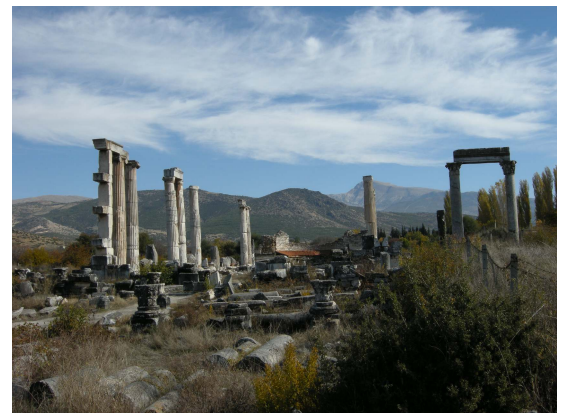
inexpensive, especially Bulgaria.

Bill’s cousins travel to Turkey as well, another very desirable *Syden* destination, also with low prices. Summers are terribly hot, so spring and fall are the best times to visit.

Veslemøy Arsky, who was kind enough to share her insights and some pictures of her November 2011 trip, said the weather there was good then, like a Norwegian summer. Besides beautiful beaches, Turkey has a lot to offer, including Roman ruins and fantastic nature, such as hot springs.



*Above and below: Turkey, November 2011
(Photos by Veslemøy Arsky)*



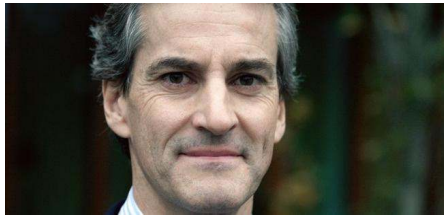
I’m ready to pack my bags! How about you?

Sources: Takk, Midge Parkos, for sharing the May-June 2011 Budstikken (Valdres Lodge 1-503, Decorah, Iowa, Sandy Somdahl, editor), Veslemøy Arsky, Wikipedia

STØRE IN HOUSTON – norway.org, 1/6/2012
 "A Gateway for Norwegian Business in the U.S."

Norwegian Minister of Foreign Affairs Jonas Gahr Støre was in Houston in January to promote Norwegian oil, gas, and shipping interests. The Houston area has approximately 7,000 Norwegians working in 140 Norwegian-affiliated businesses, mostly in the energy and shipping sectors. An active Norwegian consulate general supports this activity. Houston and Texas have become important parts of Norwegian industry, commerce, and trade.

In an article carried in several large Norwegian newspapers, Støre wrote... "A time of crisis is often about clearing up, cuts and retrenchment. But it is also a time to venture, as Norway is doing in Texas, an American counterpart to the Norwegian region of growth on the west coast.



Jonas Gahr Støre
 Photo: Rune Bjåstad MFA Norway

"As a young oil nation, Norway once turned to Texas for leading expertise. Today the expertise is moving in the opposite direction, from Norway to Texas. Houston has become a gateway for Norwegian business in the U.S.

"We are both [Norway and Texas] experiencing economic growth in a time where our neighbors are experiencing hardship. We see significant growth within oil, gas and shipping, and at the same time we see that the technological driving force from the field of energy has a ripple effect; Norwegian companies within environmental technology and the pharmaceutical industry are also making their mark in Texas." MW-N, BN

POLAR JAZZ, Longyearbyen, Svalbard, February 1-5
www.polarjazz.no/, visitnorway.com

All ages are invited to wrap up warm for the world's northernmost music festival: Polar Jazz – "Cool Place, Hot Music." For 15 years many of Norway's best jazz musicians have played at Svalbard's festival during the polar night, and increasingly other music genres, such as blues and bluegrass, also are represented. Artists participating this year include Kaizers Orchestra, Maria Mena, deLillos, Ole Paus, Eric Calpton, The Real Thing, Bard Want, and Christian Sands String Swing Ensemble. MW-N



ICE MUSIC FESTIVAL, Geilo, February 3-5
icefestival.no, visitnorway.com

An alternative music festival (*musikkfestival*), where both the stage and the instruments are carved out of local ice and snow, the Ice Music Festival takes place on a frozen lake at Kikut. Much is left up to nature, from the date (the first full moon of the year) to the music itself (the quality of the ice depends on the weather conditions, so the sound varies with the temperature), making this a rather unpredictable, but no less fascinating, event.

The varied artists performing include the Bill Covitz show, Ice-meditation, and Terje Isungset, who will perform songs from his album *Winter Song* at the traditional midnight concert.

The ice instrument of the year will be presented at the first concert.



Terje Isungset with ice instrument

In addition, Kikutkroa, a restaurant located close to the Ice Music Festival arena, will give attendees the opportunity to taste and experience locally produced traditional Norwegian food. MW-N

WORLD SNOWBOARDING CHAMPIONSHIPS (WSC)
 Oslo, February 10-19 – wsc2012.com, visitnorway.com

The WSC is the new pinnacle event of snowboarding, created by the global snowboard community to demonstrate to the world how great competitive snowboarding is when it's run by snowboarders. Part of the World Snowboard Tour, it will be held every four years for men and women. A freestyle event only, 240 of the world's best riders from 30 countries will compete in slopestyle and halfpipe at the new Wyller multi-arena in Oslo Vinterpark and Holmenkollen arena. A monster quarterpipe event will kickstart the final weekend – 20 riders have been invited by Norwegian snowboarding legend Terje Håkonsen to try to beat his world record of 9.8 meters (32 feet) above the quarterpipe. MW-N



RØROSMARTNAN (RØROS FAIR), February 21-25 rorosmartnan.no, visitnorway.com

A former mining town, Røros is unique – a modern community in which people live and work right in the middle of an UNESCO Heritage Site, where the lifestyle of the 1600s and 1700s has been preserved. This annual fair has been held in Røros since 1854 and attracts some 75,000 visitors. It is one of the region's largest events, with 250 exhibitors having stalls in the two main streets of Røros and at the indoor trade fair.

The action takes place in the “back yards” of the town center, where people used to gather to trade, play music, dance, and tell stories. Røros is transformed into a lively marketplace with a booming street life day and night – at restaurants and bars, dance halls and scenes, raffles, bazaars, travelers rest farms, and accommodations. Cultural events include the performing of traditional crafts, a *tombola* (charity auction), or riding on a *hesteslede* (horse-drawn sleigh).

One tradition kept alive is of *forbøndene* (coachmen) transporting feed and goods across the mountains to

Røros. As part of the opening ceremony, over 80 equipages (carriages and horses with attendants) from



Sweden, Østerdalen, Hedmark, Gauldalen, and Tydal participate in a parade, marking their arrival in Røros after traveling for up to 15 days in the old-fashioned manner with horses and sleighs. *MW-N*

WORLD SKI FLYING CHAMPIONSHIPS Vikersund, February 23-26 – fis-ski.com

Ski flying is an extreme version of ski jumping and puts more focus on the ability to float or glide through the air and less on pure jumping ability. The “father” of ski flying is Janez Gorišek, an engineer, sportsman, and enthusiastic sport-promoter who designed the Planica, Slovenia ski-jump. Ski flyers rely on the same aerodynamic body positions used by skydivers. After an elimination round, 30 jumpers compete in three more rounds; the world champion has the most points, combined after four jumps.

By comparison, ski jumping's scoring system is based

on distance, style, inrun length, and wind conditions. Jumpers tend to go only as far necessary to attain a good Telemark landing. They can be penalized for too long a jump. The FIS (Int'l Ski Federation) has largely been opposed to inflating hill sizes and setting distance records. A normal ski jumping hill is 80-100 meters (260-330 feet) with possible distances of ~110 m (~360 ft.). A large hill is 120-130 m (390-430 ft.) with possible distances of ~145 m (~475 ft.).

Ski flying hills are all at least 185 m (607 ft.) high with possible distances of ~200 m (~656 ft.). Norway's Vikersundbakken is the highest at 195 m (640 ft.). The five ski-flying hills in the world today are in Austria, Czech Republic, Germany, Norway, and Slovenia. There are plans to build others, including an indoor hill in Finland, and rebuild one in Michigan to FIS standards.



Vikersundbakken

The FIS Ski Flying World Championships, begun in 1972, is held every two years, barring high winds or lack of snow. In 2004, FIS introduced a team event between national teams of four jumpers, with two jumps each. Most of the top competitors in “regular” ski jumping tend to be among the best in ski flying competitions, too. However, some jumpers, such as Austria's Martin Koch, Norway's Johan Remen Evensen, and Slovenia's Robert Kranjec are regarded as ski flying specialists. The world record is 246.5 m (809 ft.), set by Evensen at the FIS World Cup at Vikersund in 2011. Vikersund, in Modum, Buskerud fylke, is south of Hønefoss and northwest of Drammen, on the southwestern arm of Tyrifjorden. *MW-N*

ICE CLIMBING FESTIVAL, Rjukan, February 24-26 rjukanicefestival.com, visitnorway.com

In winter, Telemark's many waterfalls turn into huge ice walls clinging to the mountainside, much to the delight of local climbers. Rjukan boasts the world's highest concentration of frozen waterfalls – more than 170 within a radius of 20 kilometers (12.4 miles), making it the perfect place for such a festival. All are welcome, from beginners to professional climbers. This year's program includes speed climbing competitions, lectures and clinics with Jen Olsen and Tim Emmet, gear testing, a guided night climb, and social climbing events. *MW-N*



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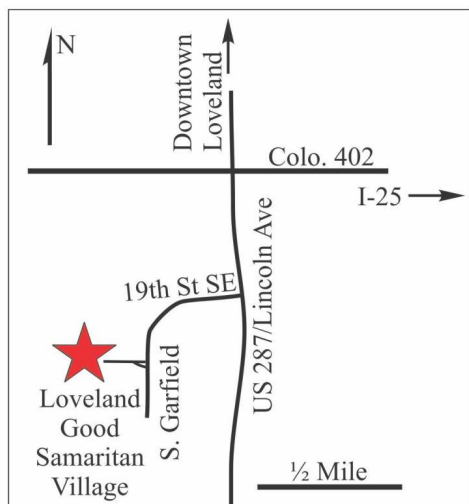


FEBRUAR 2012

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, 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!



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The mission of Sons of Norway is to promote and to preserve the heritage and culture of Norway, to celebrate our relationship with other nordic countries, and provide quality insurance and financial products to our members.

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