

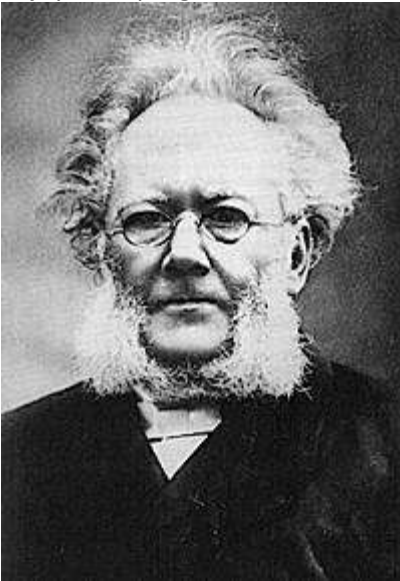
APRIL 2014

VOLUME 39, NUMBER 4



The cultural program for April 3rd, 2014:

Dan Schauer, President of the FjellDalen Lodge, in Denver, CO. and Sonja Savig, will present a Henrik Ibsen masterpiece. Written in 1861 and based on an actual event that happened in 1809 during Norway's romantic period (1814-1900) and the Napoleonic Wars. Please come and velkommen them to Stein Fjell and enjoy their program.



Picture courtesy of Soylent Communications.

Nancy L. Dunn, Cultural Director  
Sons of Norway, Stein Fjell Lodge

STEIN FJELL CONTACTS for 2014

[President@steinfjell.com](mailto:President@steinfjell.com) – Kathy Browne 970.744.0922

[VicePresident@steinfjell.com](mailto:VicePresident@steinfjell.com) Rod Skaflen 970.484.5459

[Secretary@steinfjell.com](mailto:Secretary@steinfjell.com) – JoAnn Kison 970.581.2349

[Editor@steinfjell.com](mailto:Editor@steinfjell.com) – Peggy Kvasager 970.690.1931

#### APRIL Calendar

- 1: **Western slope Barneløpet** in Grand Mesa
- 2: **Norsk language lessons** – Severance 1:30-3:15
- 3: **Lodge Meeting**, 6:30pm  
Good Samaritan Village  
2101 S. Garfield Ave., Loveland, CO 80537
- 9: **Norsk language lessons** – Severance 1:30-3:15
- 16: **Norsk language lessons** – Severance 1:30-3:15
- 23: **Norsk language lessons** – Severance 1:30-3:15
- 25: Hardanger Club – 1:00
- 26: Vesterheim's Lodge Anniversary Lunch
- 30: **Norsk language lessons** – Severance 1:30-3:15

#### MAI Calendar

- 1: **Lodge Meeting** 6:30 pm
- 15: Reservations due for Syttende Mai
- 15: **Board Meeting** 7pm
- 17: Syttende Mai Celebration
- NO language lessons in Mai

#### SAVE THE DATE:

Scandinavian Midsummer Festival, Estes Park CO

June 28<sup>th</sup> 9-5 & 29<sup>th</sup> 9-4

#### REGARDING CULTURAL SKILLS.

JoAnn Kison received her first Cultural Skill award for Cooking at the March meeting!

There will be a sheet at the sign-in table for you to tell us...

1. What Cultural Skill pins you have,
  2. What skills you are currently working on, and
  3. What skills you would seriously want organized
- The **Hardanger Embroidery** group currently meets on certain **Fridays, from 1-3 PM** at one of our homes. If there is anyone new that wants to begin learning Hardanger or join the group, please contact Midge Parkos or Ras Erdal **ASAP**.

## MEETING REMINDERS FROM RAS

Stein Fjell Host Coordinator.

Our **April 3rd** Refreshment Hosts are: **Claire Grinager (Chair), Neva Gulliksen, Nils Klovdahl, Harlan Fretheim, Rosalind Larsen, & Rob Werge.**

The meeting program is «Traveling to Scandinavia» and New Member Welcome.

Looking forward to **May** ...the Refreshment Hosts for the **May 1st** meeting are:

**Marilynn Loustalet (chair), Mickey Schmidt, Nancy Dunn, Richard Linsenmann, Gary & Susan Zook**

Mange tusen takk for hjelp.

## **Here are the April birthdays:**



- 9 Kristina Parkos
- 12 Rosalind Larsen
- 17 Lyle Berge, Dist. 6 President
- 18 Terry Thompson
- 21 Ronald Normann
- 24 Paul Bennett
- 24 Nils Klovdahl
- 29 Ande Havenar

*Please respect fellow members' privacy. names, Phone Numbers, and Addresses must not be redistributed, or used for commercial purpose*

## SUNSHINE:

from Marian Erdal

As of this writing, we see some SUNSHINE in the lives of our three members, who were experiencing health difficulties lately.

\*After one setback, Paul Bennett seems to be on the right road with his defibrillator. The exact cause of his heart problems has not been found yet.

\*Kristi Quinlan, who had foot surgery and then fell on her steps, breaking her hip, is home from the Northern Colorado Rehabilitation Hospital. She's in time to see the "Disney Show"-a family tradition that she didn't want to miss.

\*Jane Yestness, Kristi's Mom, is in the Lemay Health and Rehab Center, after suffering a fall. She expects to be home on March 23rd. Hopefully she will be home when you get this Posten.

All of these members would love to be remembered by a card from you!

Norwegian phrase for Mars:

**Jeg forstår ikke.** I don't understand.

**Kan du engelsk?** Can you speak English?

## DITT OG DATT This 'n' that

It was so good to see Marilyn Loustalet enjoying the scrapbook on the back table at our March meeting. We're sure the book brought back many memories. Browse through the scrapbook at the April meeting. It is from 1986-1992

**KEEP SAVING!!!!**



So far in 2014, the members of Stein Fjell Lodge 6-114, have collected and donated 713 Box Tops and also 335 Labels for Education. These were given to Benjamin Eaton Elementary School, where Sons of Norway Heritage Members Even and Simon Reichel are attending. Great job, everybody! Keep bringing in your Box Tops and Labels!



Tuesday, January 7, 2014 was a lucky day for Vegas Viking Lodge 6-152 in Las Vegas, Nevada. The lodge was the winner of the Tubfrim drawing to give away a ticket to Norway, worth up to \$1,000. Their postcard was drawn from

among 1,229 other cards. With one card for every pound sent to Norway that means that Sons of Norway sent at least 1,229 pounds of stamps to Tubfrim in 2013. This year's drawing was conducted by Sons of Norway's Tubfrim chairperson Gene Brandvold.



LaRue Hanson, FBC  
2523 Shalimar Drive  
Colorado Spring, CO 80915

Office # 719.599.8546

Cell # 719.237.7314

[Lhanson1@q.com](mailto:Lhanson1@q.com)



Lefse Hus

Greetings to all lodges and Best Wishes for a happy and peaceful 2014!

At this time of year we are or have collected our financial info together so we can file our taxes. It's also a good time to see if your Critical Documents are in order such as:

- Will or Trust
- Healthcare power of Attorney
- Living Will
- Durable Power of Attorney
- Beneficiaries
- Where your important Financial Account information is located
- Specify your final arrangements

There may have been some changes in your life that make these Documents out of date, Such as:

- Your spouse may have passed away
- You are divorced or remarried
- A minor child is now of age
- A key relationship with an Agent has changed
- You have simply changed your mind

This is just a reminder of some things to consider. I cannot help with anything Legal, but I may be able to help with your Financial assets. Just give me a call if there is anything you would like to discuss.



Our March Social was an awesome trip for the 14 participants, who traveled to Wheat Ridge to the "Lefse Hus". Bev and Bob King are the best Host and Hostess, west of the Mississippi! In 2 groups, we watched the making of the "Staff of Life" as Bev calls it - LEFSE. Their son, Rick, conducted both group demonstrations, after which we enjoyed open faced sandwich, lefse, muffins, cake and beverages. A Social Time brought out a lot of humor, regarding our common bonds and we learned more about each other. Many thanks go to our drivers and to Bev, Bob and Rick.



Learning how to make Lefse – recipe not included - Rick (the cook), Lyn, Mickey, Rod, Susan, Bonnie, Midge



Enjoying the luncheon provided - Neva, Bill, Marianne, Peggy, Barbara, Bernice

## Velkommen Nytt-Medlem Clayton Kvasager

In 1978 Clayton Kvasager graduated from Grand Forks High School in his home town of Grand Forks, North Dakota. For the past 34 years he has resided in Fort Collins.

Clayton is employed by Rocky Mountain Truck Works in sales of conversion trucks to dealerships across the United States.

Ole Kvasager, Clayton's great-great grandfather immigrated from Saetersdal, Norway, to North Dakota in 1875. Clayton has not yet travelled to Norway.

His interests and hobbies are ice hockey and guitar, Clayton coached for the Northern Colorado Youth Hockey Association in the Epic Center for 24 years. It was there he coached Peggy's brother and that is how he met Peggy. He plays men's league hockey on Friday nights.

Since age 7, he has played acoustic and electric guitar. Currently Clayton plays with a band at Chiller's in Loveland each Thursday evening.

Regarding Norwegian Cultural Skills, he is interested in Traditional Norwegian Cooking.

Clayton's parents live in Ardoch, North Dakota. His mother is of Polish descent and his father of Norwegian heritage. Peggy and Clayton have two children. Their daughter, Makenzie, is a current lodge member. Their son, Daine, lives and works in Colorado Springs.

Under the something to share question, Peggy notes that Clayton can cuss in Norwegian and Polish.

It is Stein Fjell Lodge's pleasure to give a hearty velkommen to Clayton Kvasager.



Vesterheim's 35<sup>th</sup> Anniversary Luncheon  
\$22, Saturday April 26 11:30 – 2:00  
6185 Arapahoe Road, Boulder

Silent Auction + full course Dinner (wine included)

- Appetizers, punch & silent auction
  - Rosemaling pieces at bargain prices
- Contact Cathy Allen at 303.449.9596

or [bouldercathy@indra.com](mailto:bouldercathy@indra.com) to get tickets  
\$22.00 per ticket \* RSVP by April 19 please

## Velkommen Peggy Kvasager

Stein Fjell Lodge is pleased to extend a warm velkommen to Peggy Kvasager. Fort Collins is Peggy's hometown, where she attended Fort Collins High School and graduated in 1984. After high school, she attended Fort Lewis College in Durango for two years. From there she went to CSU before finishing at CU Boulder with a B.S. degree in Dental Hygiene.

Peggy is a dental hygienist for Dr. Tom Brewer, DDS in Fort Collins. Currently she is working part time saying "I deserve some time off so I can put together a Posten!"

In response to the question of Norwegian heritage, she replies, "Married to a Norwegian." Peggy has yet to visit Norway.

Her interests and hobbies are hockey games, cross stitching and flossing (ha ha).

Peggy's Norwegian Cultural Skills are: Genealogy, Hardanger Embroidery, and Traditional Norwegian Cooking.

Clayton and Peggy have a son and daughter. Their son, Daine, played hockey for 13 years. He is married and currently in the Army in Colorado Springs where he works with Unmanned Aerial Vehicles (Drone planes). We all know their daughter, Makenzie, a lodge member.

In conclusion, Peggy shares that she "loves anything in connection with the Muppets."

For Lodge Members!!

[Norwegian Language Classes:](#)

Want to expand your Norsk skills? Join the new class, from 1:30-3:30 pm. For intermediate students, with an emphasis on pronunciation. We'll also enjoy more insight into Norwegian culture. Classes will be held at Maria Reichel's house in Severance (2011 Trail Ridge Drive) on HW 74 between Ft. Collins and Eaton. For signing up or questions, email her at [mareichel@msn.com](mailto:mareichel@msn.com).

Also: On-line Norwegian class open to the public <http://www.ntnu.edu/now/intro> includes a downloadable text book & vocab list <http://www.ntnu.edu/learnnow>



BICENTENARY  
NORWEGIAN CONSTITUTION  
1814-2014

200<sup>th</sup> Anniversary of the  
Norwegian Constitution

Stein Fjell's SYTTENDE MAI  
Family Celebration  
Saturday May 17<sup>th</sup>, 12:30 pm  
Good Samaritan Society Loveland  
Village Pavilion

Hamburgers, Hot Dogs, Salad, Vegetables  
Chips, Drinks, Dessert & games

\*Adults \$8 \*Children 6-11 \$5 \*under 5 free  
Reservations & payment due by 5-14-14  
Contact Gary Zook 970.493.9344



March Lodge meeting:



Wilma, Nancy, Makenzie, Bernice, Neva, Susan,  
JoAnn, Kathy, Vicki entertained us with the  
story of 9 different women that homesteaded  
in North Dakota in the 1800s



Ras gives JoAnn her Cooking cultural skill  
award

PEGGY KVASAGER  
POSTEN EDITOR  
2814 STONEHAVEN DR.  
FORT COLLINS CO 80525-5683



Save stamps for TUBFRIM

FIRST CLASS

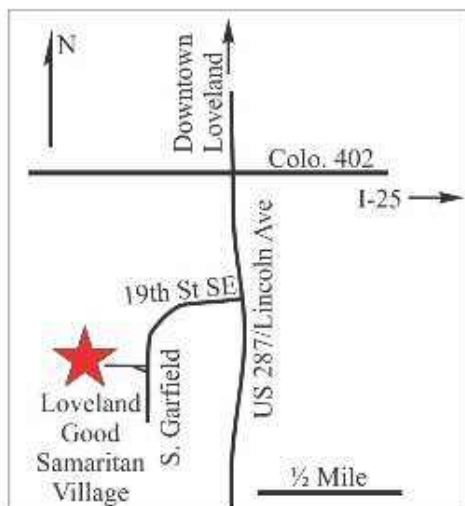
SONS OF NORWAY  
STEIN FJELL LODGE 6-114  
LOVELAND, COLORADO  
steinfjell.com



**STEIN FJELL LODGE** meets on the first Thursday of each month at 6:30 p.m. in the Spiritual Life Center, Good Samaritan Society – Loveland Village, 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 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.*