



President's Corner

With King Soopers and Safeway gift cards, we hold a promising hand for financial benefits for our lodge. These gift cards are only as good as the hands holding them. Unfortunately, of late they have been absent from many hands.

Participation is plummeting. The 2/28/15 Safeway report shows 2 of 24 cards used. The 2/21/15 King Soopers report lists 12 of 58 cards used. I am concerned that low participation may lead to our termination in the gift card program!

Keeping the gift card and store card together (in a purse or wallet) will remind you to use the gift card. Remember the gift card is user friendly, effortless, and risk free as opposed to traditional fund raising!

At your next store visit, please check your card's balance and expiration date with the service desk or cashier. Contact Gary Zook or Rod Skaflen for a replacement card.

Please take time to use your gift card for they are truly a winning hand for Stein Fjell Lodge.

We will have a welcoming ceremony for our new members at our April 2nd lodge meeting. The new members are Priscilla Faulkner, Daniel Hilleman, Neil Johnson, Ginger Ketels, and Debra Walser. Please be present to welcome them.

Rod Skaflen, President

March Cultural Corner Program:

Our Program for this month will be a skit "Viking Women" based on the lives of five famous Viking women who lived during the Viking period of 800 AD to 1200 AD. Join us as these "Viking women", represented by five of our own member-actresses, tell you all about who they are, and what historical events made them famous."

STEIN FJELL CONTACTS for 2014


President@steinfjell.com Rod Skaflen 970.484.5459

VicePresident@steinfjell.com Vicki Johnson 970.227.1830

Secretary@steinfjell.com JoAnn Kison 970.581.2349

Editor@steinfjell.com Peggy Kvasager 970.690.1931

April Calendar

- 2: Lodge Meeting, 7:00pm, Good Sam LvInd
- 3: Good Friday
- 5: Easter Sunday 
- 15: Tax day

Mai Calendar

- 7: Lodge Meeting, 7:00 pm, Good Sam LvInd
- 10: Mother's Day
- 14: Ascension Day, Norway
- 16: Armed Forces Day
- 17: Syttende Mai: 12:30 – 4:00 pm
Family Celebration, on lawn behind Good Sam
Adults \$8.00 Children under 12 \$4.00
More information in Mai Posten
- 21: Board Meeting, Parkos house
- 24: Whit Sunday, Norway
- 25: Memorial Day observed

Important!!

The lodge is missing 11 plastic water pitchers, last used during our lutefisk dinner. If you know where they are, please tell Marianne or Bill Nesse. If you have them, please return them to the lodge so they can be put back in the storage locker. Mange takk.

MEETING REMINDERS FROM RAS

Stein Fjell Host Coordinator.

April 2nd. Our hosts will be: Neva Gulliksen (Chair), Jeanne Hanson, Rick Bilstad, Vicki Johnson, & John Everson.

Looking ahead to May 7th. Our hosts will be: Nancy Dunn/Richard Linsenmann (chair), Rick Bilstad, Darlene & Jim Miller, Keith Robbins,

DITT OG DATT This 'N' That

** Wilma Gullickson is now settled into her assisted living apartment. Her new address is:
1919 Bailey Hill Rd. Apt. 150, Eugene, OR 97405
(541) 681-3150

**Congratulations to Angela Callow-Mosher on being chosen as one of the judges for the Cultural Skills contests at the 2016 Convention.

**Congratulations to Kris and Russ Bakich on their new Grandchild, Nola, who has already become a Stein Fjell member, along with their other grandchildren, Aiden-age 9, Jack age 6, and Otis age 2.



So far this year, the wonderfully diligent members of Stein Fjell lodge have clipped and delivered 403 Box Tops and 109 Labels for Education. Yeah!!!! These were proudly distributed to Benjamin Eaton Elementary School where heritage member Even is attending 4th grade. Keep them coming! These make a great extra income for the school to purchase PE and educational equipment. Maria

Norse Kids + summer time = Norwegian Camp

If anybody in your family, including adults, kids, & grandkids are thinking about camp for this summer, please check out this web page:
<http://sofn6.org/arv/camp-trollfjell/>
Camp Trollfjell and Trollfjell Folkehøgskule are Sons of Norway, District 6 programs that provide fun and a great way to learn Norwegian culture for all!

**April Birthdays**

9: Kristina Parkos	12: Rosalind Larsen
17: Lyle Berge	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



April has been designated Casseroles month for recipe collection for the "Casseroles" section of our Stein Fjell cook-book. Please consider copying your favorite recipes to contribute this month, either by bringing the recipes to the March meeting, or emailing them to Kathy or JoAnn.

Of course, any recipes you wish to contribute will always be appreciated and printed, but it might be easier if we each think of specific recipes by category:

Apr: Casseroles

May: Side Dishes

Jun: Scandinavian Recipes

Please help us get a Cookbook going!

Kathy Browne at browneks@gmail.com

JoAnn Kison at jkison@comcast.net.

**District Six Scholarships for Undergraduate Students**

attending Accredited 4 year American Institutions
Award of three (3) scholarships of \$1,000 each
Application Form and Requirements are available at:
www.sofn6.org/scholarships

Deadline: April 1, 2015—hurry, hurry, hurry!

Questions: email Carl at cingvoldst@aol.com

Financial Benefits Counselor

Retirement savings have taken a hit

After decades of “market corrections” (losses), health issues, and other setbacks, about two-thirds of Americans are finding themselves with less than adequate money in retirement funds.

Annuities work well to save additional money for retirement. They grow tax deferred and when you retire, they allow you to choose monthly income that will last your lifetime, no matter how long you live.

They are also excellent for rolling over or transferring your employer sponsored Qualified Retirement Plan, like your 401k, 403b, 457, etc. It is never too late to start a Sons of Norway annuity.

We guarantee safety of your principal and a minimum interest rate. They are safe and secure with over 120 years of Sons of Norway financial security backing them.

Funding a cash value life insurance policy also has living benefits that can be accessed to supplement retirement income from the cash value.

Check with your Sons of Norway Financial Benefits Counselor (me) to see how the many options we offer may help you achieve your financial goals.



Mike can be reached by phone at **720 971-0130** or by email at mjohaneson@gmail.com.

Thank you, *Mike Johaneson*



SUNSHINE Marian Erdal

**Darlene Miller, from Wyoming, is wintering in Arizona, but unfortunately has fallen, broken her hip and has had surgery. She will be doing rehab. Please send her a card at-: 999 W. Broadway #E-27, Apache Junction, AZ 85207. Keep smiling, Darlene.

**Kirsten Gjælde-Bennett has broken her hand. We wish her well in her recovery.

**Stein Fjell's condolences to Marianne and Bill Nesse on the passing of Marianne's Mother, Ruth Arvilla Workman. Marianne was comforted by the excellent caring staff at Columbine Commons in Windsor.

Cultural Skills information

Our **Wood Carving** class is learning a lot...even how to sharpen our tools. If there is anyone still interested in Woodcarving, please give Angela or Ras a call.

The group working on **Hardanger** meets on convenient dates and is still sewing. If anyone wants to join us, or learn a specific stitch, just give Midge or Ras a call and we will do our best to get you started.

The “**Lefse Hus**” trip was wonderful. Bev King prepared a delightful Norwegian lunch for us, and we then had a guided tour of their “Lefse factory”. Much thanks to the King family for their hospitality! We also picked up many packages of lefse that were freshly made to order, not to mention lingonberry, (which in Norwegian is Tyttebær). Those that attended this delicious event were: Kristi Quinlan, Peggy Kvasager, Harlan & Sue Fretheim, Ras & Marian Erdal, Terry Thompson, Inger Froyland, and her daughters, Inger Pantoliano & Grace Green

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.