



President's Corner:

Rod Skaflen, President

The Bronco game just ended with an amazing hang-in-there finish! Go Broncos!

Stein Fjell's 40th anniversary dinner at Sylvan Dale Ranch was, in my opinion, the finest anniversary dinner we have ever hosted. Absolutely a fabulous day. Everything was first rate from the weather, dining facilities, food, company, entertainment, and awards. Jon Erik Holm-Johansen' presenting of the Tusen Takk Award to Inger Froyland was an especially enjoyable, and heartwarming moment for all.

Rubies are associated with 40th anniversaries. The ruby symbolizes that the passion is alive and very strong whether in a person or a group, such as, a lodge. Saturday, we acknowledged the contribution to this 40th anniversary event by Lyle Berge, Marian and Ras Erdal, Vicki Johnson, and JoAnn Kison. Truly they are rubies in our midst. Thank you to all who participated in and supported Stein Fjell's 40th anniversary.

Often times this column is written in retrospect. Retrospect can invigorate us to prepare and anticipate for the future. One good event leads to another. That is, the more we prepare and invest, the better the outcome.

Congratulations to JoAnn Kison, who is our Viking of the year.

Thank you Ginger Ketels for volunteering to fill the treasurer position. That is much appreciated.

For our February 4 lodge meeting please wear your Norwegian sweater, and bring along your compiled and written volunteer hours for Marian Erdal. Tusen Takk.

STEIN FJELL CONTACTS for 2016

President@steinfjell.com Rod Skaflen 970.484.5459

VicePresident@steinfjell.com Vicki Johnson 970.227.1830

Secretary@steinfjell.com Angela Callow-M 970.669.8636

Editor@steinfjell.com Peggy Kvasager 970.690.1931

Februar Calendar

- 4: Lodge Meeting 7:00pm, Good Sam LvInd
- 6: Saami People's Day, Norway
- 11: Woodcarving, 6-9pm Trinity Lutheran LvInd
- 14: Valentine's Day, Valentinsdagen
- 14: Mother's Day, Norway, Morsdag
- 15: Presidents Day
- 16: Trollheim Lodge Lutefisk Dinner, Lakewood
- 20: Barneløpet

Mars Calendar

- 3: Lodge Meeting 7:00pm, Good Sam LvInd
- 17: St Patrick's Day
- 17: Board Meeting 7:00pm, Nolin house
- 20: Palm Sunday, Palmesøndag
- 25: Good Friday, Langfredag
- 27: Easter, Påskedag

MEETING REMINDERS FROM RAS

...Stein Fjell Host Coordinator.

February 4th, our hosts will be Rick Bilstad (chair), Rod Skaflen, Nancy Dunn & Richard Linsenmann, Bernice Kwan

....Vær så God...

Looking ahead to March our hosts will be Nils Klovdal (chair), Rosalind Larsen, JoAnn Kison & John Martin



- | | |
|---------------------|-----------------------|
| 4: Vina Yestness | 6: Kari Wright |
| 6: Nola Bakich | 7: Jerry Knutson |
| 11: John Gerson | 17: Alicia Parkos |
| 17: Harlan Fretheim | 19: Abigail Strand |
| 22: Alex Thompson | 28: Elisabeth Whannel |

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

February Cultural Corner Program:

"Local Movie Stars in Estes Park"

Several months ago a film maker gave several Sons of Norway members the opportunity to be "movie stars" in a 20-minute mini-feature, "RECONCILE," a historic story that took place in Norway after WWII. Parts of the film were shot in Estes Park with many faces that will be familiar to Stein Fjell members. Bev Moe now has a copy of the segments of this film that were shot in Estes Park, and Bev will present this "feature film" at the February lodge meeting. "RECONCILE" has plenty of drama, trauma and reconciliation to hold your interest. Come to see our very own "movie stars" up on The Big Screen. See how many faces YOU can identify! "

Cultural skills at Stein Fjell

The next Hardanger meeting will be sometime in March, but please note: We are always welcoming new friends to learn Hardanger embroidery. We were trying to meet on Tuesdays and Fridays (not in the same week) in hopes of getting those who could not make our traditional Friday meetings. We welcome anyone who wants to learn this beautiful craft. Please contact Midge at 970.356.7489 and let her know of your interest to attend future classes.

The Woodcarving classes will meet on January 28th and February 11, at Trinity Lutheran Church at 6PM. We will set up next meetings at this time.

SUNSHINE Marian Erdal

***Stein Fjell sends condolences to the family of Winifred (Winnie) Storeim Shedd, on the passing of Winnie on December 25th. Winnie was an active member from 1986-1996. Macular Degeneration took her eyesight, but still she attended our Lutefisk Dinners faithfully.



***Best wishes to member, Holly Thompson, on the birth of her son. Congratulations to Great-Grandpa, Terry Thompson.

***JoAnn Kison welcomes her first Great-Grandchild Liam Cade.

***We are delighted to report that Heritage member, Stefan Moe, is in remission now, with no signs of his cancer. Stein Fjell members are thrilled to hear the good news!!!

DITT OG DATT This 'N' That

***Please mark your calendar to celebrate Syttende Mai with your Stein Fjell friends and families on Sunday, May 15th, at the Pavilion, out back of Good Samaritan- 11:00-3:00.

**Dez, the Irish dancer from the December meeting, will be dancing at the Rialto Theater in Loveland with her group The Berthoud Dance Company on Saturday Feb 6th at 730 pm and on Sunday Feb 7th at 1 pm. There will be more types of dancing than just Irish. For more information and tickets call 970-962-2120, or check web sites.

***There is Lefse to be sold-Packages of ten for \$12.50-frozen. There are 6 packages-call the Erdals if you want to pick up a package at the February meeting. Please make the check out to Stein Fjell Lodge and give it to Gary at the next meeting

VOLUNTEER HOURS

Remember to bring your volunteer hours to the February meeting. They do not have to be on a special form. Please sit with your 2015 calendar and see how many hours you have given to Stein Fjell last year and jot them down. Here are some suggestions:

- **Include meetings-if you were an officer, gave a program or brought refreshments
- **Attended the Leadership meeting in Denver last January-including time driving down and back
- **Barnelopet-if you attended-driving time included-
- **Anniversary- hours you spent cooking, organizing program, driving,
- **Cultural Skills- teaching a class, taking a class, hosting a class
- **Ski For Light- time at the airport-driving time to and from the airport
- **Syttende Mai-hours working, set up, take down, cooking, shopping, children's games
- **Scandinavian Festival-Information Booth-Liquid Refreshment Booth-hours driving to and fro
- **Corn Roast Parade- Hours spent building float, marching in Parade
- **Lutefisk Dinner-all aspects-shopping, cooking, set up, serving, clean up
- **Tubfrim-cutting out stamps
- **Framtid- cutting out coupons
- **Newsletter-writing, sending in articles, mailing,
- **Website-keeping it up to date
- **Any other category that would promote Sons of Norway, in volunteer work.



Valentinsdagen - Valentine's Day in Norway

Valentinsdagen is Valentine's Day, February 14th. It is a feast for romantic love. In Norway, the day is marked by a gifts, wishes, or romantic adventures of love or just a day that Norwegians want to flirt a bit with.

Valentine's Day, also called all hearts day, alle hjerters dag, is a celebration of love and romance. Only in recent years has the business sector promoted this tradition in Norway. The day may have its roots in the Roman celebration of the goddess Juno representing women and marriage (14 February), and the start of The Lupercalia festival to expiate and purify new life in the spring.

Valentine's Day is not celebrated with as much fanfare and grandeur style compared with many other parts of the world. However, the expression of emotions and ardent love is still important and Norwegians enjoy spending time together to discover more about each other's lives. People do take time to be romantic in Norway and often celebrate the expression of love with cards, flowers and chocolate. Many Norwegians now send postcards to the ones they love on Valentinsdagen.

In Norway and the Nordic countries the celebration of Valentine's Day was an unknown practice until a few years ago. In the United Kingdom and the United States, people send Valentine cards to the one love. In the United States, the USPS has published an annual Valentine's Day stamp since 1998.

Norwegian Phrase:

John Baldo

Words for Love and Romance =
Ord for kjærlighet og romantikk

You know how much I love you =
Du vet hvor mye jeg elsker deg

I am so glad that I met you =
Jeg er så glad for at jeg traff deg

Good Valentine's Day, my friend
God Valentinsdag, vennen min



Financial Benefits Counselor

To Be Young Again

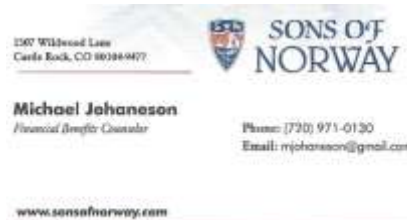
In last month's column, we saw that three people purchasing a \$100,000 whole life policy could pay very different premiums depending on their ages and health. The 29 year old female with excellent health and good driving record would pay \$53.38 per month for life. The 49 year old male of good health would pay \$158.19 per month and the male who waited until he was 69 to purchase the plan would pay \$464.95 per month. Obviously, it does not pay to wait to buy life insurance.

This month we look at the cash value and the death benefit of each these people when they are at age 75. Assuming the interest rate we are paying today does not go lower, the 69 year old will have a death benefit of \$106,060 at age 75 and a cash value of \$19,946. At age 75, assuming the interest rate of today, the 49 year old will have a death benefit of \$117, 204 and a cash value of \$60,135. Maybe he has no one to leave the death benefit to so he converts it to an annuity and collects a monthly payment instead of paying in.

The 29 year old, who is still only paying \$53.38 per month, will have a \$124,693 death benefit and \$66,260 in cash value if the interest stays the same. She would have paid a total of \$29,463 in premiums over the 46 years since she was 29. Such a deal for the young folk.

Another issue has come up this month that I will mention. If you older (85 or so) and you have a universal life policy where the cost of insurance is increasing faster than your cash value, do not panic or feel frustrated. We can make adjustments to your premium or the face value or other combinations to make you feel comfortable. Just call me and we will figure something out.

Mike Johaneson



STEIN FJELL 40TH ANNIVERSARY PARTY

JANUARY 23RD, 2016



In the food line with Western dressed members



Dick Peterson & Bill Nesse toasting the 40th anniversary celebration



JoAnn Kison receives the Viking of the Year award from Gary & Susan Zook for 2015.



Our delicious cake



Our entertainment was Vic Anderson the Cowboy Troubadour. With winning whistling, Yodeling, and singing we all had a wonderful time!!



A quick memorial service for members and family lost last year.



Tusen Takk Award is given to Inger Froyland for her years of dedication to Stein Fjell Lodge. Inger and her late husband Bob opened their home and property to members for the annual summer solstice celebration, giving us memories of fun, food, and laughter. The first Grand Marshall of the May 17th Syttende Mai parade was given to Inger. The Butikken for Stein Fjell has Inger's finger prints on it for as long as anyone can remember. She has developed friendships with suppliers, ordered beautiful items, has packed unpacked and re-packed, and stored the inventory. In other words she has taken full responsibility for every aspect. Tusen Takk doesn't seem like it is enough, but we give it to her with the highest praise and regard.

Greetings members of Stein Fjell from Unge Venner Steven Gulliksen, recipient of the Lodge member scholarship, thank you! The money went to good use in furthering my education at Embry-Riddle Aeronautical University where I am in my Junior year studying for my degree in aeronautical engineering. I have just been accepted to Sigma Gamma Tau which is the honor society at my school. Sigma gamma Tau seeks to recognize and honor those students in the field of Aeronautics and Astronautics who have, through scholarship, integrity, and outstanding achievement, been a credit to their profession. The society seeks to foster a high standard of ethics and professional practice and create a spirit of loyalty and fellowship, particularly among students of Aerospace Engineering. I have been able to achieve this honor in part thanks to your scholarship. Thank you once again. Steven



Welcome New Members!

Robert Berwick lives in Laramie, Wyoming and has been living there for 38 years. Bob grew up in Juneau, Alaska. Bob proudly served on a submarine while in the United States Navy for four years. He attended the University of Wyoming before and after his Navy duty. The School of Hard Knocks for the past 61 years has given him his best, but toughest education. Bob understands the ins and outs of the University of Wyoming's mailroom because he was the manager for many years.



Robert's father's family immigrated from Narvik, Norway in the far north and were iron miners. His mother's family came from Trondheim. He still keeps in contact with cousins that live in Norway.

Robert has many Norwegian cultural interests that include Rosemaling, traditional Norwegian cooking, Norwegian language and wood, figure and chip carving.

Stein Fjell Lodge welcomes you!

Kyle Berwick is graduate of the University of Wyoming in Laramie with a Bachelor of Science degree in Communication and Journalism. He moved to Timnath, Colorado almost 3 years ago and is looking for a job in the field of public relations. Kyle's father lives in Laramie and he has a brother that is studying nursing at South Dakota State University. Kyle's mother was a Lerwick who married a Berwick.

All of Kyle's great grandparents either came from Lervik, Norvik or Trondheim Norway and he is proud to be 100% Norwegian. Although Kyle hasn't been to Norway he has distant cousins in Trondheim and Norvik, both towns on the northwestern side of Norway.

Kyle must not sit around much because he says "I love to travel, garden, paint, run, cycle, ski, play basketball and horseback ride." Cultural skills interests are genealogy, traditional Norwegian cooking, reading Norwegian authors, folk dancing, Norwegian music and all types of woodworking.

Check out [youtube.com/StanBoreson](https://www.youtube.com/StanBoreson) he is Kyle's grandmothers cousin. His is famous for his Norwegian humorous flare with singing and accordion playing.

Kyle loves the Norwegian/Scandinavian culture. Welcome to Stein Fjell Kyle!



PEGGY KVASAGER
2814 STONEHAVEN DR
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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 7:00 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.