



### President's Corner

#### Remembrance and Gratitude

Our February lodge meeting was both memorable and rewarding for all in attendance.

Stein Fjell Lodge thanks Midge Parkos and Kristi Quinlan for participating in our remembrance of Mary Ann Rakke and Zada Jane Yestness. Jane's granddaughter, Nissa, and great granddaughter, Vina were also present. We are grateful for all who were able to be at this memorial to honor our friends and members who have passed.

Viking of the Year Award was presented to Gary and Susan Zook. This award was bestowed upon them for their work and participation, both in and out of office, for our lodge.

Rod Skaflen, President

### March Cultural Corner Program:

"A Star Among Us"

Please come join us for a program about a special and beloved Lodge member and her life in Norway and America.

STEIN FJELL CONTACTS for 2014

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

### Mars Calendar

- 5: Lodge Meeting, 7:00pm, Good Sam LvInd
- 12: Woodcarving, 6:00pm
- 19: Board Meeting, 7:00pm, Zook's house
- 20: March equinox
- 29: Palm Sunday
- 29: Daylight Savings Time Starts

### April Calendar

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



### MEETING REMINDERS FROM RAS

Stein Fjell Host Coordinator.

March 5th: Our hosts will be: Marianne & Bill Nesse (Chair), Ras & Marian Erdal, Harlan Fretheim, & Maria Reichel.

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

### 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

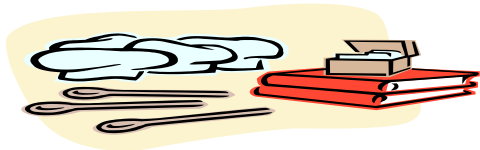
\*\*If you are aware of a charity that could benefit from a contribution from our lodge bring a brochure from that charity, by the March meeting, so the Board can vote on it at the March Board Meeting.



### Mars Birthdays

1: Kathy Browne	2: Kirsten Gjelde-Bennett
4: Sommer Everson	4: Kaitlyn Prescott
9: Chris Johnson	10: Jeanne Hanson
12: Annette Freeland	13: Ruth Dorn
14: John Martin	20: Joni Heiden
20: Laura Kellogg	21: Christy Prescott
22: Midge Parkos	

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



March has been designated Eggs month for recipe collection for the "Eggs" section of our Stein Fjell cookbook. 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:

Mar: Eggs                      Apr: Casseroles  
May: Side Dishes  
Jun: Scandinavian Recipes

Please help us get a Cookbook going!

Kathy Browne at [browneks@gmail.com](mailto:browneks@gmail.com)  
JoAnn Kison at [jkison@comcast.net](mailto:jkison@comcast.net).

### Recruitment & Retention

While 2014 was a big year for Sons of Norway, 2015 will be even bigger! You see, we're expanding the Recruitment Challenge. Starting this year, the winning large and small lodge in each district will be awarded a cash prize of \$250! Just imagine if your lodge had an additional \$250 to put towards a community event, lodge scholarship or a recruitment event to help your lodge grow!

### LEFSE HUS trip: Saturday, March 14th

Our trip is filled up, with a waiting list. More information to those who signed up, by March 1st. If you have signed up, but cannot make it, please call Marian Erdal, so we can advise folks on the waiting list that they may go.

Anyone who wants to order Lefse, should also call Marian. The packages are 5 lefse for \$6.00. It would be best to prepay to Marian. If you are going on the trip you can pick them up that day. We will have an ice chest to take the Lefse back to Loveland, etc. If you are not going on the trip, but want some Lefse, you can order and prepay and pick them up at the Erdal's after March 14th. More information by March 1st to people who are on the list.

SUNSHINE     Marian Erdal

We wish Joann Harris a speedy recovery from her accident, where she broke her arm. While working at the food bank, she tripped and went down. Keep smiling, Joann!

### Financial Benefits Counselor



Sons of Norway has announced the appointment of **Michael Johaneson** as the Financial Benefits Counselor for this lodge. Mike resides in Castle Rock with his wife, Carol. He is familiar to many members as Past President of the Fjellheim Lodge and his participation in Colorado lodge activities such as Barnelopet, Zone 8 Leadership and the Scandinavian Fest.

Mike's primary job is to visit with our members about their financial planning needs and see where Sons of Norway products might help. He plans to see you at upcoming lodge meetings.

Mike can be reached by phone at **720 971-0130** or by email at [mjohaneson@gmail.com](mailto:mjohaneson@gmail.com).

Thank you, *Mike Johaneson*

## Cultural Skills information

Our **Wood Carving** class got off to a great start on February 12. Angela instructed us in techniques that got us well into the first project for Level 1 of "Relief Carving". Our meeting dates will vary between Thursday evenings and Saturday mornings.



Instructor Angela, Lyle, and Ras

The group working on **Hardanger** is still sewing. We had a wonderful visit from Jodi Sprague and her boyfriend Ryan. Their visit coincided with our regular sewing session so we all got to meet them again.

Susan Sutherland will be teaching a **Bunad Workshop** this spring April 23- 26 in Colorado Springs. If you want to start building a Traditional Formal Bunad, or are working on an ongoing project this workshop is for you! Tuition for the Workshop is \$250. With 1/2 required at Registration. Contact [bunadbutikken@hotmail.com](mailto:bunadbutikken@hotmail.com), to register. Your Deposit will NOT be refunded after March 1st. Students will need to speak to Susan directly to discuss the materials and supplies needed to start or complete your Bunad. Class size is limited and as supplies must be on hand for your workshop Contact Susan ASAP! To register by phone and speak with Susan call 218-365-7745.

Storfjell Lodge will be hosting **Cooking Workshops** in Grand County. High Altitude adaptations for Traditional Norwegian deserts and dishes will be featured at each workshop. Various dates and locations. We can guaranty lots of laughter and fun, great food in a fantastic setting. Contact Lois at [hiloie@aol.com](mailto:hiloie@aol.com) or Diane at [GRNBViking09@live.com](mailto:GRNBViking09@live.com) to place your name on the contact list for schedules and locations.

### Lutefisk anyone?

Midge Parkos has three 2 lb. packages of frozen Lutefisk from our dinner for sale. If you would be interested in obtaining a package, please call Midge at 970.356.7489 and she will bring to the March meeting for you.



David Danbom, retired history professor from UND February Cultural Corner speaker



Stein Fjell's Viking of the Year Award 2014 (L-R) Terry co-Viking 2013, Gary and Susan Zook Vikings 2014, and Rod co-Viking 2013



Stein Fjell Lodge "Sweater Night" 2015



John & Carol Baldo and the Valentine Kransekake

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



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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.*