



President's Corner:

Rod Skaflen, President

Sailing Ahead

This was a very busy and full January and early February. It has been a pleasure to pause before unfurling our sails as we head onward to the District 6 Convention.

We are not only about our delegates, but rather about all who contribute to make this a memorable success. You are encouraged to participate in our convention endeavors. Please do so! We need all hands on board to succeed.

Please attend our March 3rd lodge meeting as we select our delegates and alternates. There will be sign-up sheets for the many tasks ahead.

We will be accepting nominations for Stein Fjell's donations to local charities. Nominations will be voted on at the March 17th board meeting.

It has been a great year! Let's keep it going!

Mars Calendar

- 3: Lodge Meeting 7:00pm, Good Sam Lvlnd
- 5: Lefse Class 12:30 – 4:00, Zion Church
- 17: St Patrick's Day
- 17: Board Meeting 7:00pm, Nolin house
- 20: Palm Sunday, Palmesøndag
- 25: Good Friday, Langfredag
- 27: Easter, Påskedag

April Calendar

- 7: Lodge Meeting 7:00pm, Good Sam Lvlnd

STEIN FJELL CONTACTS for 2016

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MEETING REMINDERS FROM RAS

...Stein Fjell Host Coordinator.

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

....Vær så God...

Looking ahead to April 7th, our hosts will be Vicki Johnson (chair), Barbara Nolin, Lyn Warrick, Neil Johnson, Alan & Jane Strand



- | | |
|----------------------|----------------------|
| 1: Kathy Browne | 2: Kirsten G-Bennett |
| 4: Sommer Everson | 4: Kaitlyn Prescott |
| 9: Anthony Martineau | 9: Chris Johnson |
| 10: Jeanne Hanson | 12: Annette Freeland |
| 13: Ruth Dohrn | 14: John Martin |
| 20: Joni Heiden | 21: Christy Prescott |
| 22: Owen Englehardt | 22: Midge Parkos |

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

Norwegian Phrase:

John Baldo



- God Påske
- En Påsketur i den friske luften
- Palmesøndag
- Skjærtorsdag
- Langfredag

- Happy Easter
- An Easter tour in the fresh air
- Palm weekend
- Maundy Thursday
- Good Friday

March Cultural Corner Program

Esther Ray Mills (who's part Viking) and Allan L. Service (who's several parts Irish) will be our speakers. Their presentation will cover the early history of the Viking invasions of Ireland, the numerous Viking sites and cities found in Ireland, Viking artifacts, and the multiple Viking influences on Irish place names, language, history, and society.



Cultural skills at Stein Fjell

The next Woodcarving class will meet on Thursday, March 10th, 6:00 PM at Trinity LC.

If interested, contact Angela Callow-Mosher

SUNSHINE Marian Erdal

**We wish Joe Clithero daily improvement as he continues in his rehab

** Mickey Schmidt is resting at home following a heart valve replacement. We wish her a speedy recovery and look forward to seeing her smile at meetings real soon.



DITT OG DATT This 'N' That

Congratulations to Emily Strand as she has been accepted to be an Exchange Student, in Belgium, for her Senior Year in High School. This is sponsored by the Rotary Club.

The scrapbooks will be on display for you to peruse the history of our lodge. Last month, after our 40th Anniversary, we featured the original album which covered 1975-1985. This month will be the album that covers 1986-1992. Check out the treasured past of our lodge.

Photos from the Christmas Party will be on display. If you want a copy sent to your computer, write your name on the paper next to the pictures, on the table, and it will be sent to you.

Financial Benefits Counselor

Annuity Time

From the interest I have received recently, it appears it is time to talk about annuities. When you are leaving a company or retiring, you should consider taking your money with you. It may be in a company 401 or 403 plan but it is yours. You can transfer that investment directly to a plan you control. There dozens of companies out there selling annuities and some offer very good rates. Just be sure you check the fine print for sales charges, service fees and penalties.

I like Sons of Norway annuities for several reasons:

1. We are a small company and we treat your annuity like it is your money. If you want to make changes, we do it quickly and painlessly. If you want to make a withdrawal, we help you do so, not create hindrances for you. This should seem obvious and just good service but many companies do not do this.
2. You get a guaranteed safety of principal and minimum interest rates. You may make more money with a policy tied to a stock market index or you may not make anything and even lose some the money you invested. At Sons of Norway, you will not lose a dime regardless of the stock market's ups or downs. We are a little conservative but for most of our members, that is just fine.
3. We do not have sales charges. Every dollar you invest goes directly into your account and earns interest for you. We have no annual service fees. You can withdraw a portion of your account balance without surrender charges as early as he second year.
4. We can make a plan that fits your needs. We can set up a plan with a monthly income for as long as you live. Or we can defer the payments and let the principal grow until you decide it is time withdraw funds.

Whatever your annuity questions may be, I am ready to help.

Mike Johaneson



2307 Willbroad Lane
Castle Rock, CO 80108-0477

Michael Johaneson
Financial Benefits Counselor

www.sonsfnorway.com



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63rd ROSEMALING SEMINAR AT CAMP NORGE

April 23/24, 2016

It is time to make your reservations for the adult (18 years and over) Spring Rosemaling Seminar at Camp Norge. We will have two classes. The teachers are Karen Nelson and Carl Larson.

We will be painting a 10" ale plate (round plate with handles on two sides). Karen is teaching a Valdres pattern on a blue/green background. Carl will teach a Rogaland design with a touch of Valdres influence on a black background. Check the Camp Norge Website for pictures of both projects: www.campnorge.org. I am also attaching them to this notice.

Please make your bed reservation with me. I develop the list of who is in which room. You will pay for your bed when you arrive at Camp. It is not included in your class fee. Bring your current membership card. If you can't locate your membership card, bring the last issue of your Viking Magazine. It has your number in the address box. Members pay \$16.20 per night; guests pay \$27.00 for beds in the dorms, which includes 8% Placer County Occupancy Tax. Only members are allowed to stay in the main house and the cozy cabins. For people who want to room together, I need to receive the list of names with the first reservation. RV's are encouraged as we have a limited number of beds. Members pay \$25 per night for up to four people per RV. Guests pay \$35 per night for RV's. Camp has electrical and water, but no sewer hookups. Tents are \$15 for up to four people for members, \$20 for non-members. No occupancy tax on RV's or tents. Pets are \$2 per night. Pets are not allowed in any of the buildings, pool area or sleeping rooms at any time.

Please include your full phone number, address and lodge name and number when registering. If you have e-mail, please include your e-mail address. It is so much faster and cheaper if I need to talk to you. The supply lists will be sent when I receive your registration form and check. **ABSOLUTELY NO E-MAIL RESERVATION REQUESTS.** I need the check and registration form together. Be sure to send a self-addressed stamped envelope for your supply list and class confirmation information if you do not have e-mail. *I will not be sending you a supply list unless you send me a self-addressed, stamped envelope or your e-mail address with your registration form*

The cost of the seminar will be \$87 for registration which includes the class and wood piece all base coated and ready to go, hall rent, and the meals. There will be \$25 cancellation fee for any cancellations, but absolutely no cancellations after April 9th. It is difficult for people on the waiting list to take your place if they do not have at least a couple of weeks to make their plans, so please be thoughtful. Melanie Souza will again do our cooking. The cost for food for the weekend is included in the \$87 registration fee. The food includes breakfast, lunch and dinner on Saturday and breakfast and lunch on Sunday. You were so very generous and cooperative with the cookies last time. I do so appreciate that. We will ask just one class to bring cookies, and will rotate those classes each time. The information will be on your supply list.

My e-mail address is pennyjknudsen@sbcglobal.net. My phone number is (916) 941-6433. Please ask you editor for the registration form and make your check payable to Penny (not Camp Norge) and return as soon as possible with your stamped, self-addressed envelope for supply list if you do not wish to receive it by e-mail, to: Penny Joseph Knudsen, 3774 Park Drive, El Dorado Hills, California 95762

Lefse Class



Come one, come all! Lefse Class has been scheduled for March 5th from 12:30 – 4:00 PM at Zion Lutheran Church in Loveland. Our own "expert" lefse makers will be teaching techniques for mixing, rolling and baking the perfect lefse! Sign-up sheets, and details, will be at the March Lodge meeting!

Sons of Norway District 6 convention

June 19-22 in Loveland

I expect there may be a member or two who make Scandinavian crafts and might like to have an opportunity to sell them at a one day event. Or perhaps your club would like to have a booth. At every Sons of Norway District convention there is a small vendor market for the delegates to purchase Scandinavian items. We are inviting District 6 members who would like to have a booth, as well as outside vendors.

If any are interested in being a vendor, please have them get back to me. The items for sale should be of Scandinavian interest and will be juried. Therefore I will request photos of what will be for sale. I am attaching an application and two information sheets. The vendor market will be open on Tuesday June 21 all day. The cost is \$50 a table.

Please don't hesitate to have them contact me with any questions.

Sincerely,
Cathy Allen, Vendor Coordinator
303-449-9596

Kathrine Browne

** "You shouldn't have." That was my first thought when presented with my very own troll (carved by Henning) at last month's lodge meeting. "WOW!" was my second thought. "Thank you, everyone" is my third thought. Your continued support and enthusiasm for the 2016 Convention is all I ask. We are the epicenter for District Six for just a few days this June. It truly is a once in a lifetime opportunity for us.

** Needed Delegates. We are allowed to send four delegates to the 2016 Convention. We can also name four alternates. The lodge voted to pay up to \$500 per delegate, which means two delegates sharing a hotel room have very little out-of-pocket expense. This does not happen when we travel to California, Arizona, or Nevada. (My out-of-pocket costs to attend Palm Springs in 2014 was close to \$700.)

Please consider being a delegate. Nominations, followed by a vote to elect our four delegates, must occur at our March meeting and be reported to the District Secretary. Will your name be one?

Stein Fjell Inventory

**In the Library, most of the children's books are missing! If you have any, please bring in & if you would like to keep the book then re-check it out.

**The boats we use during Syttende Mai on the lake are missing, if you have one please return it or if you know of somebody who took one home please let us know.

Saint Patrick's Day

Author Unknown



St. Patrick's Day is celebrated on March 17th in commemoration of that historical figures act of driving the Norwegians out of Ireland. It seems that centuries ago, many Norwegians came to Ireland to escape the bitterness of the Norwegian winters. Ireland was having a famine at the time and food was very scarce.

The Norwegians were eating almost all the fish caught in the sea, leaving the Irish with nothing but potatoes. St. Patrick, taking things into his own hands, decided the Norwegians had to go. Secretly, he organized the IRATRION, Irish Republic Army, to rid Ireland of Norwegians. Irish members of IRATRION sabotaged all the power plants in hopes the fish the Norwegians kept in refrigerators would spoil, forcing the Norwegians back to a colder climate where their fish would keep. The fish spoiled all right, but Norwegians, as everyone knows, thrive on spoiled fish.

Faced with failure, the Irish sneaked into the Norwegians fish storage caves in the dead of night, and sprinkled the rotting fish with lye, hoping to poison the Norwegian intruders. Miraculously, they thrived on this new concoction and dubbed the smelly lye-soaked fish "Lutefisk". Matters became even worse for the Irishmen when the Norwegians started taking over the Irish potato crop and making Lefse. Poor St. Patrick was at his wits end! Finally on March 17th, he blew his top and told the Norwegians to go to hell, and it worked!! All the Norwegians left Ireland and moved to North Dakota.



Norwegian Svele: Lepper**Ingredients:**

4 eggs
 1 cup sugar
 2 tsp baking powder
 1 T vanilla
 3 – 4 cups buttermilk
 3 – 5 cups white flour
 3.5 oz butter

Directions:

- *Add eggs and sugar to a large bowl and whisk
- *Add vanilla and baking powder, and whisk this as well
- *Add buttermilk and flour one cup at a time
- *Add melted butter as the last ingredient
- *Lightly butter a frying pan
- *Pour in some batter and let it fry for at least 1 minute frying the thick pancake shaped Svele on medium heat.
- *After a minute you can flip the Svele.
- *After frying for another minute, you can flip it again and check that you've gotten color to both sides as well.
- *Serve with ice cream, brown cheese or raspberry jam.

Glogg: Scandinavian Mulled Wine**Ingredients:**

1 bottle red wine
 ¼ cup Port Wine
 ½ cup Brandy or Vodka
 ½ cup water
 8 Cardamom pods
 1 Cinnamon Stick
 ½ Orange Peel
 5 whole Cloves
 2 ¾ cups Sugar
 ½ cup Raisins
 ¼ cup slivered Almonds

Directions:

- *mix red wine, port, brandy, water, spices, and sugar in a saucepan.
- *Bring to boil over medium-high heat: Immediately reduce heat to low and simmer for 3 minutes after boiling reached

*Serve the Glogg with raisins and almonds

VIOLENCE IN THE KITCHEN

She breaks an egg
 She beats it up
 She whips the cream
 She cracks the nuts
 She chops the cabbage
 She pounds the steak
 She punches the dough
 She cuts the bread
 She scalds the milk
 She mashes the potatoes
 She shakes the lettuce
 She squeezes the lemon
 And slaps the supper on the table.
 Erna Oleson Xan

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FIRST CLASS

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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.