



Evaluating Change Kathy Browne, President

Starting with the January Lodge Meeting, many changes were made based on the December survey results. At the March Business/Board Meeting (Erdal's home), we will be evaluating those changes. The goal is to make sure the changes we make are necessary and have a positive influence on the continuation and success of our lodge. Think about it and share your thoughts. If you cannot attend that meeting, send an email or letter to Rod, JoAnn, or Gary. (*I will not be available March 7-May 1.*)

- Do you like the Lodge meetings starting with a half hour social, Meet and Greet at 6:30?
- Are you enjoying Midge's use of Per Sperlman to alert us that it is time to start the meeting?
- Should we continue to learn and use a new Norwegian phrase at each meeting?
- Is devoting the Lodge Meeting to a program better than before where the program was short and wedged in between business and food?
- Are you appreciating the midday, Saturday social events apart from the lodge meeting?
- Are you feeling more connected? Relaxed? Are you having fun yet? Are you involved again?
- What are YOU willing to do to make the lodge stronger?

District Convention Delegates

At our February Lodge Meeting the following people were elected as delegates for the District Six Lodge Meeting and Convention: Kathy Browne, Ras and Marian Erdal, Nancy Dunn and Richard Linnsman. JoAnn Kison was elected as the only alternate. The lodge voted to provide \$500 for each delegate to partially cover their expenses.

Business / Board Meeting Agenda

The next Business / Board Meeting is Thursday, March 20th at 7pm. Ras and Marian Erdal will be hosting. As part of the changes that started in January, the lodge's Business Meeting has been combined with the Board Meeting (everyone present votes as needed). To make sure everyone is aware of what is being discussed, the meeting agenda must appear in the Posten prior to the meeting. You are encouraged to attend if you have an interest/concern with any agenda item.

- **Reports** from officers and directors
- **Old Business**
 - Posten
 - Website
 - Publicity
 - Norwegian language classes
 - Saturday social events
 - Lodge meeting format evaluation
- **New Business**
 - May 17th activities
 - Archives (what, when, where, how, why)
 - Spending limits (currently \$200, too low?)
 - Required votes by lodge at-large (defined)
 - Charitable donations for 2014
 - Butikken (recommendations from Inger)
 - ???
- **Adjourn**

STEIN FJELL CONTACTS for 2014

President@steinfjell.com – Kathy Browne 970.744.0922

VicePresident@steinfjell.com Rod Skaflen 970.484.5459

Secretary@steinfjell.com – JoAnn Kison 970.581.2349

Editor@steinfjell.com – Peggy Kvasager 970.690.1931

MARS (March) Calendar

- 1: Western slope Barneløpet** in Grand Mesa
- 5: Norsk language lessons** – details page 3
- 3: Lodge Meeting, 6:30pm**
Good Samaritan Village
2101 S. Garfield Ave., Loveland, CO 80537
- 15: Lefse and Lunch**, a car-pooling event limited to 20 people total, traveling to Denver
Contact Marian Erdal or JoAnn Kison
- 20: Board/Business Meeting, 7pm**

SAVE THE DATE:

- Mars 1: Camp Skogfjorden Deadline
- Mars 28: Hardanger 1:00pm
- April 1: District 6 college Scholarships Deadline
- April 3: Lodge meeting 6:30pm
- Mai 17: Syttende Mai Celebration

MEETING REMINDERS FROM RAS

Stein Fjell Host Coordinator.

Our **March 6th** Refreshment Hosts are: Makenzie Kvasager (chair), Clayton Kvasager, Terry Thompson, Inger Froyland, Marianne & Bill Nesse
Looking forward to April! The Refreshment Hosts for the **April 3rd meeting** are:
Claire Grinager (chair), Neva Gulliksen, Nils Klovdahl, Harlan Fretheim, Rosalind Larsen, & Rob Werge.
Mange tusen takk for hjelp.

Here are the March birthdays:



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

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

Land In Her Own Name

Over 150 years ago, Abraham Lincoln signed the Homestead Act of 1862. Our lodge ladies are going to share the stories of several North Dakota homesteaders – WOMEN homesteaders, that is. They came for a variety reasons, they filed their own homestead claims, they proved up their claims, and they received title to their land.



Come to our March Lodge Meeting and hear their amazing tales: Isabelle Peterson Legge (aka **Makenzie Kvasager**), Marie Jensen Burns (aka **Susan Zook**), Kirsten Alida Knudsen Moller (aka **Vicki Johnson**), Grace Nelson Jacobsen (aka **Neva Gulliksen**), Matilda Esoline Evenson (aka **Kathy Browne**), Kari Skredvig (aka **Bernice Kwan**), Hanna Amanda Boesen Anderson (aka **Wilma Gullickson**), Randi Garmann Stockman (aka **Nancy Dunn**), and Mary Belle Hansen Pierson (aka **JoAnn Kison**).

SUNSHINE:

from Marian Erdal

We wish Paul Bennett an easy recovery from his episode while snow shoveling. We all hope that the defibrillator keeps everything working properly. Keep up your good humor!

REGARDING CULTURAL SKILLS .

We want to know who is currently working towards any level of any cultural skill. If you can't be at the March meeting, Please call or E-Mail such information to Ras Erdal.

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**.

Norwegian phrase for Mars:

Where are you from? Hvor kommer du fra?

I come from _____ Jeg kommer fra _____

DITT OG DATT This 'n' that

Our lodge has many scrapbooks, kept beautifully over the years. They are normally put on view only during our Anniversary luncheon. With all the toil put into making these, we want the membership to be able to peruse them leisurely. One scrapbook each month will be displayed on the sign in table. Treat them with tender loving care as they are treasures.

We congratulate Jodi Sprague on her new position with Intel in Portland, OR. Jodi writes that she will be working on Hardanger again when she is all settled.

Its tax time again!!

Every April we go through the same motions to pay our way in this country, taxes. Like it or not this is the American way. What a great opportunity to reassess your financial situation and your Sons of Norway Financial Benefits Counselor is here to help. Our FREE financial review service can help you set up, roll over or transfer IRA's. If you have a retirement plan with a previous employer we can help you get the 401(k) or other plan set up as yours away from the old business and into your control. If you are taking your required minimum distribution because you are over age 70 ½ we can help you maximize that money and leave a tax free legacy.

Your fraternal benefit society is here to help you make the most of what you have.



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

Office # 719.599.8546

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Lhanson1@q.com

District 6 scholarships:

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

Just a reminder to all who have youth eligible for one of our District 6 Scholarships. Please don't forget the deadlines of **March 1** for Camp Skogfjorden and **April 1** for the College Scholarships.

Call or mail to: Crystal Sundet – SON Dist. 6
Scholarship Chairperson
Sons of Norway D6 Scholarships
2884-G West Long Circle
Littleton, CO 80120
720-283-8592
crystalklr@reagan.com

FIELD TRIP TO KINGS NORSK PRODUCTS-MARCH15th

Every year, the LEFSE for our Lutefisk Dinner, and at Christmas magically appears! Do you ever wonder where this delicious treat comes from? Twenty members will be able to watch the whole process, on a field trip to Kings Norsk Products, on Saturday, March 15th. We will also enjoy open face sandwiches, lefse and coffee.

We will be in 2 groups of ten each. Please call JoAnn Kison (581-2348) or the Erdals (225-9035) for reservations. We must cut off reservations at 20. Closing day for reservations is MONDAY, MARCH 3rd, so sign up today!



New!! For Lodge Members!! Norwegian Language Classes:

Want to expand your Norsk skills? Join the new class, starting March 5th, 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.

STEIN FJELL MEMORIAL SCHOLARSHIP FUND

Begun in 1993, this scholarship assists any Stein Fjell Lodge member wishing to attend Norwegian language camps or other courses of study in Norwegian heritage, culture, or history. If there are no qualified scholarship applicants, the funds as grants, will support members who have participated in similar local classes.

Priority 1 Scholarships: One \$400 or two \$200 scholarship(s) are available annually for formal courses and camps (e.g. Concordia Language Camp, Camp Norge, or similar), to lodge members in good standing for at least one year, or Unge Venner or Heritage members. Application deadline is April 1: award(s) will be announced by May 1.

Priority 2 Grants: Any funds (up to \$400) not allocated by May 1 will be available to offset up to 50% of the costs of local cultural skills courses completed within the PRIOR 12 months. Examples are Hardanger, Rosemaling, Woodcarving, and language courses. To qualify, the course must have a student fee and be offered over a specified time with a specific course of study. Applicants for grants must show proof of payment and attendance. All other eligibility requirements for grants are the same as that for scholarships. If requests exceed \$400, the available funds will be prorated among all applicants.

Applicants for either scholarships or grants must complete the application form and submit additional information if required. Funds are disbursed only after completion of the course, and the scholarship recipient may be required to make an oral or written report to the lodge. Applications may be obtained from Rick Bilstad and when completed, should be sent to him.

Rick Bilstad
Foundation Director, Stein Fjell Lodge
2641 West 28th Street
Loveland, Colo 80538-2906
970-980-6850

Annual Charity Donations

Each year, the lodge makes modest charitable donations to groups that service the areas where our members reside. If you have a group that you would like to see considered for one of our donations, you will need to provide their name, contact information, and brochure or other material describing what they do and who they serve. Bring this information to the March Business/Board Meeting, or give it to someone that will be attending. Final decisions will be made at that meeting by those who are present.



Sons of Norway Foundation

If you are a current Sons of Norway member, child or grandchild of a current member, you may qualify for one of these categories of **College** scholarships awarded by the Sons of Norway Foundation:

Norwegian Folk High School

(Tronvold Folk High School application)

Oslo Summer School

(Oslo Summer School application)

Study- abroad to Norway or other countries

(King Olav V Norwegian-American or Lund Fund)

Norwegian specialty topics

(King Olav V Norwegian-American application)

General college studies (Cates/Beinhauer application)

Trade/Tech/studies (Cates application)

The Sons of Norway Foundation scholarships applications are due March 1, 2014!

The process is done entirely on-line at

www.sonsofnorway.com/foundation

Thank You.

Cindy Olson, Director

Sons of Norway Foundation



2014 Winter Olympics Medal Tally

Country:				Total
1.  Russia	13	11	9	33
2.  Norway	11	5	10	26
3.  Canada	10	10	5	25
4.  United States	9	7	12	28

Soup, Sweaters, and Cookies



L-R Bill Nesse, Marianne W-Nesse, Kathy Browne, Lyn Warrick, Neva Gulliksen, Midge Parkos, Rod Skaflen, Claire Grinager, JoAnn Kison, Jane Strand, Alan Strand, Marian Erdal, Jon-Eirik Holm-Johansen, Helen Jager, Peggy Kvasager, Clayton Kvasager, Barbara Nolin, Ras Erdal



Left: Claire Grinager Right: Rod Skaflen

Hundreds & hundreds
of cookies
sent with Jon-Eirik
up to Baneløpet



Februar Lodge Meeting: Winter Sports Connection presented by Jon-Eirik



Bill Ness as Torsteinon-Rue,
Better known as Snowshoe Thompson



Birkebeiner interview about saving the future
King Haakon of Norway
Gary Zook as skier Torstein Skevla
Jon-Eirik Holm-Johansen, narrator
Becky Holm-Johansen as mother of baby
King Haakon (portrayed by Elliott)
Bill Nesse as skier Skjervald Skrukka



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.