



### November Program: About The Sami

Last May we learned about the "schooners" from Rosalind Larsen. If you were there, do you remember how small that boat felt when we stepped inside the taped outline on the floor? Well, Rosalind is back with another carefully researched program. This time it is about the Sami People of Norway. You really don't want to miss it.



**THANK YOU** from the President, Kathy Browne

Thank you lodge members. Thank you families, children, brothers, sisters, and cousins of family members. Thank you planners and buyers. Thank you bakers and Amy Martinson. Thank potato peelers and dicers. Thank you fish cutters and gravy makers. Thank you riskrem makers and coffee servers. Thank you Inger for the butikken. Thank you money takers. Thank you greeters and sitters. Thank you servers and pot washers. Thank you Jane for opening, overseeing, and closing the building. Thank you table setters and table cleaners. **Thank you everyone!** The success of the lutefisk dinner is because each and every one of you participated. Every task was critical. There's none more or less important than the next. I just wish each and every one of you could have seen the faces and heard the compliments of those who came. Job well done.



In celebration of the work by everyone in the lodge throughout the year, on Saturday, November 15th at 11:30am, we will have a **MEMBER APPRECIATION Pizza Party** at the King of Glory Church (29th and Taft, Loveland). Mark your calendars.

### STEIN FJELL CONTACTS for 2014

[President@steinfjell.com](mailto:President@steinfjell.com) Kathy Browne 970.744.0922

[VicePresident@steinfjell.com](mailto:VicePresident@steinfjell.com) Rod Skaflen 970.484.5459

[Secretary@steinfjell.com](mailto:Secretary@steinfjell.com) JoAnn Kison 970.581.2349

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

### November Calendar

- 2: Daylight Savings ends
- 9: Father's Day in Norway
- 13: Lodge Meeting 7:00 pm**
- 15: Member appreciation pizza party. 11:30 - 2:00  
King of Glory Lutheran Church  
29th and Wilson in Loveland.
- 20: Board meeting

### December Calendar

- 4: Lodge Meeting, 7:00 pm  
Installation of Officers for 2015
- 21: December Solstice - Norway
- 25: Christmas
- 26: St. Stephen's Day, Boxing Day - Norway
- 31: New Year's Eve

### MEETING REMINDERS FROM RAS

...Stein Fjell Host Coordinator.

For our November 13th meeting, our Refreshment Hosts are: Kirsten Gjælde-Bennett (Chair), J & A Strand, John Everson, J. Robbins & K. Robbins

Looking ahead to December 4th: Our hosts will be: Becky & Jon Eirik Holm Johansen (Chair), Jeanne Hanson, JoAnn Harris, & Roxanne Storlie.

Mange tusen takk for hjelp.



35th Annual Stein Fjell Lodge Sons of Norway

### LUTEFISK DINNER 2014



Jon Eirik, Richard, & Gary preparing Lutefisk



The tables are set!



Ladies setting up cookies for the tables



The Serving Line



Rosalind



That's a LOT of Lefse

### November Birthdays



- |                        |                    |
|------------------------|--------------------|
| 2: Joyce Jordeth       | 21: Betty Clithero |
| 4: Kathleen Olson      | 22: Mike Breien    |
| 4: Rob Werge           | 22: Holly Thompson |
| 9: Karen Everett       | 23: Eric Moe       |
| 10: Anna May Flynn     | 26: Frances Olson  |
| 10: Keith Robbins      | 26: Jane Robbins   |
| 13: Enid Van De Walker | 27: Dick Peterson  |
| 14: Darlene Miller     | 29: Lyn Warrick    |
| 16: Patty Breien       | 30: Clayton Nelson |
| 20: Vigdis Lohne       |                    |

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

### Ambassadors for Camp Norge

Ras and Marian Erdal are now the Ambassadors to Camp Norge, from Steinfjell Lodge. They will share any news that comes about the camp, with the lodge, especially their newsletter

The Board is working on a website with a few short commercials to market the camp.

### Scrapbooks

We hope you have been looking through the scrapbooks each month, on the back table. We know that renewed member, Chris Johnson has reviewed many of them, keeping up with his deployment around the world, in the Air Force. In November, we feature the scrapbook from 2008-2009, completed beautifully by Marilyn Loustalet. These are the lodge treasures, and help us remember all of our good times and also some past members.

**SUNSHINE** Marian Erdal

Stein Fjell Members wish renewed good health to Wilma Gullickson and John Martin. Remember-one day at a time!!

## SCHOLARSHIPS

The Scholarship Committee Chairman recommends that we give one Member Scholarship and one Community Scholarship, this year, for \$750.00 each, to graduating High School Seniors. Download the application from our website, steinfjell.com, and send it to Keith Robbins at the mailing address or e-mail address, on the application. Applications must be received by December 31st.

## RETIREMENT ANNOUNCEMENT

I have notified SONS OF NORWAY about my decision to retire and they asked if I would continue to work with the Colorado Lodges through the end of 2014 and I agreed to do that. I have enjoyed working with all seven Lodges and getting to know so many great people. If you would like to discuss any old business or have questions on new business just give me a call.

LaRue Hanson, FBC

2523 Shalimar Dr.

Colorado Springs, Colo. 80915-1030

Office # 719-599-8546

Cell # 719-237-7314

[Lhanson1@q.com](mailto:Lhanson1@q.com)



## Norwegian phrase for November

Vil du ha middag i dag?

Do you want to have dinner today?

Ja, takk, jeg er veldig sulten.

Yes, thanks, I am very hungry.



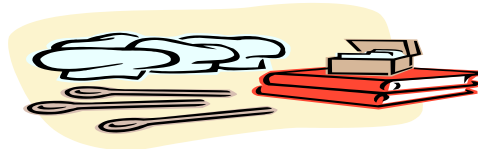
## A Hassle free way to earn lodge \$\$

November and December are perhaps the two busiest grocery months of the year. Please remember to use your gift cards while grocery shopping. This is one of the absolutely easiest ways for all lodge members to contribute to Stein Fjell's fiscal well-being. Thank you.



Storfjell Lodge will have their annual Lefsa Bake on Sunday November 2nd, 1:00 p.m., at Church of Eternal Hills in Tabernash. It will include international foods demonstrations and tastings. For information contact Diane at GRNBViking09@live.com or Debbe Knutson at 970-726-8782.

Fjelldalen Lodge will host their Lutefisk and Lefse Dinner Saturday December 6, 2014 at Prince of Peace Lutheran Church, 2400 S. Colorado Blvd, Denver. Seating's are at 2:00 p.m. and 4:30 p.m. Adults: \$18, Children 4-12: \$6, under 4: free. For information and reservations contact Donna Newland (303) 973-8097 or Marilyn Speas at (303) 973-2158 no later than November 29th.



November has been designated Meats & Stews month for recipe collection for the "Main Dishes" section of our Stein Fjell cook-book. Please consider copying your favorite meat or stew recipes to contribute this month, either by bringing the recipes to the November 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:

Nov: Meats & Stews	Apr: Casseroles
Dec: Cookies & Cakes	May: Side Dishes
Jan: Breads	Jun: Scandinavian Recipes
Feb: Soups	Oct: Vegetables
Mar: Eggs	

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).



## DITT OG DATT This 'N' That

I would like to thank the lodge for the beautiful flowers you sent me. They have brighten many painful days as I began the healing process from my fall and broken shoulder. There is nothing that makes the journey seem doable as being reminded that there friends who care.  
Kathy Browne

Gratulerer to **Mickey Schmidt** and Virgil Harper, who have announced their wedding engagement. Stein Fjell wishes them much happiness! They plan to be married in early spring 2015 in Greeley!



## Cultural skills at Stein Fjell

Virtually all of the listed Cultural Skills can be achieved individually... Some of you are working independently on the Norwegian **Cooking skills** and probably some of the other skills. However, some of them are easier to kick-start if a study group or class is available. The **Hardanger** sewing group is smoothly functioning and meeting whenever 5 or more can attend, and instruction or help is provided when needed. I think that we can all agree that Hardanger builds character, develops patience, and induces creative vocabulary... but it also delivers heirlooms for the family. Please come join us!

We would now like to get a **Woodcarving** group or class started, and since there has been an interest in the woodcarving skills listed as **Figure Carving**, and **Relief Carving**. We have been thinking of starting a woodcarving group in the skill that has the most interest. Our new member, Angela Callow-Mosher, is a professional wood carver and is willing to give a class in any of these woodcarving areas. A very nominal fee would be required that may also include a wood blank for the first project. You would also be required to have or purchase the proper knives/equipment for such a project. Please contact **Ras Erdal (970-225-9035)** if you are seriously interested in starting Woodcarving this autumn.

Hint... With Thanksgiving and Christmas coming soon, you might want to get started on the Norwegian Cooking Cultural Skills requirement

## Velkommen Nytt-Medlem Laura Kellogg

Stein Fjell Lodge is pleased to extend a hearty velkommen to Laura Kellogg. Home for Laura is Tacoma, Washington. After graduating from high school, she attended Central Washington University in Ellensburg, Washington. Laura graduated with a double major in Geology and Chinese Language.

Laura is a transfer from Norden Lodge #2 of Tacoma. In March of 2012 she moved from Washington to Colorado for work. Laura is a full time well site geologist in the oil fields. The nature of her work with Nobel Energy is to establish that the drilling is done in the correct area.

In response to the question of Norwegian heritage, she answers "My maternal grandfather was from Lista-Forsund, and I also have family in Norway all over."

In July of 2014 Laura travelled to Norway for a first time visit. "I just went to Norway this last July. I was there for 25 days visiting family and the ancestral home. I stayed in Bergen a week and then went to Hol by Gello and travelled all over in between those two (Voss, Gudvangen, Flam, and Myrdahl). We sailed for Flora, where my great grandmother is from. We went to Oslo, then drove to Lista-Forsund, then drove up to Rysta, Dalen, Drammen, Trollvegan, and Trondheim. It was an amazing trip and I met so much family. I brought back some wall hangings, a few sweaters, a pewter bowl, some delicious beer, and aquavit."

For hobbies and interests Laura lists hiking, camping, and fishing. She is also trying to get into wood carving. Laura knits a little, and wants to learn to crochet.

Laura's interests in Norwegian Cultural Skills are: Norwegian Rosemaling, Genealogy, Hand-Knitting, Hardanger Embroidery, Figure Carving, Weaving, Traditional Norwegian Cooking, Norwegian Language and Culture, Ornamental Woodcarving, Chip Carving, and Music and Musicians of Norway.

Laura says of her family, "I have 1 sister, but all my cousins are really close. We all live close by."

## New Member Welcoming

We will have a welcoming ceremony for our new members at our October 2nd lodge meeting. The new members are Laura Kellogg, Angela Callow-Mosher, Jim & Kathleen Olson, and Chris Johnson. Please be present to welcome them.

## STANDING RULES TO BE VOTED ON:

Our lodge is guided, first by a set of by-laws approved by International, and then by Standing Rules approved only by our lodge. Their purpose is to guide the administering of the business of the lodge. We have not always been diligent in recording our Standing Rules, which leads to confusion when questions concerning money or authorization come up. In an effort to streamline the documentation of our Standing Rules, President Kathy Browne asked the Board in September to review whatever anyone could find, update as needed, and present the results to the lodge for a vote. If this becomes an annual process, the confusion and any dissention can be avoided in the future.

At the November lodge meeting, members will be asked to approve the following Standing Rules. During the year, other rules may be added by written submission to the Board. There will be several copies of the existing rules with any changes the Board is recommending at our November lodge meeting. Each rule will be read aloud prior to the formal voting. Following is an abridged version of these rules:

**#001, Statement of Purpose** ... gives what and how, and when first adopted.

**#002, Membership Information Confidentiality** ... prevents use of membership lists to solicit business (both by members or others).

**#003, Advertising in the Posten** ... allows for advertising in Posten.

**#004, Butikken** ... establishes why, what, and who relative to the Butikken. *Recommended revisions by Board to eliminate sale of consignment items clause.*

**#005, Sale of Cultural Items by Members** ... *Recommended deletion by Board.*

**#006, Sale of Consumable Items** ... *Recommended simplification of rule by Board.*

**#007, Member Appreciation** ... *Minor rewording recommended by Board.*

**#008, Lodge Scholarships** ... establishes the who, what, and how. *Minor wordsmithing by Board.*

**#009, Payment to Meeting Presenters** ... Sets amount, when, and how of monetary awards to presenters. *This is a new Standing Rule offered by Gary Zook.*

Cont.....

In addition, each officer has looked at their job description and list of responsibilities. Copies of revisions or updates will be available at the November meeting for your review. We will not be voting on these job descriptions unless a member requests such by making a specific motion during our business portion of the lodge meeting. These job descriptions will be given to the new officers at installation in December.

### Sundfjord Lodge # 65 invites ALL lodges to join our cruise

August 28, 2015 – September 4, 2015 from Seattle, WA  
Itinerary:

Aug. 28 Leave Seattle, Washington at 4 pm

Aug. 29 Cruising

Aug. 30 Dock in Juneau, Alaska from 12 noon to 9 pm

Aug. 31 Dock in Skagway, Alaska from 7 am to 12 noon

Sept. 1 Dock in Tracy Arm Fjord, Alaska from 7 am to 12 noon

Sept. 2 Cruising

Sept. 3 Dock in Victoria, British Columbia from 9 to 6 pm

Sept. 4 Arrive Seattle, Washington at 7 am

Accommodations:

Interior Stateroom starting at \$ 999.00 + tax and fees

Outside (window) starting at \$ 1,199.00 + tax and fees

Balcony starting at \$ 1,664.00 + tax and port fees

Suite starting at \$ 2,979.00 + tax and port fees

Per person based on double occupancy + tax and port fees of \$ 203.28

Insurance is recommended in case of something unforeseen should happen.

“PASSPORT REQUIRED”

For us to be seated together in the dining room, the cruise line requests that ONE person make all the reservations. Please book the “EARLY” dinner seating. We have selected Laura Sandercock at AAA travel (“Auto Club) in La Verne, CA to make our reservations. She can be reached direct at (909) 596-7973 or office at (909) 392-1444. E-mail: [sandercock.laura@aaa-calf.com](mailto:sandercock.laura@aaa-calf.com)  
Please let Laura know that you are with the

### Sons of Norway group.

AAA can book your flight to Seattle but at this time it is too early to get schedules and prices for next year. You might find flight discounts with airlines next year and book your own flight.

NOTE: This is a very popular cruise so book early or you will miss the boat!

Any questions, please contact Lise Fleming at (909) 624-2868 or by e-mail at

[lisenorsk@earthlink.net](mailto:lisenorsk@earthlink.net)

Please Join us & Welcome aboard!

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

Save stamps for TUBFRIM

FIRST CLASS

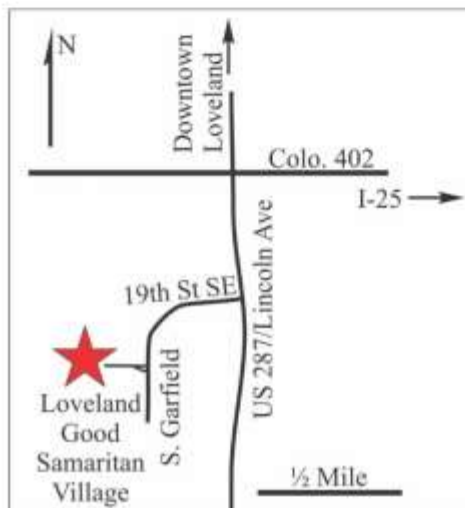
SONS OF NORWAY  
STEIN FJELL LODGE 6-114  
LOVELAND, COLORADO  
steinfjell.com



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.*