



Meeting Start Time Changed

Starting with September 4, 2014, the regular lodge meetings will be 7-9 pm.

Kathy Brown, President

"Norske Melodier "coming October 2

A remarkable program is planned for our October lodge meeting. It is definitely one you won't want to miss! Former Stein Fjell President and accomplished pianist, Carol Condit, will present "Norske Melodier". We will be transported by her short piano compositions featuring ten Norwegian composers. Dialog about each musician, along with literary quotes from Norwegian authors and poets, will be interspersed throughout her performance.

Invite your family and friends for this very special night. Light refreshments, starting at 7pm, will be served prior to the program which will begin promptly at 7:30pm. The ceremony and celebrations portion of our lodge meeting, along with announcements and installation of new members, will follow.



Lutefisk is in the Air,

A note from Kathy Browne, President

The geese are beginning to fly in groups, a few leaves are already changing, I have lots of apples that need picking, and children have returned to school. AND Stein Fjell is preparing for our Lutefisk dinner. If there is a time to feel Scandinavian, if there is a time to enjoy being a member of our lodge, this must be it!

Volunteer to help. It takes all of us to make this a do-not-miss-event. Some members stay all day while others come and go throughout the day. Some prefer working in the kitchen, some prefer hosting, and some help with

the Butikken. It is a chance for all of us to share time together AND to share our cultural heritage with others.

It is also time to answer your phone. When you are contacted by the nominating committee, seriously consider taking on a role in the lodge. All jobs are vital to the success of the lodge. As they stay, "It's takes a community...", and for lodges to be vibrant and exciting, it takes a regular rotation of leaders. When you accept a position, please follow through and do it so others can depend on you. I have found, personally, that being involved has opened doors to friendships and understanding and helped me define my roots. It's good, so sign-up as soon as possible. It really is enjoyable.

STEIN FJELL CONTACTS for 2014

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Editor@steinfjell.com Peggy Kvasager 970.690.1931

October Calendar

- 2: Lodge Meeting 7:00 pm
Short meeting of Genealogy group (prior to regular Lodge mtg) to set time and place for first real mtg.
- 10: Hardanger group 1:00
- 18: Lutefisk Dinner 3:30 & 6:00 pm Faith Church LvInd
- 31: Halloween

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

MEETING REMINDERS FROM RAS

...Stein Fjell Host Coordinator.

Looking forward to October 2nd... Our refreshment hosts are: Rick Bilstad (chair), Kris Bakich, Bernice Kwan, Yvonne Morton, & Clayton Nelson

Mange tusen takk for hjelp.



Our **Stein Fjell Lutefisk Dinner** planning has begun. The "**Great Norwegian Meatball**" will be present at our October meeting. Your monetary contributions placed in the "Great Norwegian Meatball" will help greatly to reduce costs. Remember...we no longer ask you to make the meatballs!!!!!!

The food donations sign up are almost complete, but we do need lots more help preparing for the dinner. Please sign up at the October meeting, so we have our usual full contingent of workers. Members really appreciate the fact that they no longer have to make the meatballs, and contributed over \$100.00 toward the meatball fund last month. If you haven't contributed, you'll have another opportunity in October to help defray the cost of buying our Swedish meatballs. We'd like to beat last year's amount of \$208.00 collected

DITT OG DATT This 'N' That

We must thank the refreshment Committee from the September Meeting. They did such a terrific job. Lyn Warrick as chairperson, along with Karen Everett, Maria Reichel and Sid Strand bringing the contributions from the Millers and Russell Knutson, presented a delicious table of goodies. The committee thanks Rosalind Larsen for setting the tables up and helping the committee. Mange, Tusen, Takk!

We are all proud of Heritage Member, Simon Reichel, who came in 18th of 47 runners in the grades 6*7*8 Cross Country Race. He ran 1.7 miles in 15 minutes! Way to go, Simon!

October Birthdays



2 Carol Baldo	21 Marian Erdal
15 Steve Gulliksen	21 Neva Gulliksen
18 Jim Haugen	22 Corrine White
19 Ed Fadness	24 Tim Sagen
19 Inger Ingvaldsen	

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

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. Hardanger next meets on Friday, October 10th at the Erdal home.

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. It has been suggested that we meet for several hours every Saturday for 4 weeks for our first project, but the specifics would be decided by those who get actively involved. Please contact **Ras Erdal (970-225-9035)** if you are seriously interested in starting Woodcarving this autumn.

SUNSHINE Marian Erdal

We were delighted to see Chris Johnson at our September meeting, with his whole family. Chris first joined Steinfjell Lodge when he was stationed in Wyoming, in the Air Force, in 1996. Now with his family, wife Nicky, and children Aleksia, Heath and Gage, he has come full circle and is back in Wyoming, having been stationed around the world. We welcome you all.

We're glad both Jane Robbins and Keith Robbins are recovering from their recent surgeries.

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.

Is This You??

- With money invested in CD's or a Money Market where you have safety but very little return.
- With money invested in present or prior employer 401K accounts or other investments that are not guaranteed and someday it is up and someday down.

Sons of Norway has some great investments for its members that has guaranteed safety of principle, guaranteed rate of return and access to your money. When your investments are with Sons of Norway, every day you will have more money in your account and safety with peace of mind. If you would like further information on Sons of Norway investments to see if they would be a better investment for you, please get in touch with me.

LaRue Hanson, FBC

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Mary Ann Rakke
May 17, 1932 - August 26, 2014
Age: 82
Residence: Greeley, CO.

March 2, 1989 joined Stein Fjell
President 3 years (1993-1995)
Treasurer 8 years (1996 - 2003)
Counselor 3 years (1996-1998)
Foundation Director 2004
Musician 1990
Editor, 2 years (1991-92)
Newsletter mailing committee 2004
Asst. Cultural Director 2 years (2005-06)
Asst. Social Director 2006 (contacting hosts)

Mary Ann & Jay were Vikings of the Year 1996

Mary Ann Rakke, 82, passed away Aug. 26, 2014. She was born to Olaf and Irene Hamnes on May 17, 1932 in Willmar, Minn.

Mary Ann grew up on a farm in Pennock, Minn. She lived there until she married Jewell (Jay) Rakke on June 10, 1953 in Pennock, Minn. They moved to Colorado in 1964 and eventually moved to Greeley in 1987. Mary Ann was very involved in the Sons of Norway. She loved and embraced everything about her heritage. Being a very musical person, she also taught piano lessons, sang in community choirs and also sang in the choir at church. Mary Ann was very involved in many aspects of worship life. She attended Immanuel Lutheran Church and served on the council, the worship and music committee, and sang for many years in the choir there.

Mary Ann is survived by her three children, twin daughters, Carla (Jerry) McWilliams and Cathy (Rick) Thelen; son, Jim Rakke; her sisters, Sheryl (Dan) Faust of Dassel, Minn. and Ila Jean Perkins of Burleson, Texas; seven grandchildren and one great-grandson; numerous nieces, nephews, cousins, and one uncle.

Mary Ann was preceded in death by her husband of 53 years, Jay, and her son Jon-Erik Rakke.

A service was held on Saturday, Sept. 13, at Immanuel Lutheran Church. In lieu of flowers, memorial gifts may be made to Cathi Thelen, 7226 S. Independence St.; Littleton, CO 80128

International Convention Summary

Summary of the 2014 Sons of Norway International Convention

Congratulations to our New International Board:

- President – Jon Tehven from District 1
- Vice President – Ron Stubbings from District 7
- Secretary – Dan Rude from District 4
- Treasurer – Ray Knutson from District 5
- District 6 International Director – Lyle Berge

Special recognition was given to President Marit Kristiansen for her leadership during this past biennium.

On Wednesday, August 20, a leadership conference on Leadership: Getting Results was led by Kit Welchlin.

Leadership is a process:

- Appear warm and friendly
- Express Intentions and Motives
- Demonstrate Trustworthiness
- Be an Information Source
- Develop relevant Expertise

Our message and body language can attract people and drive others away. Conflicts can create a great idea. In conflicts we can be – 1. Avoiding (lose/lose), 2. Forcing (win/lose), 3. Smoothing (possibly lose/win), 4. Compromising (partial win for both), 5. Negotiating (win/win). Communicating across generations brought out differences in style, such as Baby Boomers don't like to be called "sir" or "ma'am" and Generation X'ers & Millennials are Technology savvy.

After the Opening Ceremony & Memorial Service on Thursday, there was a Presidents reception, and President Marit Kristiansen was delightful in her accordion playing with members singing Norwegian songs, and some were dancing.

The Board and senior staff developed 4 Strategic initiatives:

1. Building a better understanding of financial purpose for both fraternal and foundation.
2. Building a stronger leadership pipeline.
3. Revisioning lodge programs and member engagement to attract younger members & families.
4. Building a more relevant and user friendly membership structure.

Sons of Norway has 5,207 active members with insurance certificates in force out of the 44,719 members.

THIS IS ONLY 12% OF OUR MEMBERS.

Tacoma, Washington was chosen to host the 2016 International Convention.

The Finance Committee reports and audits were accepted. There was approval for an increase in compensation for officers and directors of the International Board.

The Resolutions Committee addressed lodge mergers, Lodge dissolution and status of members from those lodges, and all were accepted as amended.

The Law Committee proposed and approval was given that all nominations for International Officers and Directors be submitted to the Nominating Committee no later than 2 weeks after District Conventions. Approved also was a change in the time frame for making a bid for the next convention to be at least 30 days prior to the opening of the International Lodge meeting.

Approval was given to amend the Charter and Constitution so each lodge will have 2 delegates for the District (one the District President) plus 1 delegate for each 300 members (previously it was 1 delegate for each 400 members).

The Gateway to Florida Lodge can be commended on hosting a great convention. The Florida lodges have 4 Viking boats that they race, and the next race is Leif Erickson Day. I (Bev) had the fun of going in one and rowing the Viking boat in the St. John's River!

Thank you for this opportunity in representing Zone 8 of District Six.

Bev Moe, Zone 8 Delegate, District Six, Zone 8 Director Reegan Moen, Zone 8 Delegate - Publicity Director, District Six

Crystal Sundet, District 6-at-large D

WRAPPING UP THE CONVENTION

R-4 Delegates to this convention voted to add a position of Cultural Director to the District 6 Board, beginning at the Convention. Pamela Groth will be the 1st Cultural Director. Passed a Resolution to thank all on the District Board and all who had participated in making the Convention a success was passed.

Steinfjell was awarded a Silver Merit Award for 2012 and a Gold Merit Award for 2013. Roxanne Storlie was awarded a President's Merit Award for 2012 and 2013. The lodge was awarded a Founder's Certificate for 2013 and a check for \$50.00 for having a 3% gain in membership.

Cont...

Ras Erdal earned a Folk Arts Award-red ribbon-2nd place for Hardanger for the Bell Pull, white with/blue background.

Steinfjell won an Honorable Mention for our Newsletter in the large lodge category.

CONGRATULATIONS TO STEIN FJELL!

Norwegian phrase for September

Vil du ha noe å spise? Would you like something to eat?
Takk for maten. Thanks for the meal.



October is the month when fresh vegetables are bountiful, particularly root vegetables! October has been designated Vegetable month for recipe collection for the "Vegetable" section of our Stein Fjell cook-book. Please consider copying your favorite vegetable recipes to contribute this month, either by bringing the recipes to the October 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:

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

Please help us get a Cookbook going!

Kathy Browne at browneks@gmail.com

JoAnn Kison at jkison@comcast.net.



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.

Velkommen Angela S. Callow-Mosher

Velkommen Stein Fjell Lodge extends a hearty velkommen to Angela S. Callow-Mosher. Angela is a Colorado native, who grew up in Aurora. In 1983 she graduated from Aurora Central High School. From 1983-1988 Angela studied at the University of Northern Colorado in Greeley. Additionally, she currently studies with J. Christopher White. Loveland has been home since 1994.

Angela is a homemaker and sculptor/woodcarver, "sculpting works of beauty in wood". A life changing injury took her away from cabinet making and into wood carving.

"I am Norwegian by invite. 🇳🇴" This is Angela's explanation in reference to being invited to join after her woodcarving demonstration. She has no Norwegian ancestors, nor has she travelled to Norway.

Sculpting, carving, fishing, and woodworking round out her interests and hobbies. In the category of Norwegian cultural skills she lists Figure Carving, Chip Carving, and Ornamental Woodcarving as interests.

With regards to family Angela has been with her partner for 20 years. Their "kids" are 3 dogs and 3 cats.

Angela shares the following about herself. "Life is what you make it. Depending upon the circumstances you can either rise above it or go down the drain. I had to make that choice with my back injury in 2000. So rather than let my life be a waste, I chose to live and find a different way to make a difference. Thanks for inviting me into your lives and I hope I can touch each of you in a special way - God Bless." Angela S. Callow-Mosher



Sorry the Posten was late!! I was Visiting family in Juneau, Alaska!
This is Mendenhall Glacier Lake
Peggy, Editor Stein Fjell Posten

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.