

# The Posten

January 2018

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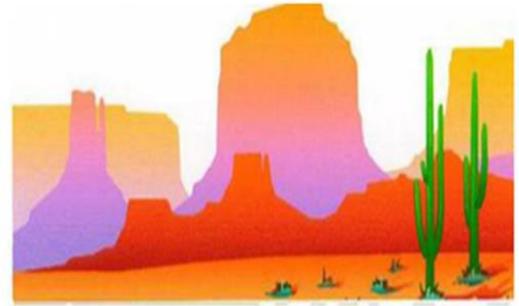
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**Desert Fjord Lodge 6-133**  
**P O Box 1716**  
**Scottsdale, AZ 85252-1716**



## SONS OF NORWAY

### Desert Fjord Lodge



### President's Column

What a time of year: such a whirlwind of events at the holidays! As we tidy up loose ends, a new year looms up full of possibility. It's a time to let go while cherishing meaningful moments among family and friends. And it's a time to reach out and grasp new beginnings and new opportunities. Maybe now is the time to chart a new course!



Whatever this time holds for you, I trust you find value in your Sons of Norway membership. More than that, I hope you find it special being part of Desert Fjord Lodge. In our meals, programs, activities and newsletters, we try to bring you back in touch with your Scandinavian roots ... to appreciate our rich heritage and its numerous facets. I only wish more of you would find it possible to attend our monthly meetings!

This month our program is presented by the Scandinavian Folk Dancers of Phoenix. They bring a mixture of Norwegian and Swedish dances, many of them expressive of the countryside life where they originated. There will no doubt be an opportunity for some audience participation dances, a chance for you to try some folk dancing, too. Bring your dance shoes!

Soon we need to select delegates to attend the Sons of Norway District 6 Convention in Rohnert Park, CA (June 10-14, 2018). This is a great way to represent our lodge and mix with other local lodge members to get inspiring ideas. Each delegate will have a different experience, but I'm sure you'd find it most rewarding. If this is something that interests you, please let myself or one of the other officers know.

"Be at war with your vices, at peace with your neighbors, and let every New Year find you a better person." ~ Benjamin Franklin

Happy New Year!

*Velkommen*

# Heritage and Cultural Meeting—January 14th at 2 PM

## Masonic Lodge, 2531 N Scottsdale Rd, Scottsdale

### Program: THE SCANDINAVIAN FOLKDANCERS OF PHOENIX



The folk dancing group was started by members of the VASA Order of America in the early 1970's. The group's goal is to preserve traditional dances and costumes of Scandinavia.

Primarily made up of Norwegians and Swedes, the group wears traditional costumes, and they always present a colorful performance. Bruce Carlson, director of the group, says "A wide range of traditional couple and group folkdances from the Scandinavian countries are demonstrated by the dancers. A wonderful benefit is that we also have a great deal of fun doing it! We invite you to make a few friends, get a little exercise and have fun along with us."

Membership is open to anyone and all are welcome to come and dance or just watch. Please come and enjoy the colorful dancers. The dances range from child-like fun movements, to more intricately woven pieces. Examples of dances are Parisian Polka, English for Three Couples, Weaving Dance, Schottis, and more, including audience participation dances.

### **Business Meeting**

January 6th at 1:00 pm

Scottsdale United Methodist Church

4140 N Miller Rd, Scottsdale, AZ

### **Genealogy**

There is no Genealogy Meeting scheduled at the present time. Please note that any meeting will be given notice by email and/or in future newsletters. If you wish to be added to the email list, contact—  
Ross Berg: 1aznorski@cox.net.

- Menu:
- Ham
  - Mashed Potatoes
  - Vegetables
  - Salad
  - Dessert
  - Coffee and Tea



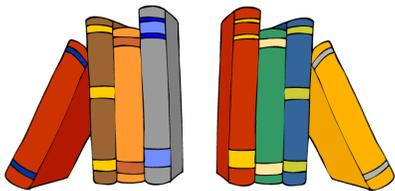
Price: Adult \$14 and Children \$7

Reservations: Via the link [online](#) (click "online")

or call Phyllis Bergo by January 12th! (480-812-9762)

Make your check payable to Sons of Norway & mail to Phyllis Bergo:

2589 East Erie Ct, Gilbert AZ, 85295



## LIBRARY CORNER

By Arlys Medicott

Librarian

The missing disc in the New Scandinavian Cooking album was missing when that was donated.

I received a request for Peer Gynt. Here's what Desert Fjord's library offers:

**CD:** Edvard Grieg: Peer Gynt music and his famous Piano Concerto

**Book:** Peer Gynt by Henrik Ibsen (in Box 1)

**Drama - Script:** Peer Gynt (in wicker file)

**In the bookshelf:**

Grieg: a short biography with music scores  
Grieg's life through his letters



**Happy New Year to Everyone!**



**May 2018 bring you  
good health and much  
happiness!**

As I write this near the end of December 2017, I have just counted the number of members in our lodge to be 147. While not a bad showing at all, it does show an effective loss of 11 members since one year ago. This in spite of two new members, Kristin Hanson and Jason Semone, both of whom we are yet to meet at a lodge meeting.

Due to unnamed circumstances we have not yet arranged to present Milestone pins (signifying SON membership at 5-year intervals) to members. We hope that, as much as possible, each recipient will be present to receive his/her pin, but for the record the list reads:

5 YEARS: Hannah Bergo, Cortland Brovitz.

10 YEARS: Ed Bergo, Phyllis Bergo, Astrid Hanson, William Jacobson, Heather Loomis, Jackson Loomis, Lois Ripley, Lois Sakkas.

15 YEARS: Floyd Downs, Elizabeth Lenci-Downs, Laura Riddle.

20 YEARS: Vernon Dahlke, Lynn Eide, Roger Espeland

30 YEARS: Neal Sundeen, Richard Westby.

Also, perhaps of interest and/or concern from my close look at our lodge membership, is the fact that 34 of our members are 80 or more years of age, while 30 of our members are of ages less than 25 and mostly less than 10 years, being grand-children of Lodge members and residing either not in Arizona or not in the Phoenix area.

Please keep spreading the news of the benefits of Sons of Norway via Desert Fjord membership to all those of Scandinavian heritage. Yes, we accept the Swedes, the Finns, and any other friendly folk who wish to join with us.

As I've noted previously, keeping our own databases current is an ongoing challenge, especially when members do not report changes directly to us or if some of their incoming e-mail messages may be deleted or allocated to spam. This includes telephone number changes. I've heard that some phone numbers as currently listed in the SON membership roster are no longer valid. A similar reminder pertains to postal addresses. Please let us know of any changes so that we can maintain effective communication with you.

I can be contacted in person during a Desert Fjord meeting, by e-mail at [lenci.downs@cox.net](mailto:lenci.downs@cox.net) or by phone at (480) 816-3875.

## January Birthdays

Laura K Ontiveros 1st  
Gretchen A Rennebaum 1st  
Kathleen A Gabrielson 3rd  
Jackson B Loomis 7th  
James William Brown 11th  
Peter Alan Flanders 13th



Robert Killion Slade 15th  
Floyd L Downs 21st  
Penelope J Anderson 23rd  
Annika M Clunk 25th  
Reidun J Daeffler 27th  
Sharon T Clunk 28th

*Gratulerer Med Dagen – Happy Birthday !!*

**Business Meeting Minutes – December 9, 2017****Denny's – 7605 East McDowell Road -- Scottsdale, AZ**

Meeting called to order by Jonathan Walters at 1:10 PM.

- In attendance: Arlys Medlicott, Elizabeth Lenci Downs, Floyd Downs, Berit Miltun, Jonathan Walters, Roger Espeland, Sissel Espeland and Ed Bergo.
- Quorum (4+) was met? Yes

1. OCTOBER MINUTES: Floyd made a motion to accept the October 2017 business meeting minutes as published in the Posten. Motion seconded by Berit and passed.

TREASURER'S REPORT – Janis submitted her report to Jonathan before the Business Meeting: checking account balance as of December 9 is \$2,401.45. The Jul Bazaar income / sales were deposited directly by Ali and totaled \$792. Janis will review the deposit with Ali later this month.

**2. COMMITTEE REPORTS****Library**

- Arlys has not ordered any books at this time. She was able to determine that a “missing” DVD in a cook program was actually never received from the donor. The library inventory is complete.

**Cultural/Program**

- The December 16, 2017, meeting will be a joint Julebord meeting with the Mesa lodge.
- Jonathan reported that the Scandinavian Dancers will perform at the January H&C meeting. February will be a Cream Cake Contest. In March, Jana Peterson will give a presentation about three museums she visited in Iceland and Norway.

**Membership** – Additional details are in the Posten Membership Matters column.

- There are 130 active members. Floyd handed out the report from headquarters showing two transferred members and one new member. He also reviewed the printed materials distributed at the MIM earlier this month and reminded everyone that the international and local lodge dues will change in January 2018. A number of membership applications and Desert Fjord Postens were distributed at the MIM December 2-3.

**3. OLD BUSINESS**

- Vice President, Secretary and Membership Secretary positions are currently available. Jonathan is talking with a couple of members about these leadership opportunities now.
- The Committee exploring the possibility of merging with Mesa lodge had a second meeting. At this early stage, it is deemed not necessary to ask for a vote from the Board or Membership to approve a merger. Implications for each of the two lodges plus potential alternative meeting locations are being investigated.

**4. NEW BUSINESS**

- Delegates to the District Six Convention in Rohnert Park, California, (June 10-14, 2018) should be identified and confirmed by Desert Fjord members in January or February.
- Viking Book and Wine Club will be meeting January 6, 2018 at 3 PM.

Motion made by Floyd and seconded by Arlys to adjourn at 1:50 PM.

Respectfully submitted by Ed Bergo, Acting Secretary for Desert Fjord Lodge December 11, 2017.

## Why Life Insurance After the Kids are Grown and the Mortgage is Paid?

While many of today's seniors have saved for retirement, they fear running out of money and many are coming up short of funds. Interest rates have been low for a long time now and people are living longer than ever before.

Let's look at Ole and Lena. They both are drawing Social Security checks, Ole has a pension and they have modest savings but that has been drained with higher expenses every year. The condo is paid for, they are driving a 5-year-old car and finances are mostly manageable.

A few years later Ole gets sick, ends up in the nursing home and passes away a year later. Poor Lena is sad and lonely. Also, she has lost one Social Security check and she only gets half of Ole's pension. The savings are gone because they were needed for the nursing home bills. The car is now getting older and the condo fees and taxes keep going up.

The good news is Ole had life insurance with Sons of Norway! Lena will be fine financially. The lost income can be replaced, the savings have been restored and Lena can afford a new car. Although she still misses Ole, she doesn't have the burden of financial worry to deal with.

By the way, the kids are so appreciative that dad was looking out for mom even after he was gone. Lena is welcome to see the grandkids whenever she wants, but she can continue to live in her own world and not move in with any of them.

Contact your Sons of Norway Financial Benefits Counselor to provide an "inevitable gain", no matter when one dies.

**Jonathan Walters, *Licensed Insurance Agent***  
**Financial Benefits Counselor**

**Term Life | Whole Life | Universal Life | Annuities | Viking Voyager**

Serving Arizona: Flagstaff, Mesa, Scottsdale, Sun City and Yuma  
P 480.788.7623  
[jwalters.sofn@gmail.com](mailto:jwalters.sofn@gmail.com) ■ [www.sonsofnorway.com](http://www.sonsofnorway.com)



### **District Six President: Mary Beth Ingvaldstad**

District Six is made up of the following states:

Arizona, Colorado, Nevada, New Mexico, Utah and Hawaii  
- Website: [www.sofn6.org](http://www.sofn6.org)

Facebook:

<https://www.facebook.com/groups/377019032437840/>

### **Zone Seven Director: Benny Jo Hinchey**

Zone Seven is made up of lodges in the following states:

**Arizona:** Scottsdale #133-Desert Fjord; Sun City #134-Sol Byer; Mesa #153-Overtro Fjell; Flagstaff #167-Nordic Pines; and Yuma #168-Sola

**Utah:** Salt Lake City #83-Leif Erikson

### **OTHER SONS OF NORWAY LODGES IN ARIZONA**

**Nordic Pines 6-167** - 3<sup>rd</sup> Sunday, Family

Resource Ctr., Flagstaff, AZ

**Overtro Fjell 6-153** - 3<sup>rd</sup> Saturday

at 11:00 am, Fountain East Clubhouse,

303 S. Recker Rd., Mesa, AZ

**Sola 6-168** - 3<sup>rd</sup> Tuesday at 7:00 pm,

Faith Lutheran Church,

2215 S. 8th Ave., Yuma, AZ

**Sol Byer 6-134** - 3<sup>rd</sup> Saturday at

11:00 am, Elks Lodge, 10760 Union

Hills Dr., Sun City, AZ

### **LODGES IN OTHER STATES**

Go to: <https://members.sofn.com/lodgeDirectory/>

Most post their monthly newsletter

on their lodge website.

### **OTHER CONTACTS**

Honorary Norwegian Consul:

Alex Boemark



### Officers of Desert Fjord Lodge

**President:** Jonathan Walters— (347) 801-3345

**Vice-President:**

**Secretary:** Anita Thompson— (480) 717-4103

**Treasurer:** Janis Johnson— janisjoan41@gmail.com

**Auditors:** Dirk Walter and Floyd Downs

**Box Tops for Education:** Sharon Clunk

**Counselor:** Ed Bergo

**Cultural Directors:** Jana Peterson, Nina Poe, Laurie Peterson

**Desert Fjord Boutique:** Ali Berg-Anderson

**Distribution:** Janis Johnson

**Education and Scholarships:** Elizabeth Lenci-Downs, Ross Berg, Nina Poe

**Foundation Directors:** Gordon Peterson, Paul Lindbloom

**Greeters:** Floyd Downs and Ross Berg

**Historian:** Roger Espeland

**Librarians:** A Medlicott— (602) 284-8523, Elizabeth Lenci-Downs

**Marshals:** Knut Haldorsen and Peter Flanders

**Membership/Financial Sec'y:** Floyd Downs— (480) 816-3875

**Posten Editor:** Laura K. Ontiveros— (602) 694-0532

**Publicity Director/Public Relations:** Janis Johnson

**Reservations:** Phyllis Bergo

**Social Directors:** Berit Miltun— (480) 966-2009, Nellie Lokken

**Sports:**

**Sunshine:** Dawn Walter— (480) 860-9192

**Trustees:** (1yr) K Haldorsen; (2yr) P Flanders; (3yr) Norm Jenson

**Tubfrim:** Lois Ripley and Lois Saakas

**Webmaster:** Jan Loomis

Happy New Year!

May this year, 2018, be full of possibilities and good health for you and your family.

What I love most about the New Year, besides our amazing Arizona weather, is the feeling of renewal we all get when the calendar moves us to yet another year. It's like a clean slate, however in reality it's just another day.

Every day is a clean slate for all of us to enact those "New Year Resolutions" into reality be it at this time, January 1, 2018 or if you find yourself wishing you'd done something ] December 31, 2017.

Be safe, have fun, and most importantly ... be courageous and be kind.

- Editor Laura



"Like" us on Facebook to receive interesting Desert Fjord Lodge and Sons of Norway, District Six newsfeeds.

Control+ Left Click on this link:

<https://www.facebook.com/Desert-Fjord-Lodge-6-133-Sons-of-Norway-563052183744742/>

### Mission Statement:

To promote and to preserve the heritage and culture of Norway; to celebrate our relationship with other Nordic Countries; and to provide quality insurance and financial products for our members.

FROM:

Desert Fjord Lodge, Sons of Norway

P.O. Box 1716

Scottsdale AZ 85252-1716

STAMP

TO:

Please return to sender

If not deliverable

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Sons of Norway International Headquarters Website:

<https://www.sofn.com/>