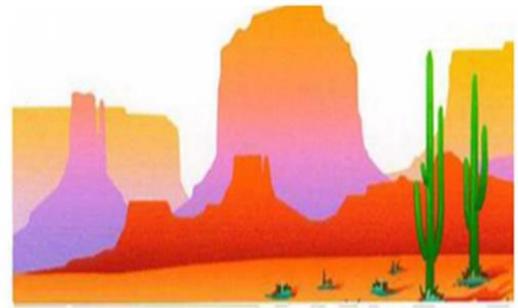


# The Posten April 2017



## SONS OF NORWAY Desert Fjord Lodge



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

### President's Column

Sons of Norway is kicking off their 2017 member recruitment campaign, one of the 2017 strategic goals recently adopted by the International Board:

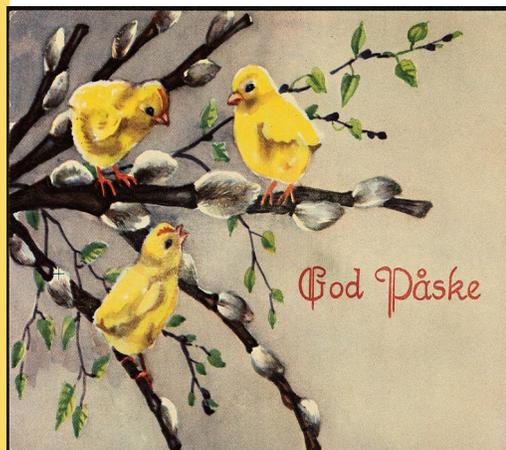
<b>Attain</b>	375 new insurance members
<b>Achieve</b>	\$5.5 million in total life insurance premiums
<b>Accomplish</b>	\$20 million in total annuity premiums
<b>Acquire</b>	3,500 new members
<b>Arrive at</b>	\$200,000 Foundation funds raised



Each lodge will focus on the recruitment campaign, but all the above goals tie together to ensure a strong future for Sons of Norway. Campaign buttons with the slogan **#Growingto2020** are being sent out to the lodges. These are designed to invite a question about Sons of Norway, giving the opportunity to share information (2020 refers to Sons of Norway's 125<sup>th</sup> Anniversary), answer questions and ultimately extend an invitation to a lodge meeting to learn more about membership. Each lodge will have a 2017 recruitment target, normally 10% of a lodge's membership. (for Desert Fjord that would be roughly recruitment of 13 new members) Prizes will be awarded to top recruiting lodges.

For our April program Rick Steves, America's leading authority on European travel, takes us along on a guided tour of beautiful Western Norway. Come and enjoy! Looking ahead, mark your calendar for the 2017 Syttende Mai on Saturday, May 13<sup>th</sup>; it'll be held once again at McCormick-Stillman Railroad Park in Scottsdale.

Beyond Sons of Norway or your own personal trip to the beautiful land of our forebears, there are other local Norwegian culture opportunities. Nordmanns-Forbundet announces one of their most popular events: **Rekefest** on Saturday, April 22nd ... the annual Norwegian Shrimp Fest! Shrimp is imported directly from Norway ... an evening is spent on the lawn enjoying the delicious springtime meal rekesmørbrød, or open-face shrimp sandwiches. Of course, there will be hot dogs for the kids (or anyone who isn't feeling seafood but wants to join in on the fun) and they never forget to round off the meal with a delicious Norwegian dessert of strawberries and ice cream. Make your reservation online (by April 13<sup>th</sup>) <http://www.aznorseman.org/shrimp-fest-2017.html>



Velkommen

# Heritage and Cultural Meeting—April 9th at 2 PM

## Masonic Lodge, 2531 N Scottsdale Rd, Scottsdale

### Program:

## ENJOY RICK STEVES' Norway's West: Fjords, Mountains, and Bergen



For Scandinavia's most thrilling sightseeing, we sail under towering fjord cliffs, hike on powerful glaciers, and find surviving traditions in remote farm hamlets. Then we delve into the Hanseatic heritage and enjoy the salty hospitality of Norway's historic capital, Bergen.

### Menu:

Build your own salad for a starter.

Ham with Sweet Mustard Sauce

Mashed Potatoes and Peas.

Dessert: *Tilslørte Bondepiker (Veiled Peasant Girls), a traditional Norwegian dessert layered with mashed apples, whipping cream and toasted bread-or rusk crumbs.*

Coffee and tea. Price \$13.00, children \$6.00

**Reservations:** Via the link [online](#) (click "online") or call Phyllis Bergo by April 7th! (480-812-9762) Make check payable to Sons of Norway and mail to Phyllis Bergo: 2589 East Erie Ct, Gilbert AZ, 85295

### Business Meeting

April 1 at 1:00 pm

Granite Reef Senior Center

1700 N Granite Reef Road, Scottsdale, AZ

### Genealogy

Our April meeting will be on Saturday, April 22<sup>nd</sup>. For location, Contact Ross Berg at 480-678-2507 or email at [1aznorski@cox.net](mailto:1aznorski@cox.net). Leave me an email address and I will put you on the distribution list for future notices.

# VIKING BOOK AND WINE CLUB

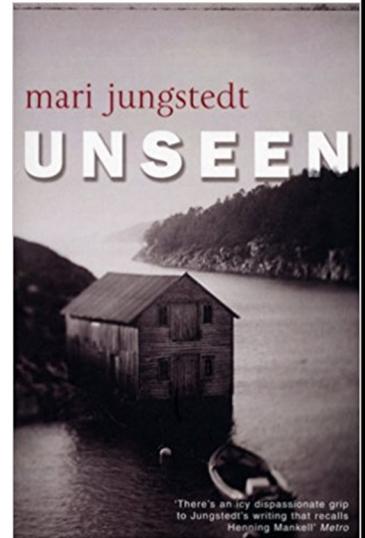
MEETING Saturday, April 29, at 2:30 PM

We will be discussing our last book, **UNSEEN**, by Mari Jungstedt, a Swedish thriller.

## Synopsis

The picturesque island of Gotland is in the middle of a busy tourist season when a young woman is murdered. Suspicion falls on her husband – the couple had been seen fighting the evening before. Inspector Anders Knutas is hoping it will be a straight-forward case; the local authorities are hoping so too, but more out of an interest in protecting the tourist trade than any desire to see justice served. Then another victim is discovered, another young woman who has been murdered in the same chilling manner. Inspector Knutas must face up to the horrifying prospect that there's a serial killer on the loose. Knutas, aided by the investigative journalist Johan Berg, begins to piece together the tragic history uniting the two victims, and alarmingly points to more murders to come. The killer remains unknown, moving freely and unseen, on the island.

Join us at Jana's house. **480-326-2927** Bring Viking nibbles and libations.



## NORWEGIAN GENEALOGY

Did you know that you have a good chance of locating some of your ancestral genealogical information by using the [www.norwayparishes.com](http://www.norwayparishes.com) blog?



For more information, join our monthly Desert Fjord Norwegian Genealogy meeting on the fourth Saturday of each month at 10 AM. Our April meeting will be on April 22<sup>nd</sup>. For location, Contact Ross Berg at 480-678-2507 or email at [1aznorski@cox.net](mailto:1aznorski@cox.net). Leave me an email address and I will put you on the distribution list for future notices.



## LIBRARY CORNER

By Arlys Medicott

I have been the librarian since last fall. In that time few books have been checked out for reading or review. Why?

There are many choices - history of Norway, sagas, literature, crafts and other categories. I would like suggestions on how to get more interest in the use of this valuable asset of the lodge.



## MEMBERSHIP MATTERS by Floyd Downs, Membership Secretary



Now that Spring has sprung, why don't you spring right out and invite someone to become a member of our lodge and of Sons of Norway? Yeah, easier said than done, of course!

I'm sitting here at the computer trying to think of what to say for this month's Posten, and I am seemingly lost for words. So I guess I'll make this a brief column and simply repeat the important item that I reported last month. Please take note!

To all members receiving news from SON-Minneapolis that dues payment is coming due in 2017, be sure to make renewal payment promptly, but especially before December 31st. That is because on January 1, 2018 the dues structure changes. The membership fee for an individual, now \$52.50, rises to \$60, and the spousal fee, currently \$40.50, will be included in the new category of Family Membership with a fee of \$95. This will include the individual member, spouse and other family members. Thus the current "family fee" totaling \$93 will see a small rise to \$95. Details

as to how monies will be disbursed to our lodge from SON-Minneapolis will come at a later date. 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 are deleted or allocated to spam. This includes telephone number changes. I've heard that some phone numbers 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 email at [lenci.downs@cox.net](mailto:lenci.downs@cox.net) or by phone at (480) 816-3875.*

## Spring Cleaning

by Laura Kuegemann

This time of year is when we begin to do some "spring cleaning". What comes to mind? Finally cleaning out the garage that your wife has been telling you to do since last spring? Maybe it's donating old clothes that no longer fit because you've stuck with your New Year's resolution to lose weight, or maybe not.

For me, spring cleaning is physically removing clutter from my home, but also metaphorically removing clutter from my life. This is an evaluation of looking at where my life is heading and seeing if the activities that I surround myself with are worth my time and efforts. Unlike being a member of Sons of Norway, I didn't see how trying to repair a friendship with a person that didn't put in effort was useful.

Destress your life, drink more tea, get fresh air, and watch the butterflies.



What spring cleaning do you need to do?

# NORWEGIAN SUPERSTITIONS

by Phyllis Bergo

In the days before science explained many of life's odd turns, superstition played an important role in peoples reaction to events.

In Norway superstition was tied to people's daily chores, their farm animals, and even visitors to the home. Unseen forces, both good and bad, were acknowledged as realities, and superstition was the people's way of dealing with these forces.

Here are some typical examples:

- People watched the birds to find out where the fish were. When the seagulls circled high up over the boat, the fish were found deep down.
- It was a good sign to catch a big fish first, but to catch a fish at once was a bad sign. This meant that there would be no more. If there was no catch at all, the fisherman might have forgotten to spit on the hook to chase the witchcraft away.
- On the way home it was important not to reveal the contents or size of the catch; people who asked could expect vague answers or downright lies. In this way, invisible ears were prevented from hearing about the catch, and spells could not be cast on the fish.
- One should never express hopes for a good catch or bring large containers to keep the fish in, for then there would be no catch at all. The fisherman's luck increased with ill wishes - - - the worse, the better. Even today in Norway it is common to wish a fisherman bad luck.
- If porridge was burned, a tuft of wool had to be thrown into the flames. If this was not done, an accident would happen.
- If milk was spilled on the fireplace, salt immediately had to be thrown into the fire or the cow's teats might go sore.
- The sign of the cross was stamped, molded or imprinted with a finger on foods like butter, cheese and all forms of bread. This would protect the food from the hulder, the beautiful netherworld woman with a cow's tail.
- When baking was finished for the day, the fireplace had to be swept clean or the trolls would come to bake during the night.
- A stranger entering in the moment when a piece of flatbread was broken would soon have a child. If a piece of flatbread was burned at the moment a stranger entered, it meant that the person would become poor.

## April Birthdays

Ross H Berg	1st
Chase H Loomis	2nd
Paul Lindbloom	4rd
Paul R Wold	8th
Priscilla Lundberg	10th
Elizabeth Lenci-Downs	12th
Heather T M Loomis	13th



Reidar Gabrielson	14th
Marjorie A Mafi	15th
Jean Harney	23rd
Savanna Lyn Isaacson	23rd
Astrid Hanson	27th
Edward Bergo	29th

Gratulerer Med Dagen

# SYTTENDE MAI 2017

Commemorating the 1814 signing of Norway's Constitution

**Saturday, May 13th**  
**9:00 AM – 12 NOON**



**McCormick-Stillman Railroad Park**  
7301 E. Indian Bend Rd., Scottsdale, AZ  
Rotary Ramada (west of playground)



Admission: FREE

Show your Nordic spirit and join our local Norwegian clubs as we all come together to celebrate *Syttende Mai* or 17<sup>th</sup> of May! This annual potluck brunch event in honor of Norwegian Constitution Day will be full of food, fun, *bunader*, children's games - and of course the traditional 17<sup>th</sup> of May parade! Bring your Norwegian flags, your good spirits, and a dish to share.

\*The clubs will provide coffee, lemonade, and cups/plates/plastic ware

## Program:

- 9:00 Welcome
- 9:30 17<sup>th</sup> of May Parade with Norwegian music and flag-waving
- 10:00 Food is served
- 10:30 *Tale for Dagen* (Speech of the Day)
- 11:00 Traditional Norwegian children's games – with ice cream rewards!
- 11:30 Explore the park and enjoy table games

Co-hosted by Norwegians Worldwide Phoenix Chapter & Desert Fjord and Overtro Fjell Sons of Norway Lodges  
[www.aznorseman.org](http://www.aznorseman.org) | [www.facebook.com/NWWphx](http://www.facebook.com/NWWphx) | [www.desertfjord.org](http://www.desertfjord.org) | [www.facebook.com/563052183744742](http://www.facebook.com/563052183744742) |  
<https://www.facebook.com/Sonsofnorwaymesa>



Picture taken of Bunads at Syttende Mai 2016 held at Sahuaro Ranch Park in Glendale, AZ



## Desert Fjord Lodge 6-133



### Business Meeting Minutes – March 4, 2017 Granite Reef Senior Center, Scottsdale, AZ

Meeting called to order by Jonathan Walters at 1:00 PM.

In attendance: Berit Miltun, Arlys Medlicott, Ed Bergo, Elizabeth Lenci Downs, Floyd Downs, Jana Peterson, Janis Johnson, Jonathan Walters, Roger Espeland, and Anita Thompson.

Quorum (4+) was met: Yes

1. PRIOR MONTH'S MINUTES: Ed Bergo made a motion to accept the February 2017 business meeting minutes as published in the March Posten. Motion seconded by Floyd Downs, motion passed.
2. TREASURER'S REPORT – Janis Johnson reported that the checking account balance as 28<sup>th</sup> Feb is \$1,487.83-

#### 3. COMMITTEE REPORTS

##### Cultural/Program –

- **March 12**– Scandinavian Folkdance
- **April 9**– Nina Poe, Laurie Peterson;  
*Norway in a Nutshell*
- **May 13** – Syttendo Mai Parade *RR Park*
- **June** – Ice cream social & movie
- **July** – Lunch at Denny's in Scottsdale
- **Aug** –Picnic in the Pines, Payson

**Genealogy – Meeting planned for Mar 25 10-Noon at *The Egg I Am* Restaurant 10155 E. Via Linda, Scottsdale in the Mercado Shopping Center at intersection of Mountain View and Via Linda. Janis Johnson will review with us what she learned during her latest trip to Salt Lake: Reading a Bygdebok and Norwegian Immigrants with a routing from Norway to Canada and then to the US.**

**Library** – Arlys M – our librarian, purchased three books. Many of the missing books have been returned but many are still missing. Please help us locate them.

**Membership** – Floyd reported on membership activity with 135 active members. Last month \$196 was collected for the Membership Retention Fund. Guidelines to be established.

**Publicity** – Janis mailed out 13 Postens.

#### 4. OLD BUSINESS

- Recruiting of Lodge officers – looking for VP
- Discussion on idea to provide transportation to meetings for elderly; no decision made
- Scholarships: One application has been received by the March 1 deadline for a scholarship and one grant application received.

#### 5. NEW BUSIINESS

- 2017 Budget was discussed and will be finalized by the end of March.
- 2017 New Lease Agreement for use of Masonic Lodge was discussed for use in January, February, March, April, June, September, October, and November.
- Google Doc reservation issues have been resolved.

Motion made by Jana and seconded by Ed, to adjourn; meeting adjourned at 2:30.

April 1 - Next business meeting

Respectfully submitted by Anita Thompson – Desert Fjord Secretary on 03/09/2017.

## A Great Gift Idea

Perhaps you have some money you don't need and therefore won't spend on yourself. And you have several young adult grandchildren who are just starting their careers. Are there some financial options Sons of Norway can offer?

Suppose the money you have allows you to give each of your grandkids \$25,000. How do you give them something that's worthwhile that they'll have for the rest of their lives and at the same time give them cash for immediate use?

Split the \$25,000 up, putting \$15,000 into a Single Premium Life Insurance policy and give them \$10,000 in cash. For example, if one of your grandchildren is a 30-year old male, \$15,000 would purchase \$75,915 of life insurance: a policy that your grandson will never need to pay any further premiums on. Plus, the policy accumulates a cash value, and at age 65, that value would be around \$40,000!

Grandkids are special at all ages, so perhaps an idea like purchasing a Single Premium Whole Life policy is something for you to consider. Many years from now, your grandchildren will remember you for all that you have given them – this is one gift that will last a lifetime.

Please contact your Financial Benefits Counselor to take advantage of this great gift idea.

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

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

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#### **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 a.m., Fountain East Clubhouse,

303 S. Recker Rd., Mesa, AZ

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

Faith Lutheran Church,

2215 S. 8th Ave., Yuma, AZ

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

11:00 a.m., 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

**Vice-President:**

**Secretary:** Anita Thompson

**Treasurer:** Janis Johnson

**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, P Flanders, Elizabeth Lenci-Downs

**Marshals:** Knut Haldorsen and Peter Flanders

**Membership/Financial Secretary:** Floyd Downs

**Posten Editor:** Laura Kuegemann

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

**Reservations:** Phyllis Bergo

**Social Directors:** Berit Miltun and Nellie Lokken

**Sports:**

**Sunshine:** Dawn Walter

**Trustees:** (1yr) Knut Haldorsen; (2yr) Peter Flanders; (3yr) Norm Jenson

**Tubfrim:** Lois Ripley and Lois Saakas

**Webmaster:** Jan Loomis

Editor's Column:

### A Happy Spring to you!

Springtime is one of my favorite weeks in Arizona. If you live here year-round you know why I say weeks! Arizona heats up fast but during this time of year, for a glorious few weeks, it is perfect weather to stretch out in the sun outside and take in the beauty of our state.

Wildflowers and allergies are in full bloom but so are many festivals, concerts, and sporting events!

Take in a baseball game and I say this every spring... Go Diamondbacks!!!

On a more serious note, it is also the time for Easter and for those of us that celebrate – may God's blessings be with you and let us celebrate this newness in everlasting life!

Laura Kuegemann



"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/>