

# The Posten

October 2017

## In this Issue:

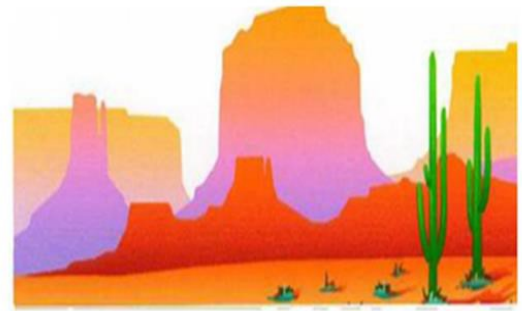
- 2 Upcoming Meetings
- 3 Viking Book & Wine Club; Library Corner
- 4 Scholarship Thank You; October Birthdays
- 5 September Business Meeting Minutes
- 6 Fårikål
- 7 FBC Article; Sons of Norway District Six and AZ Lodges Information
- 8 Desert Fjord Information

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



## SONS OF NORWAY

### Desert Fjord Lodge



### President's Column

Our October monthly meeting gives you an opportunity to beat the crowds and do some early Christmas shopping. Too early to think about holiday goodies? If you have room, I've heard that lefse freezes well. And you'd hate to observe Thanksgiving or Christmas without that!

It's not too early to start thinking about the Christmas season! The IKEA store has invited the Scandinavian Folk Dancers of Phoenix to perform once again at their annual Christmas Buffet December 15th. The Mesa lodge has scheduled a planning meeting for their December Lutefisk-Meatball Dinner. My church is starting rehearsals this week for our Christmas Cantata. And even Desert Fjord Lodge has plans to hold an event this year in December—you'll be getting plenty of details as the time nears.

I'm not trying to stir up a panic, but I do want you to be advised that Christmas will be here before you know it. They say the older you get the faster it goes ... time, that is. We want you to be in the game and ahead of the game. Our Norwegian Open House, if nothing else, should be a fun event for everyone. There won't be a meal served, but I heard something about ice cream and cookies. And coffee! Come out, bring along some of your holiday spending money, and enjoy our October event. (Friends and neighbors are most welcome, too.)

Out of respect, please remember to put out your Norwegian flag or wear your Norwegian sweater on October 9th, Leif Erikson Day. This is no time for us to go into hiding—we really have something to be proud of that Leif beat Christopher by several hundred years. Long live the Nordic spirit of bravery and discovery!



*Velkommen*

JOIN US AT OUR NEW AND EXCITING NORWEGIAN OPEN HOUSE  
... OCT. 8<sup>TH</sup>! 2-4 pm: Masonic Lodge, 2531 N Scottsdale Rd, Scottsdale

**BRING FRIENDS.** YOU WILL FIND  
TOYS, PAINTINGS, ROSMALING, LEFSE, VIKING  
TREASURES, BOOKS, KNITTING, AND MORE.



~ DO YOUR **CHRISTMAS** SHOPPING EARLY ~



**COME SEE OUR  
Desert Fjord  
Artists, Bakers  
and Candlestick  
Makers!**

There will only be coffee and dessert served due to the Norwegian Open House ...

Price: \$5 per person

Reservations: Via the link online (click "online") or call Anita by October 6th! (480-717-4103)

Please make your check payable to Sons of Norway and mail to: Anita Thompson— 2233 East Behrend Drive, Lot 249, Phoenix, AZ 85024-1868

### **Business Meeting**

October 7th at 1:00 pm

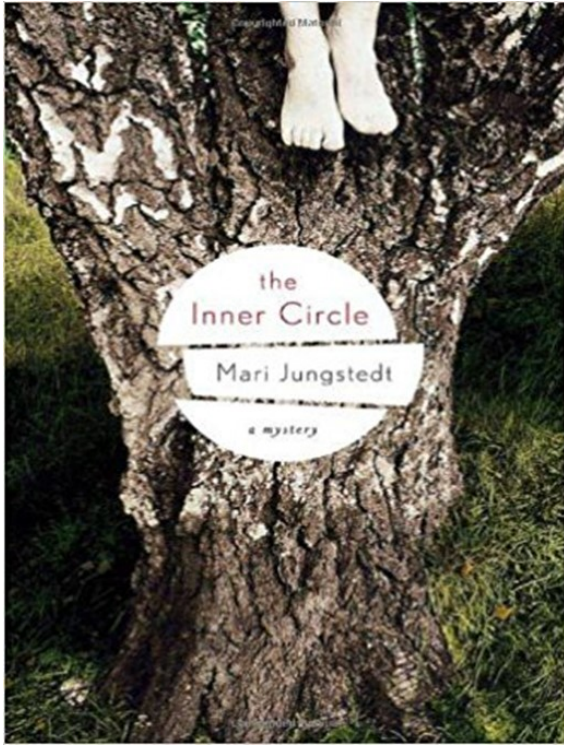
Scottsdale United Methodist Church

4140 N Miller Rd, Scottsdale, AZ

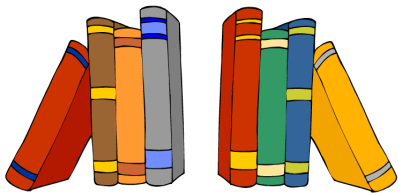
### **Genealogy**

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.

# VIKING BOOK AND WINE CLUB



Will next meet Saturday, November 18th at 2:30 pm to discuss **The Inner Circle**, our third Jungstedt book. Be there or be square. RSVP 480-326-2927. Please bring Viking goodies. *(And our NEXT book will be announced to Book Club attendees; it will also be discussed in November—stay tuned!)*



## LIBRARY CORNER

By Arlys Medicott

Librarian

Hello Everyone!

As a reminder, if you have checked out any materials from our library at Sons of Norway last spring, it's time to return them for fellow lodge members to enjoy and find out how the story ends if it's a series.

We have added a new category of books: **Contemporary Literature and Fiction** to celebrate modern works in addition to our list of classics.



Alexander Gokan, grandson of member Berit Miltun, was awarded a \$1,000 scholarship by Desert Fjord Lodge. Here is a thank you received from him recently.

Dear Sons of Norway Desert Fjord Lodge

I am writing to thank you for your scholarship. I was thrilled to learn I was chosen as the recipient of this honor, and I appreciate your support.

I am currently studying computer engineering at Purdue University, with hopes of moving into a career in robotic control systems. Thanks to your generous gift, I am one step closer to my goals. I worked hard at an internship this past summer at Rex Electric near Chicago and gained valuable work experience designing, configuring, and programming new computer networks. I am currently a sophomore student, and I am sure you will be glad to hear that this year I am working harder than ever, and excelling in my classes. I recently had a few job interviews for next summer, which present many exciting opportunities for me - I will keep the lodge informed of my progress

Thank you for your generosity and support. I promise to work hard and eventually give back to the community just as you have given to me.

Sincerely,  
Alexander Gokan

## October Birthdays

Myrtle L Knutson	2
Marcia S Kuehl	2
Mary Jane Gordon	3
Martin L Johnson	3
Brenda Witsoe	3



Mike Opoien	11
Barbara Richey	19
Richard G Erickson	24
Timothy S Leeland	28
* Hennessy Spargo	28

\* Heritage Member

*Gratulerer Med Dagen – Happy Birthday !!*



## Desert Fjord Lodge 6-133



### Business Meeting Minutes – September 9, 2017 Scottsdale United Methodist Church, 4140 N Miller Rd, Scottsdale, AZ

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

- In attendance: Berit Miltun, Arlys Medicott, Ed and Phyllis Bergo, Elizabeth Lenci-Downs, Floyd Downs, Jana Peterson, Janis Johnson, and Jonathan Walters.
- Was the Quorum (4+) met? Yes

1. MAY MINUTES - A motion was made by Ed and seconded by Floyd to accept the May 2017 Business Meeting minutes as published in the May Posten.

2. TREASURER'S REPORT – Janis Johnson reported that the checking account balance was \$1,492.24.

#### 3. COMMITTEE REPORTS

##### Cultural Programming

- Jana reported that the September 10<sup>th</sup> meeting will feature bunads made by herself and Laurie Peterson.
- The October 8<sup>th</sup> meeting will be an open house with members selling their wares.

##### Genealogy Meeting

An email will go out later regarding time and place for the genealogy group.

**Library** – Arlys is continuing to locate books on WWII. The Mesa lodge has lots of fiction books by Laurie Snelling. The Book Club will meet at Jana's house September 9<sup>th</sup>.

**Membership** – Floyd brought us up to date on membership issues that occurred over the summer. A memorial check for the passing of Lois Finstad will be sent by Janis Johnson to the Sons of Norway Foundation. Paul Wold will be 100 years old April 2018. We will recognize our Golden Members in November.

**Scholarships & Grants** –A \$1,000 scholarship was given to Alexander Gokan, Berit's grandson, and an educational grant of \$300 was given to Jana Peterson.

**Publicity** – Janis Johnson mailed out 12 Postens.

#### 4. OLD BUSINESS

The Picnic in the Pines was held at the home of Jan and Sherrie Loomis on August 13<sup>th</sup> in Payson.

#### 5. NEW BUSINESS

- Table rental for the October meeting will be \$20 for the sellers.
- Authorized signees on the lodge deposit account has been changed to Janis Johnson, Gordon Peterson and Jonathan Walters.
- Our contact, Stephen Clark, secretary of the Masonic Lodge, has resigned.
- The MIM is having their Experience Scandinavia December 2<sup>nd</sup> and 3<sup>rd</sup>; Sons of Norway lodges have been asked to participate. Ed Bergo volunteered to organize our members to help at our membership table.
- Floyd mentioned that the August issue of the Viking magazine (page 29) featured our lodge as being the first to transfer our scholarship funds to a Sons of Norway Foundation capital account.

Motion made by Ed Bergo and seconded by Floyd Downs to adjourn; meeting adjourned at 1:55 pm.

**October 7th** - Next business meeting at Scottsdale United Methodist Church.

Anita Thompson, Desert Fjord Secretary, was unable to attend; these minutes respectfully submitted by Phyllis Bergo 9/11/2017.

# Fårikål

September is National Potato Month in Norway, but it is also a time when Norwegians commemorate Fårikål, Norway's national dish. Here is a recipe for you to try—see if you don't agree that this is truly special food.

## **Ingredients:** (serves 2)

1 lb lamb chunks on the bone  
1 medium cabbage  
2 cloves garlic  
1 onion  
2 medium carrots  
2 medium new potatoes  
1 Tbsp whole peppercorns  
Dried rosemary  
1 beef stock cube  
2 dollops of butter  
Water



## **Directions:**

- Chop the onions, carrots and cabbage into bite sized pieces. Chop the potatoes into large pieces. Mince or crush the garlic.
- In a large pot melt one dollop of butter and sauté the onions until they turn transparent. Add the garlic and lamb chunks and sear the lamb.
- Once the lamb is seared add the peppercorns and rosemary; cook for 3-5 minutes. Add carrots, cabbage and potatoes and stir.
- Cook until the potatoes and carrots are slightly softened, approximately 5-10 minutes.
- Fill the pot with enough water to cover 2/3 of the ingredients, crumble the stock cube and add the remaining dollop of butter.
- Bring to a boil and then simmer covered for 2 hours, stirring occasionally.
- Enjoy!

## We Are a Community

### Let's Help our Sons of Norway Members

#### Hurt by Hurricanes and Wildfires—

We are a Fraternal Benefit Society, founded because of the needs of immigrants a generation or more ago. Recently, our beautiful country has been hit hard with natural disasters, leaving some of our sisters and brothers in a state of salvage. If you need aid, contact Sons of Norway to find out how the Humanitarian Fund can help you. If you haven't been hurt by these disasters, please consider donating to this fund through the Sons of Norway Foundation. We have helped our members after other disasters and are there for you now.

Contact Sons of Norway Headquarters at (800) 945-8851 or your Financial Benefits Counselor. Heritage people care.

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

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

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** - 3rd Sunday, Family

Resource Ctr., Flagstaff, AZ

**Overtro Fjell 6-153** - 3rd Saturday

at 11:00 am, Fountain East Clubhouse,

303 S. Recker Rd., Mesa, AZ

**Sola 6-168** - 3rd Tuesday at 7:00 pm,

Faith Lutheran Church,

2215 S. 8th Ave., Yuma, AZ

**Sol Byer 6-134** - 3rd 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—(480) 812-9762

**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

Welcome back, Scottsdale Lodge!

Officially, summer is drawing to a close on September 22nd, but here at Sons of Norway we're already under way following a summer siesta.

We have materials from the library ready to be checked out, roots to find in Genealogy, wine to drink, books to read, and culture to be explored.

And don't forget to invite your Nordic friends, family and interested others along for what promises to be a wonderful year of tradition, heritage, and of course fun!

- 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/>