

The
POSTEN

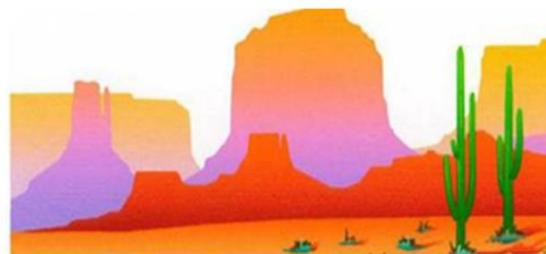
January 2016

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**SONS OF
NORWAY**
Desert Fjord Lodge



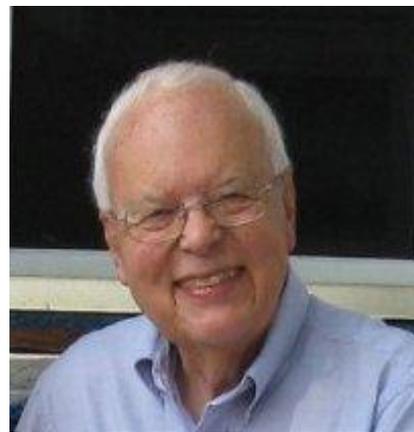
President's Column

by Ed Bergo, President

Our January 10th meeting will feature a bunad parade. Please wear your bunad that day and share with our members it's background and geographical origin. Our Heritage and Cultural committee has selected a video to view that provides background on different bunads.

On January 30th, Desert Fjord Lodge will host a District Six Leadership Conference in Scottsdale. This event will involve representatives from the five Arizona Sons of Norway lodges and will give our leaders many new ideas to begin their terms. Please let Jonathan Walters know if you would like to attend this event. Space is limited. There is no cost involved. *See Page 3 for more information.*

As my three-year term is winding down, I want to thank a hard-working Board of Directors and Lodge Leaders.



Working with these dedicated people has made my job much easier. Our organization depends upon volunteers. If you would like to be a volunteer, please let me know.

At our January 10th Heritage and Cultural Meeting, our Zone Director, Benny Jo Hinchey, will be officially installing our newly elected officers. I have asked her to give us an update on what is happening with Sons of Norway this year.



Desert Fjord Lodge 6-133,
P.O. Box 1716
Scottsdale, AZ 85252-1716
Voice Mail: 480-422-4334

Velkommen

HERITAGE AND CULTURAL MEETING

January 10th, 2:00 p.m. to 5:00 p.m.,
at the Masonic Lodge, 2531 N. Scottsdale Rd.,
Scottsdale, Arizona

PROGRAM

Bunad Parade and a Short Video

All are welcome to wear their bunads and to tell members about their bunad's background and geographical origin.

Guests with bunads are welcome also.

Installation of Officers



- lappskaus (beef stew with vegetables and potatoes), flatbread, iced tea and coffee
- krumkaker with whipping cream topped with fruit
- cost - adults: \$13.00 children: \$5.00

Make checks out to Sons of Norway

Mail to: Phyllis Bergo, 2589 E. Erie Ct.,
Gilbert AZ 85295
phyllisbergo@gmail.com

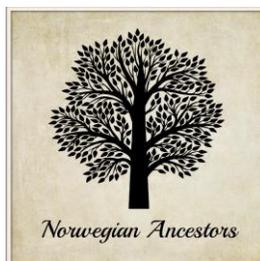
Please call Phyllis at 480-812-9762
to let her know if you will be in the parade,
and to make reservations by January 7th

If possible, please use our online reservation system for the Heritage and Cultural Meetings.
"left-click+control here:

https://docs.google.com/forms/d/1atm0bXXYMMX-D0doGIBIE9dhEmDVf_usQBJbBGFOG3M/viewform?c=0&w=1

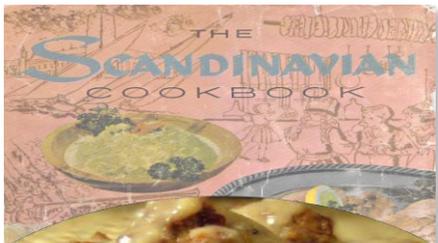
Business Meeting

January 9th, at 1:00 p.m.,
Granite Reef Senior Center,
1700 N. Granite Reef Road, Scottsdale, AZ



Genealogy Meeting

There will not be a meeting on January 2nd.
Date for the next meeting will be
announced later.



Julie's Favorite Swedish Meatball Recipe

Swedish Meat Balls I (Köttbullar I)

▲ Base Recipe

Most widely known of all Swedish dishes, these tiny succulent balls typify the Scandinavian homemaker's genius in ground-meat cookery. Some cooks add a pinch of sugar, dash of paprika or chopped mushrooms to the gravy.

Set out a large, heavy skillet having a tight-fitting cover.

Set out

1 cup (3 slices) fine, dry bread crumbs

Lightly mix together in a large bowl ½ cup of the bread crumbs and

1 lb. ground round steak

½ lb. ground pork

½ cup mashed potatoes

1 egg, beaten

and a mixture of

1 teaspoon salt

½ teaspoon brown sugar

¼ teaspoon pepper

¼ teaspoon allspice

¼ teaspoon nutmeg

⅛ teaspoon cloves

⅛ teaspoon ginger

Shape mixture into balls about 1 in. in diameter. Roll balls lightly in remaining crumbs.

Heat in the skillet over low heat

3 tablespoons butter

Add the meat balls and brown on all sides. Shake pan frequently to brown evenly and to keep balls round. Cover and cook about 15 min., or until meat balls are thoroughly cooked.

Keep meat balls hot for the smörgåsbord.

About 3 doz. meat balls

I have been making this recipe on Christmas Eve for many years!



MEMBERS

Just a reminder that Desert Fjord Lodge is hosting the District Six Leadership Conference on January 30th.

Please call President Jonathan Walters at 480-788-7623 if you would like to attend this event.

Each of the five Arizona lodges will be encouraged to invite five people to attend. Space is limited. There is no cost involved.



Viking Magazine Dominates Competition at Publishing Excellence Awards

Last week marked a major accomplishment for Sons of Norway and Viking magazine. During the 2015 ceremony for the Minnesota Magazine Publishing Excellence Awards Viking magazine was recognized seven times!

This is an all-time high for Sons of Norway and was characterized by one publishing professional as “dominating its category.”

In addition to awards for design and editorial coverage, Viking was also recognized with a highly coveted Overall Excellence award, which is judged based on three issues of the magazine and shows the judges' belief that the magazine carries its brand well across multiple issues.

https://www.sofn.com/blog/2015/11/16/62/viking_magazine_dominates_competition_at_publishing_excellence_awards

At the Musical Instrument Museum - MIM
 "Experience Scandinavia" event on December 5th and 6th



Pass on the gift of heritage...

2016

Send your children or grandchildren to the
Sons of Norway
Language & Heritage Camps
 this summer and give them the keys to
 unlock their Norwegian Heritage.

Trollfjell Folkehøgskule
June 26 - July 9

Camp Trollfjell
July 10 - 23

For more information or to register go to: <http://sofn6.org/arv/>

Like us on Facebook!



To view these images more clearly, visit Musical Instrument Museum MIM on Facebook at
<https://www.facebook.com/mimph/photos/a.10153787228852855.1073741846.377863727854/10153787228977855/?type=3&theater>

SONS OF NORWAY

OVERTRO FJELL LODGE 6-153

LUTEFISK & MEATBALL DINNER

Saturday, December 5, 2015



In this picture, Overtro Fjell Lodge, Mesa, Arizona, was serving the first 250 people to arrive.

Posted by Wendy Winkelman, on Sons of Norway District 6 Facebook Page.
 Thanks to Wendy for posting this picture!

MEMBERSHIP MATTERS

by Floyd Downs, Membership Secretary

Since I wrote my last message in mid-October for the Nov-Dec issue of the Posten much has happened. We were saddened to learn of the passing of Silvana Haugen due to a heart attack. Roger and Silvana had recently returned from a trip to Europe when she was stricken. Services and burial were held October 31st in North Carolina where other family members reside.

In early December Roger, with daughter Astrid, returned to the Fountain Hills residence. Because Astrid has special knowledge and skills in genealogy studies, Ross Berg arranged a special meeting at which Astrid made a presentation to an assembly of 30 SON members, sharing her wealth of information about DNA technology in researching one's past heritage. We thank both Astrid and Roger for this addition to our genealogy interests.

At our November meeting we welcomed our new member, Richard Erickson. What I did not tell you previously is that Richard is a Colonel in the US Marine Corps, nearing the end of his required service. He goes by "Rick." Rick brought with him to the meeting his father, also a Richard, who goes by "Dick." And consequently Dick became a SON member of our Lodge as well as Rick. Welcome to you both!

By now you should have enjoyed a visit with friends and relatives during the Christmas weekend and probably the New Year's weekend as well. Let's get off to 2016 by coming to our January 10th meeting at 2:00 p.m. We'll see you there!

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 others who wish to unite with us. We hope you will personally extend many invitations to them to join our monthly Heritage and Cultural meetings.

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. A similar reminder pertains to postal addresses. Please let us know if you are not receiving timely notices.

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

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.

Birthdays in January

Kathleen A. Gabrielson	3rd
Deborah Lynn Shaffer	6th
Jackson B. Loomis	7th
James Brown	11th
Peter Flanders	13th
Colton Stringer	14th



Hurra for deg som fyller ditt år! Ja, deg vil vi gratulere!

Alle i ring omkring deg vi st år, og se, nå vil vi marsjere.

Bukke, nikke, neie, snu oss omkring, danse så for deg med hopp og sprett og spring, ønske deg av hjertet alle gode ting og si meg så, hva vil du mere?

Gratulere

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



Officers of Desert Fjord Lodge

President	Ed Bergo	Historian	Roger Espeland
Vice-President	Jonathan Walters	Librarians	Gil Witsoe
Secretary	Lynn Eide	Marshals	Knut Haldorsen and Peter Flanders
Treasurer	Roger Espeland	Posten Editor	Julie Westby
Membership Secretary	Floyd Downs	Publicity Dir. Pub. Relations, Outreach, and Photographer	Janis Johnson
Counselor	Ross Berg	Reservations	Phyllis Bergo
Cultural Directors	Phyllis Bergo (acting), Jana Peterson, Janet Lendle, and Elizabeth Lenci-Downs	Schools and Scholarships	
Auditors	Dirk Walter and Floyd Downs	Scrapbook	Sharon Clunk
Boutique	Ali Berg-Anderson	Social Directors	Berit Miltun and Nellie Lokken
Box Tops for Education	Sharon Clunk	Sports	Tyler Soine
Database and Ref. Manual	Roger Espeland	Sunshine	Dawn Walter
Distribution	Tyler Soine	Trustees	(1yr) Knut Haldorsen; (2yr) Floyd Downs; (3yr) Ross Berg
Foundation		Tubfrim	Lois Ripley and Lois Saakas
Greeters	Floyd Downs and Ross Berg	Webmaster	Roger Espeland
<i>Desert Fjord Lodge 6-133</i> <i>P.O. Box 1716, Scottsdale, AZ</i> <i>85252-1716</i> <i>Voice Mail: 480-422-4334</i>		<i>Website:</i> http://www.desertfjord.org/index.html <i>Face Book:</i> https://www.facebook.com/pages/Desert-Fjord-Lodge-6-133-Sons-of-Norway/563052183744742	
Heritage and Culture Meeting 2 nd Sunday, from 2:00 p.m. to 5:00 p.m., Scottsdale Masonic Lodge, 2531 N. Scottsdale Rd., Scottsdale, AZ 85252		Business Meeting January 9th, at 1:00 p.m., at Granite Reef Senior Center, 1700 N. Granite Reef Road, Scottsdale, AZ	
Desert Fjord Posten Submissions: Send to - editor@desertfjord.org			

It has been suggested that our Desert Fjord Lodge membership be made more aware of the duties of its officers and leaders. We continue this series with the duties of the Librarians

Responsibilities of Desert Fjord's Board Members: The Librarians

The Librarians set up and put away Desert Fjord's library at our meetings, making it possible for our members to check out books, CDs and DVDs about Norway. The Librarians are also responsible for keeping track of checked out books, etc., and will remind those of us who tend to forget to return these items to the library. We have a large library of Norwegian media.

Another function involves purchasing books, CDs and DVDs to add to our permanent collection. Each year, the lodge budgets a certain amount of money to purchase items for the library. We are very pleased to have Sharon Clunk and Peter Flanders serving as Co-Librarians.

Business Meeting Minutes

Sons of Norway – Desert Fjord Lodge 6-133 Business Meeting at Granite Reef Senior Center October 31, 2015

1. Meeting called to order by Ed Bergo at 1:40 PM. In attendance: Roger Espeland, Ross Berg, Floyd Downs, Elizabeth Lenci-Downs, Phyllis Bergo, Anita Thompson, Jonathan Walters, Jana Peterson, and Lynn Eide. Quorum (4+): Yes
2. Floyd made a motion to accept October 2015 business meeting minutes as published in the Posten. Roger seconded the motion. The motion passed.
3. Treasurer's Report - Roger handed out latest financial statement for review.
 - a. Checking balance is \$2,206.15.
4. Review of November 8th Heritage and Cultural Meeting.
 - a. Reviewed preliminary meeting agenda.
 - b. Cultural Director's Report - Program on November 8th from 2:00 PM to 5:00 PM
 - Brenda Witsoe will present a genealogy program titled "Keeping the Memories."
 - Boutique will be available at the November meeting.
 - Desert Fjord will participate in "Experience Scandinavia" at Museum of Musical Instruments scheduled for December 5th and 6th. Membership table will be manned by Sun City, Mesa and Scottsdale SON lodges.
 - December meeting will be a holiday potluck held at Masonic Lodge from 6:00 PM to 8:00 PM on December 18th.
 - January program will feature installation of officers officiated by Bennie Jo Hinchey. A video of bunads will be shown followed by a parade of members in bunads.
5. Committee Reports
 - a. Membership - Lodge membership activity report: 135 active members (includes juvenile members with active insurance). Lodge membership activity report had not yet arrived from Minneapolis at time of meeting for review. Floyd reported the death of Silvana Haugen. Floyd reviewed membership milestone anniversaries with board. Pins will be awarded at November meeting for 5-10-15-20-30 year anniversaries.
 - b. Library - Elizabeth will serve as a liaison between Peter Flanders and the board for the next year. Sharon will serve as his assistant and as the record keeper. Gil will set up and remove items for display. Two tables will be set up in main room for November meeting. Elizabeth reminded board that the rosemaled library cart contains the most valuable books in library.
 - c. Genealogy - No meeting was held on October 31st but it will be rescheduled for later in December or January.
 - d. Posten - Posten was prepared and mailed with printed version handled by Tyler. November and December will be combined as a single issue of the Posten for the year.
6. Old Business -
 - a. Policies and Rules committee which is dealing with the online directory reported that all members have been sent postcards asking members if they want their name to be included and provided the option that member can withdraw all or part of the information from publication. Ed will contact Bennie Jo Hinchey for guidance as to how other lodges have handled online directory information. Online directory will include name, street address, email address, and phone number and will be password protected. Adult members only are to be included in directory. Directory is to be refreshed annually. The Rules and Policies committee will update section 6.1 of The Membership Roster of Rules and Policies to reflect the new online directory. This committee will make recommendations to the Board of Directors.
 - b. Lynn generated a report on the 32 ballots cast at October meeting. Officers for the 2016-2017 are as follow:
President: Jonathan Walters; Vice President: Lynn Eide; Secretary: Anita Thompson; Treasurer: Roger Espeland;
Cultural/Social Director: Jana Peterson, Berit Miltun, Janis Johnson, Lois Ripley and Phyllis Bergo;
Financial/Membership Secretary: Floyd Downs.
 - c. A committee appointed by Ed will meet to review Section 3.3 from the Rules and Policies to recommend changes to the rules which will then be presented to the board for a vote. Roger made a motion that the revised wording be presented to members at November H&C meeting for approval. Floyd seconded the motion. The motion passed.
 - d. Two member applicants have notified the board of their intention to attend the Bunad Camp to be held April 4-7, 2016. Floyd made a motion to approve payment of \$300 per applicant to cover registration/tuition. Ross seconded the motion.
7. New Business -
 - a. Ali Berg-Anderson will be in charge of boutique at Jul Fest held November 7th at Shepherd of the Valley Lutheran Church.
 - b. Officers will be installed in January. Benny Jo Hinchey will preside over the installation.
 - c. Meeting was adjourned at 3:30 PM.

Sons of Norway

District Six Convention 2016

Save the Dates!



June 19th - 22nd
Embassy Suites Hotel
Loveland, CO

"Mining Our Heritage"

Hosted by the 7 lodges of **Zone 8 (Colorado)**
More info to come!

A Message from the Education Committee

Arizona lodges are in need of people that are experienced in rosemaling, woodcarving, figure carving, ornamental woodcarving, chip carving, hardanger embroidery, knitting, weaving, and bunad sewing/ embroidery. There are classes being offered by our District Six Sons of Norway and are mainly in California. Left-click + control here www.sofn6.com for information about these classes from time to time, and when we receive flyers, we will try to include them in the Posten.

Desert Fjord will periodically be able to offer tuition reimbursement for these classes. Should you be interested in applying, please send a copy of the flyer with your name, address, e-mail address, telephone number and mail to:

Education Committee
Sons of Norway - Desert Fjord
P.O. Box 1716
Scottsdale, AZ 85252-1716

WANTED – CANDIDATES

Congratulations to all the members who are participants in keeping our Lodges active. You will have installed new officers for the year and the next action will be to choose your delegates for the 2016 District Six Convention in scenic Loveland, Colorado, June 19-22. We are asking members to consider being delegates to the convention and to also consider being a nominee for a District Six office. All positions are open for election.

Go to our District Six website at <http://sofn6.org/>; on the front page there will be more information about being a nominee for office. A link to all the definitions of the officer duties is available online at this site. There is a form to be filled out to the best of your ability and to submit it to any member of the Nomination Committee. There will not be any nominations from the floor of the convention.

We are pleading with you to give serious thought to being a delegate to the convention as well as a nominee for an office of District Six. Past experience is not a requirement but once you are elected to a District position you are required to hold a SON financial product.

- The Nominating Committee.



The Sons of Norway Foundation was established in 1966 to provide funding for research and promotion of Norwegian heritage and culture. Our lodge supports the Foundation with your piggy bank contributions at our monthly Heritage and Culture Meetings.

“Every Member Get a Member”

Starting January 1, 2016 through December 31, 2016, District Six has a special membership recruitment program. For every new adult member that is referred by a Sons of Norway member, and that referring member's name is indicated on the membership form, that member will receive a \$5.00 gift card from the District. No limitation on the number of members you may recruit. For further information, contact District Six Vice President Luella Grangaard at 760-363-7704 or morongo2@verizon.net.



Why does Sons of Norway have Financial Benefits Counselors?

Our role with you and your lodge is to offer professional insurance and annuity products to our members. We are trained, licensed and skilled professionals that have knowledge in protecting your family, your legacy, your lodge and your community.

Sons of Norway keeps you informed through the Advisor newsletter that comes out quarterly, articles in Viking Magazine, lodge newsletter articles, presentations at lodge meetings and free financial reviews directly with you.

Access to the professional advice from your Financial Benefits Counselor is only a phone call away. You can go to our website to find an FBC working with your lodge at: https://www.sofn.com/financial_products/. The ability to work with an FBC is part of the benefits of membership.

The New Year is a great time to see how Sons of Norway can benefit you!

**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 ■ www.sonsofnorway.com



Don't miss the SON, District Six Facebook Page and be sure to "like it" to receive the great news feeds! *left-click+control here:*
<https://www.facebook.com/groups/377019032437840/>



Please keep Dawn Walter of the Sunshine Committee informed about members who are hospitalized, convalescing, or grieving.

Cards will be mailed to members on behalf of the Lodge. And don't forget those happy times when congratulatory cards can be sent.

Contact Dawn Walter at 602-690-5176.

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
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

Overtro Fjell 6-153 - 3rd Saturday, at 11:00 a.m., Fountain East Clubhouse, 303 S. Recker Rd., Mesa

Sola 6-168 - 3rd. Tuesday at 7:00 p.m., Faith Lutheran Church, 2215 S. 8th Ave., Yuma

Sol Byer 6-134 - 3rd. Saturday, at 11:00 a.m., Elk's Lodge, 10760 Union Hills Dr., Phoenix

LODGES IN OTHER STATES

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

Most post their monthly newsletter on their lodge website.

OTHER CONTACTS

Norwegian Consulate:
George Olander, 602-543-6256

Financial Benefits Counselor:
Jonathan Walters, 480-788-7623

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/>

Tubfrim - *Tubfrim is a Norwegian program that collects and sells cancelled postage stamps to raise funds to aid individuals who are handicapped. Just bring to any of our regular meetings; put your name on the bag or box so your name gets put into the drawing.*



<http://www.boxtops4education.com/participating-products>