

The  
Posten  
October 2016

In this Issue:

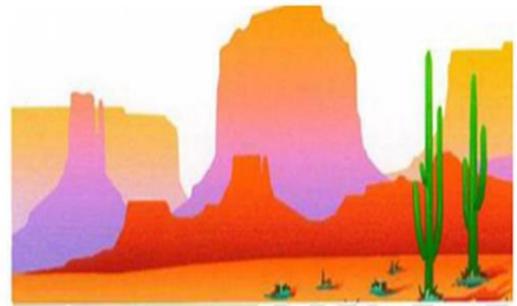
- 2 Upcoming Meetings
- 3 New Simplified Dues;  
Leif Erikson
- 4 Lodge Awards; Annual  
Jul Bazaar
- 5 Scholarships; October  
birthdays
- 6 Missing Library Items;  
FBC article
- 7 Business Meeting  
Minutes
- 8 District 6 and Arizona  
Sons of Norway Lodges
- 9 Desert Fjord Information

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



SONS OF  
NORWAY

Desert Fjord Lodge



President's Column

by Jonathan Walters, President

What could be nearer Norwegian immigrants' descendants' hearts than the food and music from the land of the ancestors? Did I say lutefisk? Or lefse? Or rømmegrøt? For those who haven't acquired the taste for lutefisk, we have meatballs. Yes, meatballs go well, too! At our October Heritage and Culture meeting we're having a meatball competition. Those who attend will have the chance to declare their favorite and the winners will be announced. In addition, we'll have volunteers bring a salad. And did I mention some beer-tasting, too?



This year our October meeting falls on Leif Erikson Day! His discovery of North America has been recognized – we should be proud along with all Vikings. Let's tell our friends and neighbors and invite some of them to our Heritage and Culture meeting. It wouldn't hurt if you wore your Viking T-shirt (the one with the Viking ship on it) bearing the words: "We came ... we left ... we're back." Show a bit of Viking pride!

I'd like to draw your attention to a couple items in this newsletter:

- Lost Library Items. A number of items (mostly books) have recently been found missing from our library. Please have a look at home and help us get them returned. Our library is a great resource for members; we want to maintain our collection and recover the lost items. Mange tusen takk for your help!
- Talking Points – 2018 Membership Dues. How many of you enjoy paying your annual Sons of Norway dues? Well, an effort has been made to simplify the dues structure. Beginning in 2018, an individual membership will be \$60 and a family membership (all under the same roof) \$95. Please note the subtitle: "If 50% of members bought an Insurance product there would be no need for dues."

We had a great Heritage and Culture meeting in September. It was special to have Alex Boemark, Honorary Consul of Norway for Arizona and New Mexico, with us. A wonderful program on the northern lights was enjoyed by all. Thank you, Per Aannestad!

I'd like to welcome our new Editor, Laura Kuegemann. I was thrilled to find her willing to do this for us. And Janis Johnson has agreed to become our new Treasurer. Please give Laura and Janis your support and cooperation. I'm grateful for all members who contribute to our lodge in various ways. I feel that Desert Fjord Lodge has some good days ahead!

*Velkommen*

## Next Meeting: October 9, 2016

**Festivities:** A Meatball Competition and Beer Tasting 2 pm

**Program:** Jack Peterson—Church Sketches Over a Lifetime



**Menu:** Home-made meatballs

Beer-tasting

Fabulous favorite or Scandinavian salads

Ice cream and cookies

Coffee, ice tea, or soft

**Price:** \$12 (\$5 if you bring meatballs; \$7 if ... salad)

**Deadline** for Reservations: October 8th.

Place your reservations online (*click online*) or

**Contact:** Phyllis Bergo at 480-812-9762

phyllisbergo@gmail.com

### Business Meeting

October 8 at 1:00 pm

Granite Reef Senior Center,

1700 N Granite Reef Road, Scottsdale, AZ

### Genealogy Meeting

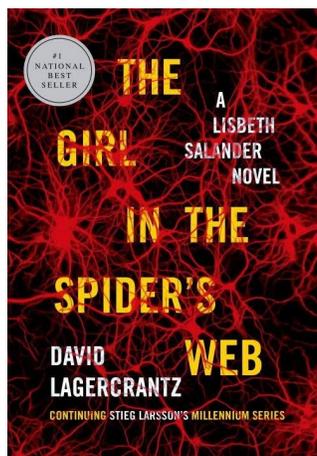
October 1 at 9:45 am

*Egg I Am Restaurant*, Scottsdale

Mercado Shopping Center

Crossroads are Via Linda & MountainView

## VIKING BOOK AND WINE CLUB



Please join us! We read a fun mix of books, old and new, classics, lighter fare and Scandinavian noir. Each meeting we pick a book to read and discuss at the next meeting. So bring your favorite Viking beverage, snack, and a handful of book ideas to our next meeting!

Sat., Oct. 8, 2:30 PM.

Join us at Jana's house. 480-326-2927.

We will be discussing our current book, *THE GIRL IN THE SPIDER'S WEB*, by D. Lagercrantz.

*(Roger Espeland recently returned from the Sons of Norway International Convention in Tacoma, WA which he attended as International Director from District Six. He shared this document with the Desert Fjord lodge board. The new dues structure will go into effect January 1, 2018. This gives us a glimpse of the important work Roger does serving in this capacity.)*

## NEW SIMPLIFIED DUES TALKING POINTS

If 50% of members bought an Insurance product there would be no need for dues.

These talking points were provided to each District President prior to the Spring Board meetings.

1. Investigating and pursuing a simplified dues structure was voted on and approved by the delegates to the 2014 International Lodge Meeting. Delegates overwhelmingly supported the following resolution:

WHEREAS the current dues structure and membership categories are complicated and very hard to explain to prospective members AND for current members to understand; now,

THEREFORE, BE IT RESOLVED that a committee be established by the International Lodge President to present a resolution in 2016 to the International Lodge which will simplify the current membership classifications to include Insurance/Social and Individual/Family and make total dues for each lodge consistent within each country.

2. The resolution originally came from the District 5 Board of Directors.
3. The general consensus of delegates is that this is a good idea and will benefit the organization because it makes recruitment easier – especially at events that attract attendees from multiple cities states or countries. Recruiters will no longer have to refer to lists that display all the various dues for individual lodges.
4. We are proposing two dues levels; one for individuals, which is \$60 and a second for families (all under the same roof), which would be \$95. Also during the initial rollout phase this would only apply to US lodges (Canada and Norway would not see a dues change until phase 2).
5. This change would create a TRUE family membership category, which is something lodges, districts and international delegates have pursued for many years. The result of a family membership could be an increase in youth involvement within the lodges.
6. By offering a family membership, we could reduce the number of non-paying spouses.
7. The proposed dues were settled upon after reviewing the full range of dues across the organization. The goal was to ensure that this change would not financially penalize lodges.
8. With this change districts and lodges would either see no change or an increase in the amount of dues they receive. This would lead to strengthening the lodge's autonomy and offering each lodge the opportunity to increase its programming or charitable giving.
9. This change would potentially help lodges increase the amount they give to the community.
10. Each Spring the International Board will still review the dues amount and make changes if necessary.

\$60 Individual Dues                      Breakdown: (\$32 Int'l    \$14 District    \$14 Local Lodge)

\$95 Family Dues                         Breakdown: (\$42 Int'l    \$25 District    \$28 Local Lodge)



### Leif Erikson Day is October 9, 2016

By Laura Kuegemann

While Leif Erikson Day happens to be the day of our October Meeting, it is also a day to celebrate the leader of the first group of Nordic explorers ... thought to be the first Europeans to set foot in North America almost a thousand years ago, more than 500 years prior to Columbus!



Learn more about Leif Erikson Day and Nordic history by going to our Genealogy meetings, Member meetings, and our special events!

## Desert Fjord Lodge Awards

At the 2016 District 6 Convention in Loveland, CO our lodge and our past president won two awards each. These awards were for the years 2014 and 2015.

### How does this happen?

Each year we file a report of participation in Community Service Activities as well as activities to conduct business of the lodge, promote member fellowship, advance the purposes of Sons of Norway, or personal development of members.

Points are given for:

- Promoting and attending Syttende Mai events
- Having lodge programs that include folk dancing
- Promote cultural skills
- Having at least 6 social events during the year
- Singing in Norwegian
- Having a library; encourage reading Norwegian literature
- Offer scholarships
- Support Tubfrim by collecting stamps
- Support local schools with boxtops for education
- Support the Scandinavian experience at the MIM
- Support the SON Foundation through the pink piggies
- Support of Camp Norge
- Volunteer hours for lodge officers & member volunteers

Desert Fjord is pleased to have received these awards. A big **Thank You** to all of our volunteers!



## Scandinavian Jul Bazaar

*Saturday, November 5, 2016  
10:00 a.m. - 2:00 p.m.*

*Shepherd of the Valley Lutheran Church  
1500 W. Maryland Avenue  
Phoenix, Arizona  
NW Corner of 15<sup>th</sup> and Maryland Avenues*

**FREE ADMISSION**

*The Nordic countries of Denmark, Finland, Norway and Sweden invite you to their annual Jul Bazaar on Saturday, November 5th. Antiques and vintage treasures, collectibles, rosemaling, handcrafted arts, books, music and movies are among your shopping choices.*

*And while you shop, enjoy the many Scandinavian food booths offering yellow pea soup and rye bread, homemade frikadeller, lapskaus, lefse, waffles, cookies, pastries and more.*



*Sponsored by Valleywide Scandinavian Cultural Lodges and Clubs*



## Sons of Norway Available Scholarships

Ross Berg, Foundation Director

Did you know that the Sons of Norway offers several different scholarships available to you, your children or your grandchildren? How about a really neat scholarship to help live in Norway for a year? Sounds exciting to me! Here is the Helen **Tronvold Norwegian Folk High School Scholarship**:

Annual deadline is usually January 2

Established in 2004, thanks to a gift-by-will from Sons of Norway member Helen Tronvold, this scholarship offers up to three \$2,000 scholarships annually. This scholarship supports the Sons of Norway foundation's goal of providing cross-cultural experiences for youth by helping them attend one of Norway's 70 folk high schools for an entire year of study (August-May).

### **Eligibility:**

- Applicant must be a high school graduate, age 18-23.
- Must be accepted to a folk high school.

Go to the Sons of Norway website at [https://www.sofn.com/foundation/grants\\_and\\_scholarships/](https://www.sofn.com/foundation/grants_and_scholarships/) for more information. Or contact me for assistance in applying. It is not too early to start working on it: [1aznorski@cox.net](mailto:1aznorski@cox.net)

## October Birthdays

Myrtle L Knutson 2nd  
Marcia S Kuehl 2nd  
Mary Jane Gordon 3rd  
Martin L Johnson 3rd  
Brenda A Witsoe 3rd  
Mike Opoien 11th



Kristin Lynn Hanson 12th  
Larry Strom 14th  
Barbara B Richey 19th  
Richard Erickson 24th  
Timothy Stanley Leeland 28th

Gratulerer Med Dagen

### **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.**

## Items Missing from Desert Fjord Library (in 2016)

*(some of these are quite valuable – please help us bring back all our missing items)*

Beginning Woodcarving (Complete How to Guide DVD) by Everett Ellenwood

The Book of Wood Carving (Advanced) by Bostz

Chip Carving (Techniques for Beginners) by Hunter

Norwegian Rose Painting (Intermediate) by Nils Ellingsgard

Viking Designs (historic woodcarving on Stave churches) by Smith

An American Saga (Sons of Norway Across America) by SON

Bergstaden Roros, Norway by Harald Kallestad

Cod, a Biography of the Fish that Changed the World by Mark Kurlansky

In Cod We Trust by Heather Atwood

Norwegians in America, Records – Emigration by Langeland

Norwegian Touches: History, Recipes, Folk Arts by Joan Bourret and Louise Roalson

Off the Beaten Track – travel guide

Popular Tales from the Norse – pre-1923 history by George Webbe Dasent

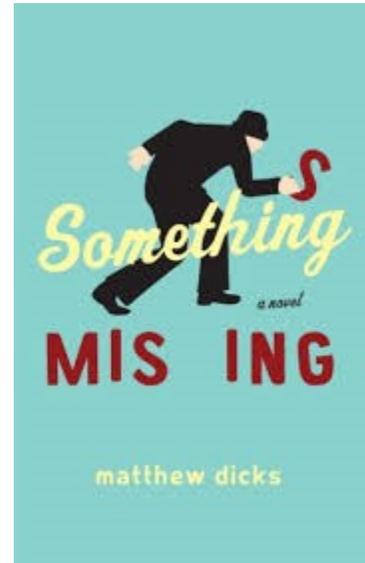
Puc, Gray Dog of Norway – Sami family culture by Nina P Ross

Scandinavia: Common Heritage – 5 countries; history

The Norwegian Heritage: Volume II – history

Valdres – Diversity & Enchantment ... Valdres area, Norway

Ways of Norway: Rambling through past and present by Susan Tyrrell



## **A Bountiful Harvest**

Fall is in the air. This time of year we have witnessed the fruits of the farmers' labor, but we should also reflect on the bounty of our efforts and work. Whether you are in the early years of life as a child, student, newly wed, beginning a family, empty nester or retiree, the last year has been marked with milestones and accomplishments.

To be sure you're on track to make the most of your deeds, Sons of Norway can help. Our free financial review can assist you in making the most of your undertakings. Call your Sons of Norway Financial Benefits Counselor and see if we can help you have a bountiful harvest.

**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)





## Desert Fjord Lodge 6-133



### Business Meeting Minutes – September 10, 2016 Granite Reef Senior Center, Scottsdale, AZ

Meeting called to order by Jonathan Walters at 1:00 P.M. at Granite Reef Senior Center in Scottsdale.

**In attendance:** Anita Thompson, Berit Miltun, Ed Bergo, Elizabeth Lenci-Downs, Floyd Downs, Janis Johnson, Jonathan Walters, Phyllis Bergo, Ross Berg, and Arlys Medicott (our new Librarian).

**Quorum** (4+) met? Yes

**Minutes:** Ed Bergo made a motion to accept the **May 2016** Business Meeting minutes as published in the **September Posten**, motion seconded by Ross Berg. The motion passed.

**Treasurer's Report** – Desert Fjord is operating within the 2016 budget.

The checking account balance was \$1,120.75.

Janis Johnson will be our new Treasurer, although she may not be in attendance at all Business Meetings.

Phyllis Bergo made a suggestion to give \$100 to [Vesterheim Museum](#) in Decorah, IA in appreciation for Kate Martinson's presentation at Desert Fjord earlier this year. Ross Berg made a motion to give Vesterheim Museum \$100, motion seconded by Ed Bergo. The motion passed.

#### COMMITTEE REPORTS

Cultural/Program: Jana/Phyllis

October – meatball (cocktail size) competition and beer tasting; cooks are to bring a recipe.

Volunteers will be asked to bring a salad, e.g. green salad, potato salad.

**Genealogy** – Report presented by Ross Berg – there were 12 in attendance at 9/10 meeting; topic was a refresher class in genealogy

**Library** - Elizabeth Lenci-Downs introduced Arlys Medicott as Desert Fjord's new Librarian.

Arlys has a degree in Library Science and extensive experience in working in libraries. A wonderful new addition to our lodge. Elizabeth has been our librarian for over 9 years.

In a recent audit Elizabeth discovered that there are 20 books missing with no signed out card in the card catalog box. Only members can check out materials from the library.

**Membership** – Floyd presented membership activity reports for June, July, and August, 2016.

We talked about naming our library after Clarence Nelson who built the core of the library.

Floyd wants to send a gentle reminder to members whose dues are not current.

**Publicity** – Janis Johnson will send out flyers in October on **Scandinavian Jul Bazaar November 5**.

**Scholarship Committee** – Foundation Director Ross Berg suggested meeting to establish guidelines for distributing scholarship funds. In 2016 four scholarships/grants were awarded, two for college students and two for Bunad camp attendees.

#### OLD BUSINESS:

**Officers** needed for lodge: VP, Editor, Membership Secretary and Sports.

#### NEW BUSINESS

Jul Bazaar – November 5<sup>th</sup>

Experience Scandinavia – the MIM, Dec 3<sup>rd</sup>- 4<sup>th</sup> vs Mesa Lodge Lutefisk Meatball Dinner

Scholarship Fund – we discussed moving our Scholarship Fund to be administered by the Sons of Norway Foundation; plans are to meet at Roger Espeland's home to discuss further.

Alex Boemark, new Honorary Consul for Norway in AZ and NM, will attend our Heritage and Culture meeting 9/11/16.

Boutique has funds still available to make additional purchases.

The meeting was adjourned at 2:20 PM. Jonathan moved to adjourn and all said yea.

*Respectfully submitted by Anita Thompson, Desert Fjord Secretary on Sep 10, 2016.*



1. Sons of Norway International Board at the International Convention held in Tacoma, Washington.
2. Jonathan Walters with Alex Boemark, the Honorary Consul of Norway to Arizona and New Mexico.

**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

**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., Elks 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**

Honorary Norwegian Consul:

Alex Boemark

(480) 788-7479



## Officers of Desert Fjord Lodge

**President:** Jonathan Walters  
**Vice-President:** Lynn Eide  
**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 and Phyllis Bergo  
**Database and Reference Manual:** Roger Espeland  
**Desert Fjord Boutique:** Ali Berg-Anderson  
**Distribution:** Tyler Soine  
**Education and Scholarships:** Elizabeth Lenci-Downs, Martha and Dave Frampton,  
**Foundation Director:** Ross Berg  
**Greeters:** Floyd Downs and Ross Berg  
**Historian:** Roger Espeland  
**Librarians:** S Clunk, P Flanders and A Medlicott  
**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:** Tyler Soine  
**Sunshine:** Dawn Walter  
**Trustees:** (1yr) Knut Haldorsen; (2yr) Floyd Downs; (3yr) Ross Berg  
**Tubfrim:** Lois Ripley and Lois Saakas  
**Webmaster:** Jan Loomis

## Meet the New Editor:

Laura Kuegemann is a 21 year-old college student at Arizona State University who will be graduating this December with a Bachelor's of Health Science. She is also a member of the ASU marching band and the Nonprofit Leadership Alliance. After graduation she plans to pursue a Master's of Healthcare Innovation while opening her own Health Coaching and Consulting business out of her home-town of Apache Junction.

In her free time she volunteers with Relay for Life of Greater Mea, the Follow Your Heart Animal Rescue, and Music Ministry at Love of Christ Lutheran.

She enjoys long walks along the river, music, and any food that has not come out of the ASU dining hall.



## Looking Ahead

At Desert Fjord Lodge's November 13th Meeting we'll observe Viking Day. With this advance notice, you have an opportunity to plan a costume and wear it to our Heritage and Culture meeting.

*Come dressed up!!*



"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/>

**FROM:**

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

STAMP

TO:

Please return to sender  
If not deliverable

\*\*\*\*\*



Sons of Norway International Headquarters Website:  
<https://www.sofn.com/>