

The Posten May 2026

In this Issue:

2. Syttende Mai 2026 in McCormick-Stillman Railroad Park, Scottsdale
3. Membership Matters; Library Corner
4. May Birthdays; Sons of Norway District Six and AZ Lodges Info
5. From Len Carlson, SON Insurance Specialist; About Syttende Mai
6. Trip with Jana
7. Desert Fjord Resources
8. Syttende Mai in Norway; Desert Fjord Officers

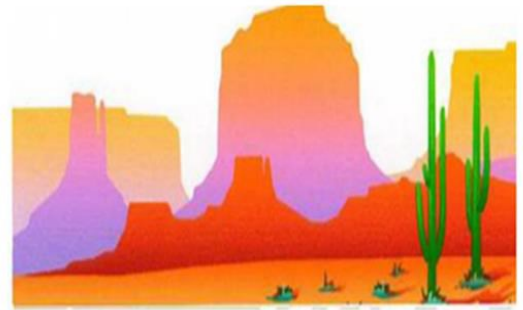
Desert Fjord Lodge 6-133
P O Box 4161
Scottsdale, AZ 85250



SONS OF NORWAY

Desert Fjord Lodge

Established 1984



President's Column

Hei Hei Fellow Lodge Members! Twice in April we enjoyed the company of AZ Norseman who had some fun events—on April 12th we joined them making Mead and then on the 25th was their Rekefest (Norwegian shrimp on half sandwiches) at the home of Erik Ringnes.



April 26th was a Valborg celebration "Nordic Event 2026" at the Phoenix Center for the Arts. The Scandinavian Folk Dancers of Phoenix performed and there were presentations by the Swedish and Finnish Honorary Consuls as well as an interesting slide show about Iceland. Overtro Fjell Lodge and a number of other vendors were there. These are exciting events for those who attend!



Coming up, of course, is our **Syttende Mai** observance at McCormick-Stillman Railroad Park—*please see the next page*. I hope most of us can attend. If transportation is an issue, please let us know! There's discussion of an ice cream social with a program in June ... stay tuned. Let's Keep in Touch!

Tusen takk!

Velkommen

SYTTENDE MAI 2026

Commemorating the 1814 signing of Norway's Constitution

Saturday, May 16th
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 17th 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 17th 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 17th of May Parade with Norwegian music and flag-waving
- 10:00 Food is served
- 10:30 *Tale for Dagen* (Speech of the Day)
Speaker – TBD
- 11:00 Traditional Norwegian children's games – with ice cream rewards!
- 11:30 Explore the park and enjoy table games

Co-hosted by Arizona Norseman & Desert Fjord and Overtro Fjell Sons of Norway Lodges

www.aznorseman.org | www.facebook.com/aznorseman | www.desertfjord.org | www.facebook.com/desertfjord | www.facebook.com/Sonsofnorwaymesa



Membership Matters by Crystal Williams, Membership Secretary

You never know what interesting and delightful people you'll meet when you come to Sons of Norway!



I hope that the pleasant weather is affording opportunities for each of us to enjoy outdoor activities. Our interests vary based on personal preferences and levels of fitness. The same holds true with respect to the activities and events planned for Lodge gatherings. For this reason I encourage all members to not only participate in scheduled events, but also to offer suggestions for activities that may interest them. One never knows what may ignite the interest of others!

* * *

As always, please inform me of any changes in your contact information. *Your current phone number and your email address are how we stay connected.*

Gratefully in service,
Crystal Williams

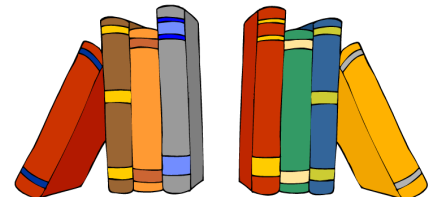
Crystal can be reached at: (310) 617-3423 or her email address: crystabel55@yahoo.com. (You can also speak with her at one of our meetings or events.)

LIBRARY CORNER

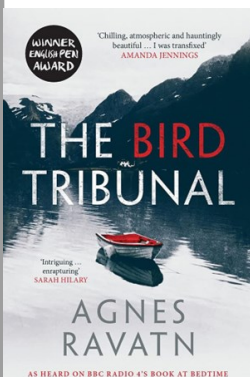
A Book Review by Janis Johnson

The Bird Tribunal

by Agnes Ravatn



When a disgraced TV presenter takes up the role of housekeeper on an isolated Norwegian fjord, she develops a chilling, obsessive relationship with her employer ... an award-winning, simply stunning debut psychological thriller from one of Norway's finest writers.



Agnes Ravatn (b. 1983) is an author and columnist. She made her literary debut in 2007 with the novel *Week 53*, followed by three critically acclaimed and award-winning essay collections: *Standing Still*, *Popular Reading* and *Operation Self-discipline*. In these works Ravatn shows her unique, witty voice and sharp eye for human fallibility. Her second novel, *The Bird Tribunal* (Fugletribuanlet), was an international bestseller, translated into fifteen languages, and winning an English PEN Award, shortlisting for the Dublin Literary Award, a WHSmith Fresh Talent pick and a BBC Book at Bedtime. It was also made into a successful play, which premiered in Oslo in 2015. The critically acclaimed *The Seven Doors* was published in English in 2020. Her newest novel *The Guests* is being published in English in 2023. Agnes lives with her family in the Norwegian countryside.

Review: Amazon

District Six President: Lis Barca

District Six is made up of the following states:

Arizona, California, Colorado, Nevada, New Mexico, Utah and Hawaii - Website: **www.sofn6.org**

Facebook:

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

Zone Seven Director: Jonathan Walters

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

Overtro Fjell 6-153 - 3rd Saturday at 11:00 am

Our Savior's Lutheran Church

625 S Ellsworth, Mesa, AZ

Sol Byer 6-134 - 3rd Saturday at 11:00 am

Sun City West Foundation

14465 R.H. Johnson Blvd, Sun City West, 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



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

Control+ Left Click on this link:

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

May Birthdays

Winston Reed	5th
Roxane McLaughlin	7th
Logan Sargent	7th
Laura J Riddle	13th
Janis Stevenson Johnson	15th



Emily McLaughlin	17th
Eleanor Reed	17th
Knut Haldorsen	20th
Jonathan Walters	20th
Janice E Haldorsen	25th

* **Heritage Member**

Gratulerer Med Dagen – Happy Birthday !!

Sons of Norway's Flexible and Single Premium Deferred Annuities



SONS of NORWAY

Celebrating 130 Years

1895-2025

I want to give you an update on the interest rate on both our Flexible and Single Premium Deferred Annuities. The 1st year rate is 4% with a 1% bonus rate, so the first year rate is 5%.

As a reminder, both Annuities grow on a tax deferred basis meaning that there are no taxes paid until distribution. It's an excellent way to accumulate money. Plus, there is liquidity where you can withdraw money out after the first year.

If you have monies in another account, that money can be transferred tax free into one of these Annuities. If you have money in an IRA or 401K you can do a tax free transfer as well.

Please contact me for more details.

Len Carlson FIC CLU

(651) 253-1943

or by email at:

len.carlson253@gmail.com

Norwegian Constitution Day—May 17th (Syttende Mai)



- Norway's Constitution Day is one of the most important national holidays in the country. Known locally as "Syttende Mai" (literally Seventeenth of May), it marks the signing of the Norwegian Constitution in 1814, which declared Norway an independent kingdom after centuries of Danish rule.
- Norway goes all out for Constitution Day. It's a patriotic, joyful, and family-friendly celebration, about the people and the nation rather than military might.
- Children's parades (Barnetoget) fill towns with children waving Norwegian flags, often accompanied by school bands. In Oslo, the Royal Family waves to the parade from the balcony of the Royal Palace. Many Norwegians wear bunad, beautifully embroidered national costumes. The Norwegian flag is flown from homes and buildings. Hot dogs and ice cream are popular foods.



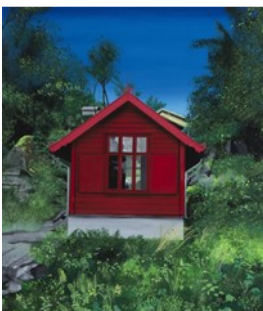
TRIP TO NORWAY WITH JANA!

Having traveled to Norway at least 10 times and being encouraged to guide a trip there this July, Jana Peterson will guide a small group through Oslo museums, shopping, and sights. We will stay in a quiet hotel, and visit **Bygdoy** (Folkemuseum, Fram Museum, Kon-Tiki, etc.), the **Munch Museum**, the **National Museum** and the **Opera**. After 4 days in Oslo, we will board the train through the beautiful mountains to Bergen. Our stay in Bergen at a wonderful VRBO will include visits to **Bryggen**, the **Kode Art Museums**, **Mostraumen Fjord Cruise**, **Grieg's home**, **Mt. Floyen** and more! We will have time together, and time to wander before heading back to Oslo and home.

For those very adventurous souls, an additional 4 days at the beginning touring Iceland will be offered.

Please call for information.

Sincerely,
Jana 480-326-2927



Desert Fjord Resources

- *Looking for information on future meetings, events and Postens?*
Desert Fjord website: <https://desertfjord.org/>
- *If you are looking for some wonderful Scandinavian recipes, check out:*
Sons of Norway website: <https://www.sofn.com>
- *As members, we have access to a free, in-depth genealogy club that meets monthly via zoom – **Genealogy Club (District 6):***

Anthony G (Tony) Hjelmstad, Slektforskningklubb / Genealogy Club



Fjelldalen Lodge #6-162
9078 Greenspointe Ct.
Highlands Ranch, CO 80130
303-324-5381 (c)



**SONS of
NORWAY**

Genealogy@Fjelldalen.com <https://www.fjelldalen.com/>

- *Our Desert Fjord Lodge (**Scandinavian Noir Book Club ...** previously known as **Viking Book and Wine Club**) hosts a monthly Book Club meeting in Jana Peterson's home. Members gather to read and review Scandinavian books with an emphasis on murder mysteries. For more information call Jana Peterson at 480-326-2927.*
- *As members of Sons of Norway, we are invited to join the free, national book club that meets monthly via Zoom:*
Sons of Norway Book Club:
Bill Browning
Sons of Norway Book Club Coordinator
SonsofNorwayBookClub@gmail.com
[404-953-2525](tel:404-953-2525)
- *As members of Sons of Norway, District 6, we have access to Camp Norge in California. Check out the camp information:*
Camp Norge: <https://www.campnorge.org/site/>

This page will be a permanent fixture in our newsletter. If you have something to add, please let us know!



Syttende Mai in Norway

Officers of Desert Fjord Lodge

President: Mark Alexander (928) 699-5456

Vice President: Jonathan Walters

Secretary: Kristine Schulz

Treasurer: Neil Heggem—neil_heggem@myctl.net

Membership Secretary: Crystal Williams (310) 617-3423

Member at Large: Norman Jenson

Auditor: Open

Counselor: Ed Bergo

Cultural Director: Jana Peterson

Desert Fjord Boutique: Ali Berg-Anderson

Distribution: Janis Johnson

Education Committee (Scholarships & Grants): Nina Poe,
Gordon Peterson

Foundation Directors: Gordon Peterson

Greeters: Norman Jenson, Jr

Librarian: Janis Johnson

Marshals: Knut Haldorsen

Posten Editor: Jonathan Walters

Publicity Director/Public Relations: Janis Johnson

Reservations: Janet Peterson (480) 659-7328

Social Director: Open

Sunshine: Open

Trustees: (1yr) K Haldorsen; (3yr) Norm Jenson

Webmaster: Jonathan Walters

Mission Statement:

The mission of Sons of Norway is to provide quality insurance and financial products to our members, promote and preserve the heritage and culture of Norway, and to celebrate our relationship with other Scandinavian countries.

FROM:

Desert Fjord Lodge, Sons of Norway

P O Box 4161

Scottsdale AZ 85250

STAMP

TO:

Please return to sender

If not deliverable



Sons of Norway International Headquarters Website:

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