The Posten

October 2026

In this Issue:

2 Upcoming meeting

3 Membership Matters; Leif Erikson

4 Library Corner; Ole & Lena: The Funeral Cookies

5 From Len Carlson, SON Insurance Specialist

6 Sons of Norway District Six and AZ Lodges Info; October Birthdays

7 Syttende Mai 2026; Desert Fjord Information

Desert Fjord Lodge 6-133

P O Box 4161

Scottsdale, AZ 85250

SONS OF NORWAY

Desert Fjord Lodge

Established 1984





President's Column

Happy Fall !

Finally, cooler weather and rain has arrived! The Flagstaff Peaks have Snow at the highest elevations but no frosts yet. Recent hail shredded my tomato plants! The Science Festival, Octoberfest, Farmers Market, Political signs and more keep the fall interesting and busy. This is an excellent time to get out and enjoy the outdoors!

We had a good time sharing our summer stories at the September Ice Cream Social.

This month we have a wonderful, quality program from **Vesterheim Museum** in Decorah, IA. Did you know silver played a significant role during the Viking Age? And why is silver still important to Norway? Come and find out! We ask that each person choose and bring something to share as a snack. I believe a nutritious snack can be as satisfying as a full meal. Besides, some members think 3 pm on a Sunday is a perfect time for a snack.

We're working on a Scandinavian Baking program. We'll be inviting the church members to join us in making some of our favorites such as krumkake and lefse. The Church kitchen is a Great place for such an event with mixers, table space and adequate outlets. I hope we can make enough to send some home with all participants.

Come on out, bring a snack and celebrate the Fall!

Velkommen

Heritage and Cultural Meeting

October 11th at 2 pm

Scottsdale United Methodist Church

4140 N Miller Rd, Scottsdale, AZ

VESTERHEIM PRESENTS:

The Norwegian Power of Silver

Program Description: For centuries, Norwegians have treasured the beauty of silver. Silver showed the prosperity of a family, and, according to folk belief, could cure sickness in humans and livestock, improve crops, and protect against storms and evil spirits. Brooches were more than simple shirt fasteners. This program describes different styles of silver brooches, jewelry, and the beliefs surrounding this powerful metal.







Menu:

Please bring a sweet or savory snack to share.

Coffee and lemonade will be served

Please note our new meeting location

There's no charge for our use of Scottsdale United Methodist Church for our meetings. There will be no charge to attend, but please make a reservation, so we know how many will be attending … tusen takk!

- Click **here** to register by Oct 9th or RSVP to Janet Peterson (480) 209-0684
- If a ride to the meeting is needed, please let Janet know (or tell us on the Google form)

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!



Reading Jonathan's article in the September 2026 Posten has prompted my own memory. I joined Desert Fjord in 2005 when my father asked if I was interested in becoming a member. That year Sons of Norway had opened membership to all family members. I joined out of respect and soon became enchanted with the camaraderie, quirky sense of humor and the stories shared by my fellow members of their Norwegian ancestors.

As the temperature cools and the days become shorter, we can look forward to holiday planning and gathering to share Norwegian cooking lessons with novices such as myself. I look forward to learning the art of lefse making. I hope that you will join us this autumn.

* * *

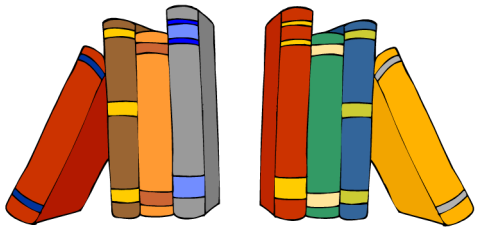
If your contact information changes, please let me know. Your current phone number and your email address are how we stay connected. I can be reached at: (310) 617-3423; my email address is: crystabel55@yahoo.com. (You can also speak with me at one of our meetings.)



Celebrate Leif Erikson Day 2026 on October 9th !!

Leif Erikson, also known as **Leif the Lucky** (c. 970s – c. 1018 to 1025), was a Norse explorer who is thought to have been the first European to set foot on continental America, approximately half a millennium before Christopher Columbus. According to the sagas of Icelanders, he established a Norse settlement at Vinland, which is usually interpreted as being coastal North America. There is ongoing speculation that the settlement made by Leif and his crew corresponds to the remains of a Norse settlement found in Newfoundland, Canada, called L'Anse aux Meadows, which was occupied approximately 1,000 years ago.

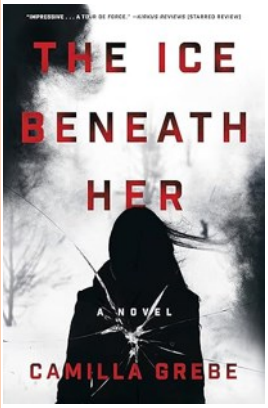
LIBRARY CORNER



A Book Review by Jan Johnson

The Ice Beneath Her

By Camilia Grebe



Winter's chill has descended on Stockholm as police arrive at the scene of a shocking murder. An unidentified woman lies beheaded in a posh suburban home—a brutal crime made all the more disturbing by its uncanny resemblance to an unsolved killing ten years earlier. But this time there's a suspect: the charismatic and controversial chain-store CEO Jesper Orre, who owns the home but is nowhere to be found.

To homicide detectives Peter Lindgren and Manfred Olsson, nothing about the suave, high-profile businessman—including a playboy reputation and rumors of financial misdeeds—suggests he conceals the dark heart and twisted mind of a cold-blooded killer. In search of a motive, Lindgren and Olsson turn to the brilliant criminal profiler Hanne Lagerlind-Schön. Once a valued police asset, now marooned in unhappy retirement and a crumbling marriage, she's eager to exercise her keen skills again—and offer the detectives a window into the secret soul of Jesper Orre.

But they're not the only ones searching. Two months before, Emma Bohman, a young clerk at Orre's company, chanced to meet the charming chief executive, and romance swiftly bloomed. Almost as quickly as the passionate affair ignited, it was over when Orre inexplicably disappeared. One staggering misfortune after another followed, leaving Emma certain that her runaway lover was to blame and transforming her confusion and heartbreak into anger.

Now, pursuing the same mysterious man for different reasons, Emma and the police are destined to ...

Camilla Grebe was born in 1968 in Stockholm, Sweden. She holds a degree from the Stockholm School of Economics and was a cofounder of audiobook publisher Storyside. Together with her sister Åsa Träff she has written five celebrated crime novels about psychologist Siri Bergman. The first two books in the series were nominated for Best Swedish Crime Novel of the Year by the Swedish Crime Writers' Academy. Grebe has also written the popular Moscow Noir trilogy with Paul Leander-Engström.

With ***The Ice Beneath Her***, Grebe breaks out as a solo author with a unique voice and a masterful handle on suspense.

The Funeral Cookies

Ole was very old and sick in bed. The doctor shook his head, told the family it was time, and left. Downstairs in the kitchen, Lena was baking Ole's absolute favorite cookies.

The wonderful smell of fresh cookies drifted up the stairs. Ole somehow found the strength, slowly climbed out of bed, and crawled all the way down to the kitchen. He reached a shaky hand out toward the cooling tray, but Lena sharply slapped his hand away.

"Ole," Lena scolded, "leave them be! Those are for the funeral!"

Sons of Norway *Joins* BetterLife

On August 3rd a letter was mailed out to Sons of Norway members announcing that Sons of Norway has joined BetterLife. In case you did not receive a letter, here is a highlighted version of the letter.

"As of August 1st, 2026, Sons of Norway has joined BetterLife, uniting two purpose-driven organizations committed to serving our members and communities. While you will continue to enjoy the same lodge programs, cultural traditions, and local connections that define your membership with Sons of Norway, you will also gain access to new member benefits and additional financial products through BetterLife. Our partnership is now official, but it will take several months for our two organizations to thoughtfully integrate our operations.

"What you should know:

- Sons of Norway will retain the same name, history, traditions, lodges, districts, and cultural programs, and the SON Foundation will still provide scholarships and grants for its members and communities.
- There are no changes to your existing Sons of Norway insurance certificates, coverage, or membership benefits. You'll continue to receive communication from Sons of Norway through Viking magazine and E-Post.
- You will become a BetterLife member, giving you access to new member benefits and additional insurance and annuity products.
- The dedicated New Partnership page at sofn.com/newpartnership provides more information about the transition as well as answers to frequently-asked questions.

"Together we will continue to serve the more than 400 communities that are now a part of BetterLife, while celebrating all that Sons of Norway has built."

Serving you as before – please contact me with your insurance questions and for your financial needs,

Len Carlson, FIC CLU

(651) 253-1943 or by email at:

Len.carlson253@gmail.com

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

Utah: Salt Lake City #83-Leif Erikson

SONS OF NORWAY LODGES IN ARIZONA

Desert Fjord 6-133—2nd Sunday at 2 pm

Scottsdale United Methodist Church

4140 N Miller Rd, Scottsdale, AZ

Overtro Fjell 6-153—3rd Saturday at 11 am

Our Savior's Lutheran Church,

625 S Ellsworth, Mesa, AZ

Sol Byer 6-134—3rd Saturday at 11 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

"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/

October Birthdays

Logan Ronalds 15th



James O'Connor 20th

*** Heritage Member**

Gratulerer Med Dagen—Happy Birthday!!







Syttende Mai 2026

Officers of Desert Fjord Lodge

President: Mark Alexander (928) 699-5456

Vice President: Jonathan Walters—(480) 204-8060

Secretary: Kristine Schultz

Treasurer: Neil Heggem—neil_heggem@myctl.net

Membership Secretary: Crystal Williams (310) 617-3423

Member at Large: Norman Jenson, Jr

Auditor: Open

Counselor: Ed Bergo

Cultural Director: Jana Peterson

Desert Fjord Boutique: Ali Berg-Anderson

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

Distribuation: Janis Johnson

Foundation Director: Gordon Peterson

Greeters: Norman Jenson, Jr

Librarian: Janis Johnson

Marshal: Knut Haldorsen

Posten Editor: Jonathan Walters

Publicity Director/Public Relations: Janis Johnson

Reservations: Janet Peterson (480) 659-7328

Social Director: Open

Sunshine: Open

Trustees: K Haldorsen; 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 STAMP

Scottsdale AZ 85250

TO:

Please return to sender

If not deliverable

* *

SONS OF NORWAY

Sons of Norway International Headquarters Website:

https://www.sofn.com/

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