

The Posten April 2025

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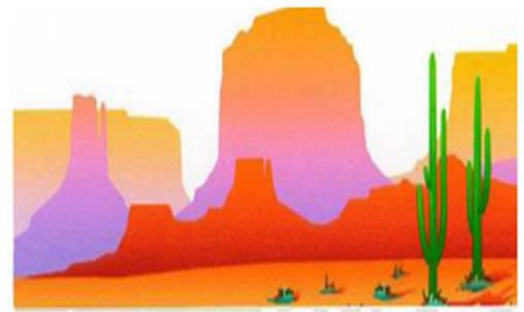
Desert Fjord Lodge 6-133
2531 N Scottsdale Rd
Scottsdale, AZ 85257



SONS OF NORWAY

Desert Fjord Lodge

Established 1984



President's Column

This month we have a program that celebrates folk dancing in Scandinavia.

The Scandinavian Folk Dancers of Phoenix will perform Norwegian and Swedish dances, many of them coming out of the countryside of the 1800's.

Come experience the expressive and varied folk dances. Bring along your dance shoes—you'll no doubt be given

an opportunity to join in some audience participation dances.

(please find details about the group and also how you can register for our April meeting on the next page)

Toward the end of the month AZ Norseman is hosting their annual **Rekefest**. A popular and fun event to attend, you'll surely enjoy the Norwegian shrimp and you'll go home keeping Rekefest on your calendar for next year, too. By April 17 you must register for the Rekefest. *(please find more info about this on page 8)*

Desert Fjord is offering a scholarship or two this year, thanks to the Agnes Stieler Endowment Fund. Please find important details about this on page 6. And please note the deadline for submitting a scholarship application is the end of this month.

Looking ahead, please mark your calendar for our Syttende Mai celebration at McCormick-Stillman Railroad Park on Saturday, May 17th. We've already reserved a Ramada there and will be hosting the event again with AZ Norseman. Please take advantage of your opportunities to be a Viking this month!



*Velkommen*₁

Heritage and Cultural Meeting

April 13th at 2 PM

Masonic Lodge, 2531 N Scottsdale Rd, Scottsdale, AZ



The Scandinavian Folk Dancers of Phoenix

The folk dancing group was started by members of the VASA Order of America in the early 1970's. The group's goal is to preserve traditional dances and costumes of Scandinavia. Primarily made up of Norwegians and Swedes, the group wears traditional costumes; they always present a colorful performance. Bruce Carlson, director of the group, says "A wide range of traditional couple and group folkdances from the Scandinavian countries are demonstrated by the dancers. One wonderful benefit is that we also have a great deal of fun doing it! We invite you to make a few friends, get a little exercise and have fun along with us. Membership is open to anyone and all are welcome to come and dance or just watch." Please come and enjoy the dancers. Dances range from child-like fun movements to more intricately woven pieces. Examples of dances are Parisian Polka, English for Three Couples, Weaving Dance, Schottis, and more ... including some audience participation dances.

Menu:

- Cake and Ice Cream.
- Coffee will be served.

Cost: \$10.00 (includes \$5 building rental fee)



- Click [here](#) to register **by April 11th** or RSVP to Janet Peterson (480) 209-0684

Membership Matters by Lois Ripley, Membership Secretary



At a couple of our recent meetings this winter, we've enjoyed homemade Norwegian flatbread. Flatbread has always been a staple in the Viking diet. And still it's being made in Norway commercially and in the home.

You never know what interesting and delightful people you'll meet when you come to Sons of Norway! Come ... meet with us, exploring the remarkable Scandinavian culture we share.

* * *

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: (480) 521-8693 or my email address: lc Ripley@gmail.com. (You can also speak with me at one of our lodge meetings.)



Here's a Norwegian flatbread recipe for you to try ... it may turn into a food you enjoy as much as your ancestors did.

Flatbread

Flatbrød is a traditional Norwegian unleavened bread which is currently eaten with fish, salted meats and soups. It was

originally the staple food of shepherds, peasants and Vikings.

The basic ingredients are barley flour, salt and water, though many varieties exist which incorporate other staples.

It was once generally eaten at all meals, most often with cured herring and cold boiled potato, often along with sour cream and/or butter. Another use is served with **betasuppe**, a traditional meat soup. The thinner the bread is, the better it is. It is rolled and then fried on a large griddle.

Ingredients

- 3/4 cup water
- 2 1/4 cups barley flour
- 1 tsp salt

For rolling

- 1-2 tbsp sesame seeds to taste
- 3 1/2 tbsp barley flour

Preparation

- Knead flour, water and salt to a smooth dough
- Divide the dough into 15 pieces and shape them into round balls. Sprinkle with sesame seeds to taste.
- Heat a large frying pan (9" diameter) using medium heat.
- Roll balls of dough out into thin round sheets as big as the frying pan. Brush off any loose, excess flour—loose flour gives a burnt taste to the bread.
- Bake the flatbread about 2 minutes on each side. The bread must be baked all the way through; otherwise, it will become soft.
- Place the baked flatbreads on top of each other as you make them. Keep the flatbread dry.

Makes 15 small bread

Preparation time: Approx 1 hour

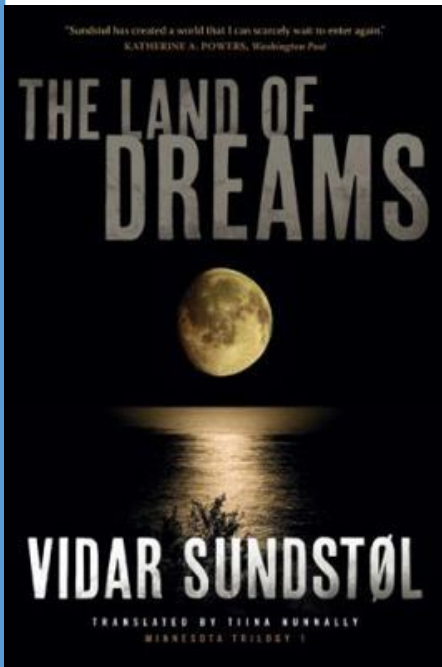
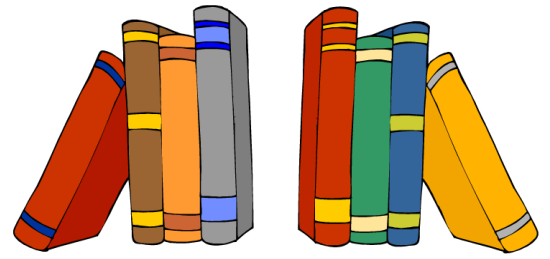
LIBRARY CORNER

A Book Review by Janis Johnson

(taken from Amazon)

The Land of Dreams

By Vidar Sundstøl



Winner of the Riverton Prize for best Norwegian crime novel and named by *Dagbladet* as one of the top twenty-five Norwegian crime novels of all time, *The Land of Dreams* is the chilling first installment in Vidar Sundstøl's critically acclaimed Minnesota Trilogy, set on the rugged north shore of Lake Superior and in the region's small towns and deep forests.

The grandson of Norwegian immigrants, Lance Hansen is a U.S. Forest Service officer and has a nearly all-consuming passion for local genealogy and history. But his quiet routines are shattered one morning when he comes upon a Norwegian tourist brutally murdered near a stone cross on the shore of Lake Superior. Another Norwegian man is nearby; covered in blood and staring out across the lake, he can only utter the word *kjærlighet*. Love.

FBI agent Bob Lecuyer is assigned to the case, as is a Norwegian detective Eirik Nyland, who is immediately flown in from Oslo. As the investigation progresses, Lance begins to make several shocking discoveries—including one that involves the murder of an Ojibwe man on the very same site more than one hundred years ago. As

Lance digs into two murders separated by a century, he finds the clues may in fact lead toward someone much closer to home than he could have imagined.

The Land of Dreams is the opening chapter in a sweeping chronicle from one of Norway's leading crime writers—a portrait of an extraordinary landscape, an exploration of hidden traumas and paths of silence that trouble history, and a haunting study in guilt and the bonds of blood.

* *

Vidar Sundstøl is the acclaimed Norwegian author of six novels, including the Minnesota Trilogy, written after he and his wife lived for two years on the north shore of Lake Superior. The Land of Dreams was nominated for the Glass Key for best Scandinavian crime novel of the year, and the series has been translated into eight languages.

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/>

April Birthdays

Ross Berg	1st
Chase Loomis	2nd
Elizabeth Lenci-Downs	12th
Heather Loomis	13th



Jean Tanner Harney	23rd
Astrid Hanson	27th
Ed B ergo	29th

* Heritage Member

Gratulerer Med Dagen – Happy Birthday !!

2025 Desert Fjord Scholarships

Education Committee: Nina Poe, Chair

Our lodge supports both arts and science education for grandchildren of Desert Fjord lodge members. This year Desert Fjord lodge is again fortunate enough to be able to offer one (1) \$2,000 OR two (2) \$1,000 merit-based scholarships to members' children or grandchildren thanks to the Agnes Stieler Endowment Fund.

Last year Markus Gokan, one of Berit Miltun's grandsons, was awarded a merit-based scholarship of \$1,000. Markus is an honor student at UC San Diego where he is pursuing a degree in Mechanical Engineering with Special Control and Robotics. We continue to wish Markus the best in his academic career!

The award is provided by the Agnes Stieler Endowment Fund. Agnes was a charter member of Desert Fjord and a strong supporter of education and a strong believer in the preservation of our Norwegian culture. We are thankful to her for remembering our lodge and all members.

Applications are now open for one or two Desert Fjord Scholarships. Please note that there are no grants available this year.

*Information and forms are available on our website www.desertfjord.org. Contact the education committee or any lodge officer for assistance on how to apply. **Please note that the deadline for Scholarship applications is now April 30th, 2025 due to a delayed report from SON Foundation. The applications can be emailed directly to Nina Poe, Committee Chair at npoe@rpoe.com.***

Agnes Stieler

Born: 18 March 1907

Died: 20 February 2003



Annuities



An Annuity is an investment designed for protection from market risk while offering you a guaranteed rate of return. An Annuity is a contract between you and an insurance company. Annuities give you the option to simply let your money grow with interest, the ability to access free withdrawals, or a choice to take systematic payments over a set number of years; there are even lifetime payment options.

Annuities have many advantages:

- Tax Deferral
- Protection from market risk
- Diversification
- Guaranteed Interest Rate
- Access to Free Withdrawals

With the right Annuity, Sons of Norway can help you reach your long-term goals.

Please contact me so we can have a discussion about your goals.

Len Carlson FIC CLU

(651) 253-1943

or by email at:

len.carlson253@gmail.com



NORWEGIAN SHRIMP FEST REKEFEST 2025

Saturday, April 26 | 5:30 PM

**The home of Mike and Susan McIver
38212 N 23rd Dr, Phoenix, AZ 85086**

Arizona Norseman is pleased to host your favorite event:
Rekefest – our annual Norwegian Shrimp Fest. We import our shrimp direct from Norway and spend an evening outside enjoying the delicious springtime meal *rekesmørbrød*, or open-face shrimp sandwiches. Of course, we won't forget to round off the meal with a delicious Norwegian dessert of strawberries and ice cream.

This event is **BYOB** so bring your favorite beverage! Anyone is welcome. There will be hot dogs for the kids or anyone who wants to be a part of the fun, but isn't a fan of seafood.

Admission

\$30 Adults, but \$6 discount if member of AZ Norseman

\$12 Children ages 6-12

\$5 Students (with valid ID)

Free for children ages 5 and under



RSVP before Thursday, April 17th!

by either buying tickets online or sending a check to Chris Jacobson

Online: <https://aznorseman.ticketspice.com/shrimpfest-2025>

E-mail: cjacobson26@hotmail.com

Send check written out to Nordmanns Forbundet:

Chris Jacobson

8141 N Central Ave Unit 4

Phoenix, AZ 85020

Name(s): _____

Total included: \$ _____

Arizona Norseman

www.aznorseman.org

info@aznorseman.org

www.facebook.com/AZnorseman

Desert Fjord's Scandinavian Noir

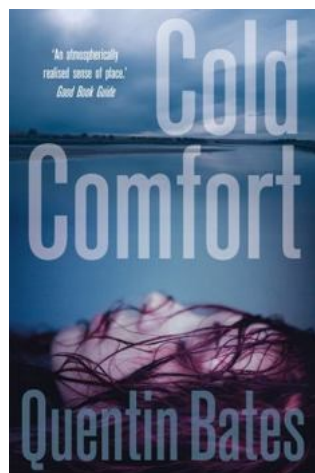
(aka Viking Book and Wine Club)

April 12th at 4 pm

Jana Peterson's Home:

5901 E Hummingbird Lane, Paradise Valley, AZ

RSVP (480) 326-2927



Work continues on our Sons of Norway Literature Cultural Skills pins. Also, we're discussing *Cold Comfort* by Quentin Bates. Please come and join us!



Bringing snacks is optional

Desert Fjord Resources

- *Looking for information on future meetings, events and Posters?*
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/>



The Scandinavian Folk Dancers of Phoenix have been invited for many years to perform along with other folk dance troupes at the Scandinavian Midsummer Festival in Colorado.

Officers of Desert Fjord Lodge

President: Open (Jonathan Walters)—(347) 801-3345

Vice President: Phyllis Bergo (Acting VP)

Secretary: Ed Bergo (Acting Secretary)

Treasurer: Janis Johnson—janisjoann41@gmail.com

Membership Secretary: Lois Ripley (480) 521-8693

Member at Large: Norman Jenson

Auditor: Open

Counselor: Ed Bergo

Co-Cultural Directors: Jana Peterson, Nina Poe

Desert Fjord Boutique: Ali Berg-Anderson

Distribution: Janis Johnson

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

Foundation Directors: Gordon Peterson

Greeters: Georgiann Crouse, Norman Jenson, Jr

Librarian: Janis Johnson

Marshals: Knut Haldorsen and Peter Flanders

Posten Editor: Open (Jonathan Walters)

Publicity Director/Public Relations: Janis Johnson

Reservations: Janet Peterson (480) 659-7328

Social Director: Berit Miltun— (480) 966-2009

Sunshine: Open

Trustees: (1yr) K Haldorsen; (2yr) P Flanders; (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

2531 N Scottsdale Rd

Scottsdale AZ 85257

STAMP

TO:

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If not deliverable

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Sons of Norway International Headquarters Website:

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



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