

The Posten October 2025

In this Issue:

2. Upcoming Meeting
3. Membership Matters;
Library Corner
4. September Birthdays;
Sons of Norway District
Six and AZ Lodges Info
5. Wardruna Concert
6. From Len Carlson, our
Insurance Specialist
from Sons of Norway
7. AZ Norseman Viking
Dinner
8. Join the Scandinavian
Folkdancers of Phoenix
9. Desert Fjord Resources
10. Norwegian Cardamom
Buns Recipe
11. Cardamom Buns
(cont'd); Desert Fjord
Officers

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



SONS OF NORWAY

Desert Fjord Lodge

Established 1984

President's Column

As a lodge, we have much to be thankful for. Over the years, we've benefitted from the leadership of many members who've stepped up to volunteer countless hours, spending time and energy to further the Sons of Norway mission. Thank you to all of you who are still with us to receive our debt of gratitude.

A month ago it was far from certain what the future held for Desert Fjord. We faced dissolution or a merger with another lodge if it proved we were unable to continue with sufficient new leadership. I'm happy to report that we have members who've expressed willingness to provide us with the means to continue!! In our meeting this month we'll elect these officers. They'll be installed at a later date.

Our program for October will focus on the largest historical event of the bicentennial commemoration of Norwegian emigration to North America in modern times. This is a big deal!!! District 6 of Sons of Norway has made it possible for us to watch a Vesterheim presentation of the 2025 crossing of the Atlantic from Stavanger to New York City. Please come and enjoy this with us and bring your neighbor, family and friends along. I guess we should also mention that the date October 9th when the Restauration arrived in New York in 1825 is the same date that the historical reenactment is due to arrive in New York this year ... and this is also the day we celebrate Leif Erikson Day!

It's a proud month to be a Norwegian. And it's a great time to be a Sons of Norway member belonging to Desert Fjord lodge. If you can, come to AZ Norseman's Viking Dinner! (see page 7)



Velkommen 1

Heritage and Cultural Meeting

October 12th at 2 PM

Masonic Lodge, 2531 N Scottsdale Rd, Scottsdale, AZ



Program: Vesterheim Presentation of the Crossings Restauration Sloop Reenactment Event in 2025

Now sailing from Stavanger in Norway to New York City ... to honor, among others, those who left in 1825 in search of a better life. History must not be forgotten, and is

highly relevant in light of the current situation in the world. We welcome you to the Vesterheim presentation of the 200-year anniversary of the Restauration sloop (the Norwegian Mayflower), due to arrive in New York on October 9th, 2025! Enjoy the historical presentation of the famous 52' ship that left from Stavanger, Norway on July 4, 1825, marking the beginning of the first organized Norwegian emigration to the United States. The small sloop carried 52 passengers, including many Norwegian religious dissenters, across the Atlantic to New York Harbor, arriving on October 9, 1825.

We will celebrate this historical event by voting in our new Officers and tasting 3 different Akvavits, Norwegian cheeses and cracker hors d'oeuvres. Come Party!

Menu:

- Tastings of 3 different Akvavits
- Norwegian cheeses and cracker hors d'oeuvres
- Coffee and lemonade will be served.

Cost: \$12

• Click [here](#) to register **by Oct 10th** or RSVP to Janet Peterson (480) 209-0684

Membership Matters by Lois Ripley, Membership Secretary

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

* * *



Come ... meet with us and explore what a 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.

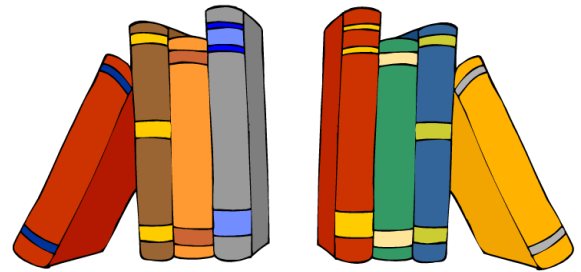
I can be reached at: (480) 521-8693 or my email address: lc Ripley@gmail.com. (You can also speak with me at one of our lodge meetings.)

LIBRARY CORNER

A Book Review by J Walters

Offline

By Anne Holt



On an early April afternoon, a bomb goes off in the Islamic Cooperation Council's offices in Oslo, killing twenty-three people. The police and Security Service suspect an extremist organization to be responsible for the attack, a suspicion that grows stronger when threats of yet another, bigger explosion during the planned celebration of the Norwegian constitution reach the authorities.



After years on the outside, wheelchair-bound Hanne Wilhelmsen is back among the Oslo police as a special adviser on cold case investigations. She has no official ties to the Security Service in her new role, but is soon approached by her friend, Billy T., who fears his own son may be linked to the bombings. As she tries to help Billy reach out to his son, Hanne realizes that Oslo is up against forces far more terrible and menacing than ever before, and time is running out.

* * *

Anne Holt is a prominent Norwegian crime writer, known for her suspenseful novels featuring compelling protagonists and intricate plots that often blend crime with relational drama. Before her writing career, Holt was a journalist, news anchor and even served as Norway's Minister of Justice in the late 1990's, bringing a unique perspective to her storytelling. Jo Nesbo calls her "the godmother of Norwegian crime fiction".

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/>

October Birthdays

Sada Jean Reed	1st
Mary Jane Gordon	3rd
Logan Ronalds	15th



Erik C Bakken	21st
James O'Connor	30th

* Heritage Member

Gratulerer Med Dagen – Happy Birthday !!



Norwegian Wardruna Concert in Mesa in September

by Kaare Sellers

(I was so fortunate to see the amazing and rare performance of the infamous Norwegian rock band, Wardruna, at the Mesa Arts Center with my husband. It was so moving, we cried!) FYI – Wardruna provided music for the Netflix historical drama “Vikings”.

Wardruna is not merely a band, but a vessel that carries ancient voices into the present. Born from Norway’s mist and forest, their music awakens something older than memory, something that stirs like embers in the blood. They draw upon the breath of the earth itself—drums that echo like heartbeats, strings that weep and whisper, chants that rise as though calling to the sky.

Their songs are steeped in Norse myth and the runes of the Elder Futhark, yet they are not relics. They are living spells, woven of stone and wind, of fire and silence. To hear Wardruna is to walk between worlds: one foot in the past, where the old gods speak through rivers and trees, and one in the present, where these echoes become a bridge of sound.

What makes Wardruna extraordinary is not only their devotion to history, but their ability to translate it into feeling. In their music, thunder becomes rhythm, birdsong becomes melody, and the human voice transforms into an incantation. It is a reminder that music once served as ritual, as magic, as communion with the unseen.

Wardruna gives modern ears a rare gift: the chance to feel the weight of timelessness, to sense the nearness of myth, and to hear the heartbeat of the earth beneath every note.

Christmas is Coming



Guess what, it's time to think about what to give your Grandkids and Great Grandkids for Christmas! Have you ever thought about a gift of Life Insurance? Here are a few reasons why that may be a great idea. First the premiums are as low as they can be because they are young. Second, they are healthier, thus they will qualify easier and take advantage of the lowest premium possible. Third, it gives them a base of Life Insurance coverage from which they can build on. Finally, it's a gift that your Grandkids and Great Grandkids will remember that this was a gift from Grandma and Grandpa!!

Sons of Norway has two great products to choose from: Viking Voyager and Single Premium Whole Life.

What better gift to give your Grandkids and Great Grandkids than a gift to help them build a secure financial future.

Please contact me for details,

Len Carlson FIC CLU

(651) 253-1943

or by email at:

len.carlson253@gmail.com



Viking Dinner Saturday October 11th, 2025 at 6:00 pm
At the home of Annie Houser

2332 W Betty Elyse Lane
Phoenix, AZ 85023
(west of 23rd Ave just north of Greenway Rd)

All you can eat ribs, fixings, and desserts. BYOB

Calling all Vikings and those who claim they are Vikings.

Please dress the part and bring your original Viking utensils and other artifacts for display.

We are having a contest for the best dressed Viking.

Those who participate could be the winner of a fantastic prize.

Tickets online at:

<https://aznorseman.ticketspice.com/viking-dinner-2025>

Name on Reservation _____

Members:

Adults _____ x \$24 = _____

Children (12-6) _____ x \$10 = _____

Non-Members: (Become a member of our club and receive the discounted price)

Adults _____ x \$30 = _____

Children (12-6) _____ x \$15 = _____

Grand Total \$ _____

THE SCANDINAVIAN FOLKDANCERS OF PHOENIX

Invite you to join us!

All ages...it's fun!

Interested? PH 480-326-2927 Email: baec56@gmail.com



Instruction and performance of traditional folkdances of the Scandinavian Countries. Practices twice a month. Individuals welcome, (partners not necessary).

Like us on Facebook!

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/>

Norwegian Cardamom Buns with Vanilla Custard and Caramelized Cinnamon Apples



Norwegian Cardamom Buns
with Vanilla Custard & Caramelized Cinnamon Apples

Fall is officially here. The air has gotten crisper, the leaves are starting to turn, and the days all of a sudden have become shorter. This is my favorite time of year, and when I get back into the kitchen to do some serious baking.

Scandinavians are known for their baking skills and enthusiasm for all things pastries, breads, cakes, and cookies. I'm no different, having grown up in

the northwestern region of Sunnmøre, where having 20 different cakes on the table during festivities like confirmations, baptisms, and weddings is not unusual. Quite a legacy to live up to!

One of the pastries you will see most frequently when visiting bakeries and private homes in Norway is definitely **cardamom buns**. I've written about them plenty of times before, but there seems to be new inspiration every year to make them. There are endless varieties, one of my favorites being "skoleboller", a popular version with vanilla custard in the center, decorated with confectioner's glaze and coconut flakes. But in the spirit of the season, I wanted to make a spin-off these with something more fall-inspired, hence apples.

Although I grew up in Norway, I now live in the gorgeous Hudson Valley of New York, and this region is known for its many delicious types of apples. By the 1940s, New York was the largest apple producer in the world, and the state still prides itself on growing the most varieties of the fruit worldwide. Farms organize apple picking where you can go and harvest your own apples, in between the many pumpkin patches and vineyards...it is truly one of my favorite things to do this time of year.

Back to the recipe: this is a pastry that will wow your guests! The combination of the soft, fluffy cardamom buns with the rich vanilla custard and the tangy, sweet, and cinnamon-scented apples is perfect for a weekend afternoon with a cup of coffee or hot tea. Feel free to use pears instead of apples too, I bet it will be equally tasty. Alternatively, you can leave out the fruit entirely

if you want to skip a step and enjoy the homemade vanilla custard on its own.

I never thought I would be able to enjoy vanilla custard again when going vegan, and was shocked at how easy it is to make thanks to a secret ingredient: agar agar. This is a vegan alternative to gelatin, but 100 times more powerful, so a little goes a long way. It's obtained from red algae and is a good source of calcium and iron, as well as rich in fiber. It contains no sugar, fat, or carbohydrates and is used in vegan versions of puddings, panna cotta, marshmallows, jello, and jam. It should be noted that agar agar contributes to a much firmer consistency than gelatin, and experimenting with quantities used is best, but always use less than what you think you need.

These cardamom buns are definitely going to be a staple in my household, and I hope you will enjoy them too!

NORWEGIAN CARDAMOM BUNS WITH VANILLA CUSTARD AND CARAMELIZED CINNAMON APPLES

Makes about 16 buns

For the vanilla custard:

2 cup (500 mL) oat milk or soy milk
4 tbsp corn starch
1 tsp agar agar
Pinch of turmeric
1/2 cup maple syrup
2 tsp vanilla paste or extract

For the apple-cinnamon filling:

3 large apples (I used a mixture of Golden Delicious, Honey Crisp, and Rome apples)
1/2 cup (125 mL) brown sugar
1 1/2 tsp cinnamon
juice from 1 lemon
1 tbsp plant-based butter

For the cardamom buns:

1 stick/8 tbsp vegan butter (I like Earth Balance)
1 1/2 cups (375 mL) almond milk or other plant-based milk
1 cup (250 mL) confectioner's sugar
1 packet dry yeast (about 2 1/2 tsp)
1 tsp cardamom
1/2 tsp salt
about 4 cups of all-purpose flour
almond milk/other plant-based milk for brushing buns

*(Please see next page
for recipe directions)*

(cont'd from previous page)

Directions:

For the vanilla custard:

Pour the milk into a shallow saucepan, add the corn starch and agar agar and whisk together over medium heat. Add in the turmeric, maple syrup, and vanilla paste and keep whisking until it starts simmering and thickens.

Once it does (should only take 3-4 minutes), then pull it off the heat, pour into a shallow glass pan or other container. Place in fridge and let it sit for about 1 hour until it thickens

Note: Be careful not to add too much turmeric, otherwise, the custard will turn a more brownish color than yellow. It's only added for color, not taste (and a little pinch won't leave a taste).

For the apple-cinnamon filling:

Pour the lemon juice into a large bowl. Core, peel and slice the apples into thin half-moons (I used a mandolin), throw them into the lemon juice, and mix in the brown sugar and cinnamon with your hands, until well combined.

Heat up the butter in a large saucepan, add in the apple mixture and sauce for 10 minutes until the apples start to soften and the mixture caramelizes.

Set aside to cool while you make the buns.

For the cardamom buns:

Preheat oven to 450°F (225°C). Butter/oil two sheet pans.

Melt the butter in a small saucepot, then add the milk. Whisk in the confectioner's sugar until smooth and heat until the mixture reaches around 125°F (60°C). Be careful not to let the liquid get too hot, or you'll kill the yeast.

Pour the milk mixture into the bowl of a stand mixer and add the yeast, salt, and cardamom. Fit the stand mixer with a dough hook and gradually add the flour and beat for about 10 minutes on low-medium speed until a firm dough forms.

Cover with a towel and place in a warm spot for about 1 hour, until the dough has doubled in size.

Turn the dough onto a clean, lightly floured work surface, divide dough in half and roll each half into two equally long links. Using a dough cutter, divide each link into 8 equal parts, and roll into a bun. Place the buns onto the greased sheet pans and cover with a towel. Let rise again for about 30-40 minutes.

Using your fingers, dig a circle in the center of each bun. Brush the buns with a little non-dairy milk, fill with a spoonful of the home-made custard, and top with a little of the apple-cinnamon mixture. Bake in the oven for about 12-14 minutes until golden and let cool on a rack.

Best the same day with a nice cup of strong, black coffee, but keeps for 2-3 days. *(Borrowed from Sunny Gandara's Arctic Grub)*

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:

Please return to sender

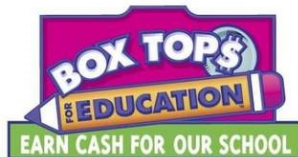
If not deliverable

* * * * *



Sons of Norway International Headquarters Website:

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



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