

# The Posten

March 2019

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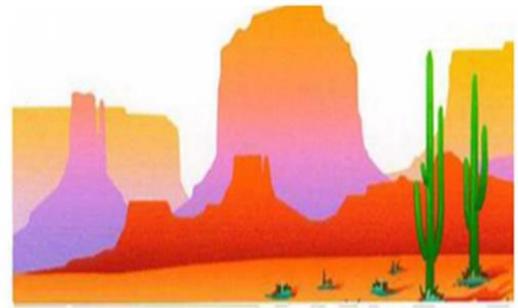
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**Desert Fjord Lodge 6-133**  
**P O Box 1716**  
**Scottsdale, AZ 85252-1716**



## SONS OF NORWAY

### Desert Fjord Lodge



## President's Column

This is the month we've been waiting for! This month we're telling the Phoenix metro area that the Vikings are alive and well in Scottsdale. The blacksmith will be there. The dancers from Stoughton, WI will be there. Scandinavian crafts people will be there. Special thanks to our Vice President, Jan Loomis, who has spent long hours arranging details for the festival. Spread the word—tell your friends, neighbors, acquaintances. Tell everyone they're welcome to attend our Scandinavian Viking Festival "The Saga Continues" on Sunday, March 24th. *(See flyer on next page.)*



And because we're pulling out all the stops on the fourth Sunday this month, we won't be holding our normal monthly meeting on the second Sunday, March 10th. We'll hold our regular monthly meeting in April.

If you can, please attend Overtro Fjell Lodge's Scandinavian Festival on Saturday, March 9th, reviving the Scandinavian Spring Festival in the East Valley. The Scandinavian Folk Dancers of Phoenix will be there. Arts, crafts vendors, food, live music and children's activities from Nordic countries are featured. *(See the flyer on page 7)*

A longtime, very active member of Desert Fjord, Roger Espeland, has died recently. He was an important member of Sons of Norway beyond our local lodge. He held offices at the District 6 level, even serving as a Sons of Norway International Director. His quiet demeanor and wise counsel will be missed. Our heartfelt condolences to his wife Sissel and the family.

Phyllis Bergo is initiating a way for Desert Fjord to make a contribution to the community. *(Please read all about her duffel bag project for I-Help on page 3.)* Thank you, Phyllis! Anything to give Sons of Norway visibility. We are more than a social club!

The Desert Fjord Lodge member survey has been completed. Our thanks to Ed Bergo for conducting this. And mange tusen takk to members who participated in the survey! The lodge leadership will be implementing some changes as a result of the survey. You should be hearing more about the survey in a future Posten.

*Velkommen*



Blacksmithing  
Demonstration



Performances by the Stoughton, WI  
High School Norwegian Dancers

Discover Your Viking Roots.  
Certified Genealogist.  
Enter Drawing for a Free DNA Kit



Lefse &  
Cookie Baking Demos

# Scandinavian Viking Festival *The Saga Continues*



Desert Fjord Sons of Norway  
Scottsdale Masonic Lodge 2531 N Scottsdale Rd  
Sunday, March 24, 2019 2 - 5 pm

Celebrate and explore your Viking roots! Experience the sights, sounds, skills and tastes of Scandinavia. Norwegian Dancers and Music, Rosemaling, Blacksmith, Genealogist, Wood-chip Carver, Children's Crafts, Cookie and Lefse Demo and Sale, Gift Boutique and more.

[www.desertfjord.org](http://www.desertfjord.org)

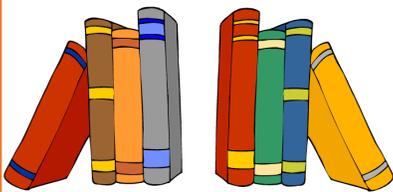
# Lodge Good Works—Helping those in our community



## DUFFLE BAGS FOR I-HELP

*(you can join Desert Fjord members to help I-Help)*

These duffel bags are made to give to homeless women who sleep at the churches in the East Valley. The program is called I-Help. They often bring their belongings in plastic bags or worn out totes. Our lodge members can make a contribution by helping prepare the fabric ... coming to a snip and rip party this summer at the home of Phyllis Bergo. And Desert Fjord gets credit for community service! Please stay tuned for more information to be announced later.



## Library Corner

By Arlys Medicott

Librarian

Janis Johnson has donated several books to our library. I have read these and they are great mysteries.

- *The Fire Witness*
- *Unseen*
- *Sun & Shadow*
- *The Fifth Woman*
- *The Hanging*
- *Betrayal*
- *The Boy in the Suitcase*
- *The Greenhouse*

Stop by the table in April and review the mystery reads for your Easter – it's a Norwegian custom to read some good crime fiction over the Easter holiday!



**District Six President: Luella Grangaard**

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, AZ

**Overtro Fjell 6-153** - 3rd Saturday

at 11:00 am, St Peter Lutheran Church,

1844 E Dana Ave, Mesa, AZ

**Sola 6-168** - 3rd Tuesday at 7:00 pm,

Faith Lutheran Church,

2215 S. 8th Ave., Yuma, AZ

**Sol Byer 6-134** - 3rd Saturday at

11:00 am, Elks Lodge, 10760 Union

Hills Dr., Sun City, 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



## MEMBERSHIP MATTERS by Sherrie Loomis, Membership Secretary



It is with heavy heart that we announce the passing of another stalwart of Sons of Norway, Roger Espeland. He passed away on February 3, 2019 at the age of 82. A Celebration of Life service was held Sunday, February 17<sup>th</sup> at Messenger Mortuary in Scottsdale. Roger retired from the Bureau of Land Management, Denver Center, in 1994 and moved to Scottsdale in 1997. Summers were always spent in Norway. Roger was active in the Sons of Norway, serving as President, Posten Editor, and Webmaster in Desert Fjord lodge. He also served as District 6 Treasurer and International Director, Sons of Norway. Our thoughts and prayers go out to Sissel and the rest of the Espeland family. He will be missed!

Update on the simplified dues structure that was effective January 1, **2018**:

- The new plan includes a **Family Membership** where all members in a household share the same renewal date. The members must reside in the same household, at the same address, and belong to the same lodge. The current rate is **\$95/year**. **Individual memberships are \$60/year**.
- Dues for the **Heritage Membership** (ages 0 to 15 years) remain **FREE**.
- **Unger Venner Membership** (ages 16 to 23 years) is **discontinued**; they can be included under Family Membership.

If you have questions, I can be contacted by phone at 480-786-4232, or by email [sherrie@jloomis.com](mailto:sherrie@jloomis.com). I hope to see you all at our *Scandinavian Viking Festival, the Saga Continues*, on Sunday, March 24, 2019.

## March Birthdays

Gordon Troan	1st
Lars VanderBeischel *	2nd
Mary Goering	4th
Diane Berger	11th
Allan Solheim	11th
Berit Miltun	13th
Mary Westby	17th



Leif Hollmann *	18th
John Peterson	19th
Marsi Johnsen	20th
Lynn Solie	22nd
Ruth Monson	26th
Laurie Peterson	26th
Natalie Clunk	28th

\* Heritage Member

*Gratulerer Med Dagen – Happy Birthday !!*

# Desert Fjord Business Meeting

4140 N Miller Road, Scottsdale, AZ  
February 2, 2019

**Meeting:** The Desert Fjord business meeting was opened by Jan Loomis at 1:10 pm.

**Attendees:** Janis Johnson, Arlys Medicott, Ed & Phyllis Bergo, Jan & Sherrie Loomis and Berit Miltun.

**Secretary's Report:** The January Business Meeting minutes were tabled and will be reviewed next month.

**Treasurer's Report:** The treasurer's report was given by Janis. We have \$2,339.06 in checking and \$900 in savings which is set aside for the District Six convention in 2020.

### **Programming & Social:**

- Berit reported that the Cod dinner will be \$17.00 due to the 20% increase in wholesale cost of the cod. A suggestion was made to have chicken as an alternative to the cod and have lemon bars for dessert. Berit will discuss these suggestions with Shannon.
- There was a discussion about future meals to be more flexible and not necessarily Norwegian food. Shannon would like to use real plates. The details of that will have to be worked out with the Masonic Lodge.
- Sherrie mentioned that November is our 35th anniversary. Wine, cheese, and appetizers were discussed for this meeting. Would we consider getting a Hardanger fiddler for that event?
- Jan reported that our programs are listed online but people want to get it on their calendar as early as possible. It would be helpful to have programs listed for the entire year.

### **Cultural programs for 2019 are as follows:**

- February: Kate Martinson from Vesterheim: Sugar Barons (Norwegian) of Hawaii.
- March: No regular meeting but March 24 Viking Festival at our lodge location.
- April: Speaker Bruce Folken from Norway house in Minneapolis
- May 11: Syttende Mai at the McCormick-Stillman Railroad Park
- June: Ice Cream Social and Movie
- August: Picnic in the Pines

**Membership:** Sherrie will call members whose dues are overdue. She has all of Floyd's files now. She couldn't check on pins and applications with Minneapolis due to their being closed because of bad weather. Welcome kits are needed for new members. International reported we reached 75% of our goal for new members. The goal is set by the International board.

**Library:** The Easter custom in Norway is to read a mystery during that week. We haven't ordered any new ones. The Viking magazine listed 6 suggestions for this last year.

### **New Business:**

- A detailed report was made by Jan regarding the March 24th Viking Festival event. A separate budget of \$1,575 was noted for the Viking Festival.
- A memorial black drape will be placed in the front of our meeting (as well as a single white rose) in honor of Sharon Clunk.
- A motion was made by Ed and seconded by Sherrie to accept the proposed budget for 2019.
- The D17 form and E form to the IRS will be mailed out according to schedule by Janis.

Respectfully submitted,  
Phyllis Bergo, Acting Secretary

2-19-19



## **SCANDINAVIAN FESTIVAL**

**Saturday, March 9**

**9 am to 3 pm**

**St. Peter's Lutheran Church**

**1844 E. Dana Ave, Mesa**

**\*\*1 block south of Main St. & 1 block west of Gilbert Rd.\*\***

**Arts & crafts vendors, food & live music, dancing &  
children's activities of**

**Norway, Sweden, Finland, Denmark & Iceland**

**\$2.00 admission adults, free for children**

**Bring cash for admission, bake sale, food, & most vendors**

### Officers of Desert Fjord Lodge

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

**Vice-President:** Jan Loomis— (602) 617-7542

**Secretary:**

**Treasurer:** Janis Johnson— janisjoan41@gmail.com

**Auditors:** Dirk Walter and Floyd Downs

**Box Tops for Education:**

**Counselor:** Ed Bergo

**Cultural Directors:** Jana Peterson, Nina Poe, Laurie Peterson

**Desert Fjord Boutique:** Ali Berg-Anderson

**Distribution:** Janis Johnson

**Education and Scholarships:** Elizabeth Lenci-Downs, Ross Berg, Nina Poe

**Foundation Directors:** Gordon Peterson, Paul Lindbloom

**Greeters:** Floyd Downs and Ross Berg

**Historian:**

**Librarians:** A Medicott— (602) 284-8523, Elizabeth Lenci-Downs

**Marshals:** Knut Haldorsen and Peter Flanders

**Membership Secretary:** Sherrie Loomis—(480) 786-4232

**Posten Editor:** Laura K. Ontiveros— (602) 694-0532

**Publicity Director/Public Relations:** Janis Johnson

**Reservations:** Phyllis Bergo

**Social Directors:** Berit Miltun— (480) 966-2009, Nellie Lokken

**Sports:**

**Sunshine:** Dawn Walter— (480) 860-9192

**Trustees:** (1yr) K Haldorsen; (2yr) P Flanders; (3yr) Norm Jenson

**Tubfrim:** Lois Ripley and Lois Saakas

**Webmaster:** Jan Loomis

Hello spring!

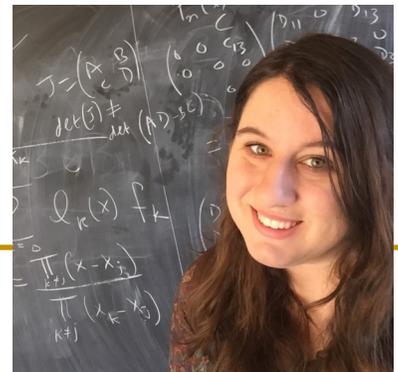
Spring is the season of renewal and new beginnings. It is also the time of year many of us do spring cleaning to clear out the dust and spaces in our homes.

It is also important to do some spring cleaning of the soul— Can you think of a time you did something that doesn't make you happy? Something that maybe you agreed to do or a routine you made for your health?

In the wise words of Marie Kondo—If it doesn't bring you joy, get rid of it!

This isn't to say stop eating salads and taking your medicine, but it means maybe it's time to look at your options and find what works the best for you. Learn to say "No". It's never too late to try.

Enjoy a trip down memory lane, smell the roses, and shake off the dust. Spring is here!



"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/>

### 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.

FROM:

Desert Fjord Lodge, Sons of Norway

P.O. Box 1716

Scottsdale AZ 85252-1716

STAMP

TO:

Please return to sender

If not deliverable

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Sons of Norway International Headquarters Website:

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