

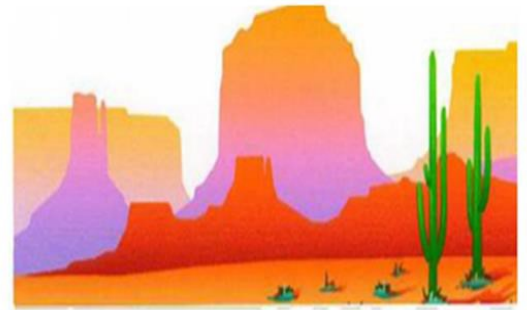
# The Posten February 2022



## SONS OF NORWAY

### Desert Fjord Lodge

Established 1984



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Desert Fjord Lodge 6-133  
P O Box 561  
Scottsdale, AZ 85252

#### President's Column

This month we won't hold a meeting—it seems prudent in light of the onslaught from Covid's omicron variant. Please know that we want all members and visitors to keep safe and healthy!

We are privileged as a lodge to be able to offer members and their family members scholarships and grants. *Please learn more about this on page 2.*

A small tribute to a remarkable Sons of Norway member is on page 5. Some of you may know Penny Knudsen. An accomplished rosmaler and supporter of SON's Camp Norge, Penny's family is setting up a scholarship fund for individuals to study rosmaling there.

Find in this issue a tried and true lefse recipe using potato flakes. I know a family member who hurt her wrist ricing potatoes. This recipe circumvents the problem of water content in the potatoes. Also, there's no requirement to refrigerate the potatoes overnight. Enjoy lefse and lefse making with this recipe!

Did you ever want to belong to a Sons of Norway book club? The most recent Viking magazine introduced such a thing. Thank you to Janis Johnson for bringing this to our attention! *(please see page 4)*

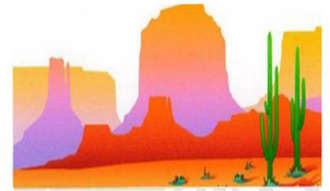
You'll be receiving a Lodge Survey in the mail soon. Please do our lodge a favor and participate in giving your response. This will help us find out what is most needed by Desert Fjord lodge right now. Remember, this is your lodge—please help us with your feedback!



*Velkommen*

# 2022 Desert Fjord Scholarships

Education Committee: Nina Poe, Chair



Our lodge supports both arts and science education for grandchildren of Desert Fjord lodge members. In addition, our lodge can award grants to our members for participating in cultural and educational events.

Last year Hannah Bergo, granddaughter of Phyllis and Ed Bergo, received a merit-based scholarship of \$1,000 for her junior year at UC Santa Barbara where she's working toward a nursing degree. Carl Miltun, Berit Miltun's grandson, was awarded a merit-based scholarship of \$1,000 last year as he studies mechanical engineering at Cal State Chico. And Hiro Cummings, son of Desert Fjord member Brian Cummings, was awarded a \$500 grant to attend Camp Trofjell at Camp Norge in Alta, CA.

The awards are 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.

We've recently included the possibility of awarding grants for any member, young and old alike, for Scandinavian culture education that will benefit our lodge. We believe that Agnes Stieler would have wanted us to do that.

## ***Agnes Stieler***

*Born: 18 March 1907*

*Died: 20 February 2003*



***Applications are now open for 2022 Desert Fjord scholarships and grants. Information and forms are available on our website [www.desertfjord.org](http://www.desertfjord.org). Contact the education committee or any lodge officer for assistance on how to apply. Please note that the deadline for Scholarship and Grant applications is March 31<sup>st</sup>, 2022. The applications can be emailed directly to Nina Poe, Committee Chair at [npoe@rpoe.com](mailto:npoe@rpoe.com).***

## 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!**

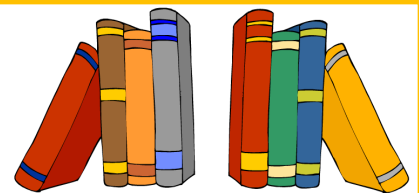


*If your contact information changes, please let me know. Your current phone number and your email address are how we stay connected. I can be reached at: (480) 838-5548; my email address is: lcripley@gmail.com. (You can also speak with me at one of our lodge meetings.)*

### LIBRARY CORNER

A Book Review by Jan Johnson

*(highlighting one of the books soon available in our great Library)*



## Gallows Rock

On a jagged, bleak lava field just outside Reykjavik stands the Gallows Rock. Once a place of execution, it is now a tourist attraction. Until this morning, when a man was found hanging from it...

The nail embedded in his chest proves it wasn't suicide. But when the police go to his flat, a further puzzle awaits: a four-year-old boy has been left there. He doesn't seem to have any link with the victim, his parents cannot be found, and his drawings show he witnessed something terrible.

As detective Huldar hunts the killer, and child psychologist Freyja looks for the boy's parents, the mystery unfolds: a story of violence, entitlement, and revenge.

\* \* \*

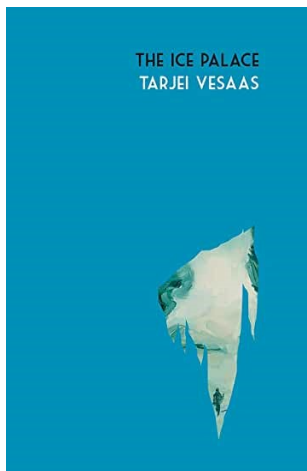
*Born in 1963, Vilborg Yrsa Sigurðardóttir is an Icelandic writer of both crime novels and children's fiction. She has been writing since 1998. Her debut crime novel was translated into English by Bernard Scudder. The central character in her crime novels so far is Thóra Guðmundsdóttir (Þóra Guðmundsdóttir), a lawyer. Yrsa has also written for children, and won the 2003 Icelandic Children's Book Prize with Biobörn.*

*Yrsa is married with two children, and she has a career as a civil engineer. (Her name is Icelandic. The last name is patronymic, not a family name; she's referred to by her given name Yrsa.)*

# Sons of Norway Book Club

*Open to all members!*

Check out the article in the February edition of the Viking magazine on page 42 for details. Here is an opportunity to network with other Sons of Norway members and read excellent books by Scandinavian authors. Local libraries may have copies of the selected books. These are the two books chosen for February.



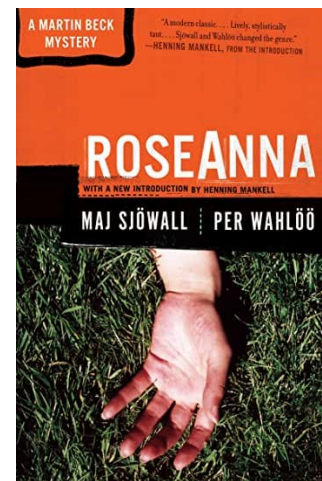
## **The Ice Palace** by Tarjei Vesaas

In rural Norway, one evening after school, 11-year-old Siss and Unn strike up a deep and unusual bond. When the next day Unn sets off into the wintry woods in search of a mysterious frozen waterfall, known locally as the "ice palace," and does not return, a devastated Siss takes it upon herself to find her missing friend.

## **Roseanna** by Maj Sjöwall and Per Wahlöö

The masterful first novel in the Martin Beck series of mysteries by the internationally renowned crime writing duo Maj Sjöwall and Per Wahlöö ("the best writers of police procedurals in the world"), finds Beck hunting for the murderer of a lonely traveler.

On a July afternoon, a young woman's body is dredged from Sweden's beautiful Lake Vattern. With no clues Beck begins an investigation not only to uncover a murderer but also to discover who the victim was. Three months later, all Beck knows is that her name was Roseanna and that she could have been strangled by any one of eighty-five people on a cruise. As the melancholic Beck narrows the list of suspects, he is drawn increasingly to the enigma of the victim, a free-spirited traveler with a penchant for casual sex, and to the psychopathology of a murderer with a distinctive--indeed, terrifying--sense of propriety.



## Penny Joseph Knudsen



Penny Knudsen, left, with Janie Kelly.

Penny Joseph Knudsen passed away February 4, 2022 at the age of 92. Penny was District Six President from 1984-1988, then served as International Director, International Secretary and was the first female President of Sons of Norway, serving as our President from 1998 to 2002.

Penny's family is in the process of setting up a scholarship fund in her name at the Sons of Norway Foundation. The scholarship will be for members to attend Rosemaling workshops at Camp Norge. While the fund is not set up yet, if you wish to send a donation in her name to the Foundation, please tell them it is for the Penny Joseph Knudsen fund and they will set it aside until the fund is set up.

Rest in peace, Penny— you always led us with dignity and grace.

Fraternally,  
Janie Kelly

## Desert Fjord Survey

Our Sons of Norway District 6 President, Luella Grangaard, is helping our lodge conduct a survey. You'll be receiving the survey by mail soon. Please spend a few moments of your time to complete the survey and return it to her.



Desert Fjord has a great history, a credit to members who have provided strong leadership. We have a fabulous website. We have a great library. We have an affordable place to hold our meetings. Like other lodges we have suffered from the effects of the pandemic. A promising future is possible if members are willing to contribute time and talents going forward.

Please weigh in with your feedback on this survey. Desert Fjord needs you to give your two cents! It will help our lodge chart a healthy course as we face the challenge of identifying new leadership along with what's important for us as a lodge. Thank you!!

THE SCANDINAVIAN FOLKDANCERS OF  
PHOENIX invites you to join us! If you are  
interested, please call: 480-326-2927

PS We are vaccinated, boosted, and wear masks! Lot's of fun!



# HUNGRY JACK LEFSE

## INGREDIENTS

- 3 cups **Hungry Jack**® Mashed Potato Flakes
- 1 cup water
- 2 tablespoons butter
- 2 teaspoons salt
- 1 cup milk
- 3/4 to 1 cup all purpose OR unbleached flour



## INSTRUCTIONS

1. **Heat** electric lefse griddle or electric skillet to highest temperature setting. **DO NOT GREASE GRIDDLE OR SKILLET.**
2. **Measure** potato flakes into large bowl. Heat water, butter and salt in small saucepan; bring to a boil. Remove from heat. Add milk. Add liquid all at once to potato flakes, stirring until all flakes are moistened. Mixture will be crumbly.
3. **Spoon** flour lightly into measuring cup. Level off. Gradually add flour to potato mixture, working with hands until soft dough forms and is of rolling consistency (avoid adding too much flour).
4. **Shape** dough into a roll 10-inches long and about 2-inches in diameter. Cut roll into 1-inch slices. Cover with plastic wrap while rolling out each lefse.
5. **Roll** out 1 slice of dough on well-floured pastry cloth until paper thin (see tip). With lefse stick or long spatula, transfer to heated griddle. Bake 1 minute or until brown spots appear on bottom surface. Turn. Bake other side 30 to 45 seconds. Place baked lefse between damp cloth towels to prevent it from drying out. Repeat with remaining slices. Cool completely before storing in plastic bag.
6. **Serve** by spreading with butter. Sprinkle with sugar and cinnamon or brown sugar. Fold into quarters or roll up.

## Tip

For best results, use rolling pin covered with pastry stocking. Flour rolling pin and pastry cloth before rolling out each lefse. To freeze, wrap lefse in plastic and foil. Seal tightly.

## ***Guaranteed Issue Life Insurance***



**SONS of  
NORWAY**

Celebrating **125** Years

Guaranteed Issue Life Insurance is fast, easy and affordable. Sons of Norway offers a life insurance policy that is permanent and guaranteed. I know it's important to you that the coverage is in place. With this coverage you are guaranteed to be accepted, you don't need to wait to hear back about acceptance. I can also help you determine how much coverage is best for you and help you select your beneficiaries.

You will appreciate the quick and easy approval process with no health questions or medical exams required. With this policy your premium is determined when you are approved and will remain the same regardless of any change in health.

This coverage is available to ages 0 to 85. Coverage amounts are between \$5,000 and \$25,000.

Don't hesitate to contact me with any questions.

Len Carlson

(651) 253-1943

or by email at:

len.carlson[253@gmail.com](mailto:253@gmail.com)



**District Six President: Luella Grangaard**

District Six is made up of the following states:

Arizona, California, 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, 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



“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/>

# February Birthdays

Amelia L Berger 3rd  
Shereen Marino 9th  
Hiro Cummings\* 15th



Hiro Liev Cummings\* 15th  
Sharon R Peterson 17th  
Lois J Sakkas 18th

\* Heritage Member

*Gratulerer Med Dagen – Happy Birthday !!*



# Shoplifting

A cranky older woman “in her senior years” was arrested for shoplifting at a grocery store. She gave everyone a hard time, from the store manager to the security guard to the arresting officer who took her away.

She complained and criticized everything and everyone throughout the process. When she appeared before the judge, the judge asked why she had done it.

She replied, “I was hungry and forgot to bring any cash to the store.” The judge asked how many peaches were in the can.

She replied in a nasty tone, “Nine! But why do you care about that?” The judge answered patiently, “Well, ma’am, because I’m going to give you nine days in jail – one day for each peach.”

As the judge was about to drop his gavel, the lady’s long-suffering husband raised his hand slowly and asked if he might speak. The judge said, “Yes sir, what do you have to add?”

The husband said meekly, “Your Honor, she also stole two cans of peas.”

## Officers of Desert Fjord Lodge

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

**Vice President:**

**Secretary:** Phyllis Bergo (480) 812-9762

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

**Membership Secretary:** Lois Ripley (480) 838-5548

**Auditors:** Dirk Walter

**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, Paul Lindbloom, Gordon Peterson

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

**Greeters:** Georgiann Crouse, Norman Jenson, Jr

**Librarian:**

**Marshals:** Knut Haldorsen and Peter Flanders

**Posten Editor:** Jonathan Walters

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

**Reservations:** Lynn Solie (612) 250-6997

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

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

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

**Webmaster:** Jan Loomis

### 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 561

Scottsdale AZ 85252

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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>