

# The Posten January 2023

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Desert Fjord Lodge 6-133

P O Box 561

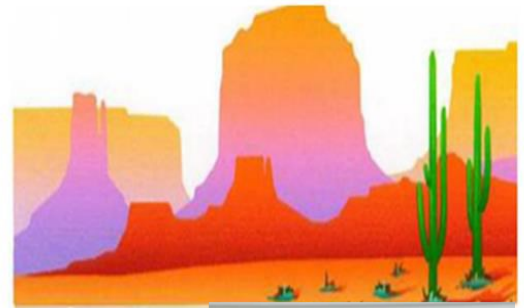
Scottsdale, AZ 85252



# SONS OF NORWAY

## Desert Fjord Lodge

*Established 1984*



### President's Column

Yes, we had a meeting in December—it just goes to show what our lodge can do if we put our minds to it! And that we weathered the Covid pandemic ... we should feel good about that. I'm looking forward to 2023 even as I say goodbye to 2022. I believe there are good things ahead for Desert Fjord.

This month our program is on Scandinavian literature. I can't remember a program on this and I think it's long overdue. For a number of years our lodge has had a book club. It didn't meet at all during the pandemic, but now we'll have a chance to get started again. Are you a reader? Are you a reader of mysteries or crime fiction? I didn't think I was much of a novel reader until I dabbled in several series by Scandinavian authors. What the Norwegians do at Easter time is head to the mountains with their skis and some good crime fiction to read. Come and find out what you've been missing! You might just get hooked like many of us have—get yourself into a good book and then look for other titles by the same author.

And Shannon is giving us a great menu to look forward to ... we have a fine program this month and a menu to complement it. Please come join us this month ... invite a friend or neighbor. It's the New Year and we should be out looking for new experiences!

Sons of Norway is like a three-legged stool that needs all three legs for strength and balance. Members can receive the security and benefits of its great insurance products—the financial leg. It has another leg—the fraternal leg: this consists of the local lodges that cultivate our Scandinavian culture and heritage. The third leg is the Sons of Norway Foundation. Since 1966 the SON Foundation has been supporting members through scholarships and cultural exchange opportunities, providing disaster relief to members in need, and funding community programs that celebrate Norwegian heritage and culture. We heard much about the good work of the Foundation at the District 6 Convention last June, but we need to also emphasize its importance here at Desert Fjord. *(It should be noted that our Agnes Stieler Endowment Fund is invested with the SON Foundation to make possible our scholarships and grants.)* On page 6 there's mention that we need another Foundation Director. This person raises awareness about the Foundation's work, encouraging us to make financial donations to the Foundation. **Who would like to serve the lodge as our other Foundation Director?**

Let's continue into 2023 what Desert Fjord began in Arizona almost 40 years ago!

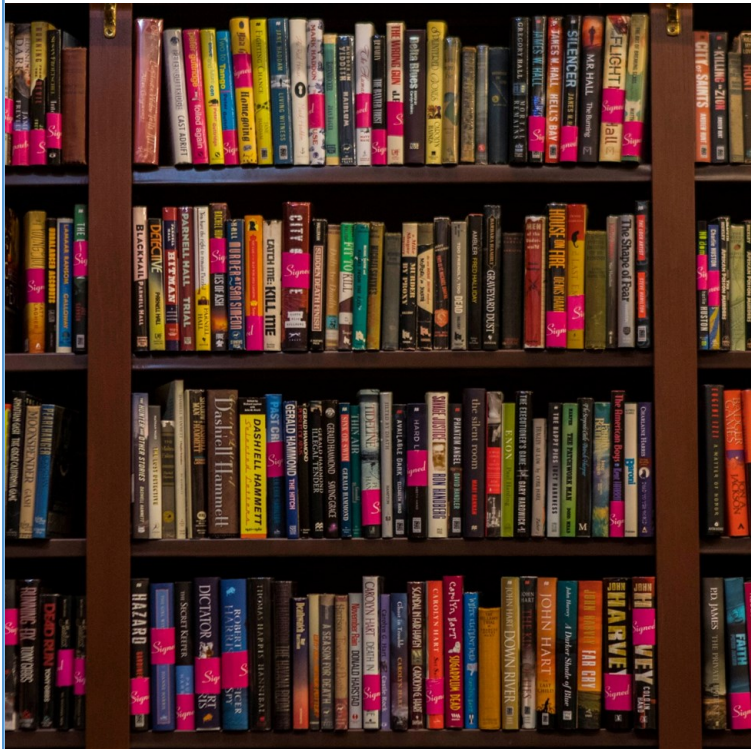
*Velkommen*

# Heritage and Cultural Meeting

January 8th at 2 PM

Masonic Lodge, 2531 N Scottsdale Rd, Scottsdale, AZ

## Program: NORWEGIAN LITERATURE PAST AND PRESENT! *Classics to Noir!*



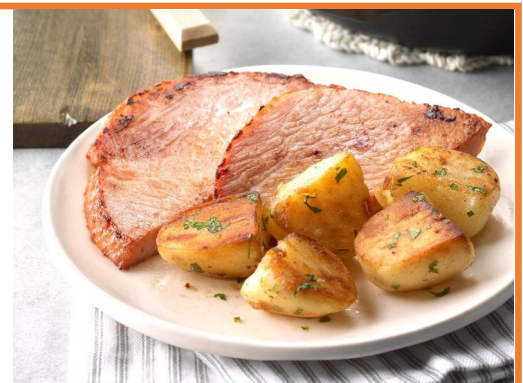
Please join us for our meeting and listen to some of our avid readers talk about favorite Scandinavian books and authors for children and adults.

Bring your own favorite Scandinavian book and share!

We have a book club that meets monthly as well...

## Menu:

- Baked Ham
- Roasted Potatoes
- Peas
- Dessert—Apple Crisp
- Coffee · Tea · Water



**Cost:** \$15 (including the \$5 building rental fee)

*(please note there's a "no meal" option for \$5)*

- Please click [here](#) to register **by January 6th** 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!***

\* \* \*

*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; my email address is: lcripley@gmail.com. (You can also speak with me at one of our lodge meetings.)*

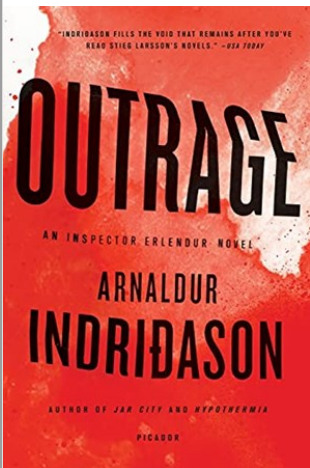


## LIBRARY CORNER

A Book Review by Jan Johnson

### ***Outrage***

By Arnaldur Indriðason



Haunted by personal demons, Detective Erlendur decides to take a short leave of absence, putting his female assistant, Elínborg, in charge while he is gone. When a disturbing case lands on her desk, Elínborg is quickly thrust into a world of violent crime. The murdered man turns out to be a serial rapist, and Elínborg must overcome her feelings of disgust for the victim if she wants to catch his killer before he strikes again.

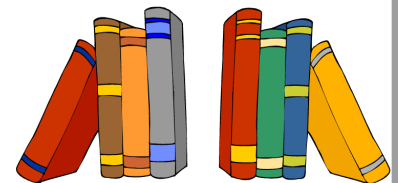
With exceptional prose, heart-pounding suspense, and a mystery that is not solved until the last page, Indriðason fans everywhere will be thrilled to return to Reykjavik in this outstanding crime novel.

\* \* \*

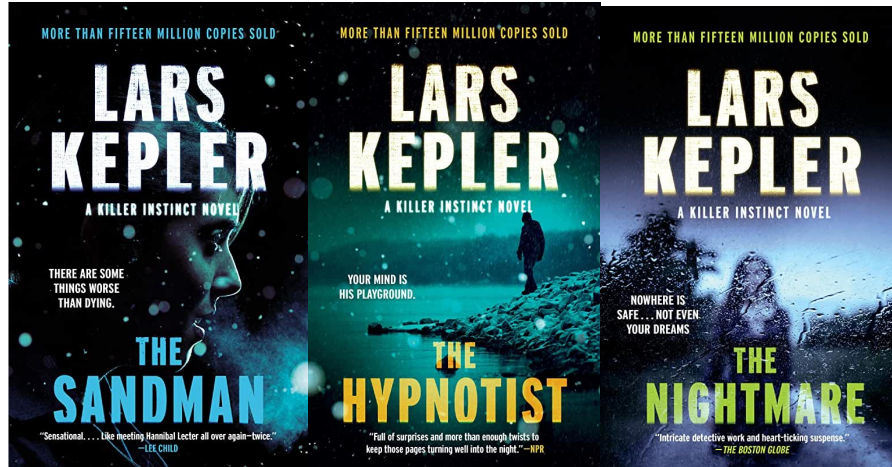
*Arnaldur Indriðason is universally recognized as one of the top Scandinavian crime novelists writing today, and in **Outrage**, he is at the top of his form. Born in Reykjavík on 28 January 1961, he graduated with a degree in history from the University of Iceland (Háskóli Íslands) in 1996. He worked as a journalist for the newspaper Morgunblaðið from 1981 to 1982, and later as a freelance writer. From 1986 to 2001, he was a film critic for Morgunblaðið.*

*His first book, Sons of Earth (Synir duftsins) came out in 1997, the first in the series with Detective Erlendur. As of 2013, the series included 14 novels. Arnaldur is considered one of the most popular writers in Iceland in recent years — topping bestseller lists time and again.*

*His novels have sold over 14 million copies worldwide in 40 languages.*







## Desert Fjord Reading Group

First Meeting of 2023

January 28 at 4 pm

@

Jana Peterson's Home:

5901 East Hummingbird Lane

Paradise Valley

(480) 326-2927 for directions

**Book this month: any book by Lars Kepler**

*Bringing snacks is optional*

Happy New Year everyone!  
It's that time of the year again where new resolutions are made. How about making a New Years resolution to review your financial objective for



2023? I have written about Sons of Norway's Financial products over the past couple of years, so I think it's time to review those products that Sons of Norway has that can enable you and your family to have Financial Security. I'm just going to list our products for this article and review each of the products in the upcoming newsletters. Here they are:

- Annuities
  - Flexible and Single Premium Deferred Annuities
  - Single Premium Annuities
  
- Whole Life Insurance
  - Simplified Issue Whole Life
  - Simplified Issue Single Premium Whole
  
- Viking Voyager-Children 17 and under
  
- Term Insurance
  - 10-, 15-, 20- & 30-years Term – These are great products for your children and grand-children

Feel free to contact me anytime,

Len Carlson

(651) 253-1943

or by email at:

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



## ***Julebord Christmas Celebration***

Our Christmas gathering was a fun success with delicious food shared by our members, carols sung in both Norwegian and English lead by our very own Jonathan (who made due quite well with the out of tune piano) and stories of Scandinavian traditions. We even had a Christmas cookie exchange. A good time was had by all!

Just a friendly reminder to RSVP for our upcoming meetings so we can plan for you! Tusen takk!

## ***Join us for our next Leadership Zoom Meeting Tuesday, January 10<sup>th</sup> at 7:00 pm***

All are welcome to join our 45 minute zoom call as we electronically come together to take care of the business of our Lodge. We'll have updates on Finance, Membership, Cultural, Social, and Fundraising.

If you aren't currently a lodge officer and would like an email invite to join the meeting, please email Lynn at [lynnsolie@gmail.com](mailto:lynnsolie@gmail.com) and you'll be added to the invite list.

## ***Volunteer Opportunities***

We are always welcoming members that would be willing to serve our lodge in a volunteer capacity. Currently there are two openings that need to be filled.

The ***Education Committee*** has one opening. This committee distributes Scholarships and Grants yearly to members children and grandchildren. We currently have two members serving on the committee, Nina Poe and Gordon Peterson and we need to fill the third vacancy.

***Foundation Directors*** currently has one opening. Gordon Peterson currently serves as one of the directors.

Please consider serving our lodge in one of these posts. Thank you!



My foot doctor is a proud Norwegian American from North Dakota whose ancestral roots go back to northwestern Telemark. But about a month ago, I learned that she had never heard of geitost (goat cheese, pronounced “yayt ust”) or any other kind of Norwegian brunost (brown cheese). Of course, I felt immediately compelled to get her a package of Ekte Geitost (true goat cheese), for one cannot be a real Norwegian and never have eaten brunost, Norway’s national cheese. She and her sister both ended up loving it and wondering why they had not had it growing up in a community

full of Norwegian Americans.

As a booster of all things Norwegian and as a lover of geitost (sometimes spelled gjetost), I thought it my duty to make sure that none of the readers of *The Norwegian American* lived out their lives unaware of brunost and its tasty benefits. So this heritage piece is intended as an ode to both geitost and the other varieties of brunost.

Brunost goes back at least to the Bronze Age in Scandinavia. Some burned brunost residue was found in Denmark in a clay pot that dated to more than 2,500 years ago. So Scandinavians—especially Norwegians—have been eating it for centuries. Brunost is another name for mysost (whey cheese). In fact, it is not strictly a true cheese, for it is made from the waste liquid that is left behind after cheese making; this is called whey. To make brunost you cook the whey with milk and/or cream for about 10 hours until much of the liquid has evaporated and it takes on the consistency of gooey fudge and has turned from white to brown in color. Then you place it in block molds and cool it until it hardens further. The result is a semi-soft, sweet cheese-like product. It is the caramelized sugars in the cooked-down milk that give this type of “cheese” its characteristic sweetness.

My favorite type of brunost is ekte geitost, which is made with goat milk. It is sweet and caramelly in taste, but with a noticeably extra sharp tang to the taste that derives from the goat milk. Another related variety of brunost is made with both goat and cow milk plus cream, and it is known as Gudbrandsdalsost. (Gudbrand’s Valley cheese). It was invented in the 19th century in the Gudbrands Valley by a woman named Anne Hov. Before inventing Gudbrandsdalsost she had added cream while cooking cow-milk whey. This first of her inventions is known as fløtemysost (cream whey cheese). Since it is partially made from goat milk, Gudbrandsdalsost still has a slight tangy taste from the goat milk, but it is sweeter and milder overall than ekte geitost. Fløtemysost contains no goat milk, so it is the mildest in taste and is the sweetest of the three main varieties of brunost.

To properly eat brunost, you must use a Norwegian-style cheese slicer known as an “ostehøvel,” specifically invented in the early 20th century to efficiently and easily slice brunost. The ostehøvel gives you thin, tasty slices of brunost that will deliver just the

(cont’d on page 8)

*(cont'd from page 7)*

right amount of flavor to your mouth. You may put your brunost on a crisp cracker or slice of bread, or better yet, on a Norwegian heart-shaped waffle. Don't skip butter; brunost marries beautifully with butter. And if you like, add some strawberry or raspberry jam, also a great taste partner with brunost. In addition, brunost enriches the flavor of Norwegian-style "brun saus" (brown sauce or gravy) which pairs wonderfully with meat balls or "kjøttkaker" (Norwegian meat cakes) and is really good with Norwegian "fiskekaker" (fish cakes).

Brunost delivers high amounts of protein, calcium, iodine, and vitamin B to your body. It does sport significant amounts of natural sugars but no salt. Admittedly, brunost contains a fair amount of fat yet much less than "real" cheeses. Overall, it is a nutritious food. Keep in mind that a proper ostehøvel will give you wafer-thin slices that offer plenty of taste; brunost is not something you pile high on a cracker or piece of bread. It is best used sparingly.

It is estimated that Norwegians eat 12,000 tons of brunost per year; that roughly translates to almost five pounds of brunost for every man, woman, and child in Norway. The most popular type of brunost is Gudbrandsdalsost, with fløtemysost being the second favorite. Geitost, perhaps because it has the strongest flavor, is third in popularity. In 2017, a truck loaded with 27 tons of brunost caught fire in a long tunnel in northern Norway. The fire, fueled by the sugars and fats in the cheese, raged out of control for four days and severely damaged the tunnel's superstructure, so much so that the tunnel was closed for months while it was under repair.

The most common brand of brunost available in the United States is Ski Queen Gjetost which is sold in a red package in most supermarkets; it contains both goat and cow milk. However, you can now buy the blue-packaged Tine's Ekte Geitost, which is made entirely from goat's milk, at any of the major Scandinavian food stores, such as Willy's Products in Florida, Scandinavian Specialties in Seattle, or Ingebretsen's in Minnesota. These outfits have mail order so you don't have to drive to them unless it is convenient. If you need a good cheese slicer, you can usually find them at any high-end kitchenware store; if they do not carry the Norwegian ones, the German ones usually are equivalent.

So now you have no excuse for not at least knowing about brunost and its blessings. If you have never eaten brunost, go try it; you may simply like it or you may fall in love with it. It tastes like nothing else in the world. How important is it to Norwegians? Well, Marianne Krogness, a famous Norwegian comedian and singer even wrote a song about it called "Jeg vil ikke dele dusj og geitost med deg" (I will not share my shower or goat cheese with you). In Norway, you know you have been dumped when your girlfriend or wife won't share her beloved geitost with you!

By Terje "Ted" Birkedal, born in Stavanger and a retired anthropologist who served as president of a Sons of Norway lodge in Anchorage, Alaska

(Borrowed from *The Norwegian American*)

Godt nytt år ~ Happy New Year!!!



**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: 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**

**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/>

# January Birthdays

Laura C Kuegemann	1st
Deborah L Beckwith	6th
Jackson B Loomis *	7th
Randy Wensman	11th
Peter A Flanders	13th



Hannah C Bergo	25th
Reidun J Daeffler	27th
Sondra Koskela	29th
Stephanie B Ronalds	30th
Peggy Wensman	30th

\* Heritage Member

*Gratulerer Med Dagen – Happy Birthday !!*



NEW YEARS EVE IN TRONDHEIM

## Officers of Desert Fjord Lodge

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

**Vice President:** Bethany Tso—(602) 770-7565

**Secretary:** Lynn Solie—(612) 250-6997

**Treasurer:** Janis Johnson— janisjoann41@gmail.com

**Membership Secretary:** Lois Ripley (480) 521-8693

**Member at Large:** Norman Jenson, Don Solie

**Auditor:** Dirk Walter

**Counselor:** Ed B ergo

**Co-Cultural Directors:** Jana Peterson, Nina Poe

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

**Distribution:** Janis Johnson

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

**Foundation Directors:** Gordon Peterson, One Opening

**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:** Lynn Solie (612) 250-6997, Janet Peterson (480) 659-7328

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

**Sunshine:** Bethany Tso—(602) 770-7565

**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

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>