

The Posten

March 2021

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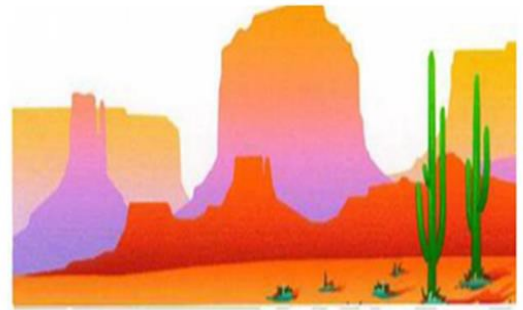
Desert Fjord Lodge 6-133
P O Box 1716
Scottsdale, AZ 85252-1716



SONS OF NORWAY

Desert Fjord Lodge

Established 1984



President's Column

I hope many of you find the urge to spend a few moments reading and enjoying this newsletter. Some time is taken to infuse it with Scandinavian goodness. And this is one of the only ways right now for Desert Fjord to maintain contact with our dear members. Please be assured that we care about you—each one and your families, too.



Where I live in Mesa I smell the glorious fragrance of citrus in bloom. That means spring is coming! Perhaps this dark night of the pandemic will soon be over. There are signs that the situation in our community is improving. Students are going to school five days a week now. Many are getting their Covid vaccine shots. I believe a new day is dawning.

In this issue, you'll find Nordic-inspired ways to celebrate spring. And there's a great fish cake recipe for you to try out ... how do you know if a recipe is any good unless you try it? Anyway, it looks delicious to me. Enjoy!

There are some plans underway for a possible Desert Fjord lodge meeting in April 2021—please stay tuned. You'll be kept informed of details in good time, but please pencil in April 11th on your calendar. Think about it—it might just work for some of us to safely meet. The prospect is exciting—we'll do our best to make sure you feel safe should you choose to attend.

Even though we've been unable to hold meetings, the work of the lodge has continued behind the scenes. Phyllis Bergo has prepared and sent forms to Minneapolis that help protect Sons of Norway's tax exempt status. Janis Johnson has also been working on getting some SON financial forms sent. The Education Committee will soon be considering our scholarship applicants. Many thanks to Phyllis, Janis, and Nina Poe's crew!!

Velkommen

7 Nordic-Inspired Ways to Celebrate Spring

As late winter gives way to Spring, here are some Nordic-inspired ideas to celebrate the change of seasons.

1. Be inspired by natural beauty and savor the stillness of each morning by photographing the sunrise over several days or weeks.



2. Pick your favorite Norwegian cookie or bread and fill your home with the inviting scent. Then surprise a friend by sharing your homemade treat.

3. Every spring brings changes to our lives. Take time to handwrite a letter to an old friend you haven't seen in

(cont'd on page 3)

Queen of Norway?

When Princess Märtha Louise of Norway was born in 1971, women were barred from ascending the throne of Norway. Her brother, Crown Prince Haakon, was born 2 years later and would eventually become next in line to the throne.

Eventually, in 1990, the law was changed so that women could become queen. But it only applies to those born after the law was put into place.

The Princess recently shared that she was given the option to change the law. "When I was 15, the Prime Minister at the time was a woman, and she suddenly came up with the idea that [the law] was wrong. I remember she came home to us, with granddad [King Olav V], and we had a discussion about whether we should change the whole system and I should be queen."

"They said, 'What do you want, Märtha?' And I'm like, 'I'm 15, I don't know about these things,'" she added. Ultimately, the laws remained unchanged for a few years, but it started the discussion about updating the rules.

Now, Norway is set to have a female monarch in the future. Crown Prince Haakon's first-born child is Princess Ingrid Alexandra, and is second in line to the throne.



Märtha Louise

months or years and ask "what's new?"

4. Enjoy a walk in the warming weather. Look for budding trees and new growth on shrubs and bushes. Have some early spring flowers like snow drops or daffodils started to pop up?

5. Is there a cultural skill you want to explore this year? Consider a skill you're curious about but have never tried. Even better, share the fun of learning by inviting a friend or family member to join your exploration.

6. Fill a bird feeder and your bird bath, if temperatures permit. Keep a birding guide handy to identify returning migratory birds. When will the first robin of the season arrive?

It's been said that when you plant kindness you gather joy. As you go about each day, live your Nordic values with simple acts of kindness to others and add joyful moments to your life!

LIBRARY CORNER

A Book Review by Jan Johnson

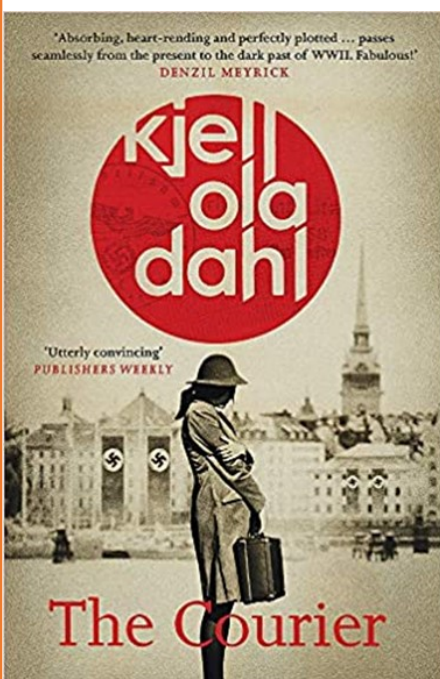
(highlighting one of the books available in our great Library)



The Courier

In 1942, Jewish courier Ester is betrayed, narrowly avoiding arrest by the Gestapo. In a great haste, she escapes to Sweden, saving herself. Her family in Oslo, however, is deported to Auschwitz.

In Stockholm, Ester meets the resistance hero, Gerhard Falkum, who has left his little daughter and fled both the Germans and allegations that he murdered his wife, Åse, who helped Ester get to Sweden. Their burgeoning relationship ends abruptly when Falkum dies in a fire.



And yet, twenty-five years later, Falkum shows up in Oslo. He wants to reconnect with his daughter. But where has he been, and what is the real reason for his return? Ester stumbles across information that forces her to look closely at her past, and to revisit her war-time training to stay alive...

Written with Dahl's trademark characterization and elegant plotting, *The Courier* sees the hugely respected godfather of Nordic Noir at his best, as he takes on one of the most horrific periods of modern history, in an exceptional, shocking thriller.

* * *

Born 4 February 1958, Kjell Ola Dahl is a Norwegian writer, who is sometimes known professionally as *K. O. Dahl*. His writing career began with the publishing of *Dødens Investeringer (Lethal Investments)* in 1993; subsequently, he has authored more than a dozen novels, many short stories, several non-fiction books, and co-written two screenplays with the writer/director Hisham Zaman. He is best known for his eleven Nordic noir crime novels which feature his Oslo detectives Frølich and Gunnarstranda; six of these are now published in English.

Fiskekaker med Brun Saus / Fish Cakes with Brown Gravy

Ingredients

3 medium potatoes, peeled, sliced in quarters length-wise
6 large rainbow carrots, peeled, cut into 2-inch pieces
2 lbs. boneless skinless white fish fillets (haddock, cod, etc.)
1 1/2 tsp salt
1 1/2 tsp potato starch
1/2 tsp ground nutmeg
2/3 cup whole milk
1/4 cup chopped fresh chives
2/3 cup all purpose flour, divided
6 Tbsp vegetable or canola oil
1/2 yellow onion, chopped
3 cups beef stock, divided
2 Tbsp. Kitchen Bouquet (or substitute)
salt and pepper

Instructions

Put the potatoes and carrots in a medium pot and cover with cold, salted water by 2 inches. Bring to a boil over medium heat and cook until fork tender, about 15 minutes. Drain and set aside.

Place large chunks of fish and salt in work bowl of food processor and, using S-blade, pulse until coarsely chopped. Add potato starch and nutmeg and pulse to combine. Slowly add the milk, pulsing just until combined, and then the chives. Form the fish cakes into 12 round patties. Put 1/3 cup flour on a plate and dip patties to coat.

Heat oil in a large skillet over medium heat. Working in batches, fry on both sides until crisp and golden. Drain on paper towels and set aside.

Cook onions in remaining oil while fish cakes are draining. When the onions are soft and translucent, remove them from the pan and set aside.

Add 1 cup stock and scrape the pan until all the browned bits have become loose. Continue to cook for 2-3 minutes to allow stock to reduce.

Add remaining 1/3 cup flour and whisk to combine until there are no visible lumps. Cook another 1-2 minutes, whisking continuously, until the gravy thickens and becomes smooth. Gradually add the Kitchen Bouquet and the rest of the stock to the pan and whisk until smooth, cooking another 4-5 minutes, or until the gravy is slightly thicker but not quite at desired consistency. Season with salt and pepper to taste.

Reduce the heat to low. Add the onion, potatoes and carrots to the pan and stir into the gravy. Add the fish cakes to the pan and let simmer in brown gravy for 2-3 minutes, or until gravy has reached desired consistency. Serve fish cakes in the gravy with the vegetables.



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

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



“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/>

March Birthdays

| | |
|-----------------------|------|
| Gordon T Troan | 1st |
| Lars VanderBeischel * | 2nd |
| Donna Guhse | 3rd |
| Diane L Berger | 11th |
| Allan D Solheim | 11th |
| Berit Miltun | 13th |



| | |
|-------------------|------|
| Mary P Wetsby * | 17th |
| Leif G Hollmann * | 18th |
| Annette R Hegland | 22nd |
| Lynn R Solie | 22nd |
| Laurie J Peterson | 26th |
| Natalie A Clunk | 28th |

* Heritage Member

Gratulerer Med Dagen – Happy Birthday !!

George Washington was of Norwegian descent, and he was well aware of it. He himself stated this fact at a banquet of the Scandinavian Society in Philadelphia in 1782.

At that banquet, Aksel Fersen was honored for his courage at the battle of Yorktown. Fersen was personally decorated by Washington, who expressed his pride in his own Norwegian origins.

Washington's ancestry, on both his father's and mother's sides, can be traced to Ragnvald Øysteinsen, Earl of Møre and Romsdal. In addition, his ancestors can be traced to Trond Haraldson, born 661, who



was chieftain of Trøndelag.

Between 1030 and 1035 another ancestor, Torfinn Sigurdsson, moved to Yorkshire in northern England. One of his sons, Barndolf Torfinnson, lived near York. The family took on the name of a small village in the area called Wassington. The family name eventually changed from Wassington to Washington.

The rest, as they say, is history.



Iceland

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:

Auditors: Dirk Walter and Floyd Downs

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: Nancy Zine

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

Tubfrim: Lois Ripley and Lois Saakas

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 1716

Scottsdale AZ 85252-1716

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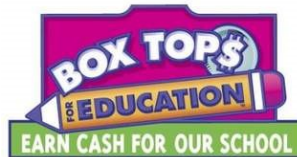
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Sons of Norway International Headquarters Website:

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

Tubfrim - a Norwegian program that collects and sells cancelled postage stamps to raise funds to aid individuals who are handicapped. Just bring to any of our regular meetings; put your name on the bag or box so your name gets put into the drawing.



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