

# The Posten March 2023

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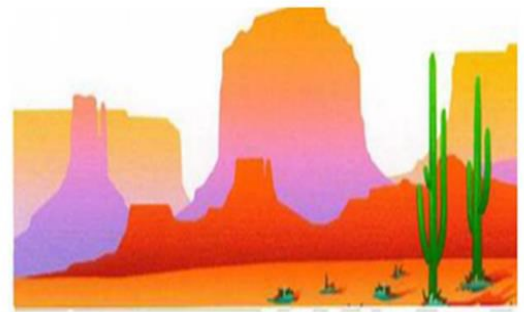
**Desert Fjord Lodge 6-133  
P O Box 561  
Scottsdale, AZ 85252**



# SONS OF NORWAY

## Desert Fjord Lodge

*Established 1984*



### President's Column

This month we'll enjoy a program taking us on a tour of some of the many places to visit here in the US for all things Scandinavian. Julie Backus from Overtro Fjell Lodge in Mesa is one who has been there and done that ... a great tour guide for us. Come and bring a friend or neighbor.

And Shannon is bringing a menu of one of our favorites—Smørrebrød. That's another good reason to join us this month.

Our book club, Scandinavian Noir, has begun meeting again. At this time we're taking a different Scandinavian author each month. It's a great way to get acquainted with the many gifted Norwegian, Swedish and Icelandic writers. You have another opportunity by reading our book review each month in the Posten. (see page 3) Most of the books you find reviewed here are available for you to check out from our extensive library.

We're proud to announce that our Desert Fjord 2023 Cook Book will be available for you to purchase at this month's meeting. Find information about this on page 7. Many thanks to hard work on this project by Janis Johnson and Lynn Solie. Also, I should mention our appreciation to all those who contributed recipes.

Looking ahead, please mark your calendar for our Syttende Mai celebration at McCormick-Stillman Railroad Park at 9 am on Saturday, May 13th. We host this event jointly with AZ Norseman.

Enjoy our beautiful Arizona Spring weather as you spread Scandinavian cheer and goodness in the Valley!

*Velkommen*

# Heritage and Cultural Meeting

March 12th at 2 PM

Masonic Lodge, 2531 N Scottsdale Rd, Scottsdale, AZ

## Program: Scandinavian Festivals & Museums to Attend



Julie Backus, cultural director of Overtro Fjell Lodge in Mesa, will share, through pictures and descriptions, information on Scandinavian Museums and Festivals that she has attended from Washington to Wisconsin and many places in between. She and her husband, Lane, owners of Lena and Ole's Gifts, have been a part of some of the festivals. You'll receive a handout of the 2023 dates and opening times so that you might visit some of these special places in person or on the web.

### **Menu:** Smørrebrød (open-face sandwiches)

- Bacon & Blue Cheese · Ham & Cheese · Chicken Salad · Smoked Salmon
- Dessert—Ice Cream with Fruit
- Coffee · Lemonade · Water

**Cost:** \$12 (includes \$5 building rental fee)



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

- Please click [here](#) to register **by March 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!***



\* \* \*

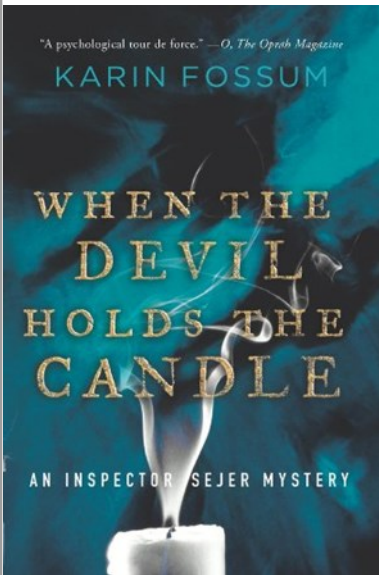
*If your contact information changes, please let me know. Your current phone number and your email address are how we stay connected. I can be reached at: (480) 521-8693; my email address is: lcripley@gmail.com. (You can also speak with me at one of our lodge meetings.)*

## **LIBRARY CORNER**

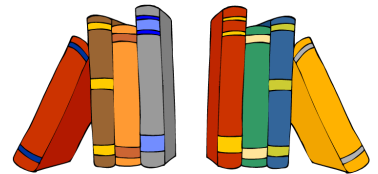
A Book Review by Jan Johnson

### ***When the Devil Holds the Candle***

By Karin Fossum



When the theft of a purse from a stroller results in an infant's death, two teenagers are in trouble. Unaware of the enormity of their crime, Zipp and Andreas are intent on committing still another. They follow an elderly woman home, and Andreas enters her house with his ever-reliable switchblade. Motionless in the dark, Zipp waits for his friend to come out.



Inspector Konrad Sejer and his colleague Jacob Skarre see no connection between the infant's death and the reported disappearance of a local delinquent. And so while the confusion in the world outside mounts, the chilling, heart-stopping truth unfolds inside the old woman's home.

Unflappable as ever, Sejer digs below the surface of small-town tranquility in an effort to understand how and why violence destroys everyday lives. Another brilliantly observed, precisely rendered psychological mystery from the highly acclaimed Karin Fossum.

\* \* \*

*Born on 6 November 1954 in Sandeffjord, in Vestfold county, Norway, Karin Fossum currently lives in Sylling, near Oslo. She debuted as a poet with Kanskje i morgen, her first collection published in 1974 when she was just 20. It won Tarjei Vesaas' debutantpris. For a time she worked in hospitals, nursing homes and assisted with rehabilitation of drug addicts. She is often referred to as "the Norwegian queen of crime".*

This month's article is about ***Simplified Issue Whole Life*** and why you need it. Many people face unanticipated expenses after the loss of a loved one. Dealing with these expenses along with the emotions of a loss can be very stressful. I can help you prepare for these expenses with the right amount of insurance.



Without life insurance families may struggle to come up with the funds they need to provide the service they know their loved one would want. Life Insurance can help with these expenses and minimize the stress of this phase of life.

While talking about end-of-life is uncomfortable, planning for these expenses is important to do. I can show you how final expense life insurance can help keep your loved one from paying these types of expenses out-of-pocket.

Here are some features of Sons of Norway's **Simplified Issue Whole Life**:

- **Face amounts**  
\$25,000-\$50,000 Issue ages 0-59  
\$10,000-\$50,000 Issues ages 60-85
- **Mode of payment**  
Annual, semi-annual, quarterly or bank draft
- **Simplified Underwriting**  
Simplified issue application medical questions are used along with these items to underwrite the risk:  
Telephone interview, MVR check, MIB check and prescription database check

As usual, please call or e-mail me if you would like to learn more.

Len Carlson FIC CLU

(651) 253-1943

or by email at:

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



## Desert Fjord's Scandinavian Noir

*(aka Viking Book and Wine Club)*

**March 25th at 4 pm**

***Jana Peterson's Home:***

**5901 E Hummingbird Lane,  
Paradise Valley, AZ**



**RSVP (480) 326-2927**

Book this month: any book by Kjell Eriksson

*Bringing snacks is optional*

**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**

**Overtro Fjell 6-153** - 3rd Saturday at 11:00 am

Our Savior's Lutheran Church

625 S Ellsworth, Mesa, AZ

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

Faith Lutheran Church,

2215 S. 8th Ave., Yuma, AZi

**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/>

# March Birthdays

Gordon Troan	1st
Berit Miltun	13th
Mary P Westby	17th
Leif G Hollmann	18th



Annette R Hegland	22nd
Lynn Rudser Solie	22nd
Laurie Jean Peterson	26th

\* Heritage Member

*Gratulerer Med Dagen – Happy Birthday !!*



“Fire Hytter” (Four Huts) Painting by Jana Peterson

# Desert Fjord Lodge Cookbook 2023

## Contributors:

Phyllis Bergo  
Georgiann Crouse  
Janis Johnson  
Shirley Ouren  
Jana Peterson  
Shannon Prondzinski  
Lois Ripley  
Lynn Solie  
Sons of Norway  
Jonathan Walters

**For Sale**

March 12, 2023

at Desert Fjord’s Heritage & Cultural Meeting

**\$12 per cookbook**

Over 70 pages of Norwegian recipes

Buy one for yourself and one for a gift!!!



SPRING IN ARIZONA

## 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 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, Don Solie

**Foundation Directors:** Gordon Peterson, Don Solie

**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

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Sons of Norway International Headquarters Website:

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



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