

# The Posten

May 2020

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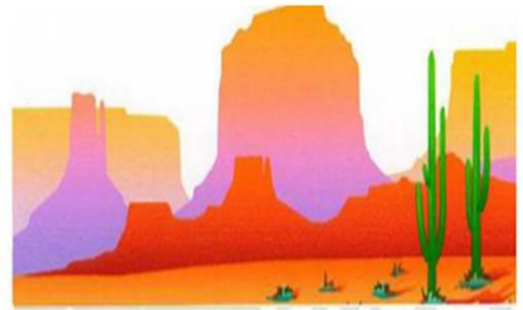
Desert Fjord Lodge 6-133  
P O Box 1716  
Scottsdale, AZ 85252-1716



## SONS OF NORWAY

### Desert Fjord Lodge

*Established 1984*



## Co-President's Column

In a day when high school and university graduations are virtual events, when a church utilizes Facebook live to worship and when banks ask you to wear a mask to meet with a banker—where does that leave us Vikings? How can we celebrate Syttende Mai? When social distancing is the prescribed norm, it's impossible for us to celebrate with a parade and picnic in the park.



But perhaps our current circumstances give us pause to think what's most important about our Norwegian heritage. I know that the food and perhaps the music are things you hold dear when you think of your ancestral roots. But if you look a bit deeper, you'll find some values and qualities worth emulating.

When Norwegian immigrants—your ancestors—came to these shores, they brought a certain “can do” attitude and grit. Here is where they found opportunity to raise a family and have a good life, built on honesty and hard work. I guess lutefisk and lefse and meatballs were important to some extent ... they provided the trimmings to a life well lived.

But how can we celebrate our great heritage this year? This pandemic tends to cramp our style a bit. A deceased former member of our lodge and a good friend of mine, Sharon Clunk, gives us an example to follow. Sharon did her utmost to spread the word about her Norwegian heritage. A contractor stood up at her memorial service to share his experience. He called her his superhero. In the six months he worked for her, he never heard any complaint or negative word from Sharon. Everyday he got a hug from her when he came and when he left. He said he almost became Norwegian!! This Syttende Mai, let's all be good Norwegians in our neighborhood—spread some cheer and Norwegian goodness!

*Velkommen*

## Why do Norwegians celebrate 'Syttende Mai'?

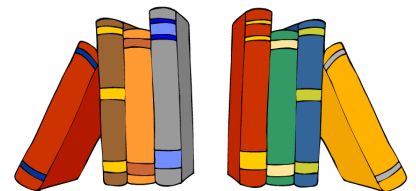
On this day, around 200 years ago, king Kristian VIII signed Norway's constitution, ultimately leading to their independence from Sweden. However, a minor war broke out as a result of tension between Sweden and Norway in August the same year, which led to the countries again being united. However, the signed constitution was still valid which meant that Norway entered the union as an independent state.



Up until the 17th of May, 1814, Norway had been a part of the kingdom of Sweden, which was considered quite the superpower throughout the 1300-1800s. Since the early 1300s, Norway had either belonged to Denmark, Sweden or been forced to join the Kalmar Union. After many centuries of bullying from the other Scandinavian countries, the independence of Norway was both anticipated and well-deserved. Therefore, it comes as little surprise that 'syttende mai' possibly is the most celebrated national holiday in all of Scandinavia. Fiercely celebrated by Norwegians, and happily championed on by Swedes and Danes alike.

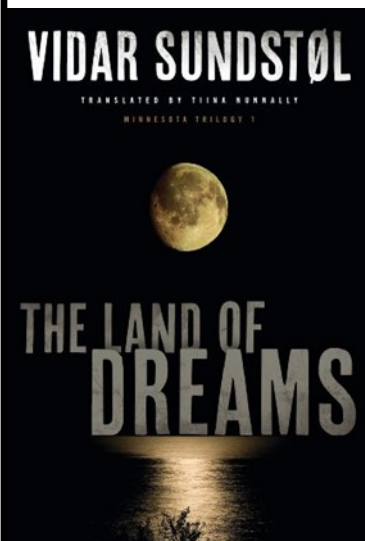
Happy Independence Day, Norway!

## LIBRARY CORNER



A Book Review from Amazon submitted by Janis Johnson

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



Winner of the Riverton Prize for best Norwegian crime novel and named by *Dagbladet* as one of the top twenty-five Norwegian crime novels of all time, ***The Land of Dreams*** is the chilling first installment in Vidar Sundstøl's critically acclaimed Minnesota Trilogy, set on the rugged north shore of Lake Superior and in the region's small towns and deep forests.

The grandson of Norwegian immigrants, Lance Hansen is a U.S. Forest Service officer and has a nearly all-consuming passion for local genealogy and history. But his quiet routines are shattered one morning when he comes upon a Norwegian tourist brutally murdered near a stone cross on the shore of Lake Superior. Another Norwegian man is nearby; covered in blood and staring out across the lake, he can only utter the word *kjærlighet*. Love.

FBI agent Bob Lecuyer is assigned to the case, as is Norwegian detective Eirik Nyland, who is immediately flown in from Oslo. As the investigation progresses, Lance begins to make shocking discoveries—including one that involves the murder of an Ojibwe man on the very same site more than one hundred years ago. As Lance digs into two murders separated by a century, he finds the clues may in fact lead toward someone much closer to home than he could have imagined.

*The Land of Dreams* is the opening chapter in a sweeping chronicle from one of Norway's leading crime writers—a portrait of an extraordinary landscape, an exploration of hidden traumas and paths of silence that trouble history, and a haunting study in guilt and the bonds of blood.

*(Books 2 and 3 of the Minnesota Trilogy have also been ordered for our Sons of Norway Library.)*




**"I can't go out because of the virus"  
sounds weak, whiny and boring.**

**Try instead:**

**"I've sworn an oath of solitude until the  
pestilence is purged from the lands"**

**Sounds more Valiant and Heroic,  
people might even think you are  
carrying a sword.**



The Desert Fjord Education Committee has awarded the following scholarships and grant for 2020:

- Hannah Bergo has been awarded a \$1,000 Agnes Stieler Scholarship for Fall 2020. Hannah is the granddaughter of Phyllis and Ed Bergo. She is currently wrapping up her first year at UC Santa Barbara in the top ten percentile of students in her Freshman Class. Hannah is a member of Kappa Kappa Gamma Sorority where she is active in the sorority's philanthropy events focusing on homeless children. Hannah is considering pursuing a degree in Nursing when she continues her college career next fall at UC Santa Barbara.
- Carl Miltun has been awarded a \$1,000 Agnes Stieler Scholarship for Fall 2020. Carl is the grandson of Berit Miltun. Carl has been accepted to Missouri University of Science and Technology for Fall 2020 and has already received a partial Golf Scholarship from the university. Carl is graduating this spring from Williams Field High School with Honors and has already excelled in passing university level science classes at Maricopa Community College. Carl is considering pursuing a degree in Engineering.
- Jana Peterson will receive a \$600 grant towards her expenses for representing our lodge and participating at Camp Oldfjell September 19th - 22nd at Camp Norge in California provided the event will take place as planned. Camp Oldfjell is a Folk School for Adults. Jana will not only participate as a SON Desert Fjord member; she will also teach classes such as Folkdancing. Most of the classes offered at Camp Oldfjell are from the Sons of Norway Cultural Skills Program Unit.

Congratulations!

Paul Lindbloom, Foundation Director

Gordon Peterson, Foundation Director

Nina Poe, Education Committee Chair





## Membership in Sons of Norway

Right now in the middle of a global pandemic—is this a good time to join Sons of Norway? The COVID-19 pandemic has indeed rained on our parade this year! But with Syttende Mai (Norway's Constitution Day) coming up on May 17th, now is a great time to celebrate your Norwegian heritage with a Sons of Norway membership. Don't miss this unique opportunity to connect with Nordic culture!

Stephanie Ronalds and Kristen Port have very recently done just that—taken the step to join Desert Fjord lodge as new members of Sons of Norway. We're thrilled to have you—a special welcome to you! May you enjoy celebrating with us your Norwegian heritage! We look forward to meeting you and having you involved ... as soon as our meetings are able to resume.

We Vikings will find a way to reconnect once this situation is over. We were the first Europeans to discover America. We were the first to the South Pole. I think we may have been the first on the moon, too!



Vikings? Seriously?  
Oh, come on ...

# Creamy Vegetable Soup with Chicken

(from Kevin Moberg, Sons of Norway member in Dickinson, ND)

## Ingredients

1 small rutabaga  
2 medium turnips  
3 medium carrots  
3 medium parsnips  
3 stalks of celery  
1 small white or yellow onion  
1 small head of green cabbage  
4 Tbsp. butter  
1 cup frozen peas  
1 can (about 14 oz.) cream-style corn  
2 cups chicken stock  
2 cups whole milk  
1/2 Tbsp. dried thyme  
1/2 Tbsp. garlic powder  
3/4 to 1 oz. fresh dill weed, finely chopped (stems included)  
1 cup roasted chicken, chopped or shredded  
2 cups shredded Jarlsberg cheese  
Olive oil  
Kosher salt  
Freshly cracked black pepper



## Directions

Peel and dice the rutabaga and turnips into very small cubes. In a Dutch oven on the stovetop, heat a few tablespoons of olive oil and drop in the rutabaga and turnips to sauté over medium to medium-high heat, seasoning the vegetables lightly with salt and pepper and stirring occasionally.

While the rutabaga and turnips sauté, peel and dice the carrots and parsnips, and chop the celery, onion, and cabbage. Once softened and slightly browned, remove the rutabaga and turnips to a bowl and set aside.

Melt the butter in the Dutch oven and drop in the remaining chopped vegetables to sauté over medium to medium-high heat. Season lightly with salt and pepper, and stir to distribute the seasonings and move the top layers downward toward the heat. Repeat once or twice more to insure even seasoning. Stir occasionally.

Once the cabbage has softened and reduced in volume, return the sautéed rutabaga and turnips to the Dutch oven and stir in the frozen peas. Add the cream-style corn, chicken stock, milk, thyme, garlic powder, dill and chicken, then stir to mix all ingredients thoroughly. Cover and allow the soup to simmer for 15 to 20 minutes. Then stir in the Jarlsberg cheese until melted and serve.

*(There are many versions of both cabbage soup and root vegetable soup from the Nordic countries and their various regions. This recipe combines cabbage and root vegetables (carrots, parsnips, rutabaga, and turnips) with still more vegetables, some protein (chicken), and other Scandinavian ingredients (butter, fresh dill, Jarlsberg cheese) for a creamy soup that is filling and delicious. Vær så god!)*

**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



“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/>

# May Birthdays

Kathleen G Rice	3rd
Vernon H Dahlke	7th
Roxane McLaughlin	7th
Jodi K Levell	10th
Kenneth M Westby	11th
Laura J Riddle	13th
Janis S Johnson	15th
Emily McLaughlin	17th



Knut Haldorsen	20th
Jonathan D Walters	20th
Janice E Haldorsen	25th
Marissa F Boyles *	26th
Susan W McClinton	27th
Shannon S Prondzinski	28th
Jimmy D Rice	29th

\* Heritage Member

*Gratulerer Med Dagen – Happy Birthday !!*

Ole was talking to Lars about the problems of growing old.  
Said Ole, "I heard da odder day dat dere is FOUR stages of getting older.

Stage One ... is forgetting FACES.

Stage Two ... is forgetting NAMES.

Stage Three ... is forgetting to zip UP."

"Yah," said Lars. "Vhat is da fourth stage?"

Ole: "Forgetting to zip DOWN!"

## Officers of Desert Fjord Lodge

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

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

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

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

**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

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

**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

## Masking Your Identity

(from *The Norwegian American*)

Usually busy this time of year filling orders for summer weddings, Seattle designer Madison Leiren's business has been affected by COVID-19: her design orders have dropped but her business has taken a new direction. She's keeping busy making masks inspired by her Norwegian heritage for her new company Norse ([norsemask.com](http://norsemask.com)).

The masks comply with the quality standard set for the general public by the U.S. Centers for Disease Control and Prevention (CDC) and are easy to wash. They are designed to be both practical and stylish.

They retail for \$35 plus tax and shipping and can be ordered online at [norsemask.com](http://norsemask.com). And if you purchase your mask during the month of May and enter the code "NORAM" in the order notes, a percentage of the profits will be donated to *The Norwegian American*.



Designer Madison Leiren models her Norwegian mask

### 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

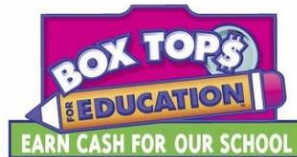
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Sons of Norway International Headquarters Website:

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

**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>