

The Posten November 2022

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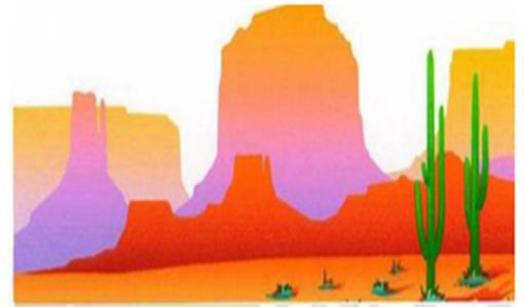
Desert Fjord Lodge 6-133
P O Box 561
Scottsdale, AZ 85252



SONS OF NORWAY

Desert Fjord Lodge

Established 1984



President's Column

Do you feel the rush of the holidays coming? We just celebrated Halloween. At the end of the month—Thanksgiving. Christmas and New Year's follow soon after that. Well, to help you get ready for Christmas—why not pay a visit to the Jul Bazaar this Saturday? (see page 5) Or come to our meeting this month where Ali will have the Boutique available for you to do some Christmas shopping!



Also, our November meeting offers an interesting program about the church in Norway. I've been a Sons of Norway member over ten years and I can't remember a program about that. Come and find out about the Lutherans in Norway! Len Carlson, our Sons of Norway insurance specialist will also be with us to bring a presentation about SON financial products. And one of our favorite dishes, lapskaus, has been prepared by Shannon. Find complete details to register for our meeting on the next page.

So you can mark your calendar in advance, please note that our meeting in December will be on the first Sunday, December 4th. We haven't had a December monthly meeting for several years, so this should be special indeed. It will feature a Julebord potluck combined with a Santa Lucia Christmas Party.

For several years Desert Fjord had a book club called the Viking Book and Wine Club. Well, a new club is starting up—the Scandinavian Noir Book Club. If you're a reader, please come—there are many fine books by Scandinavian authors that we explore, especially crime fiction. I never considered myself much of a reader of fiction until I joined our lodge book club. (see page 7)

And find a great cabbage recipe on page 6. It comes just in time to help you celebrate the holidays with family and friends. A heartfelt Happy Thanksgiving to one and all. We have much to be thankful for!

Velkommen

Heritage and Cultural Meeting

November 13th at 2 PM

Masonic Lodge, 2531 N Scottsdale Rd, Scottsdale, AZ

Program: *The Lutheran Church in Norway*

By Sharon Odden, Vice President of Overtro Fjell Lodge, Mesa

Please join us to learn interesting facts about the history of the Lutheran Church in Norway, recent changes and what the church looks like today, presented by a Norwegian and Lutheran by marriage.



Menu:

- *Lapskaus (Norwegian beef stew)*
- *Crackers and Cheese*
- *Dessert*
- *Coffee · Iced Tea · Water*



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

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

- Please click [here](#) to register **by November 11th** 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!

We were saddened to hear that long time member Nellie Lokken died this past July. She worked with Berit, our Social Director, for a number of years.

I met Nellie one August day when I went to the lodge to see a movie. Movies were shown each month that summer. I got there and only one other car came. It was Nellie. We sat and talked, waiting for the others to come. The movie had been cancelled, but we had a wonderful visit.

I learned that she was of English descent and her late husband was Norwegian. Nellie kept coming to meetings after she lost her husband because she enjoyed the fellowship with members of the lodge. You don't have to be Norwegian to be part of our group!



* * *

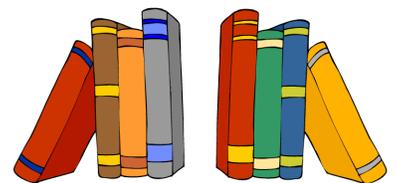
If your contact information changes, please let me know. Your current phone number and your email address are how we stay connected. I can be reached at: (480) 521-8693; my email address is: lcripley@gmail.com. (You can also speak with me at one of our lodge meetings.)

LIBRARY CORNER

A Book Review by Jan Johnson

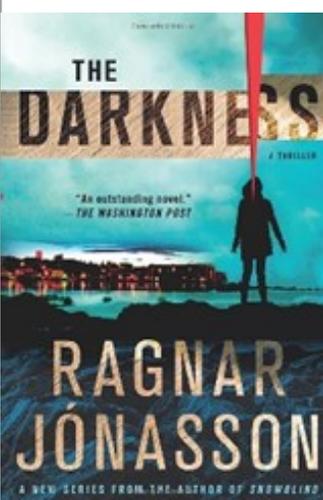
The Darkness

by Ragnar Jonasson



("The Darkness" is October's book for the National Sons of Norway Book Club)

The body of a young Russian woman washes up on a remote Icelandic beach. She came looking for safety, but instead she found a watery grave. A hasty police investigation determines her death to be a suicide and the case is quietly closed.



When Detective Inspector Hulda Hermannsdóttir of the Reykjavik police is forced into early retirement, she is told she can investigate one last cold case of her choice and she knows which one. The Russian woman whose hope for asylum ended on the dark, cold shore of an unfamiliar country. Soon Hulda discovers that another young woman vanished at the same time, and that no one is telling her the whole story. Even her colleagues on the police force seem determined to put the brakes on her investigation. Meanwhile, the clock is ticking.

Hulda will find the killer, even if it means putting her own life in danger.

Spanning the icy streets of Reykjavik, the Icelandic highlands and cold, isolated fjords, *"The Darkness"* is the first in a new atmospheric and complex thriller series from Ragnar Jonasson, the award-winning Icelandic author.

I thought it might be time to review the Guaranteed Issue Whole Life product. I have highlighted this before, but a refresher is always good.

Guaranteed Issue Life Insurance is fast, easy and affordable. With this coverage you are guaranteed to be accepted – you don't need to wait to hear back about acceptance.

- No health questions or medical exams required
- Coverage between \$5,000 and \$25,000
- Available for ages 0-85

If you have health issues and want to cover final expenses, this is a policy to strongly consider.

Give me a call or email me at:

Len Carlson

(651) 253-1943

or by email at:

len.carlson253@gmail.com





Scandinavian Jul Bazaar

Saturday, November 5, 2022

10:00 a.m. – 2:00 p.m.

Church of the Beatitudes

555 West Glendale Avenue

Phoenix, AZ 85021

SE Corner of 7th Avenue and Glendale Avenue

FREE ADMISSION

The Nordic countries of Finland, Norway and Sweden invite you to their annual Jul Bazaar on Saturday, November 5th.

Antiques and vintage treasures, collectibles, rosemaling, handcrafted arts, books, music and movies are among your shopping choices.

And while you shop, enjoy the many Scandinavian food booths offering yellow pea soup and rye bread, homemade lapskaus, lefse, norske pannekaker, waffles, cookies, pastries and more.

Sponsored by Valleywide Scandinavian Cultural Lodges and Clubs.

Cabbage: A Viking Staple

(thanks to Lois Ripley for submitting this article and recipe!)

Cabbage is one of the oldest Nordic vegetables, and it's considered one of the most important. It has been grown in some form or other for thousands of years in Scandinavia.

In the Viking age, it was the only vegetable grown. Kitchen gardens around the houses were simply called kale-yards. Cabbage and kale are perfect winter food even in extreme climates. Historically, cabbage was eaten in unbelievable quantities, and its wholesome, vitamin-packed leaves have been a means of survival during many winters, long before the potato reached Scandinavian shores.

Some recipes, such as creamed kale and pickled red cabbage, are considered indispensable for traditional Christmas.

Rødkål (Red Cabbage) – to serve four

Ingredients:

- 2 lb red cabbage
- 2 tbsp butter or margarine
- 2 apples, peeled & cut into sections
- 1 onion, chopped
- 2 tsp caraway seeds
- 1 tsp salt
- 1-2 tbsp syrup or sugar
- 2 ½ - 5 tbsp beetroot juice or table vinegar
- 2 ½ - 5 tbsp water



Preparation:

Trim and wash the red cabbage. Cut the cabbage in two lengthwise and remove the stalk. Shred the cabbage finely. Fry the cabbage in the fat. Add the apples, onion, salt, caraway seeds and syrup. Moisten with vinegar and water.

Cover the pan with a tightly fitting lid and boil the cabbage gently on top of the cooker or in the oven (390 F). Stir occasionally and add more liquid if necessary. Remove the lid towards the end of cooking so that the surplus moisture is reduced by evaporation. Taste the cabbage for seasoning.

Serve with Christmas ham, roast goose or duck or other meat dishes rich in fat

*(recipe taken from **The Great Scandinavian Cook Book**)*

SCANDINAVIAN NOIR BOOK CLUB IS STARTING UP
AGAIN! Saturday, November 12th at 4:00 pm

at Jana's studio, 5901 E Hummingbird Lane, Paradise Valley, AZ

R.S.V.P. 480-326-2927 ... Bring a snack or libation!



**Desert Fjord Leadership Team Meeting
October 4, 2022 via Zoom 7:30 pm
Minutes**

Members in attendance: Jonathan Walters, Bethany Tso, Ed Bergo, Phyllis Bergo, Ali Berg Anderson, Don Solie, Lynn Solie, Lois Ripley, Jana Peterson, Shannon Prondzinski, Janis Johnson

Meeting came to order at 7:30.

Treasurers Report – Janis

Checking \$1107.15; Savings \$30.27; General fund as of June \$18,690.97.
Outstanding bill: Shannon for catering and food for September meeting
Authorization of two \$20 gift cards for prizes for Sunday's food participants
Two fraudulent charges (\$50 & \$20) were discovered on Ali's Lodge credit card. Bank called and charges removed and new card issued.

Membership – Lois and Bethany

Welcome to Bethany in her new role as our Vice President.
Updates on calling members.

Social – Shannon

The Torsk dinner will tentatively take place in February.
Lapskaus will be served in November.

New Business

- *Upcoming Heritage and Cultural Meetings: October 9th and November 13*
- Jana updated the group on the exciting upcoming programs – Great Norwegian Cooking Competition; Norwegian Music, Then and Now.

- Ali reported that all is ready for the boutique on November 13. And a possible second boutique with the February meeting.

- *December Heritage and Cultural Meeting dates 4th or 18*
- The original meeting was supposed to be on Dec. 11. Unfortunately, the space is not available. It was decided that the December meeting will take place on December 4th. Mark your calendars for the Julebord Pot Luck & Santa Lucia Christmas Party.

Updates

- Cookbook Janis Janis would like to complete the lodge cookbook by January ... she needs more recipes. Please send your favorite Scandinavian recipes to her.
- Facebook Lynn Starting to add posts on Facebook to attract new members. Possibility to add a lodge Instagram account was discussed.

Janis will be sending out the Sons of Norway job descriptions to the board members.

Brief discussion on how well the zoom meeting worked out. Meeting adjourned at 8:10.

Respectfully submitted,
Lynn Solie, Secretary

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: 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/>

November Birthdays

Sada Jean Reed	1st
Mary Jane Gordon	3rd
Mike Opoien	11th
Logan Ronalds	15th



Barbara B Richey	19th
Brian L Cummings	24th
Richard G Erickson	24th

* Heritage Member

Gratulerer Med Dagen – Happy Birthday !!



Autumn in Norway

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

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Sons of Norway International Headquarters Website:

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



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