

# The Posten November 2022

## In this Issue:

- 2 Monthly Lodge Meeting
- 3 Membership Matters;  
Library Corner
- 4 From Len Carlson, Sons  
of Norway Insurance  
Specialist
- 5 2022 Jul Bazaar
- 6 Cabbage: Viking Staple
- 7 Scandinavian Noir Book  
Club
- 8 Minutes from Desert  
Fjord Leadership Team  
Meeting
- 9 Sons of Norway District  
Six and AZ Lodges Info;  
November Birthdays
- 10 Autumn in Norway;  
Desert Fjord Information

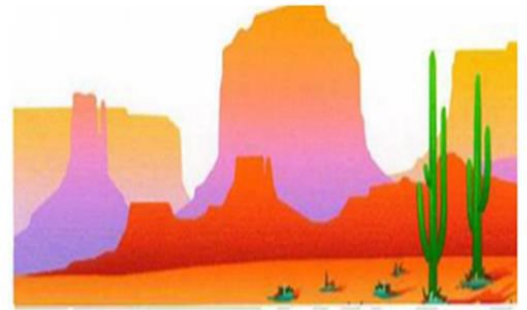
**Desert Fjord Lodge 6-133**  
**P O Box 561**  
**Scottsdale, AZ 85252**



# 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!



\* \* \*

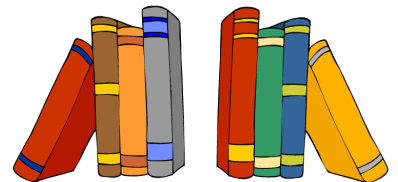
*If your contact information changes, please let me know. Your current phone number and your email address are how we stay connected. I can be reached at: (480) 521-8693; my email address is: lcripley@gmail.com. (You can also speak with me at one of our lodge meetings.)*

## LIBRARY CORNER

A Book Review by Jan Johnson

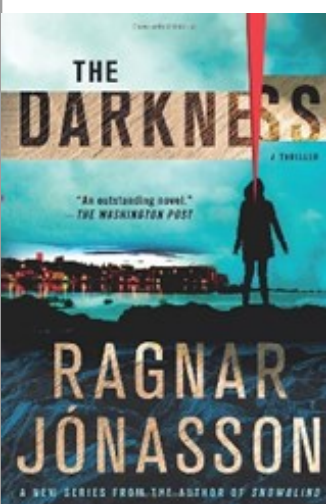
### ***The Darkness***

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.carlson[253@gmail.com](mailto:253@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 7<sup>th</sup> Avenue and Glendale Avenue**

**FREE ADMISSION**

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

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 12<sup>th</sup> 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 9<sup>th</sup> 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 4<sup>th</sup> 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 4<sup>th</sup>. 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](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/>

# 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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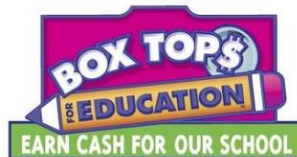
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Sons of Norway International Headquarters Website:

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



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