

The Posten

September
2020

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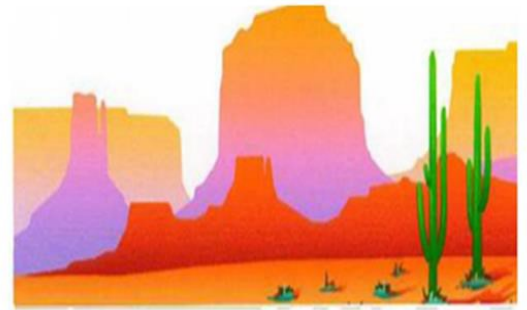
Desert Fjord Lodge 6-133
P O Box 1716
Scottsdale, AZ 85252-1716



SONS OF NORWAY

Desert Fjord Lodge

Established 1984



Co-President's Column

In normal times Desert Fjord would be kicking off its fall program after a summer hiatus, but we're not living in a normal time by any stretch of the imagination. I hope you and your family have been able to keep safe and well during this pandemic health crisis.

Your safety and well being are high priorities for us, so we don't plan to resume normal meetings at the Masonic Lodge until early 2021. There's a possibility that we'll hold an outdoor event in November for all who feel comfortable participating in that. In addition, we'd like to have a meeting via Zoom in October. Both of these are still in the planning stage—you'll be kept informed of anything we offer for the lodge members.

A couple days ago I participated in a Zoom meeting with Luella Grangaard, our District 6 president, and other lodge presidents here in Arizona. It was a chance for us to share about each of our lodges and also to hear what's being done in other District 6 lodges during these challenging days. One California lodge that has an annual Lutefisk and Meatball Dinner serving between 800 and 1,000 meals is planning to offer Lutefisk and Meatball Dinner kits that people can order, pick up and take home to prepare. A Sons of Norway lodge in Colorado has offered several meetings via Zoom, getting a better turnout than when they met in person! Going forward after pandemic restrictions lift, they're considering continuing a combination of Zoom and in-person lodge meetings.

In this newsletter, please find a great book review prepared for us by Jan Johnson ... thank you, Jan! Also, thanks to Ed Bergo, we can each take a 7-minute virtual tour of Hallingdal, a very beautiful area in Norway. There's a brand new cookbook for you to consider here and even a great recipe for aquavit. Is this not a good time to enjoy a sip of aquavit?

Very warm greetings from your lodge—we look forward to new opportunities to celebrate our Scandinavian culture & heritage.

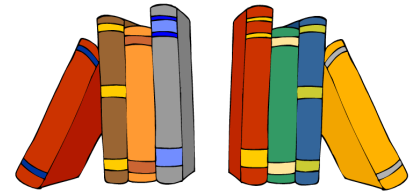


Velkommen

LIBRARY CORNER

A Book Review by Jan Johnson

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

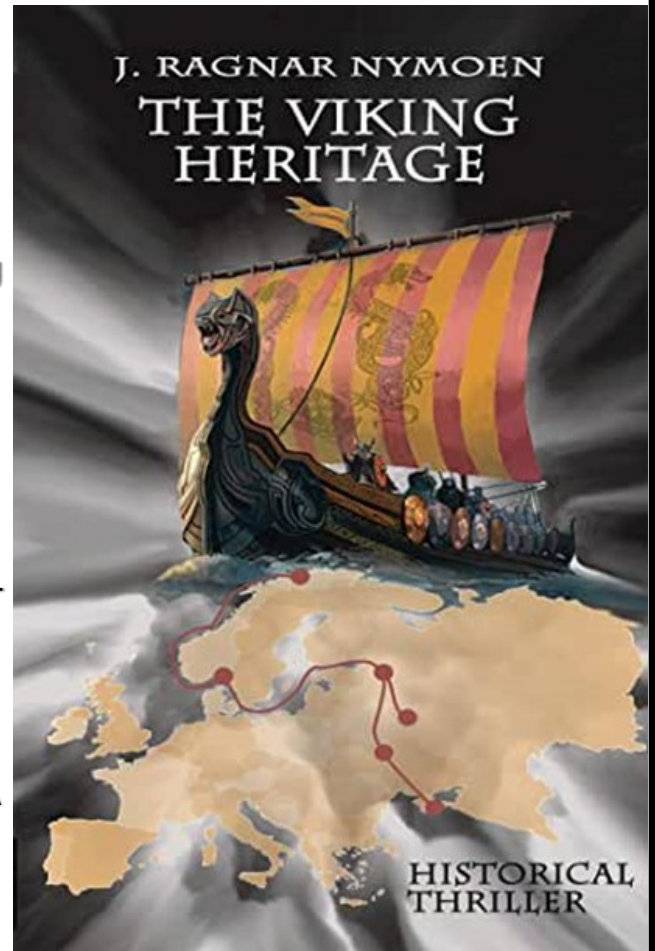


“The abridged English Edition focuses on Malte Moddy, who has contracted malaria while on vacation in South Africa. His condition results in extended sick leave from his security position at Western Norwegian Oil. Sick and unemployed, Malte withdraws from life until his brother, Joh-Berg, insists that he spend Christmas with him, his wife Karin and their two children in Reine, Norway. His stay rekindles an old interest in his family’s genealogy and the stories passed down through the generations. While attending a local genealogical society meeting, he learned that, through DNA testing, it was possible to find relatives back in time, actually thousands of years back in time, if you were lucky to find other matches. What he discovers is a shared Viking ancestry with a Russia Mafia boss and an elderly winemaker and his daughter in Ukraine. Malte is entangled in a dangerous race for possession of a rare Viking legacy, one of four that Harald “Hardrada” Sigurdsson looted from the Byzantine Empire in 1042 A.D.”

(Permission granted from the author to quote the entire preface here)

The Norwegian author, Jan Ragnar Nymoén, grew up in southern Tromsø, Norway and was a teacher before starting to write. This book and Book 2, “The Will”, have been translated into English with the third, “Viking Blood”, to be translated by the end of 2020. In communicating with the author, he was most interested in my opinion of the English version and even what the English title of the third book should be. I have read hundreds of books by Scandinavian authors and never once thought about what it means to have a book translated into English. I did notice a few awkward sentence structures or use of a wrong word but it didn’t distract from the story line.

Maybe those advanced genealogists can weigh in on the correctness of the author’s use of DNA results as an integral part of the plot. It all sounded feasible to me ... with ancient Norwegian travel adding interest to the story.

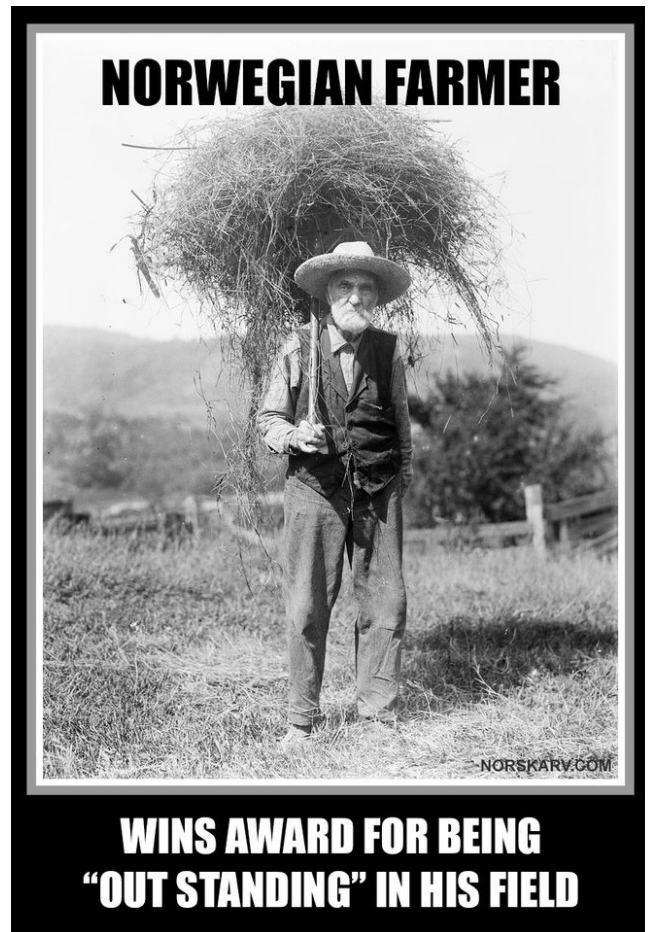
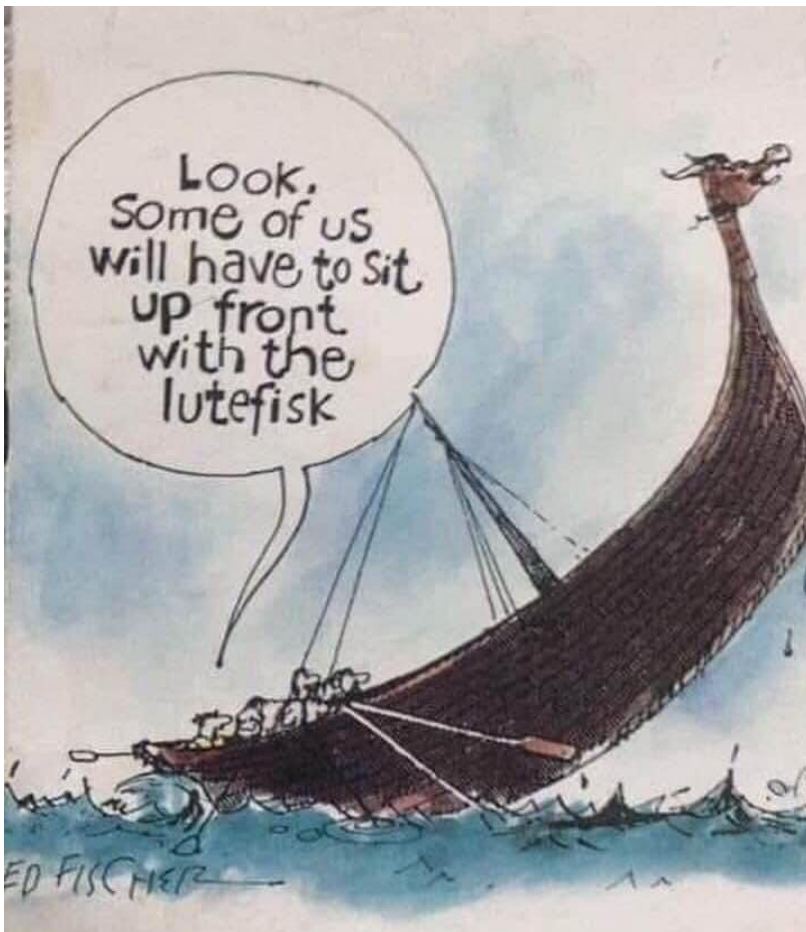


Ed Bergo has been kind to arrange a virtual tour of Norway for us, with a focus on Hallingdal area where Bergo ancestors came from. The video was provided by Gary and Judy Hugelen and comes to us via Sandra Nelson, President of the Hallinglag of America. (The music is: "If" by Jimmy Fortune and "Over the Rainbow" by Eva Cassidy.)

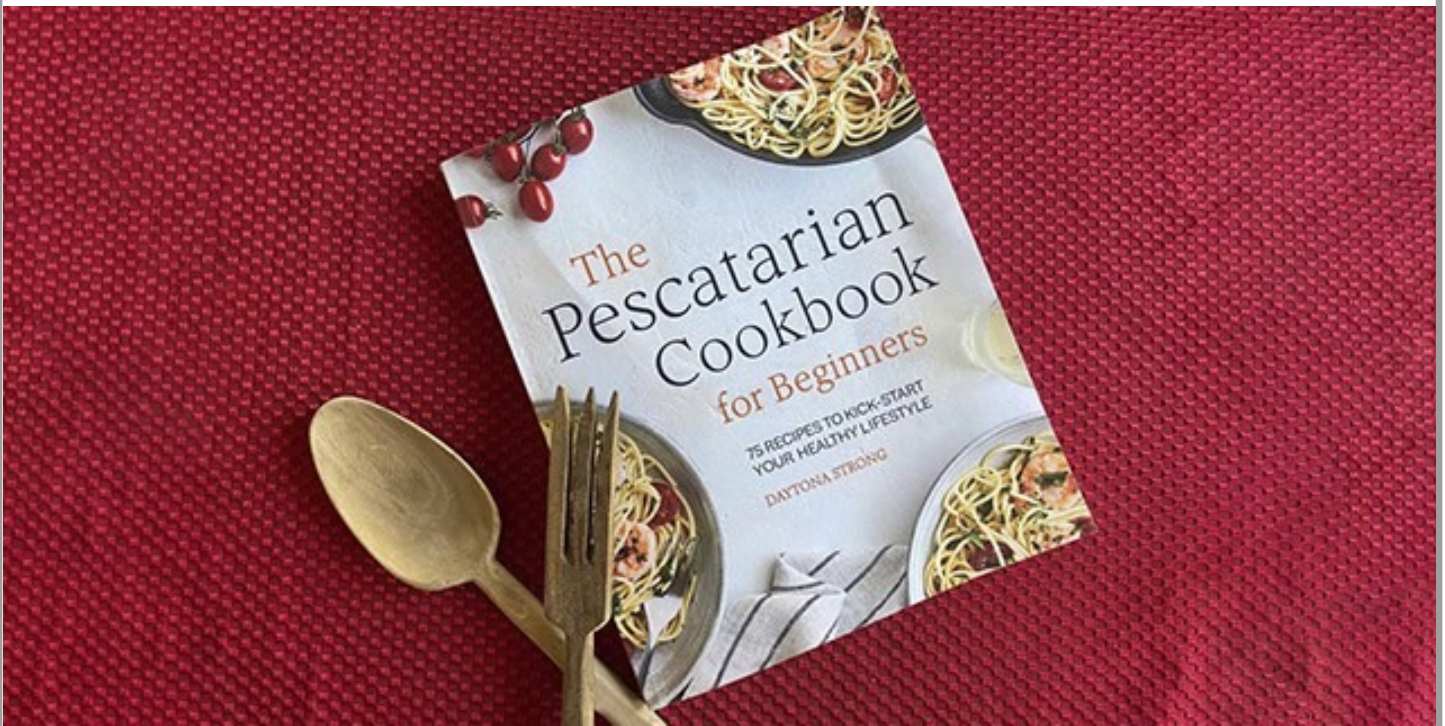


[Click on this link](#) to enjoy:

[Virtual Tour of Hallingdal, Norway](#)



All about fish: *The Pescatarian Cookbook* is here!



CHRISTY OLSEN FIELD
Taste of Norway Editor

She's done it again! Daytona Strong has published her second cookbook this year, titled *The Pescatarian Cookbook for Beginners: 75 Recipes to Kickstart Your Healthy Lifestyle*. Strong writes about her transition to a mostly pescatarian lifestyle (fish as the main protein instead of red meat or poultry) and offers a variety of recipes to show how delicious and satisfying it can be.

The book is divided into three sections: A primer on what it means to be a pescatarian, how to stock your pantry and kitchen for pescatarian success, followed by 75 recipes for every occasion.

Strong was the Taste of Norway Editor for *The Norwegian American* from 2015 to 2019 and is the voice of the celebrated Scandinavian blog Outside Oslo. This new cookbook features many Scandinavian-inspired recipes, from Creamy Scandinavian Fish Soup, Broiled Mussels with Dill Butter, to Norwegian Nicoise Salad, not to mention Orange-Cardamom Caramels and Autumn Fruit Soup.

I've been a fan of Strong's thoughtfully crafted recipes for years, and this cookbook is full of inspiring recipes to try.

The Pescatarian Cookbook for Beginners: 75 Recipes to Kickstart Your Healthy Lifestyle is published by Rockridge Press and is available at your favorite bookseller or online. You can learn more about Daytona Strong's work at her blog, outside-oslo.com.

(borrowed from The Norwegian American Weekly 1 August 2020)

Aquavit—the Viking Spirit

Akvavit or aquavit is a distilled spirit that is principally produced in Scandinavia, where it has been produced since the 15th century. Aquavit Original, the original botanical recipe of LINIE Aquavit, has remained unchanged since its creation, more than 200 years ago. LINIE is a **potato-based spirit**, distilled in pot stills with a special blend of Nordic herbs and spices to give it its distinct flavour. The young spirit is placed in Spanish Oloroso sherry casks to develop further.

A couple years ago at one of our lodge meetings, I learned for the first time that you can make your own aquavit at home. Essentially, aquavit is vodka flavored with herbs and spices. It is recommended that you use a potato vodka. I'd like to share a recipe that promises to be better than the best aquavit you can buy (one person who made this recipe remarked that it made his time in quarantine a lot brighter):

Ingredients:

750 ml potato vodka

1 tablespoon caraway seeds

2 cardamom pods

1 clove

¼ peel from a lemon (without pith)

¼ peel from an orange (without pith)

1 teaspoon sugar

Lightly crush the spices and heat in a pan over low to medium flame till they're just smoking to give a richer flavor. Don't burn them! Add the spices to the vodka. Also add the lemon and orange peel along with the sugar. (the citrus melds in with the other aromas, so it's barely distinguishable; the sugar offsets any bitterness from the seeds)

Cover and let the ingredients stand at room temperature for 2 weeks. Shake the bottle gently every 2 or 3 days. Strain your aquavit into a clean glass bottle, discarding the spices. Keep your aquavit in the freezer and sip it with a beer chaser. Enjoy!



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/>

September Birthdays

Liv VanderBeischel * 7th

Joseph Vincent Walter * 7th

Shirley E Kalin 12th

Jan B Loomis 17th



Ali Berg Anderson 18th

Janice L Lindbloom 22nd

Jennifer M Loomis 23rd

Richard L Westby 30th

* Heritage Member

Gratulerer Med Dagen – Happy Birthday !!



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

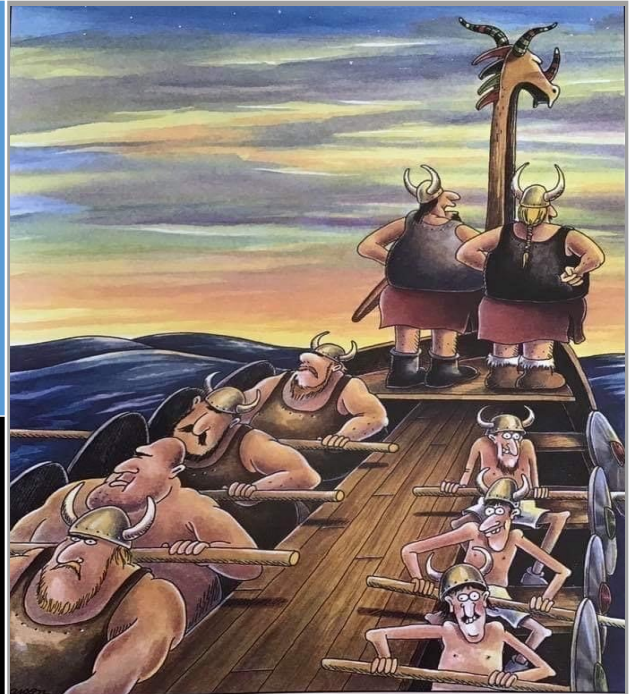
Social Directors: Berit Miltun— (480) 966-2009, Nellie Lokken

Sunshine: Dawn Walter— (480) 860-9192

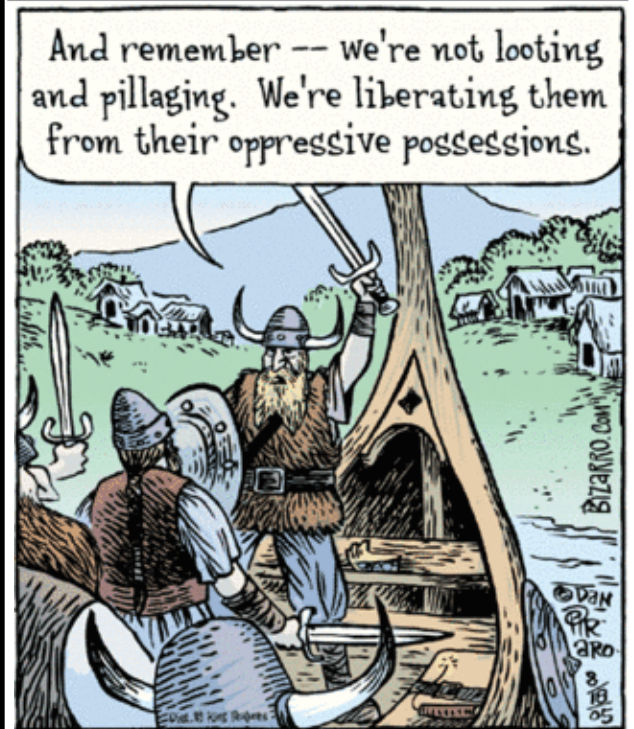
Trustees: (1yr) K Haldorsen; (2yr) P Flanders; (3yr) Norm Jenson

Tubfrim: Lois Ripley and Lois Saakas

Webmaster: Jan Loomis



"I've got it, too, Omar ... a strange feeling like we've just been going in circles."



And remember -- we're not looting and pillaging. We're liberating them from their oppressive possessions.

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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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>