

THE POSTEN

2021

June/July/August

Inside this Issue

- 2 Membership Matters;
Olaf & the Catholics
- 3 Library Corner
- 4 Message from our SON
Insurance Specialist
- 5 Summer Birthdays;
Camp Oldfjell
- 6 Cultural Skills Program:
Sports Medal
- 7 Sports Medal cont'd
- 8 Sports Medal cont'd
- 9 Sons of Norway District
Six and AZ Lodges Info
- 10 Desert Fjord Information

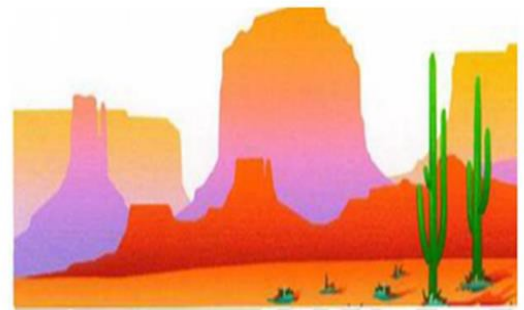
Desert Fjord Lodge 6-133
P O Box 561
Scottsdale, AZ 85252-1716



SONS OF NORWAY

Desert Fjord Lodge

Established 1984



President's Column

How are we doing as a lodge of Sons of Norway? Are we carrying out the mission? In my humble opinion, I think we've done pretty well under the circumstances!

There are no doubt some things we could be doing better, but the fact that we held several informal lodge meetings during this pandemic year is remarkable. Some of you would like to have seen more gatherings a bit sooner, but we did what we felt was in the interest of our members' well being.

Typically, we would schedule a couple events over summer, but this year again we'll forego a June ice cream social and anything else. If all goes well, we can resume a normal schedule of meetings beginning in September.

I'm very pleased that we have a Membership Secretary on board to serve our members' needs and assist any who wish to join our lodge. Please find a message from Lois Ripley on the next page.

Camp Oldfjell at Camp Norge is mentioned on page 4. At the moment that event is tentative, but once it's announced an email will be sent out with details so that anyone interested can register for that.

One of our members thought we should have an overview of the various offerings in the Sons of Norway Cultural Skills Program. In this issue please find information about the Sports Medal Program. At the moment we are without a Sports Director, but that doesn't mean members cannot work on this cultural skill and earn a medal or two. Do we have a member who would like to become Desert Fjord's Sports Director? Please let me know!

A safe and healthy summer to all of you!



Velkommen

Membership Matters by Lois Ripley, Membership Secretary

As the new Membership Secretary, I am aware that people join Sons of Norway for various kinds of reasons. I am interested to know how our members came to join. That would make for wonderful conversations! And each of us has a story to tell about this; it'd help us to get better acquainted. I'd like to share how I became a member of Desert Fjord Lodge, but first let me tell you a little bit about my upbringing as well as my earlier experiences.

I grew up in St Paul, Minnesota. My mother was of Swedish descent, so we went many times to the American Swedish Institute in Minneapolis. I'm still a member there. But my father, of Norwegian descent, wasn't involved in any Norwegian group.

In 1967 I moved to Arizona. Like many people, I was busy finishing my bachelor's degree at ASU. Then I worked as a Credit Central Manager with Sears while taking care of my children. I was too busy to think about my heritage. In 1978 my mother, my daughter, and I took a trip to Sweden and Denmark. In 1990 my cousin, on the Norwegian side, and I went to Norway and Sweden. On both trips I met relatives ... this helped arouse an interest in my heritage.

For some 20 years I've been a Lois Club member. The Lois Club is made up of women with the name of Lois who meet on the 5th Tuesday of the month for lunch. (Not every month has five

Tuesdays, so that works out to about four meetings each year.) As it happens at one of those lunches, I was sitting across from another Lois – Lois Sakkas. During our conversation, we found we had something in common...1/2 Norwegian descent!

After lunch Sakkas and I were still talking when she asked if I had ever thought about joining Sons of Norway. Next time I heard from her, she had gotten information about Desert Fjord. We decided we'd come to a meeting and check it out. As a result of a warm welcome, both of us joined at that first meeting in 2007.

As your Membership Secretary, I'm not sure just what I'm doing yet, but I am willing to help you in any way that I can. Please be in touch with me about any concern you may have regarding your membership or if you have a change in your contact information. I can be reached by email at lcripley@gmail.com or by phone at (480) 521-8693. Also, you could meet me in person at one of our monthly meetings.



Olaf and the Catholics

Olaf, a Norwegian from northern Minnesota, was an older, single gentleman who was born and raised Lutheran. Each Friday night after work, he would fire up his outdoor grill and cook a venison steak.

But all of Olaf's neighbors were Catholic, and since it was Lent, they were forbidden from eating meat on Fridays.

The delicious aroma from the grilled venison steaks was causing such a problem for the Catholic faithful that they finally talked to their priest. The priest came to visit Olaf and suggested he convert to Catholicism.

(cont'd on page 3)

(Olaf and the Catholics—cont'd from page 2)

After several classes and much study, Olaf attended Mass and as the priest sprinkled holy water over Olaf, he said, "You were born a Lutheran and raised a Lutheran, but now you are Catholic."

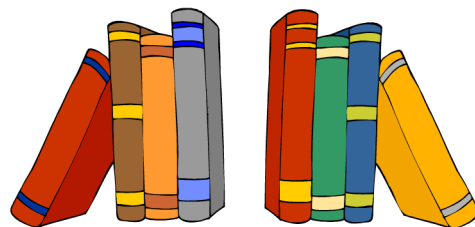
Olaf's neighbors were greatly relieved until Friday night arrived and the wonderful aroma of grilled venison filled the neighborhood.

The priest was called immediately by the alarmed Catholic neighbors, and as he rushed into Olaf's yard clutching a rosary and preparing to scold Olaf, he stopped in amazement to watch. There stood Olaf with a small bottle of water which he carefully sprinkled over the grilling meat while chanting, "You were born a deer and raised a deer, but now you are a walleye."

LIBRARY CORNER

A Book Review by Jan Johnson

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



The Hypnotist

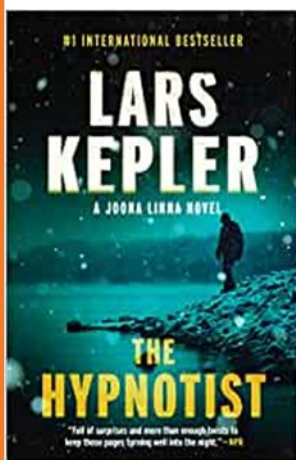
In the frigid clime of Tumba, Sweden, a gruesome triple homicide attracts the interest of Detective Inspector Joona Linna, who demands to investigate the murders. The killer is still at large, and there's only one surviving witness—the boy whose family was killed before his eyes. Whoever committed the crimes wanted this boy to die: he's suffered more than one hundred knife wounds and lapsed into a state of shock. Desperate for information, Linna sees only one option: hypnosis. He enlists Dr. Erik Maria Bark to hypnotize the boy, hoping to discover the killer through his eyes.

It's the sort of work that Bark has sworn he would never do again—ethically dubious and psychically scarring. When he breaks his promise and hypnotizes the victim, a long and terrifying chain of events begins to unfurl.

An international sensation, ***The Hypnotist*** is set to appear in thirty-seven countries. This is the first book in a series by Lars Kepler.

* * *

Lars Kepler is the pseudonym of the critically acclaimed husband and wife team Alexandra Coelho and Alexander Ahndoril. Their internationally best-selling Joona Linna series has sold more than twelve million copies in forty languages. The Ahndorils were both established writers before they adopted the pen name Lars Kepler, and have each published several acclaimed novels. They live in Stockholm, Sweden.





SONS of NORWAY

Celebrating **125** Years

1895-2020

Hello everyone! You all should have received a letter from me in the last few weeks announcing that I am the Insurance Specialist assigned to your lodge as well as all Arizona lodges. I am no stranger to Sons of Norway as I was the Director of Agencies for over 23 years working at headquarters. In 2019 I retired from that position but wanted to remain active in the Insurance business, so I am working as an Independent Insurance Agent. I will be spending 5 to 6 months in Mesa, November thru March or April. I plan to attend as many of your meetings as possible.

I would like to visit with you at some point to do a Confidential review at no cost to you. Oftentimes, I can give you a second opinion regarding your current insurance and investment planning.

So here's a review of what I and Sons of Norway have to offer:

- **Final Expense** policies-guaranteed acceptance-no medical exam-ages 0 to 85
- **Fixed Annuities** – First interest rates up to 4.1% (includes a 1.25% first year bonus) depending on the amount that you deposit. No front end loads or service fees. A great place to put your "LAZY MONEY" ... money that you perhaps have in a SAVINGS ACCOUNT, MONEY MARKET ACCOUNT OR CD earning little or no interest!!!
- **Gifts ideas for grandkids** – A gift of Life Insurance from Grandma and Grandpa – A ONE TIME SINGLE PREMIUM
- **Term Insurance** – 10, 15, 20 and 30 year term products
- **Whole life**
- **Simplified Issue** and Single Premium Simplified Issue
- **Universal Life**

As you can see, Sons of Norway has a large menu of products that can help provide peace of mind for you and your family.

I look forward to meeting you, please allow me to use my 48 years of experience in the Insurance business to help you. You do not have to wait to contact me until I get to AZ, contact me anytime.

Here's my contact information:

(651) 253-1943

email: len.carlson253@gmail.com

(For what it's worth I am 100% NORWEGIAN and I'm a good listener!)

Summer Birthdays 2021



June

* Scarlett C Isaacson	2
Dawn D Walter	7
Lorelei R Knorr	8
Roger E Haugen	11
Russell D Cook	12
Kim J McLaughlin	12
Donald W Solie	13
^ Shirley Ann Ouren	14
Leif Ronalds	16
Roger D Westland	26

July

Corinne R Parrish	7
^ Lynn S Kolstad	8
Ronald D Orson	8
Crystal L Williams	10
Nina Poe	12
^ Howard O Barikmo	13
Gro Holmer-Hoven	15
Nellie Mae Lokken	15
Lois C Ripley	15
Julene Burns	16
* Ilse Spargo	20
* Will Spargo	20
* Madelyn Longstreet	21
Sherrie L Loomis	25

August

Toni Marie Solberg	2
Cheleen Olbekson-Jones	4
Judy Elisen	5
Georgiann C Crouse	18
Don R Miles	18
^ Gordon Peterson	20
Elaine V Zgodowska	20
Marilyn D Olson	21
Mark Doolittle	27
Kristen L Port	30



* Heritage Member

^ Golden Member

Gratulerer Med Dagen



Save the Dates:

September

18-21

2021

Camp Oldfjell: Folkehøgskule for Voksne (Folk School for Adults)

Cultural Skills Classes such as these will be offered:

Camp Norge says on their website that they have high hopes of conducting this event in 2021. If so, more information will be forthcoming.

Stay tuned! Desert Fjord members will be informed about this and hopefully some of our members can attend. Several who went in 2019 had a fabulous time from all reports.

Music	Cooking
Literature	Tablet Weaving
Hardanger	Folk Dancing
Vikings	Rosemaling



Cultural Skills and Sports Medals Update

Sports Medal Program

Challenge yourself! Sons of Norway's Sports Medal Program is a unique benefit of membership that rewards you for an active lifestyle

Fitness rewards that fit your lifestyle.

The Sons of Norway Sports Medal Program is a fun and engaging way to stay active while enjoying the Norwegian tradition of *friluftsliv* (*outdoor life and recreation*)! It's uniquely designed to reward healthy habits at every age, activity level and exercise preference.

It's actually quite simple – and naturally rewarding!

- Choose the pin you want to focus on: general fitness, skiing, swimming, biking or walking.
- Choose your goal within the program.
- Work towards pre-determined requirements to earn your way to the sports medals, earning each level in sequence.
- When your record card is complete, submit it to your lodge's Sports Director, who will order your pins and present them to you at a lodge meeting.

Get Started Today!

(cont'd on page 6)



If you've been craving new fitness goals, help is here! The following two medals have been added for anyone who aims to set the bar a little higher.

First, **Idrettshelt** [*ee-dretts-hellt*] –the sports hero pin– is the 5th level within any sports medal category.

Members must have completed the bronze, silver, gold and enamel pins in a sport category prior to starting on the *Idrettshelt*.

Earn double the point or mileage value of the **enamel** level to qualify for an *Idrettshelt* pin. Tracking cards for this medal may be requested from your lodge sports director. Record your mileage or minutes and return the card to your sports director to receive your pin.



Next is **Hederspris** [*hay-dersh-prees*], the outstanding achievement award. This pin is for members who've earned bronze, silver, gold and enamel medals in any **three** sports medal categories.

https://www.sofn.com/member_resources/cultural_programming/sports_medal_program/

INSTRUCTIONS

1. Find your age group and medal level, starting with bronze and moving on in order to the silver, gold and enamel. Every time you complete a medal, you will start over with zero points towards the next one.

(Cultural Skills Program: Sports Medal cont'd)

2. You will earn points based on the amount of time you spend doing any of the activities listed. Each point reward is based on 10-minute segments of activity, and calculated according to how strenuous the activity is. For example, if you play a game of soccer for 30 minutes, you will earn 45 points. If you play for 20 minutes the next day, you will earn an additional 30 points, for a total of 75.

3. Get your record card initialed showing your efforts.

4. When your Record Card is complete, submit it to your lodge Sports Director and they will order your medals, which are provided at NO cost by Sons of Norway Headquarters.

YOU MUST START AT ZERO EVERY TIME YOU BEGIN EARNING POINTS FOR YOUR NEXT PIN.

MEMBERS MUST COMPLETE THE REQUIREMENTS FOR EACH PIN WITHIN 365 DAYS. NAME: _____ ADDRESS :

_____ DISTRICT/LODGE:

MEMBER #: _____ BIRTH DATE: _____

I have completed the requirements for the (circle one): BRONZE SILVER GOLD ENAMEL PIN and wish to be considered for an award for _____

_____ Signature of Participant

_____ Signature of Lodge Sports

Director

Date of completion: _____

List of previous pins earned: _____



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/>

Financial Benefits Counselor

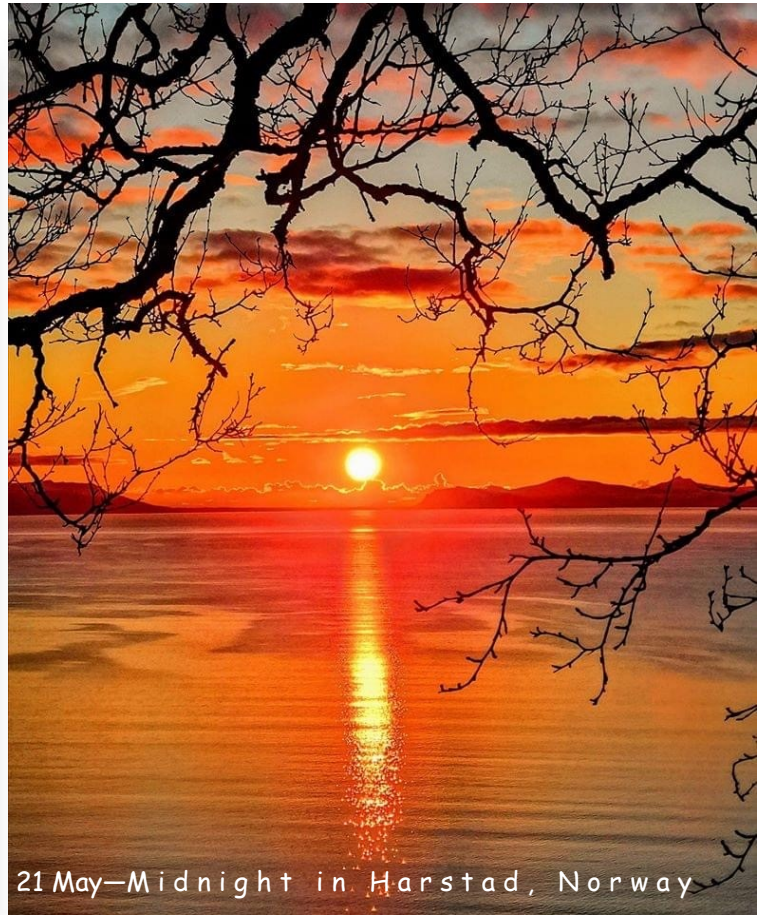
Leonard S Carlson

len.carlson253@gmail.com

(651) 253-1943



Summer in Norway



Officers of Desert Fjord Lodge

President: Jonathan Walters—(347) 801-3345

Vice President:

Secretary: Phyllis Bergo (480) 812-9762

Treasurer: Janis Johnson—janisjoan41@gmail.com

Membership Secretary: Lois Ripley (480) 521-8693

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

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 Sakkas

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

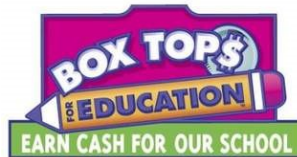
If not deliverable



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>