

# The Posten Summer 2022

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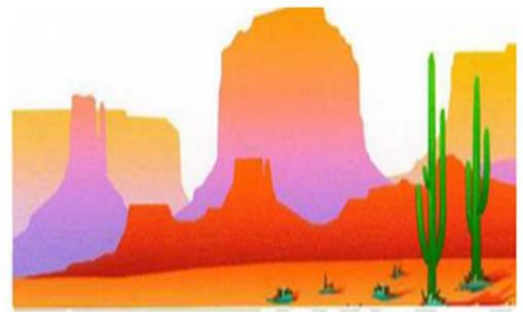
Desert Fjord Lodge 6-133  
P O Box 561  
Scottsdale, AZ 85252-1716



# SONS OF NORWAY

## Desert Fjord Lodge

*Established 1984*



### President's Column

Our first Syttende Mai celebration in three years was well attended and successful, helping to keep the spirit of Norway's proud independence alive. You'll find several pictures from our event in the pages of this issue.

Now Sons of Norway District 6 is holding their first convention in four years here in Mesa. Many thanks to all those who baked cookies for it! Desert Fjord has four delegates attending; please look for a report back from the convention in our next newsletter.

Our lodge will not have any monthly meetings again until September, but we plan a welcome event in August for new members.

I found a book on "Hygge" that shares some ideas from the Danes. I've paraphrased from it; there may be other things shared from this book in future newsletters.

***(the promised recipe is on page 7-enjoy!)***

Wherever you go and whatever you do over the summer period, be safe, stay well and be proud of your Viking heritage!



# Hipp, hipp hurra! 17. mai



Gratulerer med dagen, Norge!

*Velkommen*

## 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!**

\* \* \*

*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.)*

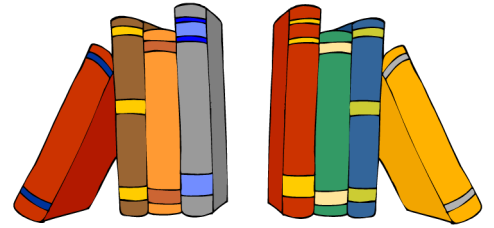


And one person who felt it would be too warm to wear her bunad to our Syttende Mai celebration got creative—she had her nails decorated for the occasion!

## LIBRARY CORNER

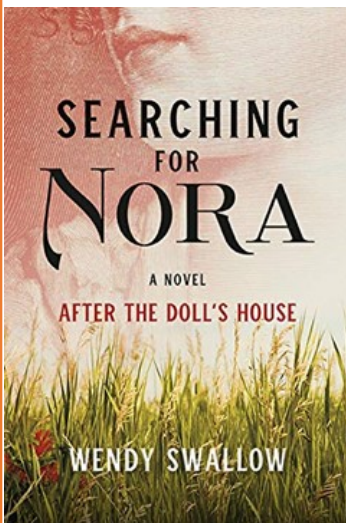
A Book Review by Jan Johnson

### Searching for Nora



At the end of Henrik Ibsen's play ***A Doll's House***, Nora Helmer walks away from her family and comfortable life. It is 1879, late on a winter's night in Norway. She's alone, with little money and few legal rights. Guided by instinct and sustained by will, Nora sets off on a journey that impoverishes and radicalizes her, then strands her on the harsh Minnesota prairie. She's searching for love, purpose, and her true self, but struggles to be honest in a hostile world.

Meanwhile, in 1918, a young university student tries to escape her family's bourgeois conformity as she unravels her grandfather's hidden shame and the fate of a shadowy feminist who vanished years earlier.



With this inventive work of historical fiction, Swallow answers a question that has dogged theater audiences for ***A Doll's House***: whatever happened to Nora Helmer? Masterfully crafted and painstakingly researched, the twin story lines of *Searching for Nora* combine to tell a powerful tale of redemption as they unfold over four decades in the fjords of Norway and the unforgiving American frontier.

*Wendy Swallow* is a published author, journalist and teacher of writing; Financial reporter, *The Washington Post*; Professor of Journalism at American University.

*Books: Breaking Apart: A Memoir of Divorce (Hyperion 2001) and The Triumph of Love Over Experience: A Memoir of Remarriage (Hyperion, 2005).*

*(Searching for Nora is the May pick for the National Sons of Norway Book Club.)*





# Stock Market and Diversification

You probably have money in the market, right! Does the performance make you nervous and concerned about future losses? If so, make sure you diversify – invest some of your money in an instrument like a Sons of Norway Fixed Annuity where your money is steadily going to keep growing in an upward fashion. I am not suggesting anyone to get out of the market completely, just diversify some.

*Fixed Annuities have these advantages:*

- Protect your principle
- Avoid poor market timing
- Have access to penalty-free withdrawals

*Money Markets and Savings Accounts and Fixed Annuities*

If you have money in Money Markets and Savings Accounts earning under 1%, as most or all of them are, consider moving some into Sons of Norway's Fixed annuity. Wouldn't it be better to earn 2.9% to 3.35% (which includes a .50% bonus) on investments worth between \$10,000 and \$100,000 rather than .5%?

My mission is to help Sons of Norway members improve their financial position. My suggestions here will do that.

Please allow me to help.

Len Carlson

(651) 253-1943

or by email at:

len.carlson[253@gmail.com](mailto:253@gmail.com)

# HYGGE

## The Danish Secret to Happy Living

What could we learn from the Danes? As a people they are considered among the happiest in the world. Not only has this stirred media interest, but from all parts of the globe mayors, policy makers and researchers have visited in pursuit of the reasons for the high levels of happiness and quality of life in Denmark. It's a mystery when one considers the bad weather and the fact that Danish tax rates are some of the highest anywhere.

There is wide support for Denmark's welfare state. It stems from an awareness that the welfare model turns collective wealth into well-being. Danes consider paying taxes an investment in their society; they believe they're purchasing quality of life. The key to understanding the high level of well-being in Denmark is the welfare model's ability to reduce risk, uncertainty and anxiety among its citi-

zens and to prevent extreme unhappiness.

It's possible there's an ingredient overlooked in the Danish happiness recipe—hygge. As a word, *hygge* originates from a Norwegian word meaning "well-being". For nearly five hundred years, Norway and Denmark were one kingdom, until Denmark lost Norway in 1814. For the first time hygge appeared in written Danish in the early 1800's; the link between hygge and happiness may be no coincidence.

Hygge is about an atmosphere and experience, rather than about things. It's about being with the people we love. A feeling of home. A feeling that we are safe, that we are shielded from the world and allow ourselves to let our guard down. You may be having an endless conversation about the small or big things in life—or just be comfortable in each other's silent company—or simply just be by yourself enjoying a cup of tea.

(Cont'd on page 6)



# Summer Birthdays



## JUNE

Scarlett C Isaacson \* 2nd  
 Dawn D Walter 7th  
 Lorelei R Knorr 8th  
 Roger E Haugen 11th  
 Russell D Cook 12th  
 Kim J McLaughlin 12th  
 Donald W Solie 13th  
 Shirley Ann G Ouren 14th  
 Easton Tann-Loomis \* 14th  
 Kathleen Tann-Loomis \* 14th  
 Leif Ronalds 20th  
 Roger D Westland 26th

## JULY

Corinne R Parrish 7th  
 Lynn S Kolstad 8th  
 Ronald D Orson 8th  
 Crystal L Williams 10th  
 Nina Poe 12th  
 B A Gro Holmer-Hoven 15th  
 Nellie Mae Lokken 15th  
 Lois C Ripley 15th  
 Julene Burbns 16th  
 Madelyn Longstreet \* 21st  
 Sherrie L Loomis 25th  
 Howard O Barikmo 31st

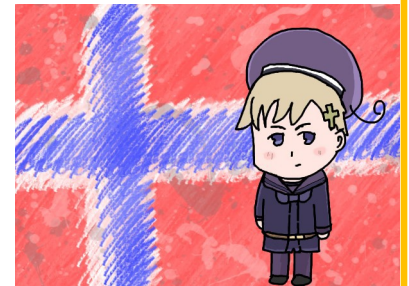
## AUGUST

Toni Marie Solberg 2nd  
 Cheleen Olbekson-Jones 4th  
 Judy Elisen 5th  
 Jane Bjornstad 17th  
 Georgiann C Crouse 18th  
 Don R Miles 18th  
 Gordon Peterson 20th  
 Elaine V Zgodowska 20th  
 Mark Doolittle 27th  
 Kristin L Port 30th



Gratulerer Med Dagen

\* Heritage Member



(Cont'd from page 5)

One December just before Christmas in Denmark, some friends spent the weekend at an old cabin. The shortest day of the year was brightened by the blanket of snow covering the surrounding landscape. When the sun set, around four in the afternoon, they wouldn't see it again for seventeen hours. They headed inside to get the fire going.

They were all tired after hiking and were half asleep, sitting in a semicircle around the fireplace in the cabin, wearing big sweaters and woolen socks. The only

sounds heard were the stew boiling, the sparks from the fireplace, and someone having a sip of mulled wine. Then one of the friends broke the silence.

"Could this be any more hygge?" he asked rhetorically.

"Yes," one of the women said after a moment. "If there was a storm raging outside."

Everyone nodded.

(borrowed from *The Little Book of Hygge* by Meik Wiking)



The parade, the picnic, the children's games, the speech of the Day ... a good time was had by all!



**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: 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/>

## Norway Almond Cookies

*This simple, easy cookie recipe came from cousin Kari in Oslo, Norway.*

*1/2 lb. Butter, softened*

*1 cup White Sugar*

*1 Egg, separated*

*2 cups Cake Flour*

*3/4 cup Sliced Almonds*

*Pre heat oven to 275 degrees.*

*Mix butter and sugar. Stir in egg yolk and flour.*

*Spread dough in large cookie sheet with a spatula, not more than 1/4 inch thick.*

*Slightly beat egg white and spread on dough.*

*Sprinkle with Almonds.*

*Bake for about 45 minutes until golden brown.*

*Cut into squares or diamonds before removing from pan.*

*Cool on cooling rack.*



*(thanks to Lynn Solie who shared this recipe!)*



## S y t t e n d e M a i 2 0 2 2 - S c o t t s d a l e , A Z

### Officers of Desert Fjord Lodge

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

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

**Assistant Secretary:** Lynn Solie

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

**Membership Secretary:** Lois Ripley (480) 521-8693

Member at Large: Norman Jenson, Don Solie

**Auditors:** Dirk Walter

**Counselor:** Ed Bergo

**Cultural Director:** Jana Peterson

**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:** Janis Johnson

**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

**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:

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If not deliverable

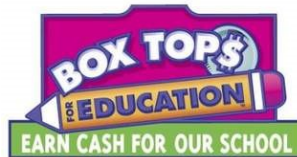
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Sons of Norway International Headquarters Website:

<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>