President’s Column
by Ed Bergo, President

February 8th Heritage and Cultural Meeting: Our annual Torsk Dinner will be on the menu for this Sunday afternoon meeting. Char Rustan Brekke, co-owner of Brekke Travel in Grand Forks, North Dakota, will be our guest speaker. Char will present “Norway: Treasures and Pleasures.” She has lived in Norway and has studied at the University of Oslo. Her passion is to share the beauty, culture and history of Norway with everyone. The focus will be on travel to Norway for both first-time travelers and more experienced visitors. We will arrange to have recent Norway travelers sit at each table to provide personal travel experience.

We continue to refine our computer-based reservation system. When it is workable, please use this to make your reservation for the February meeting. Details about this are in the email announcement about this meeting. If you have questions, please call or email Phyllis Bergo at (480) 812 9762 or phyllisbergo@gmail.com

April 12th Heritage and Cultural Meeting: Author, Irene Berman, will present her book, “We are Going to Pick Potatoes.”

Coming up in May to celebrate Syttende Mai: Again this year, we will join the Nordmanns Forbundet/ Norwegians Worldwide in a midmorning picnic celebrating this special Norwegian day. Our picnic will take place May 16th at McCormick Stillman Railroad Park in Scottsdale. In the past this has been a fun day for kids and adults with games, etc. Please put this date on your calendar.

University of Oslo Summer School Scholarship Application Deadline is March 1, 2014: Desert Fjord Lodge and District Six both offer scholarships to college students attending a 6-week course in Oslo, Norway. The scholarships are intended for students who have completed their first year of college. Check the Desert Fjord.org website for details.

March 8th Heritage and Cultural Meeting: Per Aanestad, Professor Emeritus from ASU will present a well-known poem by Henrik Ibsen. A condensed version of Terje Vigen will be the basis of the talk which will be illustrated with original drawings by Christian Krohg.
Genealogy Meeting
Date/Time: February 7th, from 10:00 a.m. to Noon.
Location: Granite Reef Senior Center, 1700 North Granite Reef Road, Scottsdale, AZ

Norwegian Genealogists: I have had some really good comments about experiences with our Scandinavian chromosomes and DNA. I will share them to you at the next meeting. It is probably a good idea to discuss our individual results and see if there are some common threads about what we have learned. I would like to ask all of you who have “spit in the bottle” or “swabbed the inside of your cheeks” to put together a few brief comments. Several in our group have asked questions about it and we can jointly help them with some decisions . . . perhaps?  See next page.*

If you are not able to attend but would be willing to share your comments, please send them to me and I will add them to the group conversation. Let me know if it is OK to use your name.
If there is time we will also talk briefly about “Local History” books in Norway and in the U.S. You already know about one type of local history book: the Norwegian Bygdeboker. These are good tools to fill in some holes about people and places and dates that you are searching for.

Don’t forget to bring some munchies to share. -Ross Berg
Served at our January 2015 Heritage and Cultural Meeting

**Lapskaus (Norwegian stew)**  
- Berit Milton

**Ingredients**

- Approximately 1-1/2 lbs meat (chuck)
- 4 carrots
- 1 onion
- 1 parsnips
- 1/4 celery root
- 1/2 leek
- 1 lb potatoes
- 2 cups beef broth (maybe a little more)
- salt, pepper
- butter
- parsley

Cut the meat into cubes. Melt butter in a large pot; add meat and brown well. Season with salt and pepper. Add stock and heat to a boil, then let it simmer until meat is tender (about one hour).

Add vegetables that have been cut into pieces and simmer over medium heat until everything is tender. Stir occasionally to prevent scorching. Season with salt, ground pepper and parsley.

Serves 4-6 persons

*Shannon added a little onion powder and garlic powder (my grandmother didn't have those spices, nor did she know what they were.*)
Scholarships

Our Scholarship Committee wanted to make sure everyone has the information needed for our young people to apply for SON scholarships. The information has been put on the new District Six Sons of Norway website www.dogn6.org, under the link "youth."

Applications must be postmarked on or before April 1, 2015. We are awarding three (3) scholarships of $1,000 each, to students entering their sophomore, junior or senior year in an accredited college or university in the USA. Please read the Eligibility Requirements, Checklist of Requirements and completely fill out the application. The application must be mailed to Carl P. Ingvoldstad, Sons of Norway District Six Scholarship Chairperson. His address can be found on the website also. Questions can be addressed to Carl at cngvoldst@aol.com.

Camp Trollfjell and Trollfjell Folkehøgskole

Can you believe it? We will have two Camps in 2015 at Camp Norge. Trollfjell Folkehøgskule for 14-17 year olds will run from July 5th -11th. This Camp will have classes in handverk (handwork), culinary arts and carpentry. There is a limit of only 18 campers.

Camp Trollfjell, July 12th-26th, is in need of filling the following staff positions: Nurse, Rosemaling Instructor, Folk Dance Instructor, Chef and Assistant Chef. If you are interested in a position, please contact Erik at erik.peters@me.com.

Camp Trollfjell for 8-13 year olds will run from July 12th -26th. Classes will again be in Rosemaling, Folk Dancing, Heritage, Crafts, and Norwegian Language. This year campers will learn money management with bank books, Norwegian Krone, a daily Kanteen for purchasing special treats, and much more authentic Norwegian food at mealtimes.

Executive Director, Erik Peters and Assistant Director, Clayton Davis are hard at work preparing fantastic experiences for our Heritage Members. For more information, check out the new District Six website: www.sofn6.org.
Pictures and Videos Taken at the January 2015 Heritage and Cultural Meeting

Click (ctrl + click) the link below to view a short "movie" about the "Artists Among Us" presentation at our January 2015 meeting:

https://www.dropbox.com/s/mvil5ctgulbh61/Artists%20Among%20Us.wmv?n=93383172

Click (ctrl + click) this link to see a video clip of the Phoenix Scandinavian Folk Dancers’ performance at the January 2015 meeting:

https://www.dropbox.com/s/7pum5r7qbw79hc2/Phoenix%20Scandinavian%20Folkdancers.wmv?n=93383172

Visit us on Face Book to see a better view of these pictures at:


Introduce the artists among us
The upcoming Torsk Dinner meeting of Desert Fjord on the 8th, with the expectation of many visitors, provides a good opportunity for current members to reach out to those visitors to invite them to become members, either full or affiliate. Please exert your efforts to do so.

Sadly we must report the passing of Minnie Bergquist on Sunday, January 25th at age 93. Minnie joined Desert Fjord in 1996 and was a familiar attendee at meetings through 2011 when her membership ceased. A memorial service to be announced at a later date.

News from Minneapolis SON Headquarters announces the addition of a new member to our lodge: Mark Jacobson. He hopes to attend the genealogy meeting Saturday the 7th. If you should meet him at a lodge meeting please let him know that we welcome him warmly.

Also Mary Ann Sorenson, who joined Desert Fjord Lodge in 2011, has reinstated her membership after a lapse of several months due to personal travails. We welcome her back to active status.

And not to be overlooked is the dues renewal of Sissel Liknes, our affiliate member from Overtro Fjell Lodge of Mesa who brings cooperative ties with that lodge which she leads as president. We value her presence at our meetings and that of those who usually accompany her.

Please keep spreading the news of the benefits of Desert Fjord to all those of Scandinavian heritage. We hope you will personally extend many invitations to join our monthly Heritage and Cultural meetings.

As I’ve noted previously, keeping our own databases current is an ongoing challenge, especially when members do not report changes directly to us or if some of their incoming e-mail messages may be deleted or allocated to spam. A similar reminder pertains to postal addresses. Please let us know if you are not receiving timely notices.

Finally, you are once again reminded of our Membership Retention Fund (MRF) that can assist members currently under financial stress to meet their SON dues extensions. All such requests or referrals are strictly private and anonymous as are the names of those who volunteer monies to support the Fund.

I can be contacted in person during a Desert Fjord meeting, by e-mail at lenci.downs@cox.net or by phone at 480-816-3875.

Looking Ahead to 2015 Desert Fjord Lodge’s Schedule of Meetings

February 8th: Norway: Treasures and Pleasures
March 8th: Focus on Henrik Ibsen by Per Aanestad; also, a silent auction will be held
April 12th: Irene Berman presents: "We Are Going To Pick Potatoes"
May: Syttende Mai
June 14th: Ice cream Social and Bingo

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.
Meeting called to order by Ed Bergo at 1:00 PM. In attendance: Roger Espeland, Floyd Downs, Janis Johnson, Ed Bergo, Phyllis Bergo, Judi Anderson, Knut Haldorsen, Jonathan Walters, Astrid Hanson, and Lynn Eide. Quorum (4+): Yes

Roger made a motion to accept November 2014 business meeting minutes as read. Floyd seconded the motion.

Treasurer’s Report – Astrid Hanson
  a. Year end checking balance is $5,626.14. Year end savings account balance is not yet available.
  b. 3 memorials have not yet been submitted but will be concluded shortly. $25 will be submitted to District and $25 will be submitted to the Foundation for each memorial.

Review of January 11th Heritage and Cultural Meeting.
  a. Reviewed preliminary meeting agenda.
  b. Cultural Director’s Report – Program will feature Artists Among Us and Scandinavian Dancers.
  c. Sunday January 11th, 2 PM
    • Social Director’s Report – Luncheon will be lapskaus, bread, fruit salad, coffee, ice tea, brownie with ice cream. Dirk and John will serve as bartenders for cash bar. There will be $2.00 charge per glass. Astrid will provide change for their use in wine bar.

Committee Reports
  a. Membership – Lodge membership activity report: 144 active members (includes juvenile members with active insurance).
  b. Library – Small tables will be utilized for February and April cultural meetings due to high attendance.
  c. Sunshine – No report.
  d. Cultural/Sports awards – No report was available.
  e. Genealogy
    • Janis presented to group at January meeting the importance of making specific genealogy resolutions. Each person present wrote a specific resolution and will report back to the group in May 2015.
    • Next meeting will be February 7, 2015.
  f. Publicity – Janis will handle publicity for April presentation of author Irene Berman’s discussion of her book, We Are Going to Pick Potatoes. Contact will be made to Jewish synagogues to invite them to attend.
  g. Posten – Posten prepared and mailed with printed version handled by Tyler. Posten will be updated monthly to Facebook page.
  h. Calling committee – They will check with members to determine if they do or do not want calls to remind them of monthly cultural meeting dates.
  i. Answer machine is updated monthly by Ed Bergo to reflect current lodge activities.

Old Business -
  a. Nominating committee will function year around to constantly monitor for officer prospects.
  b. Janis will take photos of new members each month at cultural meetings. Photos and bio will be printed in Posten.
  c. Evite is now functioning to electronically handle meal reservations.
  d. Membership list is to be updated and prepared this year. Roger and Judi will research set up password availability and report next month.

New Business -
  a. Vision Planning Committee will meet in January to brainstorm budget impact, catering of meals, outstanding cultural programs, and succession planning.
  b. Officer installation will be officiated by Roger at January cultural meeting. Benny Jo Hinchey is to be invited to attend the installation.
  c. Astrid, Ed, Jonathan, and Roger will meet as soon as year end savings balance is available to prepare budget. Meeting is to be held as Roger’s home.
  d. Trustees Knut, Ross, and Floyd presented inventory results and suggested that some items no longer used, or used infrequently, should be sold or given away. This would allow for consolidating inventory storage space between Masonic Lodge and Stor America. Trustees also suggested purchase of projector in 2015.
  e. Audit committees consisting of Floyd and Dirk will select date to meet.

Respectfully submitted by Lynn Eide, Desert Fjord Secretary, 01/19/2015
## Officers of Desert Fjord Lodge

<table>
<thead>
<tr>
<th>Role</th>
<th>Name</th>
<th>Role</th>
<th>Name</th>
</tr>
</thead>
<tbody>
<tr>
<td>President</td>
<td>Ed Bergo</td>
<td>Historian</td>
<td>Roger Espeland</td>
</tr>
<tr>
<td>Vice-President</td>
<td>Dirk Walter</td>
<td>Librarians</td>
<td>Judi Anderson and Gil Witsoe</td>
</tr>
<tr>
<td>Secretary</td>
<td>Lynn Eide</td>
<td>Marshals</td>
<td>Knut Haldorsen and Peter Flanders</td>
</tr>
<tr>
<td>Treasurer</td>
<td>Astrid Hanson</td>
<td>Publicity Dir. Pub. Relations, Outreach, and Photographer</td>
<td>Janis Johnson</td>
</tr>
<tr>
<td>Membership Secretary</td>
<td>Floyd Downs</td>
<td>Greeters</td>
<td>Floyd Downs and Ross Berg</td>
</tr>
<tr>
<td>Counselor</td>
<td>Ross Berg</td>
<td>Posten Editor</td>
<td>Julie Westby</td>
</tr>
<tr>
<td>Social Directors</td>
<td>Berit Miltun and Nellie Lokken</td>
<td>Reservations</td>
<td>Phyllis Bergo</td>
</tr>
<tr>
<td>Cultural Directors</td>
<td>Phyllis Bergo (acting), Jana Peterson, Janet Lendle, Elizabeth Lenci-Downs and Brenda Witsoe</td>
<td>Schools and Scholarships</td>
<td>Dick Westby</td>
</tr>
<tr>
<td>Auditors</td>
<td>Dirk Walter and Floyd Downs</td>
<td>Sports</td>
<td>Tyler Soine</td>
</tr>
<tr>
<td>Boutique</td>
<td>Ali Berg-Anderson</td>
<td>Sunshine</td>
<td>Dawn Walter</td>
</tr>
<tr>
<td>Foundation</td>
<td>Dick Westby</td>
<td>Tubfrim</td>
<td>Lois Ripley and Lois Saakas</td>
</tr>
<tr>
<td>Database and Ref. Manual</td>
<td>Roger Espeland</td>
<td>Trustees</td>
<td>(1yr) Knut Haldorsen; (2yr) Floyd Downs; (3yr) Ross Berg</td>
</tr>
<tr>
<td>Distribution</td>
<td>Tyler Soine</td>
<td>Webmaster</td>
<td>Roger Espeland</td>
</tr>
</tbody>
</table>

Desert Fjord Lodge 6-133  
P.O. Box 1716, Scottsdale, AZ  85252-1716  
Voice Mail: 480-422-4334;  
Website: [http://www.desertfjord.org/index.html](http://www.desertfjord.org/index.html)  

Heritage and Culture Meeting  
2nd Sunday, from 2:00 p.m. to 5:00 p.m.,  
Scottsdale Masonic Lodge, 2531 N. Scottsdale Rd., Scottsdale, AZ 85252

Business Meeting  
February 7th, at 1:00 p.m. following the morning Genealogy Meeting, at Granite Reef Senior Center, 1700 N. Granite Reef Road, Scottsdale, AZ

Desert Fjord Posten Submissions: Send to: [editor@desertfjord.org](mailto:editor@desertfjord.org)
It has been suggested that our Desert Fjord Lodge membership be made more aware of the duties of its officers. We continue this series with the duties of the Secretary.

Responsibilities of Desert Fjord’s Board Members: The Secretary

The Secretary is the officer with overall responsibilities for preparing our Board Business Meeting minutes and retaining other records for the lodge. The Secretary is the primary communicator between our lodge, its officers and members, Sons of Norway Headquarters and outside organizations.

A major part of this job involves filling out the year-end forms detailing the lodge member’s time and effort invested in various events. The non-profit status of Sons of Norway relies upon the lodges’ and districts’ educational and service efforts. Lynn Eide is currently the Desert Fjord Secretary.

SAVE THE DATE

Soll Byer Lodge 6-134 in Sun City is having their 30th anniversary on Saturday, March 21st at 11:00 a.m., at the Elks Lodge, 10760 West Union Hills (just West of 107th Ave.), Sun City.

Cost - $15.00 - Sons of Norway members; $16.00 - visitors

OTHER SONS OF NORWAY LODGES IN ARIZONA

Nordic Pines 6-167 - 3rd Sunday, Family Resource Ctr., Flagstaff
Overtro Fjell 6-153 - 3rd Saturday, at 11:00 a.m., Fountain East Clubhouse, 303 S. Recker Rd., Mesa
Sola 6-168 - 3rd Tuesday at 7:00 p.m., Faith Lutheran Church, 2215 S. 8th Ave., Yuma
Sol Byer 6-134 - 3rd. Saturday, at 11:00 a.m., Elk’s Lodge, 10760 Union Hills Dr., Phoenix

LODGES IN OTHER STATES

Go to: http://www.sofn.com/locateDirectory/
Most post their monthly newsletter on their lodge website.

OTHER CONTACTS

Norwegian Consulate: George Olander, 602-543-6256
Financial Benefits: Sherrill Bartley, 602-291-1111

The Sons of Norway Foundation was established in 1966 to provide funding for research and promotion of Norwegian heritage and culture. Our lodge supports the Foundation with your piggy bank contributions at our monthly Heritage and Culture Meetings.

Your contributions are greatly appreciated!

Zones

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

District Six President: Mary Beth Ingvoldstad

District Six is made up of the following states: Arizona, Colorado, Nevada, New Mexico, Utah and Hawaii
Website: www.sofn6.org
Facebook: https://www.facebook.com/groups/37701902437840/
Tubfrim - Tubfrim is 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.