



OVERTRO FJELL NYHET

SONS OF NORWAY LODGE 6-153

NOVEMBER 2009 www.overtrofjell.com VOLUME 17 ISSUE 8

FRA PRESIDENTEN

Greetings from our lodge president. John and Sophia are visiting children, grandchildren and great grandchildren in North Carolina, just 10 miles from the ocean.

Due to email transmission problems, and a number of attempts to send it between there and here, we don't have his letter this month. However, he asked that the following information about the New Member Gathering be included in the newsletter.

John and Sophia will be back in time for our November meeting on the 21st.

2009 LODGE HAPPENINGS

November 12 - Board Meeting 6:30 - Fountain East, 303 S. Recker Road.

November 21 - Social Meeting 11 a.m. - Fountain East, 303 S. Recker Road.

December 5 - Annual Lutefisk Dinner at St. Peter's Lutheran Church.

December 10 - Board Meeting 6:30 - Fountain East, 303 S. Recker Road.

December 19 - Julebord 11 a.m. - Fountain East, 303 S. Recker Road.

New Member Gathering

For New members in 2008 / 2009
Sunday, November 15, 2 pm to 4 pm
Contact Bill Bultinck, 480/854-3128

Happy Thanksgiving

NOVEMBER PROGRAM

Our program for the November Social Meeting will be Cindy Olson. Cindy is the Sons of Norway Foundation Director who works out of Minneapolis and she will be speaking on what the Foundation does for Sons of Norway members. Please join me in welcoming Cindy to Arizona! - - - Wendy Winkelman

The mission of Sons of Norway is 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 to its members.



2009 Lodge Officers

President	John Gargrave	986-3303
Vice President	Bill Bultinck	854-3128
Treasurer	Roger Camp	964-2164
Counselor	Wilma Olesen	396-8793
Secretary	Carol Meshefski	218-7270
Asst. Secretary	Muriel Miller	357-1747
Social Director	Wendy Winkelman	854-3128
Marshall	Manny Oyen	380-0834
Asst. Marshall	Edward Lynch	984-4781
Musicians	Mavis Hamre	756-4309
	Marlys Anderson	985-6849
	Art Brandvold	380-1762
Co-Cultural Director	Betty Baccas	985-9126
Co-Cultural Director	Nels Kjelstad	699-3833
Sports Director	Lynn Peters	634-7502
Membership Director	Bill Bultinck	854-3128
Cmte. Secretary	Jennie Foote	984-4781
Cmte. Member	Lynne Anderson	832-2141
“	Joyce Oyen	986-7769
“	Mary Lou Oyen	380-0834
“	Inez Rudney	986-9696
Photographer	Arlene Camp	964-2164
Chaplain	Marvin Berkeland	832-2916
Publicity	Manny Oyen	380-0834
	Betty Baccas	985-9126
	Wayne King	396-8210
Trustee - 3 yr.	Jack Bright	987-6311
Trustee - 2 yr.	Wayne King	396-8210
Trustee - 1 yr.	Karl Hendrickson	924-8123
Librarian	Arlene Camp	964-2164
Sunshine	Jessie Hendrickson	924-8123
Historian	Marlene Johnson	664-0277
Adopt-a-School	Mary Louise Hendricksen	832-2507
	Jessie Hendrickson	924-8123
	Jennie Foote	984-4781
Scholarships/Gifts	Tom Birk	986-1009
	Lois Stevenson	924-8626
Auditors	Marvin Hagen	832-8774
	Merle Malme	361-5098
	Joyce Oyen	986-7769
	Lynn Peters	634-7502
Newsletter Editor	Marlene Johnson	664-0277
District 6 Zone 7 Director	Bob Dahl	928-345-1801
Financial Benefits Counselor	Lee Erdahl	623-815-8022
Honorable Norse Consul	Dr. George Olander	602-543-6256

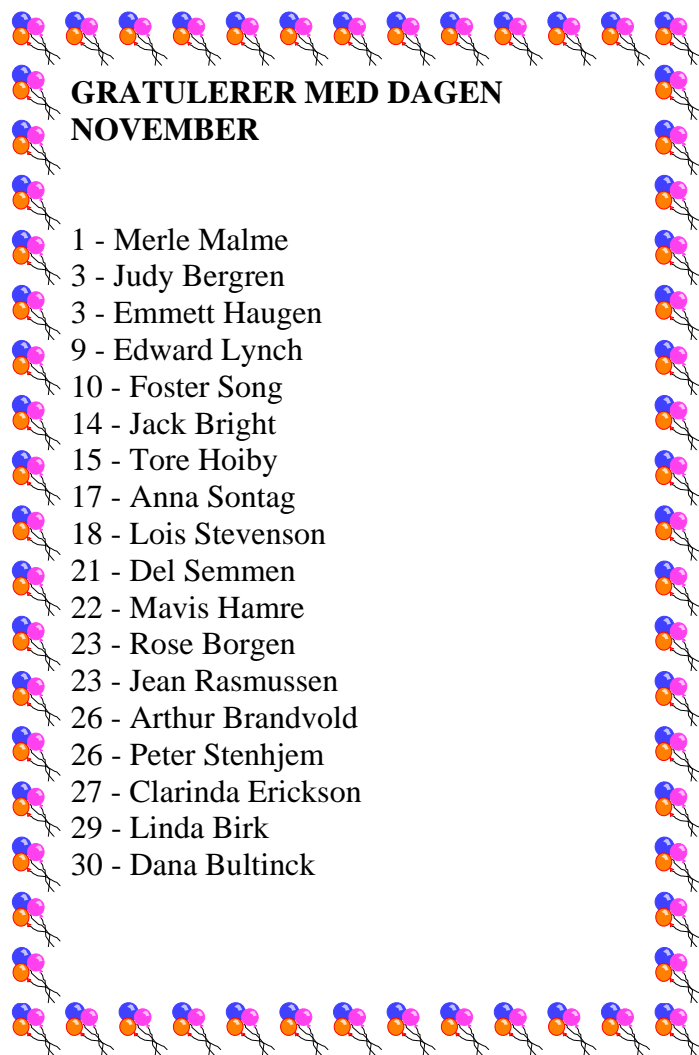
NOVEMBER LUNCHEON MENU

- ◆ Chicken Spaghetti
- ◆ Cole Slaw
- ◆ Ranch Tossed Salad
- ◆ Italian Roll
- ◆ Dessert
- ◆ Beverages

Call Mildred Torgerson at 985-5974 by 3 p.m. on Wednesday to make, or cancel, a dinner reservation. **New price is \$9.50 per person.**

IMPORTANT REMINDER!!!

Reservations must be called in to Mildred by 3 p.m. on the Wednesday before the luncheon. This will assure a plate for you.



OCTOBER 8, 2009 ----MINUTES—BOARD MEETING--- OVERTRO FJELL SON LODGE # 6-153

BOARD MEETING: President John Gargrave called the Board Meeting to order at 6:40 PM at the Fountain East Park. Members in attendance were: John G., Carol M., Manny & Mary Lou O., Wayne K., Inez G., Lois S., Wilma O., Millie T., Joyce O., Jack & Gladys B., Char & Nels K., Wendy W., Bill B., Karl & Jessie H.

OLD BUSINESS: 1-VETERAN'S DAY PARADE- Veterans are to be riding in the Convertibles and other vehicles for recognition. Please contact Wayne King if you can be part of the Parade or have a vehicle, etc. 2-DEATH OF LODGE MEMBER- Wanda Egge passed away on 10-6-09. Funeral is to be Thursday-- 10-15-09. Our Lodge will be serving the lunch. 3-SCREEN- Bill has purchased a screen (8 x 8) for us to use at our Lodge meetings, and will be in contact with the maintenance person at Fountain East to hang it where determined. 4-TABLE SET UP FOR MEETINGS- The Maintenance person at Fountain East is ill at this time, and cannot help set up tables or take them down. Wendy indicated that her son will do it as a Community Service for as long as we need him. 5-FOOD HANDLER'S TEST & LICENSE- All those who serve food at the Lodge events need to have their Food Handler's License. The test will be given at Sunland Village Auditorium on Tuesday, Oct. 20, 9-11 AM. Anyone can come and take it there.

NEW BUSINESS: 1-LUTEFISK DINNER COMMITTEE- Our Lutefisk Dinner is at St. Peter's Luth. Church again this year. Sat- Dec. 5. We will have 2 settings of 250 persons at each setting. The ticket price will remain the same at \$16. Lodge members will pay half price at \$8.00, and will eat between the settings. The price of fish is back to \$6 per Lb. and will be purchased thru Midwest Meats again. John is in charge of lining up the servers for the Serving Table. Lois is in charge of purchasing, and will also make the Krum Kakka. Carol M. is in charge of lining up the waitresses and Wendy will coordinate their actual table assignment & duties during the Dinner. Betty B. is in charge of Rice Pudding and each Lodge member who is able is asked to bring at least one dish or more. There will be a Bake Sale with members asked to contribute as many baked items as possible. Tom & Linda B. will be in charge of Ticket Sales again this year. The publicity Flyer will be similar to last year's version. Millie T. will make 600 rounds of lefse this year. Marlys A. and her crew will be making meatballs, keeping the amount down to 165 # of meat. Other calls, contacts, assignments and arrangements are on-going. Please volunteer for whatever duty or assignment you can. 2-NOMINATING COMMITTEE- The Committee met at Jennie F.'s home. Candidates for several positions are still needing to be found. The full list of Candidates for Offices and Chairs will be presented to the Lodge membership at the October lunch meeting. 3-FINANCIAL REPORTS- Written financial reports were provided- one for September, and one for the 'Year to Date' figures-- Jan. through Sept. 2009. The Lodge is in a good financial position. 4-LODGE STANDING RULES- The group reviewed each of the Rules and made revisions as needed. The Standing Rules will be presented to the Members at the October Member Lunch meeting for review and approval.

ADJOURN- Motion by Wilma O.

Carol Meshefski, Secretary

Hei,

I just finished my teleconference with the International Board. During that teleconference we selected Eivind Heiberg as the next CEO of Sons of Norway. We know that Eivind will do an excellent job, supported by an outstanding staff. —from Dan Rude, International President

MINUTES---OVERTRO FJELL---SON LUNCH MEETING----- OCTOBER 17, 2009

President John Gargrave called the meeting to order at 11 AM at the Fountain East Park in Mesa, AZ. The meeting began with singing the National Anthems, the Pledge of Allegiance, and singing Happy Birthday and Anniversary to those celebrating. Guests were introduced. The 50-50 Drawing of \$50 was won by Bill Bultinck, and the Free Dinner won by Bill Stevenson. Winner of the Drawing for a Free Dinner for bringing food donations for the Children's First Academy was Mary Louise H. The Membership Attendance drawing was the name of Lynne Anderson, and she was present at the Lodge meeting to win \$20.

BOARD MINUTES- A Motion was made by Dorothy Beck to approve the Board Minutes, second by Lee Hagen. Motion carried. FINANCIAL REPORT- Copies of the Financial Report were provided to the members. LUTEFISK DINNER- A report was given and sign-up sheets were sent around for volunteers to sign. The Membership Committee is going to have a Flyer to encourage New Members to sign up at the Dinner. A person would receive a \$16 discount on the total cost if they pay \$27 to join and \$16 for the Lutfisk Dinner. VETERAN'S DAY PARADE- The Lodge will participate in the Parade in Mesa. Wayne K. is the organizer. Ed Beck made a Motion to donate \$300 toward the Veteran's Day Parade. Jack B. made the Second. Motion carried. NOMINATING COMMITTEE- Manny O. presented the list of Candidates for Officers for 2010. Voting on the candidates will be during the November Lunch meeting on Nov.21. STANDING RULES- Copies of the Lodge's revised Standing Rules were provided to each Member for review. No revisions or edits were made at this time. The Lodge will vote on Approval of the Standing Rules at the Nov. 21 Lunch Meeting.

AWARDS- The Membership Committee awarded Pins to the following people who were in attendance at the meeting:
5 YEAR ANNIVERSARY: Arlene Camp, Phyllis Nelson, Art Branvold, John Gargrave, Jessie Hendrickson, Karl Hendrickson, Linda Malme, Kay Nelson, Niles Ihle. 10 YEAR ANNIVERSARY: Linda Birk, Marlene Johnson, Ed Lynch.
15 YEAR ANNIVERSARY: Omar Hovde. 30 YEAR ANNIVERSARY: Dorothy Beck, Jack Bright, Gladys Bright. 35 YEAR ANNIVERSARY: Manny Oyen, Mary Lou Oyen. 45 YEAR ANNIVERSARY: Oline Baker. 60 YEAR ANNIVERSARY: Tom Birk. PAST PRESIDENT'S PIN: Jack Bright. (It should be noted that people not present for their award will be receiving their pins in the mail).

CULTURAL PROGRAM- Betty B. presented a short program. Tom B. spontaneously told the group about his family's early involvement with Sons of Norway, and how he came to have a 60 Year Anniversary as a Lodge member.
PROGRAM- Bill B. showed a movie about Norway and a short history of some of the Villages and towns.

NEXT: BOARD MEETING- NOVEMBER 12---- LUNCH MEETING- NOVEMBER 21

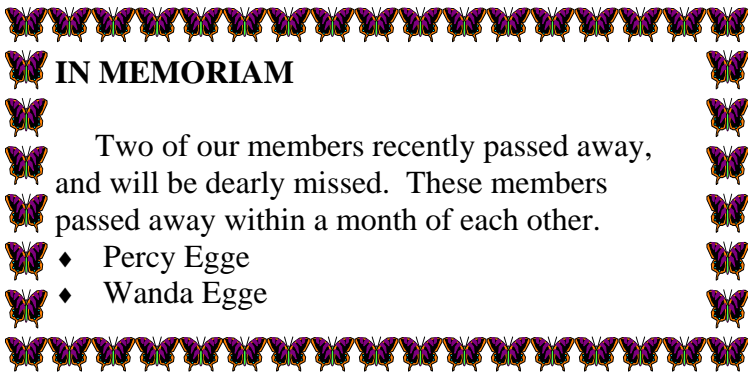
2010 Officers and Committees

President - Bill Bultinck
Vice-President - Mildred Torgerson
Secretary - Sandi Forslun
Asst. Secretary - Carol Meshefski
Treasurer & Budget - Roger Camp
Counselor - John Gargrave
Social Director - Wendy Winkelman
Cultural Directors - Lyle & Kay Nelson
Chaplain - not filled
Marshall & Publicity - Manny Oyen

Asst. Marshall - Edward Lynch
Publicity - Betty Baccus
Librarian & Photographer - Arlene Camp
Trustee 3 yr. - Virgil Madison
Trustee 2 yr. & Publicity - Jack Bright
Trustee 1 yr. - Wayne King
Scholarship - Thomas Birk
Scholarship - Lois Stevenson
Music - Marlys Anderson
Music - Arthur Brandvold
Music - Mavis Hamre
Music - Phyllis Severson
Sports Dir. & Auditor - Lynn Peters

Auditor & Budget - Marvin Hagen
Auditor - Merle Malme
Auditor - Joyce Oyen
Adopt a School - Jennie Foote
Adopt a School - Mary Louise Hendricksen
Adopt a School & Sunshine - Jessie Hendrickson
Editor & Historian - Marlene Johnson

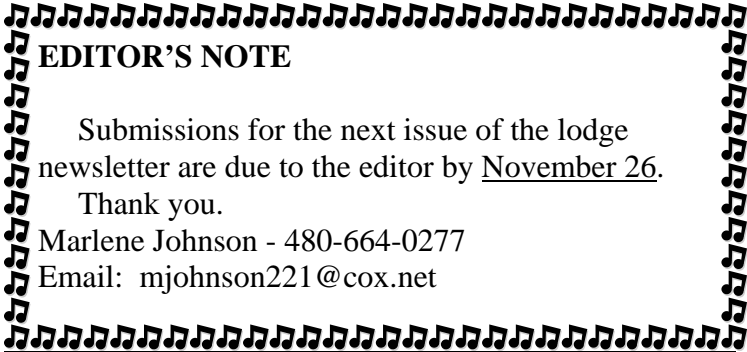
**Election of officers is
Saturday, November 21st.
Be sure to attend.**



IN MEMORIAM

Two of our members recently passed away, and will be dearly missed. These members passed away within a month of each other.

- ◆ Percy Egge
- ◆ Wanda Egge



EDITOR'S NOTE

Submissions for the next issue of the lodge newsletter are due to the editor by November 26.
 Thank you.
 Marlene Johnson - 480-664-0277
 Email: mjohnson221@cox.net

NEW SCANDINAVIAN COOKING
 This is the name of a cooking program that airs in November.
 You can see this program if you have Cox Digital Cable, on Eight Create-channel 80. It is on cable twice a week, on Sunday and Wednesday, three times a day at 12:30 p.m., 6:30 p.m. and 12:30 a.m.
 Enjoy recipes made by chefs from the Scandinavian countries.

SUNSHINE CORNER

- ◆ Curt Mortenson (at Minnesota home)

STAMPS FOR TUBFRIM
 " STAMPS - - STAMPS !!!!
 Continue collecting stamps! The more you save, the more we send to TUBFRIM for their humanitarian work!!
 Jean Walstad

FROM THE LIBRARIAN'S DESK

Lynn Anderson has generously donated three books to the library. They are part of a series by Lauraine Snelling. The books are about the experiences of a Norwegian woman, Ingeborg Bjorklund, after she and her husband moved from her beloved home in Norway in 1880 to the Dakota Territory. I know some of our members have already read some of the books and have truly enjoyed them. I am really excited to be able to add them to our library.

The DVD, **Hitler's Sunken Secret** is still missing from the library. The following books that are still missing were not checked out very often. But **Hitler's Sunken Secret** was a very popular video. Whoever has the DVD please return it.

These are the four books that have disappeared:

Hjalmar Hjorth Byoysen by Clarence A. Glasrud

A Folk Epic: The Bygedelag in America by Odd Sverre Lovoli

The Shipping News by Annie Proulx

Concerning our Heritage by O. E. Rolvag

- - Arlene Camp

CHILDREN FIRST ACADEMY WISHLIST (formerly known as Pappas School)

BRING 5 FOOD ITEMS to any Lodge luncheon and meeting for the kids at Children First Academy. You could win a free dinner.
 Peanut Butter & Jelly, Canned Corn, Green Beans, Long Grain Rice, Vienna Sausages, Instant Mashed Potatoes, Pasta & Spaghetti Sauce, Ravioli, Beef Stew, Pinto Beans (uncooked), Canned Tuna, Roast Beef.

USED EYE GLASSES

The San Tan Lions Club will have a collection box available for your used eyeglasses at all lodge meeting starting in September. The glasses are given to the needy without charge. Rather than leaving your old glasses in a drawer taking up space, bring them in to the lodge and help someone receive the benefit of good eyesight. - - Jack and Gladys, San Tan Lions

LUTEFISK DINNER IN DECEMBER

All those desiring to volunteer to work the serving line please step forward! We need at least ten servers including both sexes. If you served last year then check your food handlers permit to determine if it is still valid. If you are handling food for the first time then you must take a short test to obtain the permit. Details about the test and locations will be given later. Hurry up to claim the top servers job: serving lutefisk for both sessions. To volunteer please call Pres. John Gargrave @ 480-986-3303.



**SCANDINAVIAN
CHRISTMAS BAZAAR**

**SATURDAY NOVEMBER 14th 2009
SHEPHERD OF THE VALLEY
LUTHERAN CHURCH
1500 W. MARYLAND AVE, PHOENIX, AZ
(CORNER OF 15TH AVE & W. MARYLAND AVE)**

**DOORS OPEN 10 AM THRU 2 PM
FREE ADMISSION**

**HANDCRAFTED
ARTS, CRAFTS
CLOTHING & JEWELRY**

**DANISH, NORWEGIAN, SWEDISH & FINNISH
HOMEMADE FRIKADELLER, LEFSE,
WAFFLES, PEA SOUP, LIMPA BREAD,
COOKIES & ASSORTED PASTRIES**

**JOIN YOUR FRIENDS FOR
A SCANDINAVIAN LUNCH WHILE
SHOPPING**

**SPONSORED BY VALLEYWIDE
SCANDINAVIAN LODGES**

KRETSSTEVNE ARIZONA 2010

"Gathering of the Clan"

Date: **March 13, 2010**

Location: **Windemere Conference Center
5750 East Main Street, Mesa AZ**

This will be a gathering of all Sons of Norway lodges in Arizona.

There will different cultural sessions all day in three rooms presented by members of different lodges. There will be ample time for visiting and sharing of Norwegian heritage, culture and foods.

Schedule of Events:

8:30 AM will be the opening time for coffee and getting your preregistration packet in Conference Center Foyer at sign in table. This will allow time to meet and see old and new friends. We will have programs going from that time until 4:00 PM in Conference Center Pavilion's.

Cultural Sessions:

Rosemaling, Wood Carving, Norwegian Music, History of Norwegian Language, Travels in Norway, Viking Program for Adopt-a-School, Cookie Demonstrations, Genealogy and Genealogy Workshop, Lefse making, Cultural Skills displays, and Lodge Officer Idea sharing.

The evening program from 4:15 is still being developed as we will have much more information coming during the fall months. At this time we have presenters from a number of different lodges and hope to have more.

This event will be by **preregistration** with a **cutoff date for registration being March 4** due to the need of the contract with the Conference Center.

Cost of Event including meal, coffee breaks, and handout materials: **\$37.00 per person**

Late registration after March 4 will be \$44.00

For those that wish to stay at Windemere Hotel, conference participants room rate: **\$89.00 + tax**

This will include breakfast in the morning for hotel guests. This rate would be for either Friday and/or Saturday night for those traveling into Mesa. Please call the hotel directly before Feb. 1 and make your room reservations, say you are with Sons of Norway group. The Hotel number is **480-985-3600** A section of rooms has blocked for us. If you want a first floor room you should reserve as soon as possible as they will all sellout. Please reserve early, if for some reason you must cancel your room reservation you will not be charged if you cancel more than 24 hours before your arrival date.

Tear off and send to:

Wendy Winkelman

5553 E. Gable Ave.

Mesa, AZ. 85206

Please make your check payable to **Sons of Norway**

Name _____ Amount _____

Lodge Name _____

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AREA SONS OF NORWAY LODGES

DESERT FJORD 6-133

SCOTTSDALE

Masonic Temple
2531 N. Scottsdale Rd.
Social & Dinner meeting,
3rd Friday, 6:30 p.m.
Information: 480-368-7046
www.desertfjord.org



SOL BYER 6-134

SUN CITY

Sun City Elk's Lodge
10760 W. Union Hills
3rd Saturday at Noon
Information: 623-594-7674

TROLLDALEN 6-139

TUCSON

American Legion Post #7
330 W. Franklin
4th Thursday, 6:30 p.m. Meal, Meeting 7 p.m.
Information: 520-682-6383

SOLA 6-168

YUMA

Faith Lutheran Church
2215 S. 8th Ave.
3rd Tuesday, 6 p.m.

NORDIC PINES 6-167

FLAGSTAFF

Family Resource Center
E. Route 66
3rd Thursday, 7 p.m.
Information: 928-774-8497

OVERTRO FJELL 6-153

MESA

Fountain East - Clubhouse
303 South Recker Road
3rd Saturday - Meeting 11 a.m.,
Dinner at Noon
Information: 480-986-3303
www.overtrofjell.com

SONS OF NORWAY

OVERTRO FJELL LODGE 6-153

Marlene Johnson, Editor
977 Leisure World
Mesa, AZ 85206

**ELECTION OF NEW OFFICERS AT THE
NOVEMBER MEETING**

FIRST CLASS MAIL