



OVERTRO FJELL NYHET

SONS OF NORWAY LODGE 6-153

JANUARY 2009 www.overtrofjell.com VOLUME 17 ISSUE 1

FRA PRESIDENTEN

Hilsen & a Happy New Year to Overtro Fjell

After a busy December with three large Overtro Fjell projects, Christmas activities, & several parties, the time in between holidays has become very quiet. Several of our members journeyed to visit family in different parts of the country while others hosted their relatives at home. The Christmas holidays are a wonderful time of the year to share the time with our friends & relatives. Now we look forward to the new year with hope for ourselves & our Lodge!

The monthly business meeting will be on January 8th as the first Thursday is New Years Day. The monthly social meeting will be on January 17th with officer installation & entertainment by the Sunshine Acres choir plus our good vittals as usual. Also, our auditor & budget committees will complete their jobs during January. Later we look forward to the Springfest & the Krestevne.

Our lodge had a good year in 2008 & of course, some setbacks, as some of our longtime members passed away. We signed up a record setting number of new members & we want to welcome them to our Lodge. The membership committee did a bang up job as well as all of our members in making our Lodge a success. All of our summer activities were well attended as some of our members did not leave sunny Arizona but held down the fort until the summer migrants came back home. We set another record in the number of people served lutefisk, lefse, & meatballs. Counting the total ticket holders & lodge members we served over six hundred people. Wendy & her sidekick Bill, organized our first Julebord & it was an outstanding success! The amount of Norwegian food was numerous while seconds & thirds was the rule. Jennie organized a large & fun(for the kids) party with Santa Claus & the Julenese.

Well ! Here's wishing our all our members a healthy & prosperous new year!

*****2009 LODGE HAPPENINGS*****

January 8 - Board Meeting 6:30 p.m.- Mesa Regal Resort

January 17 - Lodge Dinner Meeting - 11 a.m. - Mesa Regal Resort

February 5 - Board Meeting 6:30 p.m. - Mesa Regal Resort

February 21 - Lodge Dinner Meeting - 11 a.m. - Mesa Regal Resort

March 7, - Scandinavian Springfest - Red Mountain Multigenerational Center, Mesa

April 4 - Kretsstevne Arizona 2009 - Windemere Conference Center, 5750 E. Main Street, Mesa

ATTENTION !!!

AFFILIATE MEMBERS

Your annual membership dues in Overtro Fjell Lodge are now due.

Please see our Treasurer and take care of your renewal.

Thank you. Marvin Hagen

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	854-3218
Treasurer	Roger Camp	964-2164
Counselor	Wilma Olesen	396-8793
Secretary	Carol Meshefski	218-7270
Asst. Secretary	Muriel Miller	357-1747
Social Director	Wilma Olesen	396-8793
Marshall	Manny Oyen	380-0834
Asst. Marshall	Edward Lynch	984-4781
Musicians	Mavis Hamre	985-7873
	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
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	Roger Morely	227-8333
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

JANUARY DINNER MEETING

Menu is unavailable at press time.

Call Mildred Torgerson at 985-5974 to make, or cancel, a dinner reservation. \$12 per person.



*** Lutefisk Dinner Photos ***



BOARD MEETING: President John G. called the Board Meeting to order at 6:40 PM. Members in attendance were: Carol M., Wilma & Tony O., Millie T., Karl & Jessie H., Linda & Tom B., Arlene & Roger C., Inez G., Wendy W., Bill B., Manny & Mary Lou O., Merle & Linda M., Lois S., Wayne K., Marvin H., Jennie F., Nels & Char K.

OLD BUSINESS: 1- LUTEFISK DINNER - Dec. 6--Everything is set to go. More Lutefisk has been ordered as we have sold 640 tickets. Set up will be early Sat AM. Each separate area was reviewed to see that all needs were met.

2- CHILDREN'S CHRISTMAS PARTY- Dec. 14- There is still a need for volunteers. Please contact Jennie Foote. They are wanting more children to come.

3- ADOPT A SCHOOL- A group from our Lodge went to Jefferson School and taught 84 children about Norwegian & Scandinavian food, language, and other traditional customs.

4-JULEBORD- Dec 20- This will be a buffet at Mesa Regal. The food will be provided by Lodge Members and each member will be provided a ticket as they bring their dish. Those who do not bring food for the Buffet will be charged \$10 and provided a ticket when they pay. Signs to inform people of the \$10 charge will be made & displayed. The program will be a Sing-along.

NEW BUSINESS: 1-TREASURER'S REPORT- The Lodge will be in better financial shape after the Lutefisk Dinner.

2-COMMITTEE FOR PA SYSTEM- The Lodge needs it's own PA system with a portable microphone for use at all the meetings. The Committee to explore options is Bill B., Tony O., Nels K., Roger C.

3-THANK YOU- The Lodge received a Thank you from Fountain East Park for our donation to them for using their Club House for the meeting place last year.

4-SON FOUNDATION- Our Lodge has collected \$110 thus far in our goal of \$250 for the Foundation.

5-BANK ACCOUNT- A Motion was made by Wayne King to move our Lodge checking account to Compass Bank. Second was by Roger Camp. Motion Carried. Authorized signers on the account will be Roger Camp, John Gargrave, Marvin Hagen, & Wilma Oleson.

MEETING ADJOURNED – 8:40 PM Carol Meshefski, Secretary

Thanks to all the lodge members who so willing and capably worked the Lutefisk dinner on December 9th. A special thank you to the "core" committee who spent hours in meetings and calling our members. The committee consisted of John Gargrave, Carol Meshefski, Arlene Camp, Betty Baccus and my self. In addition to that, our ticket sellers, Tom and Linda Birk really out did themselves with that huge crowd we had. A special thank you to Merle and Linda Malme and Manny and Mary Lou Oyen for getting out those hundreds of fliers to all the area parks and club houses! Our bake sales ladies did a splendid job, as did all those who furnished the goodies. To name them all would be almost impossible, since all our lodge members were asked to furnish bake sale items. We were blessed with very able kitchen crew, a lutefisk cooking crew,

waitresses, greeters, servers, approximately 70 workers in one position or another. As you can see, it takes so many people to put on this type of dinner and at the last count, we fed approximately 650 people! (includes our workers). Thanks to everyone, Overtro Fjell really comes through when we all get together and announce, "LUTEFISK DINNER"! After the holidays are over and we are all rested up we will be having a meeting to "recap and refine" our next years dinner, sometime in January. Time and date to be announced at our next Board meeting.

Mange Tusand Takk,,,,,Wilma Olesen

JULEBOARD

President John Gargrave called the meeting to order at 11:10 AM at the Royal Room at Mesa Regal Resort. It began with singing the National Anthems, and saying the Pledge of Allegiance. Birthdays and Anniversaries were recognized. Guests were introduced. The 50-50 Cash drawing of \$45 was won by Mavis Hamre. The 50-50 drawing for the free meal was won by Shirley J. Goines. The drawing for the Children's First Academy was won by Claire Erickson. The Member Attendance drawing was the name of Marjorie Nelson, but she was not in attendance so the dollar amount goes up for next month.

MINUTES- Manny O. made a motion to accept the Dec. 4 Board Minutes as presented. Lynn A. made the second. Minutes were accepted.

NEW MEMBERS- The names of new members were read and those in attendance were introduced and welcomed. There were 13 new members.

VETERAN'S DAY PARADE- The Norwegian American Weekly had a picture of our Lodge members participating in the Veteran's Day Parade in Mesa.

WEBSITE- The website "lgive.com" is a site where a person can order an item or gift or such and the site will donate a percentage of the purchase price to our Lodge. If you have questions about this, please call Wendy or Bill.

CULTURAL PROGRAM- Nels & Betty presented a program about Christmas Traditions in Norway and did a skit about Norwegian Christmas food and customs. Next a video was shown about Norwegian history.

PRAYER, JULEBORD MEAL, PROGRAM INCLUDING CHRISTMAS CAROLS, READINGS ABOUT CHRISTMAS TRADITIONS IN A VARIETY OF COUNTRIES, AND GUESSING GAMES.

NEXT: BOARD MEETING -JANUARY 8 (Thursday) DINNER MEETING—JANUARY 17 (Saturday)

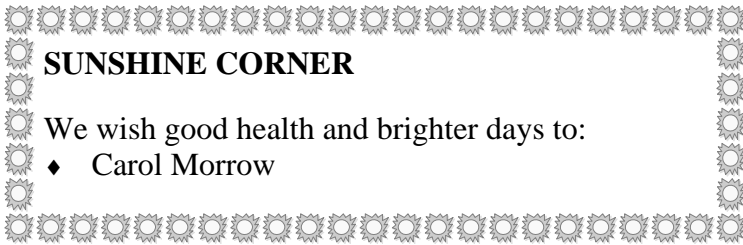
Carol Meshefski, Secretary

2009 Sons of Norway Scholarships

The Sixth District will award three (3) \$1,000 scholarships to you or your children or grandchildren who are Unge Venner Members in any lodge in the Sixth District. They must attend a 4 year accredited college or university in the USA as a full-time undergraduate in their sophomore, junior or senior year and have a grade point average of 2.5 or better on a scale wherein A=4, B=3, C=2, D=1 and F=0. These scholarships can also be awarded to those students in their sophomore, junior or senior year of any four year accredited program at a community college in the USA. When an applicant is deemed worthy of a scholarship (recommended by the Sixth District Scholarship Committee and approved by the Sixth District Board) the funds will be jointly paid to the applicant and to the institution he or she is attending. Applications must be submitted to the scholarship committee by April 1 of the application year.

Also, the Sixth District will offer 1 scholarship to a two week Concordia Language Camp Summer Session at the Norwegian Village or "Skogfjorden" in the amount of \$1,635.00 for a camper over the age 13 who has attended Camp Norge Language Heritage Camp. The applicant must be a Heritage or Unge Venner member of a Sixth District lodge. Applications must be submitted to the scholarship committee by May 1 of the application year. Visit website: www.concordialanguagevillages.org for information and applications for the Norwegian Village or "Skogfjorden". The applicant must also apply directly to and meet all requirements of Concordia Language Camp.

Contact Wendy Winkelman re the District applications.



SUNSHINE CORNER

We wish good health and brighter days to:

- ◆ Carol Morrow



WELCOME OUR NEW LODGE MEMBERS!

- June B. Anderson/Brown
- R. Arlene Blihovde
- Ann E. Brecker
- L. Grayce Fremouw
- Judith Rae Kreutzer
- Walter H. Laws
- Terry P. Payne
- Phyllis J. Severson
- Peter D. Stenhjem
- R. Diane Thompson
- H. Leroy Vosseteig
- Shirley J. Vosseteig



FROM A NORWEGIAN KITCHEN

LUTEFISK CASSEROLE

- | | |
|---------------------------------|----------------|
| 4 c. cooked and flaked lutefisk | 3 c. milk |
| 1-1/2 c. uncooked rice | 6 eggs |
| 1-1/2 tsp. salt | 6 tbsp. butter |

1. Cook rice in water until done.
2. Beat eggs, milk and salt in bowl and set aside.
3. Use an 8 x 12 well buttered baking dish.
4. Pour egg mixture over lutefisk, rice and butter in baking dish.
5. Bake uncovered for 40 minutes at 350 degrees, until brown crust forms on top.
6. May be served with hot butter.

Yield: 6 - 8 servings

NORWEGIAN LESSONS

Quite a few of us have been taking Norwegian Lessons from our Norwegian gal born in Norway, Elisabeth Turcott, and we are having a great time. We quit for the holidays but will resume on Wed, January 7th at 1 p.m. If you are interested in joining us please call her at 480-358-1533 or email her at turcottman@yahoo.com.

Scandinavian Christmas Party

I would say our Christmas Party was a success with 35 children & their parents & their Grand Parents attending. Russ Gentry from my church made a wonderful Santa Clause again this year. The Children Love him. Lisa made a good little Santa's Elf & enjoyed doing it. Thanks to Inez Rundny's friend Eva Larsson we had a lovely Santa Lucia Light Parade again.. She works hard every year ironing up all those gowns for the children to wear & bringing the Lights for Santa Lucia to wear & the other children to carry. It was beautiful with the lights out & the children coming in Singing Santa Lucia while carrying the lights. Amanda Buck whom we met at the Adopt A School Program was our beautiful Santa Lucia & wants to do it again next year. Her friend Amber Kreffer whom we also met at the same program was walking behind her & would like to come again next year. Everyone said they loved the party & will attend next year. It went off very nicely with all the help from our lodge members who participated and made all those wonderful cookies. Thank You. It takes a great many people to make this a success. My Grandson Troy who comes every year with his children was a big help with the crafts & the games as well as his friend Megan Jones. Elizabeth Turcott & her husband was in charge of the crafts & did a great job. Sissel Liknes & her daughter Greta was in charge of the games & donated their time & all the prizes again this year. Sissel & Greta also led the singing around the Christmas tree & Sissel & I led the Flag parade. It all was so much fun. Of course it wouldn't have been

such a success with out our Mary Louise Hendricksen up their being our Master of ceremonies. Marlys as always was wonderful on the piano.. Of course we cannot forget our setup and break down and cleanup people. They were all so wonderful and our servers and our greeters and signup people. They were all so great. Oh I can't forget my co- chairman Ed Lynch who works with me all the time. I know a lot of you will help again next year and I really appreciate all of your help. Our Lodge people are so wonderful to give it their all. Thank You, Thank You, Thank You. Also please note that we had a lot of new people this year. Jennie Foote, Chairman.

Diversity Day

Inez Greison & Jessie Hendrickson attended the Diversity Day Program at the Multi -Generational Senior Center December 29th & set up a table of Norwegian artifacts to show to the many people who attended. Jessie of course cooked many Krumkaka to give away. We should call her the Krumkaka Queen. I came in my Bunad & brought some of my Norwegian Artifacts & the people really enjoyed it all. Our lodge members are so busy with so many wonderful ways to get our lodge name out there. Thanks for inviting me.

Jennie Foote

KRETSSTEVNE ARIZONA 2009 "Gathering of the Clan"
Date: April 4, 2009
Windemere Conference Center, 5750 East Main Street, Mesa AZ

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

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

Schedule of Events:

- 9:00 Coffee and pick up your program materials
- 9:20 Opening in Pavilions B and C
- 9:30 Sessions 1 in Pavilions B and C
- 10:30 Coffee and cookies
- 10:45 Sessions 2 in Pavilions B and C
- 12:00 Lunch Buffet
- 1:00 Sessions 3 in Pavilions B and C
- 2:00 Coffee and cookies
- 2:15 Sessions 4 in Pavilions B and C
- 3:30 General Meeting of all participants
- 4:00 Conclusion of Program
- 4:15 Social Gathering in Hospitality Room
- 6:30 Movie on Norway

Conference Center Foyer will have sign in table and coffee set for 9:00 AM and this will allow time to meet and see old and new friends.

This event will be by **preregistration** with a **cutoff date for registration being March 3** due to the need of the contract with the Conference Center.

Cost of Event including meals, coffee breaks, and handout materials: **\$36.00 per person**

Cultural Sessions:

Rosemaling, Wood carving, Music, Norwegian Immigration, Adopt-a-School, Cookie Demonstration, Lefse making

For those that wish to stay at Windemere Hotel, the conference participants room rate is: **\$79.00 + 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. 26 and make your room reservations and say you are with the Sons of Norway group. Hotel # **480-985-3600**. They have blocked a section of rooms until Feb. 26, 2009.

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 _____

***** Photos of the Children's Christmas Party and the Lodge December Julebord *****



STAMPS FOR TUBFRIM

DON'T throw away your used stamps. CLIP them leaving about 1/2 inch border (if you can't clip them I will). Bring them to a meeting or call me!!! The stamps will be mailed to Norway where they are sold to wholesalers and collectors with the proceeds used by the Norwegian Health Association to finance tuberculosis research and improve the quality of life for children infected by the disease as well and children and youth with handicaps.

Let's put OVERTRO FJELL on the map—someone may even win a trip for two to Norway!!

-- Jean Walstad - 480-807-2100

EDITOR'S NOTE

Submissions for the January 2009 issue of the newsletter are due to the editor by January 24th.

If you have new column ideas please let me know. This is your newsletter and your ideas are important and will be welcomed.

Marlene Johnson - 480-664-0277

Email: mjohnson221@cox.net

BRING 5 FOOD ITEMS to any Lodge luncheon and meeting for the kids at First Academy. You could win a free dinner.

CHILDREN FIRST ACADEMY WISHLIST (formerly known as Pappas School)

SCHOOL SUPPLIES

- ◇ White cardstock paper
- ◇ 3 x 5 index cards
- ◇ Colored tape
- ◇ Silver O-rings for spelling words
- ◇ Books with tapes
- ◇ Electric pencil sharpeners

FOOD ITEMS

- ◇ 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.

SPECIAL ITEMS

- ◇ 4 yards of red felt for Red Ribbon Week
- ◇ Candy for treat bags
- ◇ Dem Bones candy used for math
- ◇ 25 student whiteboards with markers
- ◇ Set of foam balls for PE
- ◇ Size 5 Soccer balls - Tetherballs

DONATION ROOM

- ◇ Kleenex, Dixie Cups, Hydrocortisone, Lotrimin, Clorox Wipes, Calamine Lotion, Children's Liquid Tylenol or Motrin, winter clothes for boys and girls - pants, long-sleeve shirts, sweatshirts and socks, shoes - sizes child's 13 to adult's 17.

Thank you.

A SPECIAL THANK YOU

To those lodge members who have helped me, during the past year, get the newsletter together for mailing. My friends and neighbors Lynne Anderson and Lynn Peters, and John and Sophia Gargrave who helped me while I was incapacitated with a broken foot. Thanks to all of you.

FOLK DANCING

Are you interested in learning Scandinavian Folk Dancing? Or perhaps you already know how to and need a group to dance with? Come join the Scandinavian Folk Dancers on the 2nd and 4th Fridays of each month. They meet at the Beatitudes AC Center, 1610 W. Glendale Ave., Phoenix. For more information you can call Ann Johnson, 602/995-7268 or Wendy and Bill Bultinck at 480/854-3128.

Your Money is Safe with Sons of Norway

Sons of Norway has invested 92% of our assets in government and investment grade bonds. Our corporate bond holdings are well diversified over all sectors of the economy. The remaining 8% consists of real estate (home office building), certificate loans, commercial mortgage loans and cash. Sons of Norway does not invest in stocks. Our operations are strong and profitable because we continue to monitor bond holdings and make adjustments when and where necessary. Prudent business practices and conservative investments will continue to keep Sons of Norway safe, strong and secure.

Lee Erdahl, FIC - Financial Benefits Counselor, 623-815-

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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

SOL BYER 6-134
SUN CITY
LeRhone's Restaurant
9401 W. Thunderbird
3rd Saturday at Noon

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.

OVERTRO FJELL 6-153
MESA
Mesa Regal Resort, Royal Hall
4700 E. Main St.
3rd Saturday - Meeting 11 a.m.,
Dinner at Noon
Information: 480-986-3303
www.overtrofjell.com

SONS OF NORWAY
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SAVE STAMPS FOR TUBFRIM

FIRST CLASS MAIL