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November / December

WINTER

2023

VINTER

november / desember

**Greetings Lodge Members!**

Hej all,

Lodge activities are in full swing down at Viking Hall. We kicked off October with Norway’s national dish – Faar-I-Kaal (lamb & cabbage). Perhaps this meal is so loved because the ingredients represent a little piece of Norway - lamb from the mountains, potatoes just harvested from the field and fresh cabbage.

For our dinner we are fortunate to get fresh lamb from the Mat-Su and fresh vegetables donated by the Restad Family. Mange takk to the Persson Family for chairing and preparing this popular dinner.

This month it was a full house at the Lutefisk, Lefse and Tasty Meatball dinner. This is such a popular tradition there are two sold-out seatings. Big thanks to co- chairs Tim Andrew and Patrick McCormick for organizing this huge event and lutefisk chefs Steve Lambert and Merlin Hamre.

The preparation for the dinner starts with lefse rolling the weekend before followed by Patrick and crew rolling over 1,000 meatballs! Of course these dinners can only happen because we have so many dedicated volunteers. Tusen takk to alle!

If you haven’t yet helped out with one of our big events please consider it. Long lasting friendships have been forged over peeling potatoes and carrots down at Viking Hall!

At this month’s lodge board meeting (held via Zoom) we elected Officers for 2024. Next year’s slate looks a lot like this years with one position vacant at this time. Board meetings are held monthly except for June and July. The meetings last about 1 1/2 hours and are combined with “hygge time” which means we accomplish lodge business posthaste so we can visit with each other. If you’re inclined to consider a lodge leadership position please join us at any of the meetings. We would heartily welcome new ideas and new faces!

There are many more activities coming up - Frilutsliv outings, Lekegruppe (kids playgroup), Strikkekafe, Rosemaling classes, and next month we have the Lucia Family Christmas Party. We’re looking forward to holding this event indoors at Viking Hall and celebrating this year’s Lucia, Paige Robertson.

Keep an eye out for more information and reminders of lodge activities through eBlasts, Facebook, or the website. Please feel free to contact any of the lodge officers anytime with questions or suggestions – 907/349-1613.

*Med Vennlig Hilsen,  
 Linda Bustamante, President*



Rosemaling & Knitting classes meet at Viking Hall!



**BERNT BALCHEN LODGE OFFICERS**

President – Linda Bustamante  
 Vice President – Vacant  
 Secretary – Anita Persson  
 Treasurer – Cynthia Olnes  
 Counselor – John Olnes

Membership Secretary – Hanna Persson  
 Cultural Director – Christie Ericson  
 Foundation Director – Amanda Saxton  
 Sports Director – Martin Hansen

Trustee Jacob Mathiesen  
 Trustee John Olnes  
 Auditor Patrick McCormick  
 Auditor Tim Andrew.

UPCOMING LODGE EVENTS

**NORDIC FAMILY CHRISTMAS CRAFT DAY!** Saturday, December 2nd | 2:00 to 4:00 pm at Viking Hall

Join us for our 2nd annual family-friendly Nordic Christmas crafting day! In addition to some fun and kid-friendly holiday crafts, we will also have traditional Scandinavian treats to share: risgrøt (rice porridge), pepperkaker (ginger cookies) and oranges.

This event is open to members and their friends and family free of charge, but participation will be limited to 40 children, so please **RSVP to 907-349-1613 or [sonancak@gmail.com](mailto:sonancak@gmail.com).**

*Watch for the eBlast for more information on all upcoming events!*

# CLASSIFIEDS FOR VIKINGS

**AD SIZE:**

2 x 3.5 inches  
(business card size)  
\$10.00 per issue.

Email a scan or digital image of your business card; or contact the Flyer Editor to discuss other options to:

[kvern66@gmail.com](mailto:kvern66@gmail.com)

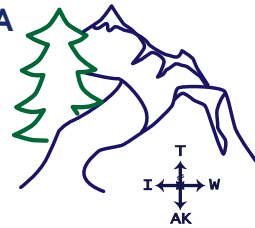
**Attention:**

Classifieds for Vikings



## INTO THE WOODS ALASKA

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**For information, and to sign up:**

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## SUNSHINE REPORT

*Greetings are sent to our members celebrating a birthday who are at least 75 years young!*

NOVEMBER BIRTHDAYS

Arnold Link	Gale A Olson	Roger K Hansen
Gene A Moe	Orvetta Rae Elde	Elaine A Wilson
Glenn R Soby	Boyd R Berg	

DECEMBER BIRTHDAYS

Eva Bilet	Anstice M Tibor
John L Barstad	Carl J Pearson
Wallace A Smith	

*If you know someone who needs a little sunshine – Contact Anna Bryant at: [anna\\_bryant@hotmail.com](mailto:anna_bryant@hotmail.com)*

**WELCOME NEW MEMBERS!**

**SEPTEMBER**

Camilla Hatley	Joan Hatley	Marc Heady	Andrea Senn
Freya Hatley	William Hatley	Luc Senn Hove	Merri Shunk
Jennifer Hatley	Lisa Heady	Torger Senn Hove	Eunice Vrem

**OCTOBER**

Laura Bunnell	Sara Tennis
Domanick Tennis	Annette Zella
Don Tennis	Stephen Zella

**VIKING HALL 907-349-1613 8141 Briarwood Street • Anchorage, AK 99518**



Website: <https://www.sofnalaska.com>  
 Facebook: [www.facebook.com/BerntBalchen](http://www.facebook.com/BerntBalchen)  
 Instagram: [@sonsofnorwayanchorage](https://www.instagram.com/sonsofnorwayanchorage)  
 Sons of Norway International: <https://www.sofn.com>

Submit Articles: [kvern66@gmail.com](mailto:kvern66@gmail.com) Attn: The Flyer

**Submission deadline for our January/February 2024 issue is December 15th**

# Sons of Norway Lucia 2023

**Introducing this year's Lucia, Paige Robertson.** Paige, 17, is a homeschooled senior and works part time as a teaching assistant. She has been participating in the St. Lucia festival since she was 5 years old and is very excited to be Lucia this year.

She is passionate about animals, art, her family and working with younger children. She has a cat named Comet and is a beautiful artist that has been drawing/painting since she was 8 years old. Her family consists of: her sister, Brooke, her parents, Chris and Jennifer, her farmor, Sigrun, and her grandparents, Claud and Linda Garrett.

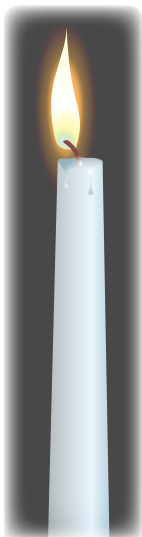
## LUCIA VOLUNTEERS NEEDED!

As in the past, the hall will be beautifully decorated and we plan to offer treats of rice porridge, Christmas cookies, gløgg / cider, and open-faced sandwiches, along with the talent show, Lucia procession, and a visit from a "jolly old elf"!

This is a well-organized event that is fun for the whole family, but it takes a crew of volunteers to make it happen. We need volunteers in the following areas:

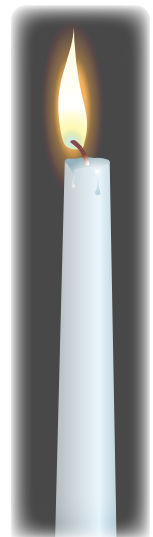
- **Decorating/set up** (Sunday morning)
- **Sandwich making** (Sunday morning)
- **Rice porridge making**
- **Clean up after event**

Please consider volunteering some time to help make this wonderful lodge tradition happen this year. You don't need experience, we will help you know what to do! Please call or text Jennifer Robertson, this year's Lucia Mom at 907-952-2058 or email her at [jkgrobertson@gmail.com](mailto:jkgrobertson@gmail.com) to volunteer with this year's event. Tusen takk! Thank you very much!



**Santa Lucia, or Saint Lucy's Day**, is the church feast day dedicated to Saint Lucy and is observed on December 13. Its modern day celebration is generally associated with Sweden, Norway, Denmark and Finland. Santa Lucia comes as a young woman with lights and sweets, marking the return of longer daylight to winter darkness. It is one of the few saint days observed in Scandinavia. At our program at the lodge, a procession is headed by one girl wearing a crown of candles (or lights), while others follow in the procession with girls holding a single candle and boys holding a star.

Children learn and sing Norwegian and Swedish songs, often accompanied by harp and piano. Families are treated to a talent show, singing around the Christmas tree, and enjoy authentic Scandinavian rice pudding, open-faced sandwiches, and desserts. Santa Claus makes a special appearance at this event and hands out goodies to all attending children.

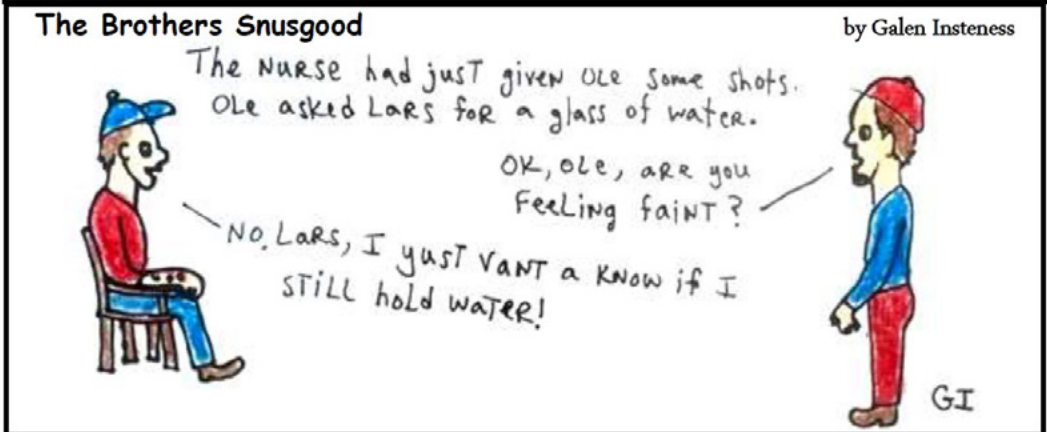


Mange Takk to Gordon Severson for sending this final Brothers Snusgood cartoon by Galen Insteness.

Galen drew these cartoons for the Sitka Pioneer Home Newsletter, *The Prospector*, from 2018 to 2022.

Galen Insteness passed away Nov. 12, 2022, at the Sitka Pioneer home.

**End of an Era:** In memory of our beloved cartoonist Galen Insteness. This is *The Snusgood Brothers* final publication. From 2018 to 2022 we have followed Lars and Ole as they lovingly managed life's struggles with humor and friendship... which is the same way Galen spent his time with the Sitka Pioneer Home family.



**SUPER BOWL RAFFLE 2024 SCHOLARSHIP FUNDRAISER**



The Super Bowl Raffle is the primary source of funds for the Sons of Norway Bernt Balchen Lodge No. 2-046 Language/ Heritage/Higher Education Scholarships.

The Raffle will again have 20 winners with a top prize of \$1,000. Only 300 tickets are sold so the chance to win is very generous, one in fifteen. Tickets are selling for \$25 each or a special deal of 5-for-\$100. The drawing will be held during the airing of Super Bowl LVIII on Sunday, February 11, 2024.

Raffle tickets will also be available at other upcoming Lodge events and through the office (leave a phone message at 907-349-1613 or email [sonancak@gmail.com](mailto:sonancak@gmail.com)).

Give us a call or send an email and we will arrange getting tickets to you.

**STRIKKEKAFÉ**



Happy Winter! To all our fellow knitters and makers out there, we are looking forward to seeing you again soon. *Strikkekafé is going strong!*

Please bring your finished projects for Show and Tell! It will be so fun to see what everyone has been up to.

Strikkekafé means 'knitting café' and is popular all over Norway for those who enjoy handcrafts, it's not just for knitters! This is a time to gather with your projects and enjoy the company of others. It is a great way to meet other members, get inspiration, share your skills, or get a little help.



Strikkekafé meets the 2nd and 4th Wednesdays of the month.

Check the E-BLAST for notifications or contact:  
**Christie 602-0673 or Anita 301-4215.**

**NEW! Rosemaling Lessons**

*The lodge will now be offering a Rosemaling class the same evenings as Strikkekafe at the Lodge (every other Wednesday).*



Amanda Saxton has offered to teach this class. If you are interested, email the lodge at [sonancak@gmail.com](mailto:sonancak@gmail.com) and then Amanda will reach out with more information.



**Norwegian Conversation Group**

Saturdays ~ 10-11 am  
via Zoom

All levels welcome

Contact Christie Ericson  
to register  
[christieak@gmail.com](mailto:christieak@gmail.com)

FRA BIBLIOTEKET

*Tusen takk to everyone who has donated books to the Bernt Balchen Lodge Viking Library!*

*Here are a few highlights of recently added titles:*



*The Weaver and the Witch Queen*

By Genevieve Gornichec

After reading about the turbulent lives of Eric Bloodaxe (Eirik Blodøks), King of Norway from ca. 932-934, and his wife Gunnhild in our Saturday morning Norwegian language conversation group, I was interested in learning more about Gunnhild, a powerful and influential woman known as the “Mother of Kings.” Gornichec’s work of historical fiction, published earlier this year, was inspired by references to Gunnhild in the medieval Icelandic sagas, as well as the scant historical details about her life, many of which are disputed.

In her author’s note, Gornichec, a historian by training, discussed how she used these sources to create a very realistic narrative about this fascinating historical figure.

From the book jacket: “The lives of two women—one desperate only to save her missing sister, the other a witch destined to become queen of Norway—intertwine in this spellbinding, powerful novel of Viking Age history and myth...

Oddny and Gunnhild meet as children in tenth century Norway, and they could not be more different: Oddny hopes for a quiet life, while Gunnhild burns for power and longs to escape her cruel mother. But after a visiting wisewoman makes an ominous prophecy that involves Oddny, her sister Signy, and Gunnhild, the three girls take a blood oath to help one another always.

When Oddny’s farm is destroyed and Signy is kidnapped by Viking raiders, Oddny is set adrift from the life she imagined—but she’s determined to save her sister no matter the cost, even as she finds herself irresistibly drawn to one of the raiders who participated in the attack. And in the far north, Gunnhild, who fled her home years ago to learn the ways of a witch, is surprised to find her destiny seems to be linked with that of the formidable King Eirik, heir apparent to the ruler of all Norway.

But the bonds – both enchanted and emotional – that hold the two women together are strong, and when they find their way back to each other, these bonds will be tested in ways they never could have foreseen in this deeply moving novel of magic, history, and sworn sisterhood.”

**Barnebøker/Children’s Books**



*Seven Ways to Trick a Troll*

By Lise Lunge Larsen; illustrated by Kari Vick

*“To defeat a troll, you must draw on the very best of your humanity: you must have courage, patience, intelligence, kindness, the ability to work with others, and plenty of Moxie.” -Lise Lunge Larsen, from Seven Ways to Trick a Troll*

Publisher’s description: “Trolls! They are huge and ugly and very, very dangerous. But luckily, their brains are no bigger than a walnut, so even small children can trick them. First, though, you need to know their weaknesses—and that’s where these stories come in. It is helpful to know what a little girl can do when she finds out that trolls hate loud noises. Or how two brothers might make an entire family of horrible trolls burst and turn to stone. Or what a clever little gnome boy does when he discovers that trolls are ever so easily distracted. Helpful, but also great fun, and it doesn’t hurt to be reminded of all the tricks children already know when it comes to overcoming trolls—or other fearsome beings and things. Patience, kindness, courage, and quick thinking—what works against trolls are the best things about being human. Taken from a wide range of historical and international sources, Seven Ways to Trick a Troll will delight and entertain imaginations of all ages.” Recommended for ages 8-12.

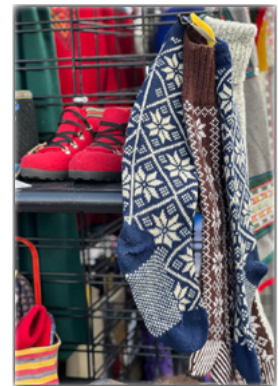
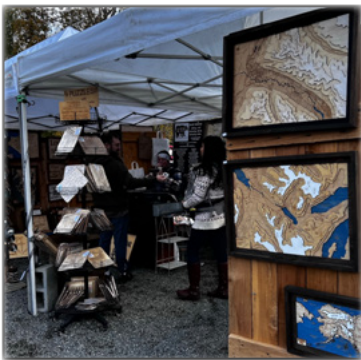
**Library Hours:** While the lodge library does not have regular hours, it is generally open during lodge events or by appointment. Contact Librarian Christie Ericson at 602-0673 or christieak@gmail.com for further information.

Browse or search the online library catalog: <https://www.librarything.com/catalog/VikingLibrary>

*We are also still taking donations of new or gently-used books. Any donations that we can’t use will be sold in our book sale at the annual Nordic Market, with the funds raised going to purchase more books for the library.*

Christie Ericson  
Cultural Director/Librarian

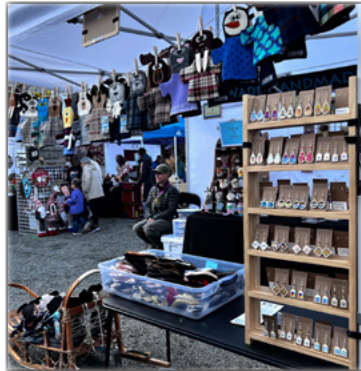
Great Fun at the Nordic Market!



All photos on this page courtesy of Christie Ericson

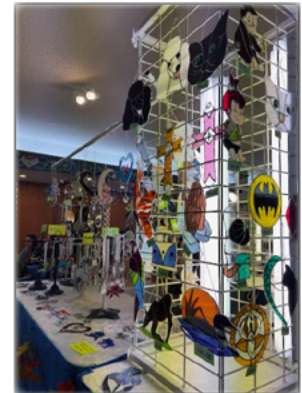
See more photos of the Nordic Market on page 7!

Great Fun at the Nordic Market!



Above photos courtesy of Christie Ericson

Tusen Takk to All!



Above photos courtesy of Ruth Kvernplassen

FAAR-I-KAAL DINNER

*It takes many hands to make a fabulous Faar-I-Kaal!*

*Tusen Takk to ALL who helped towards the success of this traditional fall dinner!*



*Above photos courtesy of Christie Ericson*



*Above photos courtesy of Anita Persson*



LUTEFISK DINNER THANK YOU

This year's Lutfisk Dinner (with those tasty meatballs!) was a huge success! We served nearly 225 meals at our event on Saturday, November 4 totaling over 200 pounds of lutfisk and over 800 meatballs! Everyone enjoyed being together again for this popular dinner event.

*Thank you to everyone who helped make this event run smoothly, from event planning and preparation to procuring the food and supplies to preparing and serving the meals, as well as clean up.*



**Special thanks to:** John & Cynthia Olnes and the lefse baking crew for all their efforts, Sig Restad's family who provided the Valley-grown potatoes and veggies for the lefse and the meal, Patrick McCormick's crew of Patrick, Anne, Pia Meyer, Linda Bustamante, Tina Watts, Alisa Garrigues and Anita Persson for rolling and baking all those delicious meatballs; Steve Lambert and Patrick McCormick for preparing the lovely lutfisk, and Steve and Merlin Hamre for cooking it to perfection; to everyone who helped with veggie prep, hall decorating, working at the event, and cleaning up the hall afterward: Anne Adasiak-Andrew, Alexis Andrew, Kayla Andrew, Ryan Andrew, Ralph & Judy Bagley, Mike Cukurs, Christie Ericson, Brittany Francis, Annette Iverson, Deanna & Mike James, Jack James, Gayle Mathiesen, Jacob & Jade Mathiesen, David Michaelson, Pete Mjos, David Nord, Anita & Lloyd Persson, Hanna Persson, Sevrin Persson, Cynthia & John Olnes, Karen Ruud, Merri Shunk, Peter Vesterskov, Karin Wanamaker, Tina Watts, Annette Zella. We couldn't have done this without you!

Do you have suggestions for how we might improve our event for the future? Please let us know by sending us an email: [tandrew.ak@gmail.com](mailto:tandrew.ak@gmail.com)

*Tusen takk!, Tim Andrew & Patrick McCormick, Lutfisk Dinner Co-chairs*



*Photos courtesy of Tim Andrew*

CULTURAL CORNER - A SHORT STOP IN MINNEAPOLIS

Sons of Norway International Headquarters & Ingebretsen's Nordic Marketplace

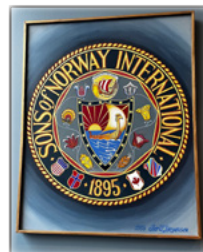


In the last issue (Sept/Oct 2023) I wrote about the Vesterheim Folk Art Retreat that Lorri Wright and I attended in Iowa. After the retreat, I spent a few days in Minneapolis before heading home, and I decided to visit the new Sons of Norway International Headquarters building on Lake Street. Luckily, Jana Velo, Editor and Cultural Communication Specialist at Sons of Norway, was available and invited me to stop in for a cup of coffee and a tour. Jana also happens to be the niece of Bernt Balchen Lodge members Beverly and Wally Smith, and we had a koselig time talking about all things Norwegian.

The new building was a beautiful, contemporary space, and Jana also took the time to show me all the cultural items on display, as well as the library, where I could have spent a few hours browsing! It was also great to see Marit Kristiansen's portrait in the board room, along with portraits of all the other international past presidents. But it turned out I wasn't the only Alaskan visiting Jana that day – Aunt Beverly was also in town and would see Jana later that same day. What are the odds?!

After saying ha det bra to Jana, I stopped in at Ingebretsen's Nordic Marketplace, which is also (very conveniently) located on Franklin Street. While there, my mind still full of creative ideas from the folk art retreat, I stocked up on Norwegian yarn and other Scandinavian treats and headed back to the Metro station, carrying several very overstuffed shopping bags. Good thing I brought extra luggage with me!

Christie Ericson  
Cultural Director/Librarian



Photos courtesy of Christie Ericson

## LEKEGRUPPE (PLAYGROUP)

Bernt Balchen lodge believes in the importance of family and youth involvement to help keep our lodge healthy and growing. If you have an idea for a fun activity (perhaps with a cultural connection) that our lodge Youth team can help organize, please reach out to Brittany ([brittanyandrew@gmail.com](mailto:brittanyandrew@gmail.com)) and share your ideas!

*The next Lekegruppe activity will be our annual Family Christmas Craft Day happening Saturday, December 2, 2:00 - 4:00 pm. We will have a variety of holiday crafts to make, along with a snack. The event is free but space is limited, so please RSVP to the office at 907-349-1613 or email [sonancak@gmail.com](mailto:sonancak@gmail.com).*

### RISGRØT & RISKREM - RICE PORRIDGE AND RICE CREAM

In the afternoon of Saturday, October 21, seven children and their parents met at Viking Hall to enjoy a Nordic simple pleasure, rice porridge and its slightly decadent cousin, rice cream. Bernt Balchen Lodge Youth Co-director, Brittany Francis, helped the children measure, mix and cook the rice and then add the milk for the rice porridge and then some whipped cream for the rice cream. They also cooked some blueberries and raspberries to make a syrup to add for those who preferred the fruit syrup to the cinnamon sugar and butter. Everyone got to enjoy the rice porridge or rice cream along with some traditional ginger cookies or pepparkaker. After enjoying the snack, some of the children participated in the craft of drawing Jack o'Lantern faces on small oranges to take home for yummy Halloween decorations.



Photos courtesy of Tim Andrew

Lekegruppe - Cardamom Bread *Continued on Page 12*

LEKEGRUPPE (PLAYGROUP)

Continued from Page 11

**CARDAMOM (NISU) BREAD MAKING**

Twelve children and their parents (and a few adults sans kids) braved the snowy roads to come to Viking Hall on the afternoon of November 11 for... bread! That's right, they came to learn to bake cardamom bread with lodge member and Youth Co-director, Brittany Francis.

Brittany, who grew up in Bernt Balchen Lodge learned to bake the cardamom bread with her grandmother and longtime lodge member, Mickey Andrew, who was well known in the lodge for her cardamom bread and offered lodge classes for baking it.

During the two and a half hour class in the lodge's commercial kitchen, youth bakers collaboratively read the recipe, measured ingredients, and mixed the dough. The dough was then cut into portions for the youth bakers to take home to raise and bake. Next, the bakers got to practice kneading dough that Brittany had pre-mixed and raised at home so that the bakers could practice braiding the loaf or make "nisu knots" that were then baked in the lodge ovens for them to take home and enjoy right away.

Everyone also got to enjoy a snack of rice porridge and pepparkaker ginger cookies, as well as do a craft organized by Youth Co-director Annette Iverson.



Photos courtesy of Tim Andrew