



**VIKING HALL 349-1613**  
**www.sofnalaska.com**

**January**  
**February**  
**2015**  
**januar**  
**februar**



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 **By-Laws**

At the present time at Sons of Norway Bernt Balchen Lodge we hold a minimum of four Full Board Meetings per year. These Full Board Meetings are scheduled for the first Thursday in September, November, January, and April. In addition, we hold formal Business Meetings every second Thursday of the month except for July and August. The Business Meetings provide an opportunity for the Board and the attending members of the lodge to discuss and vote on matters of importance to the continued operation of Bernt Balchen Lodge.

During the Business Meeting on December 11, 2014 Board of Directors recommended that the by-laws of Bernt Balchen Lodge should be changed to streamline both our meeting schedule and the very character of the meetings we hold over the year. The proposed amendments to the Bernt Balchen Lodge by-laws are relatively minor changes in wording but they will allow us to implement a less demanding and more informal meeting schedule and process (see Tom Falskow’s detailed description of the actual proposed by-law changes in a separate section of the Flyer). Also, the changes will permit an expedited membership recruitment process. We plan to hold a vote on these changes in the lodge by-laws on January 8, 2015.

*In practical terms, the changes will permit us to do the following with regard to meeting schedule and the nature of our meetings:*

1. Hold only ten scheduled board meetings per year
2. Schedule the meetings for 7:00 PM every second Thursday of each month except for July and August.
3. Substitute more informal “Board/Membership Meetings” for the now more formal “Business Meetings”.
4. Focus on the business of the lodge during the “Board/Membership Meetings”.
5. Eliminate the need for additionally scheduled “Full Board Meetings” (We currently have a minimum of four of these scheduled meetings).

The Board envisions less formal meetings with much reduced pomp and circumstance. Most would not have potlucks or accompanying programs. (But potlucks and programs could be added at selected meetings at the Board’s discretion). The Board hopes to satisfy more fraternal and cultural needs of the membership with what we have termed “Cultural and Heritage Nights” that may or may not include potlucks.

*In addition to the changes to the by-laws that deal with meetings the Board also recommends amending those that cover the requirements of membership in Bernt Balchen Lodge.* Under the proposed changes membership would “become effective immediately upon payment of dues and the completion of either the on-line or application or paper application for membership forms.” The practice of requiring an affirmative vote by the lodge membership would be dropped (An option allowed by Section 4.6.4 of the Sons of Norway International Constitution). This streamlined membership process would greatly help in expediting the recruitment of new members for our lodge. Note also that we would no longer require a “great interest” in the cultural and history of Norway in order to join the lodge. A simple “interest” in the culture and heritage of Norway would be sufficient to qualify for membership. Remember that many of our current members are of Swedish, Danish, or Finnish descent; and we should not require them to need to demonstrate an overwhelming interest in just Norway as opposed the other Nordic nations. One of the components of the Sons of Norway International mission places emphasis on celebrating the relationships among the various Scandinavian peoples.

*Finally, the Board recommends dropping the position of “Social Director” from the roster of officers.* We have not had a Social Director for years and we have managed to get along fine with no one filling that position. The other proposed changes have to do with updating the membership fees in the by-laws to the current levels and are routine.

As stated at the beginning of this message both the meeting changes and membership changes in the by-laws will be brought to a vote at the next meeting of the Board and membership on January 8, 2015 at 7:00 PM. We urge members to attend to give their opinions and exercise their right to vote on matters of importance to the lodge.

*Fraternally yours, Terje “Ted” Birkedal*  
*President, Sons of Norway Bernt Balchen Lodge*

## Viking Hall News

Welcome to Viking Board: Martin Hansen and Cynthia Olnes. Wally Smith attended, as did John Olnes. (*Viking Hall Board Meetings are always open to any Sons of Norway members.*) He was wondering why Bridge Builder's organization have their board meetings here, with no rental charge. It is not because they are a non-profit organization, but because three of our SONS members are also members of the Bridge Builder's Board. Merlin Hamre, Ted Birkedal and a relatively new SONS member, Lauren Brion are all on the BB board. The 2015 Dry Dock Contract will be delivered to Dry Dock., with the same information and rental as 2014.

We voted to use AlaskaUSA for another CD, and to re-invest one that had come due. New signature cards must be signed, so we plan to meet the next day to do this.

A suggestion had come from Tom Falskow on clarifying financial lines between VH Inc. and Bernt Balchen Lodge. We discussed approaching the Lodge with the suggestion of changing the manner of their paying monthly to include the lodge's annual contribution of part of the building insurance. VBrd voted to have this brought up at the next Lodge meeting.

We still have a problem with the fan usage, if the person who turns on the fan is not aware that a window or door must be open. This is a major safety problem. As of now, a person must

have a special 'key' to turn the fan on – knowing that he/she is responsible for opening a window or door. The 'switch' is gone.

Carbon Monoxide Detectors are being placed in several areas.

Election of officers: President: Sandra Hanson; Vice President: Jim Bysheim; Secretary: Ted Birkedal; Treasurer: Cynthia Olnes.

We discussed a request from a potential renter, who had received discounts in the past, who wishes a discount now. Because it was also a very close date, after Christmas, not otherwise likely to be rented, we did vote to give them a one-time discount.

Ed Swearingen, Jim Bysheim and John Olnes have done several jobs including: replacing lights and a ballast. John made a garbage run of pallets left by our dumpster. Ed will research further on changing the recessed lights in the Hall to LED's. He is checking for a 'warmer' tone from the lights, than was previously available. Thanks to these and, also, to Chuck, Merlin and John for closings, and all others for participating in various ways. Maintenance of our building is on-going. Any member of SON's willing to help is welcomed.

Sandra S Hanson, Viking Hall President



## Sunshine Report

Greetings are sent to the following members celebrating a birthday this January and February who are at least 75 years young.

"Gratulerer med dagen!"

"Happy Birthday!"

### JANUARY

**THREE CHEERS.... Charles A. Brodahl IS 92!!!!**

Melvin R. Aarseth

Evelyn Rush

John L. Hall

Susan Soby

Shirley A. Moe

David Pederson

Betty Rockne

Linda Cuzzocreo

### FEBRUARY

Anton Meyer

If you know someone who needs a little sunshine, please call Cindy McDowell: 696-0725 (cell - 862-1143)

Or, email at: [ccmcd38@hotmail.com](mailto:ccmcd38@hotmail.com)

## CORRECTIONS

My apologies to Kjell and Marit Kristiansen for the confusion and inconvenience caused by the error in regard to their wedding anniversary.

October 26th, 2014 was their 51st Anniversary; not the 50th, as stated in the last Flyer. – Editor

Please send any corrections or comments to:

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

Subject line - Flyer

## HARDANGER ANYONE???

Are you one that just happens to have one or more partially completed Hardanger projects sitting on a shelf?

There are a few of us out there that would like to actually finish those pieces. Would you like to join us if we can find an instructor?

We'd like to know how many would like to participate in learning Hardanger. If we have enough for a class we can try to find an instructor. The class would also be available to beginners.

If you are interested, please contact Bev Smith, Needle Crafts Coordinator, at [bjsmith@alaska.net](mailto:bjsmith@alaska.net).

Also.... Needle Crafts and Rosemaling classes will run concurrently; 10:00 am until Noon, on the 1st and 3rd Tuesdays of the month.

## Tusen Takk!

The lutefisk & lefse dinner was a huge success again this year. Together we spent over 400 hours putting this dinner on – making all of the foods and then serving to the hungry crowd of over 250 guests this year. Could not do this without the awesome help from all of the members that assisting in putting this event on again this year. Special thanks to the lefse rollers led by Ted Birkedal and Ashley Brunsven and to the excellent lutefisk chefs Ed Larsen and John Holan with expert assistance from Wayne Johnson. Tusen takk to everyone that helped out big and small and hope to see you all again next time around!

Tom Falskow and Patrick McCormick – Co-chairs

## SONS OF NORWAY DIRECTORS AWARD!

On November 15th both Sig Restad and Sons of Norway received a Directors Award in recognition of their dedication, promotion, and support of Alaska Grown.

Over the last 14 years Sig sourced over 80,000 pounds of Alaska Grown carrots, cabbage, and potatoes for events at the Sons of Norway meetings. This consistent support is what paves the way and sets the precedent for a stronger food system in Alaska.

Sons of Norway was founded as a fraternal organization in Minnesota in 1895. Today it has a membership of nearly 60,000 with members in the United States, Canada, and Norway. The membership centers on local lodges such as the Bernt Balchen Lodge in Anchorage, Alaska. There are hundreds of other lodges in the United States, Canada, and Norway. In Alaska there are about half-a-dozen active lodges with about 300 members in Bernt Balchen Lodge.

The mission of Sons of Norway is to promote and to preserve the heritage and culture of Norway, to celebrate its relationship with other Nordic Countries, and provide quality insurance and financial products to our members.

Bernt Balchen Lodge was founded over 70 years ago and like so many other lodges it celebrates Scandinavian culture and heritage through eating traditional Norwegian and other Nordic foods such as lefse (a thin potato and flour cake that looks like a tortilla).



Ted Birkedal, President of Bernt Balchen Lodge shares, *“Many of the lodge events center around food. These include the Faar-i-Kaal (Cabbage and Lamb) dinner, the Lutefisk and Lefse Dinner, the Scandinavian Brunch, and the Norwegian Fish Dinner. Almost all of our vegetables for these meals come from the Valley through the generosity of Sig Restad. So, we enjoy fresh Alaskan food at all our food events. What is grown in the Valley is very similar to the foods that are grown in Norway--potatoes, carrots, cabbage, and rutabagas, so they fit very well with our traditional meals.”*

The Directors award was presented to Sig by Johanna Herron, Farm to School Program Coordinator, Division of Agriculture, Marketing.

# *Sons of Norway Santa Lucia 2014*

A special thank you from the Persson family to all of our members who helped make it such a wonderful celebration!

Lucia Committee Chair: Carol Kalander and committee members: Karen Nordgaard, Terry Gryting, Karin Childers & Anita Persson.

Set Up Committee: Jane Moe, Karen Nordgaard, Carol Kalander, Kiani Kalander, Robert Kalander & Anita Persson.

Musicians: Lise Falskow on the Piano, Erik Falskow on the Saxophone for the Prelude Music. Linda Yarborough for playing the harp during the Lucia procession & playing the piano during the Elf Dance and singing Christmas carols and Marit Kristiansen for playing the accordion during the dancing around the Christmas tree.

Bjarne and Jacqueline Hansen & Kjell Nordgaard for stirring and heating up the porridge, and their helpers who made the porridge: Marit Kristiansen, Mickey Andrew, Aase Haugen, Karen Ruud, and Carol Kalander.

Christina Lovett, and her Sandwich making crew of helpers: Laurie Zimmer, Chris Robertson, Marianne Storms, Bev Griffin, Cindy McDowell, Jim Bysheim, John Lovett, Matt Olnes and Anne Adasiak-Andrew for being in charge of the serving of the rice porridge and her crew of helpers: Deanna James, Marty Margeson, Jackie Hansen, Carol Kalander and Amanda Saxton.

All The Bakers, Servers and Event Day Helpers: Merlin Hamre, John Olnes, Cynthia Olnes, Annie Margeson, Anne McCormick, Patrick McCormick, Karen Nordgaard, Kelsey Gryting-Lien, Terry Gryting, Dan Lien, Tom Falskow, Karin Childers, Erika Childers, Carol Kalander, Kiani Kalander, Gene Rosebecke and Marlene Rosebecke, Amanda Saxton, Whitney Whitman, Tim Andrew, Robert Denholm, Rosey Grunwaldt, Urban Enkvist (for taking photos) and Nikoline Breiting (for reading the Lucia story).

Thank you to Wally and Beverly Smith for making and serving the Gløgg!

Talent Show Participants: Odin Whitman, Jack Olnes, Paige Robertson, Kiani Kalander, Jessie Zimmer, Stella Olnes, Juliana Andrew, Sylvia Rein, Beth Margeson, Annie Margeson, Espen Falskow, The AS Band – Sevrin and Lloyd Persson and Anya and Stefan Otterson.

Clean Up Crew: Johanna Marvin and Family, Robert Denholm, Carol Kalander, Kiani Kalander, Merlin Hamre, John Olnes, Cynthia Olnes, Amanda Saxton and any others we forgot to mention.

And finally, thank you to all of the Lucia Participants, their parents and all who wore their bunads in honor of Hanna's grandmother, Reidun Hansen! It was a very special day for us.

*God Jul og Godt Nytt År!*

*- Lloyd, Anita, Hanna and Sevrin Persson*

## **Christmas Brunch**

Wafts of cardamom breads, lefse, roasting meats, and cranberries filled the Viking Hall in December as Son's of Norway members feasted at a festive Brunch created by dedicated cooks and volunteers. There were salads, pickled red cabbage, dill cabbage salad and more. The gravlox made in Alaska was sumptuous and the meatballs were delicious. Of course pickled herring was served; one with a mustard sauce and one pickled with onions, carrots, and spices. Goat (gjetost) and Jarlsberg cheeses were laid out next to fresh rye and sourdough loaves. (Note: Most of you know that Gjetost cheese, pronounced "yed-OOST" by Scandinavians, is also known as Brunost cheese. Gjetost is a brown Norwegian cheese made of goat's milk or a blend of goat and cow's milk. Gjetost Cheese from Norway is produced by slowly heating a vat of whey, cream and milk. This is why Gjetost is sometimes called a whey cheese. The caramel brown color of Gjetost Cheese is a result of the caramelization of the milk's sugars during this heating process.)

It is something to be here and listen to ooo's and ahh's as people went back for seconds. I heard a couple of people exclaim that there should be a restaurant with this food. Why, yes, we should have these foods every day! Well, there are many memories evoked by home cooking and we shared stories about how a recipe came about and which recipe came from Norway and whether this recipe came from a relative or a friend there and how we make it in Alaska. A dessert of risengrynsgrot was served with a delicate berry sauce and a ginger cookie. Yum!

Although there is no local dedicated restaurant with these foods all year round, we are lucky to have the Sons of Norway members who volunteered to create the feast. Karin Wannamaker and Anita Persson chaired the Brunch committee this year. We thank them and the volunteers who brought this event to life for this holiday season. *'Tusen Takk' to all.*





*Santa Lucia  
2014*



## PROPOSED BY-LAW CHANGES

### **By-Law Changes proposed by the By-Laws Committee:**

*A by-laws review committee was appointed by the Board (consisting of Merlin Hamre, Tom Falskow and Martha Andrew) to review and propose revisions to the lodge by-laws. Following are the proposed by-laws for Bernt Balchen Lodge 2-46 Sons of Norway as presented by the committee at the December membership meeting. The proposed changes are in bold and removed language is stricken-through. Please read these proposed changes and plan to attend the January membership meeting to discuss and vote on the proposed changes.*

#### ARTICLE I: Name and Meetings

The name of the Lodge shall be Bernt Balchen Lodge No. 2-46, Sons of Norway.

Regular meetings shall be held on the second Thursday of each month except during July and August.

The meetings shall be opened promptly at 7:00~~30~~ p.m.

Special meetings may be called in accordance with Constitution and By-laws of Sons of Norway International.

#### ARTICLE II. Object and Purpose

The object and purpose of this Lodge shall be to unite in a fraternal organization of persons who show an great interest in the culture, history and purposes of Sons of Norway.

All other objectives and purposes of this Lodge shall be as specified in Chapter II of the Charter and Constitution of the International Lodge, Sons of Norway.

#### ARTICLE III. Membership

To become a member of a Local Lodge the applicant must be of Norwegian birth or descent, have been a citizen of Norway, be at least 16 years of age, or show interest in the order, culture, history and purposes of Sons of Norway.

The lodge extends a golden membership to all its members who are 65 years of age or older and who have members in good standing in the order for 30 years or more.

Members possessing a current membership card of a different lodge may petition for affiliate membership. Affiliate members shall pay local lodge dues directly to the Treasurer. Affiliate members may not vote within the Lodge for, or become, district or convention delegates from this Lodge and are not counted in the member totals for determining representation.

Unge Venner Membership is extended to youth ages 16-23 who are lineal descendants of a member, or who reside in the same household as a member upon application. Heritage Membership is extended to each child age 15 and under in a member's household upon application. No additional International, District, or Local Lodge Dues shall be assessed on such members meeting the above criteria.

Any individual who meets the qualifications for membership and is between the ages of 16 and 23 and not eligible for family membership status may become a member of Sons of Norway and such member's dues will be at a reduced rate. Further, such members shall have all the rights and privileges as all other members of Sons of Norway.

#### ARTICLE IV. Admission of new members

**To become a member of Sons of Norway, the applicant must possess requirements outlined in the Constitution. Membership in the lodge is effective immediately upon payment of dues and completion of either the online or paper application for membership forms.**

~~Persons who desire to become members of the Local Lodge and are recommended by one of more members of the order, shall make application in writing on the forms provided for that purpose. Said forms shall then be submitted to the Membership Secretary.~~

**Membership in the Lodge is effective upon an affirmative vote of the members.**

#### ARTICLE V. Application Fees and Duties

The ~~initiation~~ **application** fee for all new members shall be \$10.00. ~~Initiation~~ **Application** fee must shall accompany all the new member application forms.

The dues structure of the Lodge shall be:

Individual Member	<b>\$16.50 per year</b>
Spousal Member	<b>\$18.50 per year</b>
Golden Member	<b>\$10.75 per year</b>
Heritage Member	Free
Unge Venner Member	<b>\$12.00 per year</b> (not meeting criteria in Article III, paragraph 4)

**The above dues do not include current International and District fees and dues such as will be set and determined by District and International from time to time and become effective as determined by the District Lodge and/or International Board of Directors.**

**PROPOSED BY-LAW CHANGES** continued**ARTICLE VI. Good Standing**

A member who is in arrears 120 days in the payment of dues shall not be eligible for any benefits of the Lodge, and shall be subject to suspension in accordance with the procedures set forth in the Sons of Norway International Constitution.

A former member who has been suspended for less than a year who pays all back dues and assessments shall be reinstated effective with their original date of membership. A former member who has been suspended for a period of one year or longer may apply as new members, or may upon payment of all back dues and assessments be reinstated effective with original date of membership.

**ARTICLE VII. Officers, Terms of Office and Election**

The officers of this Lodge shall be: President, Vice-president, Counselor, Corresponding Secretary, Recording Secretary, Membership Secretary, Treasurer, ~~Social Director~~, Foundation Director, Cultural Director, Marshall, Assistant Marshall, Inner Greeter, Outer Greeter and three Trustees.

Officers shall be elected for one year, except Trustees shall be elected for three years.

All committees and/or chair persons shall be appointed by the President-elect.

The President shall call and hold Executive Board meetings ~~monthly prior to stated meetings~~ at his or her discretion. The Executive Board shall consist of the President, Vice President, Secretaries, Counselor and Treasurer. Meetings of the full board may be called at President's discretion. Simple majority constitutes as quorum.

An **installation** meeting shall be held by the President with all officers and appointees at the beginning of each new year.

If unable to attend a meeting the officer is asked to notify the President. Without a valid excuse such office will be declared vacant after 3 successive regular meetings.

Special board meetings may be called by the President ~~whenever found required~~ at his or her discretion, but shall be called on written demand by three members of the board.

All other regulations concerning officers, duties of officers, terms of office and election shall be as specified in the Constitution of Local Lodges, Chapter VII, IX, X and XI of the Charter and Constitution of the International Lodge, Sons of Norway.

**ARTICLE VIII. Committees**

Chairpersons for committees necessary to conduct Lodge activities shall be appointed by the President-elect for one year terms.

Three members shall be appointed to the Scholarship/Heritage for three years appointed on staggered terms.

All members shall be encouraged to assist chairpersons in activities on at least one occasion throughout the year.

**ARTICLE IX. Lodge Funds**

Appropriations to defray the running expenses of the Lodge shall require only a simple majority vote for adoption. Other appropriations from the Lodge funds shall require a two-thirds majority of votes cast for adoption.

The Lodge shall maintain one or more funds. The General Fund shall be used to defray the running expenses of the Lodge.

Financial Officers of the Lodge are covered by a blanket position bond, as provided in the Constitution, with a deductible for each claim, which surety bond is maintained by the Home Office, in accordance to the Constitution.

The Lodge elects to retain the positions of Membership Secretary and Treasurer with duties as described in the relevant sections of the Charter and Constitutions of Sons of Norway.

The Lodge shall participate in the mandatory liability insurance for District and Local Lodges as secured by the International Headquarters. This insurance does not cover lodge-owned real estate or buildings, or liquor liability claims.

**ARTICLE X. Parliamentary Authority**

Parliamentary procedure shall be executed during business meetings of this Lodge as outlined and described in "Robert's Rules of Order, Revised."

**ARTICLE XI. International Charter and Constitution**

The authority for all regulations and procedures of this Lodge, not specified by these by-laws, shall be the Charter and Constitution of the International Lodge, Sons of Norway, or as currently amended.

**ARTICLE XII. Adoption, Repeal or Amendment of the By-laws**

This lodge may from time to time, or at least every six years, by a two-thirds majority vote of the members present and voting, adopt, repeal, or amend its by-laws.

Proposals for repealing or changing of these by-laws must be presented in writing and must be read at the meeting when they are received, but they shall not be acted upon before the next meeting.

Such laws and amendments thereto, when they have been adopted by this Lodge, shall be submitted to the Board of Directors of the International Lodge, and shall be effective when approved by the said Board of Directors.



**Sons of Norway**  
**8141 Briarwood St.**  
**Anchorage, AK 99518**  
**907-349-1613**

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## EVENTS

### JANUARY

- |    |          |                     |                                  |
|----|----------|---------------------|----------------------------------|
| 6  | Tuesday  | 10:00 am - 12:00 pm | Needle Crafts & Rosemaling Class |
| 8  | Thursday | 7:00 - 9:00 pm      | Board/Membership Meeting         |
| 17 | Saturday | 7:00 pm             | Cultural & Heritage Night        |
| 20 | Tuesday  | 10:00 am - 12:00 pm | Needle Crafts & Rosemaling Class |

### FEBRUARY

- |    |          |                     |   |
|----|----------|---------------------|---|
| 1  | Sunday   | 2:00 pm             | Super Bowl Party                                    |
| 3  | Tuesday  | 10:00 am - 12:00 pm | Needle Crafts & Rosemaling Class                    |
| 12 | Thursday | 7:00 pm             | Officer Installation<br>Dessert Reception           |
| 14 | Saturday | 7:00 pm             | Cultural & Heritage Night                           |
| 17 | Tuesday  | 10:00 am - 12:00 pm | Needle Crafts & Rosemaling Class                    |
| 28 | Saturday | 11:00 am - 4:00 pm  | Bridge Builders, Meet the World<br>Anchorage Museum |



*Tusen Takk to all who contributed to the Food Bank of Alaska Food Drive this Fall. We emptied the barrel and delivered items.*

*A special thanks to Cynthia Olnes for making sure the goods were delivered on behalf of Sons of Norway Bernt Balchen Lodge 2-46.*

#### **Food Bank Donations**

Our lodge continues to donate canned goods, non-perishable foods and money to the local food bank.

Please bring your food or monetary donation in to Viking hall.



**All events take place at Viking Hall, 8141 Briarwood St., unless otherwise noted.**

Please send articles or event information for the next Newsletter by February 20th to: [sonancak@gmail.com](mailto:sonancak@gmail.com) Attention - **Ruth** Subject Line - **The Flyer**