

VIKING HALL 349-1613
www.sofnalaska.com

April
2019
april



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SONS OF NORWAY BERNT BALCHEN LODGE – PRESIDENT’S MESSAGE

FELLESKAP

Felleskap – that’s Norwegian for community, a sense of working together toward a common goal. It is a big part of what Sons of Norway is all about. Our events, like the upcoming fish dinner, are around bringing our community of fellow Nordic beings together to share some good food and stories together and just enjoy the company of other members and guests.



For those of us that attended the recent Zone seminar where District 2 officers presented some of what is going on in our district, our district Vice President highlighted the fact that Sons of Norway provides a big benefit to each community that has a lodge in the form of volunteer hours we spend not only hosting our own events, but also out in public at events we support in our own community. For example, we have participated in recent years in the annual 4th of July parade, marching along with other cultural and heritage groups as part of the Bridge Builders contingent.

We’ve got a couple of new ideas brewing as well. We are looking into helping to get a chapter of Cycling Without Age established here in Anchorage. Cycling Without Age is a movement started in 2012 by Ole Kassow in Copenhagen, Denmark. Ole wanted to help the elderly get back on their bicycles, but he had to find a solution due to their limited mobility. The answer was a trishaw and he started offering free bike rides to the local nursing home residents. There is a wonderful TED talk by Ole about this effort and how it both enlivens the elderly people that it serves, but also provides a wonderful way for the younger trishaw drivers to interact with their older generation and find out how amazing the stories of their lives are.

We also have a brand new member that is looking to reestablish the Wooden Ski Classic in some form or fashion. Members who have been around for a decade or more might remember that Sons of Norway sponsored the Wooden Ski Classic for several years, at Kincaid Chalet and then at Russian Jack where the rules were that you bring your old wooden skis and dress in woolen stockings and such and see who could not only win the race, but be outfitted in the most classic style of the good old wooden ski days.

If anyone is interested in helping to further these two great ideas, let me know and I will put you in touch with the folks that are leading these efforts to expand our outreach into our community.

In closing, we would love to see more of our members attend Viking Council, the revamped monthly membership meetings, and especially the ever more popular “Hygge Time” that follows each meeting. Had you been at the March Viking Council, you could have tried the latest microbrew to hit the Anchorage market, Midnight Sun’s “Sven” IPA, brewed with a special Norwegian strain of farmhouse yeast. Be on the lookout for some additional opportunities to try Sven as we plan to have some at the Fish Dinner and perhaps will find a time to make a visit to the Midnight Sun Brewery itself to sample some there as well.



As a final note, we also serve the community through the Sons of Norway Foundation which provides grants and scholarships to folks in need. Look online for details as to how the Foundation could help you out and consider giving to the foundation. At each Viking Council we pass the lodge Piggy to collect funds for the foundation. Our own lodge and several of our lodge members have in the past been recipients of grants and scholarships from the foundation, so make sure to keep the foundation in mind.

*Fraternally yours, Tom Falskow
 President, Sons of Norway Bernt Balchen Lodge*

===== 4TH ANNUAL SPRING SILENT AUCTION =====

Proceeds go to the Convention Delegate Fund

Saturday, April 13th

During the Norwegian Fish Dinner



The Silent Auction will be held from 5:00 to 7:30 p.m. during the Norwegian Fish Dinner on Saturday, April 13.



Wood crafted items will again be featured and we hope to have a fine selection of Scandinavian/Nordic items as well.

Please consider donating any gently used Scandinavian/Nordic item for the auction.

Bring donations to Viking Hall, open 9:00 am to 1:00 pm, Tuesday - Friday or call Cynthia Olnes at 562-2794 for more information or to arrange a drop-off time outside of office hours (even on the day of the dinner!)

Thank you in advance for your support!



SUNSHINE REPORT



APRIL BIRTHDAYS

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

"Happy Birthday!"

Haakon Sande
Over 90!
Donna Luiten
Aud Severson
Loretta Hodson



"Gratulerer med dagen!"

Leif Strand
Liv Lunde Ramos
Arni Thomson
Ruta Cukurs
Delores Lambert

If you know someone who needs a little sunshine

Call **696-0725 (cell - 862-1143)**
or email Cindy McDowell:
ccmcd38@hotmail.com

==== MEMBERSHIP NEWS! ====

Membership in Sons of Norway is about **ENRICHMENT**

Since the beginning, Sons of Norway has maintained its dedication to the personal and financial well-being of its members. More than a century later, that devotion remains at the heart of the organization and fuels a collective passion for personal and cultural enrichment.

Welcome

New Members

Eric Johnson Esteline Moe Judith Muller

A BIG Thank You to current members for paying your dues!

Find out what is happening in our lodge

You can see our *Flyer* in "full color" on our Website:
<http://www.sofnalaska.com>

Facebook: www.facebook.com/BerntBalchen

Instagram: [@sonsofnorwayanchorage](https://www.instagram.com/sonsofnorwayanchorage)



Please join us at Viking Hall
8141 Briarwood Street

Sons of Norway, Bernt Balchen Lodge
Sjømatmiddag Meny- (Fish Dinner)
Saturday, April 13th

Two seatings occur at 5:45 and 6:20 pm in order to allow the kitchen & serving staff time to
pace delivery of freshly cooked main entrees to diners.

Forretter (Appetizers) at 5:30 pm

GRAVLAKS (Gravlax)
OSTEFROMAGE (Cheese Mouse)
MARINERT ANSJOS
(Marinated Anchovies)
KJØTTKAKER
(Norwegian Meatballs)

SJAMPINJONGER MED GJETOST OG TIMIANFYLL
(Stuffed Mushrooms with Goat Cheese & Thyme)
SJAMPINJONGER MED BLÅMUGGEOST OG VÅRLØK
(Stuffed Mushrooms with Blue Cheese & Scallions)
SYLTET KVEITE MED ROSMARIN
(Pickled Rosemary halibut)

HJEMMEBAKTE BRØD
(Homemade Breads)!

Ganerensere (Palate Cleansers):

Tapioka øl - (Tapioca Beer) og Fruktis Med Akevitt - (Aquavit Sorbet)



Dinner at 5:45 and 6:20 pm



Hovedretter - Main Course

DRAYTON HARBOR KRABBEKAKER
(Drayton Harbor Crab Cakes)
PESTOGRATINERT TORSK MED SYLTET TOMAT
(Cod with Pesto Crust & Tomato Relish)
BENLØSE FUGLER
(“Boneless Bird” Stuffed Rolled Steak)
KOKTE POTETER MED DILL, SMØR OG SALT
(Boiled potatoes with Dill, Butter and Salt)
OVNSTEKTE ROTGRØNNSAKER MED BAL-
SAMICOEDDIK (Balsamic Roasted Root Vegetables)
ASPARGES MED SITRON-URTE DRESSING
(Asparagus with Lemon-Herbal Dressing)
AGURKSALAT (Cucumber Salad)
SYLTEDE RØDBETER (Pickled Beets)

Desserter - Desserts:

APRIKOSKREM FRA BAVARIA
(Apricot Bavarian Cream)
SJOKOLADETERTE
(Chocolate Torte)
RULLEKAKE MED RABARBRA
(Rhubarb dumplings)
BLØTKAKE
(Norwegian Strawberries &
Cream Cake)
KARDEMOMMEKAKE
(Cardamom Cake)



Adults—\$30 **Ages 12-18—\$15**
Ages 6-11—\$5 **Under 5 yrs—Free**



Call Viking Hall - 349-1613 for Reservations

To help organizers with planning and to ensure your seat—please call by Fri., April 12

SCHOLARSHIPS - DEADLINES APPROACH!



Sons of Norway
 BERNT BALCHEN LODGE NO. 46
 DISTRICT NO. 2
 8141 BRIARWOOD STREET
 ANCHORAGE, AK 99518-3324

Sons of Norway Bernt Balchen Lodge Scholarships

The 2019 scholarship applications for both the **Language and Heritage Scholarship** and the **Higher Education Scholarship** are available at the **Sons of Norway Bernt Balchen Lodge** (Viking Hall, 8141 Briarwood Street, Anchorage, 9am -1pm, Tuesday-Friday).

The **Language and Heritage Scholarship** is available for persons of any age who are interested in attending or participating in Norwegian language or heritage programs.

The **Higher Education Scholarship** is available for persons entering a school of learning beyond the high school level.

Application deadlines are once again on or before May 1. Scholarship recipients will be chosen by May 10th and announced at the 17th of May Celebration. If you have any questions concerning the application process and procedures, please contact Amanda Saxton at 349-1613 or by email at sonsancak@gmail.com

Remember: Pick up an application at Viking Hall. We can email a printable application to you if you contact us with your email address. Please make sure completed application packets arrive at the lodge on or before the due date:

Sons of Norway
Attn: Scholarship Committee
8141 Briarwood St
Anchorage, AK 99518

Several other scholarships are also offered by the Sons of Norway Foundation and District 2. Go to www.sofn.com/foundation and www.sonsofnorway2.com to get a full description for each scholarship, deadlines, and application details.

Application Requirements for Language and Heritage Scholarship

1. Name, date of birth, and address
2. Name of program to be attended
3. Membership in Sons of Norway Lodge #2-046, or a relation to a member of Sons of Norway Lodge #2-046
4. Essay describing your involvement in Sons of Norway Lodge #2-046 and what the Sons of Norway has meant to you
5. Essay of "Why I want to attend a Language/Heritage Program"

Application Requirements for the Higher Education Scholarship

1. Name, date of birth, and address
2. Name of High School with transcript included
3. Date of graduation or expected graduation
4. Membership in Sons of Norway Lodge #2-046, or a relation to a member of Sons of Norway Lodge #2-046
5. Extra-curricular activities and honors
6. Essay describing your involvement in Sons of Norway Lodge #2-046 and what the Sons of Norway has meant to you
7. Essay of "Why I should receive a Higher Education Scholarship"

SCHOLARSHIPS - DON'T MISS OUT!

Sons of Norway

Bernt Balchen Lodge #2-046
8141 Briarwood Street
Anchorage, Alaska 99518

Language and Heritage Scholarship Application

Higher Education Scholarship Application

Due Dates: Application to Scholarship Committee at Bernt Balchen Lodge - Before or on May 1st

Due Dates: Application to Scholarship Committee at Bernt Balchen Lodge - On or before May 1st

Name: Phone Number:

Name: Phone Number:

Email Address:

Email Address:

Date of Birth:

Date of Birth:

Are you a member of Sons of Norway Lodge # 2-046? Yes or No

Are you a member of Sons of Norway Lodge # 2-046? Yes or No

Relationship to a member of Sons of Norway Lodge # 2-046:

Relationship to a member of Sons of Norway Lodge # 2-046:

Member's Name:

Member's Name:

Please attach the following:

Please attach the following:

- 1) Essay describing your involvement in Sons of Norway Lodge #2-046 and what the Sons of Norway has meant for you;
2) Essay of 'Why I want to attend a Language /Heritage Program.'

- 1) Essay describing your involvement in Sons of Norway Lodge #2-046 and what the Sons of Norway has meant for you;
2) Essay based on this question: "Why I should receive a Higher Education Scholarship;"
3) Name of High School and Date of Graduation (please include a transcript of grades with this application); and,
4) List of extra-curricular activities and honors.

Notes:

Notes:

- The above is the list of requirements for a Heritage Scholarship. Each requirement will be considered when choosing a recipient; however, the primary criteria for review is the essay describing your involvement in Sons of Norway Lodge #2-046 and what Sons of Norway means to you.
Scholarship recipients are due to Lodge May 1st, will be reviewed, and announced at the 17th of May Celebration.

- The above is the list of requirements for a higher education scholarship. Each requirement will be considered when choosing a recipient, however, the primary criteria for receipt is the Essay describing your involvement in Sons of Norway Lodge #2-046 and what Sons of Norway means to you.
Scholarship recipients are due to Lodge May 1st, will be reviewed May 10, and announced at the 17th of May Celebration.

Don't miss out on this opportunity to further your education with help from our Lodge!

Many of our members have benefited from this wonderful program.

For applications and information contact the Lodge at 349-1613

THE IMPORTANCE OF YOUR FAMILY HISTORY

Don't forget me when you arrive in the new land....

These words, from the autograph album her Grandpa Ole took on the ship to America, have lingered with member Lonna Hanson long after she first read them. Knowing her Grandpa never saw his mother or homeland again makes them almost painful to even recall. Lonna has reviewed family letters, Bibles, papers, photos and more. She has found truths in family stories and been able to connect to the lives of her extended family.

The more she's discovered, the more she wants to learn...



Please invite those with an interest in family history or genealogy to join us! Membership can help them connect to their Nordic roots and better understand who they are today, by learning about family members who came before.

Joining Sons of Norway can inspire their research, with members-only access to our programs and publications:

Viking magazine – Each year we feature stories and information that could be the key to unlocking family history. Be sure to watch for the upcoming article Genealogical Treasure Trove about the largest collection of Norwegian history books in North America, coming in Viking, May 2019.

Members may also log in at sofn.com to read more genealogy-related articles in the online Viking magazine archive:

- *Family Ties* – A step-by-step guide to starting your own genealogical journey. (Viking, August 2014)
- *An Unbreakable Bond* – Stavig brothers' letters offer details about the one who left Norway and the one who stayed. (Viking, August 2018)
- *The Name Game* – Scandinavian naming practices offer a glimpse into family lineage. (Viking, August 2015)
- *Have Ancestors, Will Travel* (Viking, March 2017)



PLUS: Connect to family roots by researching genealogy and family history with tips and resources provided in the Cultural Skills Genealogy program, exclusively for members.

If your local lodge has a genealogy group, features member genealogy projects at lodge events or another member is ready to help get new members start their family research started, that's even better!

As you look around your community, have you noticed an increased interest in genealogy? Maybe you've spoken with someone who recently took a DNA test and discovered Norwegian or even Viking heritage? Then don't wait another minute – please, invite them to join us.

Doris Kamstra

Sons of Norway Membership Manager and Member



P.S. Here's an important parting thought from Lonna on researching family history that you can share as you encourage prospective members to join and learn more:

"Talk to your older relatives before they die. Ask them everything and let them ramble on! ... think before you toss. Sometimes the most mundane things have clues—pay stubs, car registrations, funeral flyers, obituaries clipped from newspapers, Bibles with births and deaths recorded, post cards, letters sent during wartime or calendars marked with special events. Save the memories. Your descendants will appreciate it."

Photos courtesy of Ruth Kvernplassen

WEAVERS DELIGHT - TAPESTRY WORKSHOP



In March the Anchorage Weavers and Spinners Guild held a three-day tapestry weaving workshop at Viking Hall. The workshop was taught by Annita Magee, an accomplished weaver with over 40 years of experience. Annita has lived in Norway and studied tapestry weaving there and has been published in international magazines. The workshop was limited to ten participants, but no prior weaving experience was necessary, and everyone got lots of one-on-one help. Each participant received a pre-warped Beka tapestry loom, which was included in the workshop cost and was theirs to keep. Over the three days participants worked on weaving a small sampler using wool yarn that Annita imports from the Rauma factory in Åndalsnes, Norway. A variety of tapestry weaving techniques were taught, such as shading, spots, color joins, and shapes.

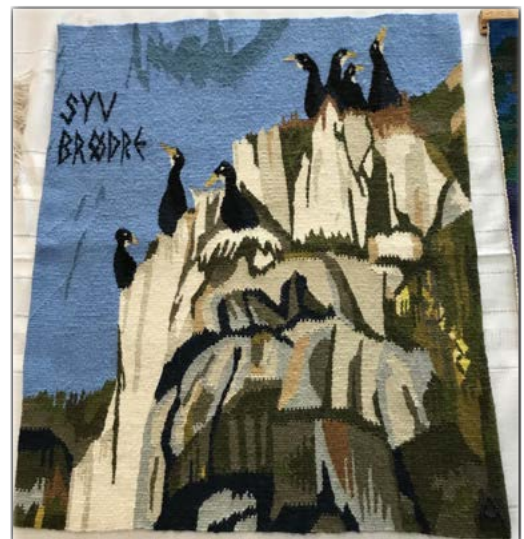


Thanks again to Lorri Wright, a member of both Bernt Balchen Lodge and the Anchorage Weavers and Spinners Guild, for organizing another great weaving workshop!

For more information about the Anchorage Weavers and Spinners Guild and Beka looms:

<http://www.anchorageweavespin.org/> <https://www.bekainc.com/>

Christie Ericson, Cultural Director





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

Non-Profit Organization
 US Postage
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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.

*Please consider
 helping those
 who are less
 fortunate.*



EVENTS FOR APRIL

2nd
Tuesday

10:00 am to Noon

Needle Crafts

10th
Wednesday

7:00 to 9:00 pm

Strikkekafe

11th
Thursday

7:00 pm

Board/Membership Meeting

Viking Council

13th
Saturday

5:30 pm

Norwegian Fish Dinner

16th
Tuesday

10:00 am to Noon

Needle Crafts

24th
Wednesday

7:00 to 9:00 pm

Strikkekafe

EARLY WARNING!!

Mother's Day Brunch

Sunday, May 12th

10:00 am to 1:30 pm
 at Viking Hall

(Contact John Olnes if you would like to help.)

Syttende Mai Parade

Friday, May 17th

6:00 pm at the Park Strip

Syttende Mai Celebration

Sunday, May 19th

5:00 pm at Viking Hall

Did you know you can view *The Flyer* in living color?

<http://www.sofnalaska.com/newsletter>

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

Please send articles or event information

for the next Newsletter by April 20th to: sonancak@gmail.com Attention - Ruth Subject Line - The Flyer