

The Flyer



VIKING HALL 349-1613
www.sofnalaska.com

April
2018
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SONS OF NORWAY BERNT BALCHEN LODGE – PRESIDENT’S MESSAGE

Spring Time!

Spring seems to be finally creeping in the air with more and more sunlight each day and roads starting to be clear of snow and ice. And to help celebrate the arrival of spring, we have a great dinner event planned on Saturday April 14th – our Norwegian Fish Dinner which this year includes a silent auction to help raise money for the convention delegates fund.

Speaking of the convention, this year is convention year and we have elected four delegates to attend the District 2 convention in Lynnwood, Washington from May 30-June 2. Our delegates are Christie Ericson, Marit Kristiansen, Ruth Kvernplassen and Jacob Mathiesen. They would love to hear any ideas you might have for them as they get ready to head south and meet with delegates from the entire District 2. Note that we also have two members currently serving on District 2 board, Martha Andrew and Sandra Hanson, so they too would love to hear from any members as to ideas you think they should bring to the convention.

District 2 is looking for baskets for the convention. They will hold a silent auction at the convention to help with funding for the event and are asking each lodge to assist by putting together a basket. Ball caps, tee shirts, wine, specialty foods, neat treats, special keepsakes, anything that tells the person who claims your basket something about your lodge and the geographical area where you are. Let your imagination go, visit area businesses to see if they are willing to donate something to your basket. Anyone willing to donate something please let me know and we will make sure it gets down there in time for the convention.

Springtime is also a great time to help out at Viking Hall, our beautiful lodge home. We've already had a bit of extra work on the lodge with the melting snow leading to some slight water seepage into the basement. Thankfully, our Viking Hall board pays close attention to such matters and have addressed the issue before it became significant. Anyone with maintenance or construction skills out there or just interested in lending a helping hand on building maintenance, please let our Viking Hall folks know. Call the office at 349-1613 and leave a message.

Finally, 2018 membership goals have been set and our target is to recruit 9% new members to our lodge, which means around 27 new members this year. Members recruiting in 2018 will receive the all-new 2018 Recruiter Pin and a Certificate of Appreciation. Member recruiter bonus: monthly \$25 gift card drawing for those recruiting a new member that month. So let's get out there and recruit some new members so they can join in the fun at our lodge!

And don't forget that our lodge scholarship deadline is May 1. Application forms are available for download from our website at www.sofnalaska.com

Happy spring everyone and hope to see you all soon!

Fraternally yours, Tom Falskow

President, Sons of Norway Bernt Balchen Lodge

WANT TO HAVE SOME FUN FOR A GOOD CAUSE?

It's not too late to volunteer to help at the Fish Dinner on **April 14th.**

Call the Lodge at 349-1613. Help is needed for preparations, serving and cleanup (12th, 13th, 14th).

**3rd Annual Spring Silent Auction at the Fish Dinner
5:00 to 7:30 pm • Donations Needed**

Please consider donating any gently used Scandinavian/ Nordic items for the Auction.

Bring your items to Viking Hall, Tuesday - Friday 9:00 am to 1:00 pm.

Call Cynthia at 562-2794 for more information. Thank you!





Book Review by Terje "Ted" Birkedal

Ancient Scandinavia: An Archaeological History from the First Humans to the Vikings

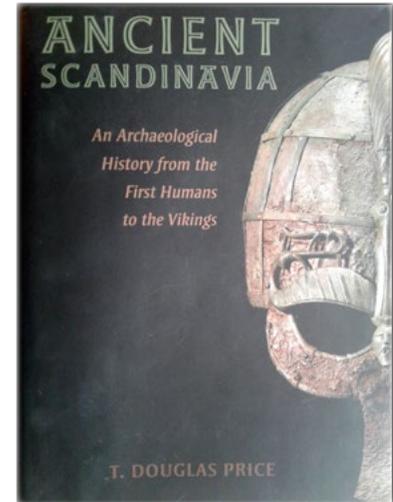
by T. Douglas Price, Oxford University Press

T. Douglas Price's book, *Ancient Scandinavia: An Archaeological History from the First Humans to the Vikings*, published by Oxford University Press in 2015, is the first book in English to provide an up-to-date, comprehensive overview of Scandinavian prehistory. If you are of Scandinavian descent and want to understand the full depth of your cultural heritage, you need to read this wonderful and beautifully illustrated book.

Interestingly, Scandinavia has been at the forefront of scientific archaeological method and theory since the early nineteenth century, perhaps because so much of its history lies under the ground rather than in libraries. In 1967, when I was a student archaeological volunteer at the Iron Age farmstead at Ullandhaug in Stavanger, Norway, I was introduced to ingenious aerial photographic mapping technologies and broad-scale stripping of the earth in foot-ball sized excavations. I realized that the then-very-modest Scandinavian archaeologists had much to teach other archaeologists of the time.

Despite its history of archaeological innovation and achievement, Scandinavia has tended to be written-off by many scholars as lying outside the geographical boundaries of important world-wide archaeological research. Archaeologically speaking, ancient Scandinavia has often been considered peripheral to tracing the main thrusts of human prehistory. Yet contrary to popular opinion, Scandinavia was closely connected to the rest of Europe throughout most of its ancient past. Its first inhabitants migrated from the cold northern plains of northern Germany some 15,000 years ago and then made their way up the long coast of Norway into what is now the Arctic by 10,000 years BC. During the Mesolithic, some 9500 to 4000 years BC, Scandinavia was the place to be for hunters and gatherers. The coastal regions of Scandinavia offered a rich harvest of fish and marine mammals that was unparalleled in the rest of Europe. In the later Bronze Age, 1700 to 500 BC, Scandinavia had established close trade relationships with Central Europe and beyond, and its tribal chieftains had become among the richest in Europe. In fact, the archaeological sites of Bronze Age Denmark have yielded more swords than anywhere else in Europe. Moreover, both in style and workmanship these swords and those of the rest of Scandinavia closely resemble the swords then popular in ancient Mycenaean Greece, the world made popular by the *Iliad* of Homer. By the Viking Age, AD 750-1050, Scandinavia had become a central player of great influence in European history. During the Viking Age Scandinavians took control of much of England and Ireland, all of Northern France, and founded important trading and political outposts in both Russia and the Ukraine. Plus, they benefited from a trading empire that extended to far-flung Constantinople and the Arab Caliphates. Ironically, Scandinavia's central role in European past only begins to ebb in the late Medieval Period when Europeans began to record their history in books and archives rather than in the ground.

Professor Price's book begins with a brief but engaging overview of Scandinavian archaeology. He then sets the stage for the coming of the first Scandinavians by describing the late Ice Age environment of Denmark, Norway, and Sweden. The first inhabitants were reindeer hunters who quickly followed the retreating glaciers that had covered most of Scandinavia for thousands of years. For the most part they hugged the coasts of Scandinavia and within a short time they had extended their prey to include marine mammals such as seals and even whales. Professor Price, because many of these early sites are found on islands, believes these first Scandinavians mastered boat building early on. With final end of the Ice Age, hunting and gathering continued to define the life of the early Scandinavians. The coastal regions of Norway, Denmark, and Sweden provided a rich bounty from the sea and land. During this period, known as the Mesolithic (9,500-4000 BC), the people of Scandinavia enjoyed a diverse diet of fish, marine mammals, mollusks, moose, boar, and aurochs plus a variety of berries, nuts, and other plant foods. Growing cereals and raising domesticated animals comes late to Scandinavia, but the Neolithic (4,000-1700 BC) slowly takes root as people gradually take up farming in addition to fishing and hunting. According to Price, competition for prestige among an emerging elite drove society to gradually take up farming and animal husbandry. By the start of the Bronze Age (1700-500 BC) Scandinavian society has become clearly hierarchical and both leading men and women were buried with rich grave goods in the large earthen mounds that still dot the landscape of Denmark, Norway, and Sweden.



Ancient Scandinavian continues on Page 3

SPRING BREAK-UP MUSICAL FUN

BY LODGE TALENT

3:00 PM, SUNDAY, APRIL 22, 2018

Come greet and celebrate the Alaskan Spring by coming to this fun musical event put on by our talented Bernt Balchen Lodge Members at Viking Hall.

This "Musical Fun" spring celebration is again the inspiration of Hedwig Faber and Anne Adasiak-Andrew, two of the most talented amateur singers in Anchorage.

The event is FREE but we welcome desserts and/or donations.

SUNSHINE REPORT

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

APRIL BIRTHDAYS

"Gratulerer med dagen!"

Ruta Cukurs
Loretta Hodsen
Delores Lambert
Haakon Sande
Aud Severson
Leif Strand
Robert Strother
Arni Thomson
Liv Lunde Ramos

"Happy Birthday!"



If you know someone who needs a little sunshine -
Please call 696-0725 (cell - 862-1143)
or email Cindy McDowell: ccmcd38@hotmail.com

Ancient Scandinavia

Continued from Page 2

Large polities funded by both trade and war arise in the subsequent Iron Age (500 BC-AD 750) which gave birth to the glory days of the Viking Age (AD 750-AD1050) when the invention of the full-fledged Viking ship enabled the chieftains and petty kings of Scandinavian to impose their will on a good part of Europe and harness a vigorous trade with many additional lands. Professor Price does touch on the prehistory of northern Scandinavia and the Sami, but openly admits in his preface that the focus of the book is primarily on what he calls "Southern Scandinavia", for that is where his expertise lies.

Ancient Scandinavia is richly illustrated with many maps and color photographs. It is skillfully organized and well-written. What is particularly welcome is Professor Price's inclusion of detailed descriptions of selected archaeological sites and artifacts from every period he covers. This allows the reader to become closely intimate with a sampling of some the most interesting archaeological sites and treasures of ancient Scandinavia. As an author he ably combines the broad brush of the written word with exquisite and welcome detail.

This review also appeared in *The Norwegian American*.

NORWEGIANS EMBRACE EASTER CRIME NOVEL TRADITION



While many people currently celebrate Easter as we traditionally know it, for Norwegians, this time of year also brings another unique national pastime known as Påskekrim, or Easter Crime. For more than 90 years, the eagerness to crack open a spine-tingling crime novel during the holiday break has been widely embraced. Throughout Norway you'll find book shelves stocked with murder mysteries, horror programs featured on the local television and radio stations and even crime cartoons printed on the back of milk cartons.

Although nobody knows exactly how this unusual tradition developed into the phenomenon it is today, many believe it originated in the early 1920s when two young men from Bergen wrote the book "Bergenstoget Plyndret i Natt" ("Bergen Train Robbed Last Night").

In hopes of promoting their new novel, the pair decided to place a front-page ad in the Oslo daily newspaper, Aftenposten, and titled it the same as the book. Readers were initially frightened after believing a train had indeed been robbed, and the simple marketing tactic generated such notoriety that the book became a huge success. Publishers then capitalized on the infamous Easter-time "crime" in the years to follow, and ultimately turned Påskekrim into an annual tradition.

Viking Magazine has some great suggestions for crime novels. Check out the following issues (either print or online):

Crime Time (April 2018) - <https://view.imirus.com/253/document/12866/page/23>

Read On (July 2016) - <http://msp.imirus.com/Mpowered/book/vvk16/i7/p24>

Summer Reading Guide (July 2015) - <http://msp.imirus.com/Mpowered/book/vvk15/i7/p18>

Nordic Noir (April 2014) - <http://msp.imirus.com/Mpowered/book/vvk14/i4/p38>

(Content modified from Sons of Norway Newsletter Service 2018.)

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!

Pauline Schallock

Janice and John Hallin

Brian Lervold

Brandon Porter

Richard Huff

Paul Kvernplassen

John Andersen

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

Dear Members,

My Name is Glenn Jacob. I am your Fraternal Benefits Counselor for the Anchorage Lodge. *Please take a look at this brief advertisement for Guaranteed Issue Whole Life Insurance.* If you do not have any Life Insurance or if you have been told you cannot apply because of Health Issues, this product will provide some protection for you. There are no Health questions involved with this application.

Please give me a call at 907-746-5857 if you would like to set up an appointment to look at this closer. You can also e-mail me at glenn@wfsalaska.com.

Sons of Norway's Newest Product Guarantee Issue Whole Life

No Medical Questions Asked Guaranteed Acceptance

Here are the advantages:

- Available to anyone up to age 85
- No medical exam or health questionnaire
- \$5,000 - \$25,000 cash payout
- Guaranteed cash values • Fixed premiums

Sons of Norway, Minneapolis, MN offers financial products. Products are not available in all states. Products issued by Sons of Norway are available to applicants who meet membership, insurability and residency requirements.



Please join us at Viking Hall
8141 Briarwood Street

Sons of Norway, Bernt Balchen Lodge

Sjømatmiddag Meny- (Fish Dinner)

Saturday, April 14th

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 VARLØK
(*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

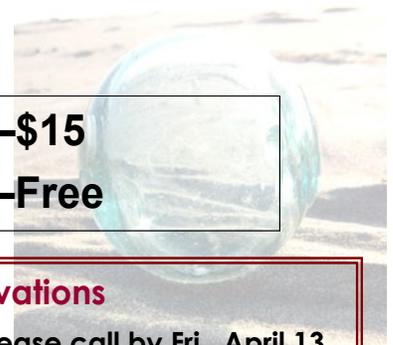
DRAYTON HARBOR KRABBEKAKER
(*Drayton Harbor Crab Cakes*)
PESTOGRATINERT TORSK MED SYLTET TOMAT
(*Cod with Pesto Crust & Tomato Relish*)
BENLØSE FUGLER
(*"Boneless Bird" Stuffed Rolled Steak*)
KOKTE POTETER MED DILL, SMØR OG SALT
(*Boiled potatoes with Dill, Butter and Salt*)
OVNSTEKTE ROTGRØNNSAKER MED BAL-
SAMICOEDDIK (*Balsamic Roasted Root Vegetables*)
ASPARGUS 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*)
KAREMOMMEKAKE
(*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 13

DITT og DATT!

Troops

This spring, approximately 3,000 Alaska-based troops will be returning home from deployment in combat zones. "Operation: Snack Attack" provides refreshment to troops after their long trip home. Refreshment not only includes snacks--but a variety of hygiene and self-care items that allow our returning heroes the opportunity to freshen up before seeing their families after their long separation. These amenities are deeply appreciated, and help boost confidence as troops return to their families. You can show your support and appreciation for our returning Alaska-based military by donating new, factory sealed, travel-size personal care items such as: soap, toothpaste, toothbrushes, deodorant, shaving cream, and disposable shavers. If you wish to help out, please drop items at Viking Hall and we'll make sure they get to the troops.

More Long Walks

If you missed the presentation *Long Walks in the British Isles* at the last Lodge Board meeting don't fret! Register at REI for another presentation by Deborah Hansen and friends. Tuesday April 24 at the Anchorage REI from 6:00 to 7:30.



<https://www.rei.com/events/p/us-ak-anchorage>

First Friday Art with Mark Hansen



Mark Hansen's work will be shown at the Snow City Cafe at 1034 West 4th Avenue (corner of 4th Ave. and L St.)

The showing starts Friday May 4 and lasts till the end of May.

Hey there Folks

Do you have any news of interest to the lodge? Perhaps a question on Norway, or our lodge, that we can answer?

Are you looking for a traditional recipe, or do you have one to share?

Maybe you want to tell us your best Lena and Ole joke? Ditt og Datt (this and that) is the column for you.

To submit items to Ditt og Datt send an email to: sonacak@gmail.com Subject Line: The Flyer/DittDatt

Scholarship Deadlines Approach!

The 2018 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, 9 am -1 pm, Tuesday-Friday)

You can also find the applications available for download on: www.sofnalaska.com

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 May 1st.

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 sonacak@gmail.com.

The Write Stuff

Cultural Director and Librarian Christie Ericson will be writing for the monthly *Norsk 101* column in *The Norwegian American* newspaper. Her first column can be read online:

<http://www.norwegianamerican.com/norsk/norsk-101>





**Anchorage Chamber
CITYWIDE CLEANUP | 50th
presents PLOGGING!**

**50th Annual
CITYWIDE CLEANUP WEEK KICKOFF**

APRIL 28TH
The Lakefront Anchorage

3 pm Event Begins • **3:30 pm** Plog • **4:30 pm** Celebration & Prizes

PLOGGING (v): a Scandinavian exercise trend that combines running with picking up litter

**For more information and to register a team
visit citywidecleanup.org**



Consul's Corner

Information and Opportunities for Norwegian Alaskans



NORWEGIANS COMING TO ALASKA

Norway has been in the news a lot lately with the sweep of Olympic medals and the Iditarod win by Norwegian musher, Joar Leifseth Ulsom. Also newsworthy was a visit to Texas last month by Crown Prince Haakon who was there to promote Norwegian music and entrepreneurship. The Crown Prince gave a presentation at the South by Southwest Festival about what motivates Norwegians to start their own companies. While you may have missed the Olympics, Joar's Iditarod finish, and the Crown Prince at the South by Southwest Festival, there are some wonderful opportunities coming up here in Alaska to listen to and meet some impressive Norwegians.

*April 26 - 29, North by North Festival
will be held at the Anchorage Museum.*

*Visit the following website for a complete
list of events, participants, and registration:*

<https://nxfestival.com/about-nxn>



This year's visitors from Norway include:

Jakop Janssøn Hauan, musician
Ole Øvretveit, Arctic Frontiers
Mayor Kristin Roymo, Tromsø Kommune
Andreas Hoffmann, Arctic Culture Lab, Norway
Jeremie McGowan, Director,
Northern Norway Art Museum, Tromsø

Geir Gotaas, UIT
Bodil Kjelstrup, Nordnorsk Kunstmuseum
Tor Læg Reid, Chief Executive, Arctic Philharmonic
Astrid Aure, Tromsø International Film Festival (TIFF)
Lena Aarekol, Director, Tromsø Museum
Charis Gullickson, Nordnorsk Kunstmuseum

The visiting Norwegians will be featured throughout the weekend with a panel discussion featuring eight Norwegians speaking about, "*Warm Conversations – Norway & the Art of Happiness*" from 1-2:30 pm, Saturday, April 28.

Visit the North by North Festival website for more details.

May 17-20, 60th Anniversary of the Little Norway Festival in Petersburg, Alaska.

Norwegian Ambassador Kåre Aas will be there as well as some Bernt Balchen Lodge members.

Come out and welcome the Norwegian visitors at these upcoming events!

Sincerely,

*Lise Kristiansen Falskow
Norwegian Honorary Consul*

I am honored to have been asked to serve as the Norwegian Honorary Consul in Alaska. When information and opportunities come across my desk, I will let Norwegians in our community know about them in a regular Consul's Corner section of the Flyer.



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

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EVENTS FOR APRIL

<p>3rd Tuesday</p> <p>10:00 am to Noon</p> <p><u>Needle Crafts & Rosemaling</u></p>	<p>12th Thursday</p> <p>7:00 pm</p> <p><u>Board/Membership Meeting</u></p>	<p>14th Saturday</p> <p>5:30 pm</p> <p><u>Norwegian Fish Dinner & Silent Auction</u></p>	<p>17th Tuesday</p> <p>10:00 am to Noon</p> <p><u>Needle Crafts & Rosemaling</u></p>	<p>22nd Sunday</p> <p>3:00 pm</p> <p><u>Spring Breakup Musical Fun by Lodge Talent</u></p>
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TUBFRIM STAMPS

Please save used postage stamps for Tubfrim. Trim around the stamps from envelopes with scissors, leaving a 1/4" margin of paper around the stamp for ease of handling. Picture postcards should be left whole. Tubfrim also collects used telephone cards. The money realized from the sale of these stamps will benefit disabled children and youth in Norway.

*For more information call
 Bernt Balchen Lodge at 349-1613.*

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.



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