

# The Flyer



VIKING HALL 349-1613  
www.sofnalaska.com

October  
2018  
oktober



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## SONS OF NORWAY BERNT BALCHEN LODGE – PRESIDENT’S MESSAGE

### HYGGE TIME HAS ARRIVED!

Fall is officially here, and winter is just around the corner for us here in Alaska. Breaking news, there is now termination dust in the mountains, so that means we can all get our Nordic skis out again soon. It also means we might spend a bit more time inside in front of the fireplace enjoying a warm drink while reading a favorite book or watching a movie with friends and family. You might also get your chef hat on and decide to bake something from grandma’s old Scandinavian cookbook, the torn and tattered one that has been handed down through the family.



Now is the time to try one of those age-tested recipes and remind yourself of your heritage and fill your home with the smells of your childhood. In my family the recipe is for “julekage”, a candied fruit filled cardamom bread that my 82 year-old father still makes every year, bringing back memories of his Danish grandmother who would bake this bread every holiday season, a recipe she likely brought from the homeland when immigrating to Minnesota in the late 1800’s.

All of the comforts of the season mentioned above are captured in the Scandinavian idea of “hygge”, also referred to as “kos” or “lagom”. It is the state of being in comfort and coziness, not in the material sense, but rather in the idea that when we take pleasure in life’s small things, that is “hygge”. Search up these terms and you will find many recent books on the topic as we are all trying to find ways to live a more balanced life and de-stress. One of my friends has just written a book on healthy living, including his list of the “mix of six” things we can do to improve our quality of life. At the top of his list is social support, what he deems is the backbone upon which all other lifestyle changes either succeed or fail. Number two is managing stress and of course maintaining a healthy diet is also one of the six.

So why is Sons of Norway such a special place for me and my family? Perhaps we did not realize that it hits on three of the six quality of life factors – providing a social support network of friends, capturing a bit of “hygge” that helps us de-stress from our busy lives, and of course any great event at our lodge always involves wonderful food!

As we head into the busy holiday season, consider helping out at one or more of our events. Attend a lodge meeting, which are short on business and long on social time around the Viking long table. As we adjourn each meeting we are going to hold a social hour called “Hygge time” (note that time also means “hour” in Norwegian, so roughly speaking this is our “happy hour” to get to know each other better). View it as an opportunity to expand and deepen your social network and share some “hygge” as you gather with friends and family to eat some of the delicious foods we will have on offer this season.

*In closing, this month we will present the slate of officers for the 2019 lodge year at our meeting. Anyone out there that would like to get more involved in helping to keep our lodge running smoothly, please contact me or any of the current officers. Elections will be held at the November meeting. Any willing Norwegians out there wanting to take over from this Dane? Bring it on!*

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

## WE LOVE LEFSE!

Come Join the Lefse Making Crew this  
October, and November!



For those new to lefse making, there are several steps between raw potatoes, flour, and salt and a package of ready-to-sell lefse at the Bazaar. For those not interested in “rolling” there are other ways to help with this important Lodge event. The typical 3-day lefse-making session, Friday through Sunday, consists of the following activities:

### Lefse Making Hours:

Friday 3-6 pm

Saturday 9-6 pm

Sunday 9-6 pm

**Friday:** Wash, boil, peel, and rice potatoes; set up lefse making stations (griddles, cooking and rolling boards, rollers, etc.); set up cooling, sorting, and packaging areas.

**Saturday:** Mix potato and flour into dough; form lefse dough balls, roll and cook lefse; boil, wash, boil, peel, and rice potatoes; sort and package lefse, and clean up work stations.

**Sunday:** Mix potato and flour into dough; form lefse dough balls, roll and cook lefse; boil, wash, boil, peel, and rice potatoes; sort and package lefse, and clean up work stations.

### LEFSE-MAKING SESSIONS IN OCTOBER AND NOVEMBER

#### Lefse Making for Bazaar:

Friday-Sunday/October 5, 6, and 7

#### Lefse Making for Lutefisk Dinner:

Friday-Sunday/November 2, 3, and 4



## SUNSHINE REPORT

### OCTOBER BIRTHDAYS

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

*“Happy Birthday!”*



*“Gratulerer med dagen!”*

Anna Decker

John Olnes

Torulf Hofseth

Carol Hall

*If you know someone who needs a little sunshine*

Call 696-0725 (cell - 862-1143)

or email Cindy McDowell:

[ccmcd38@hotmail.com](mailto:ccmcd38@hotmail.com)

## SUPER BOWL RAFFLE TICKETS

*Football season is here and you know what that means.*



**Ticket sales for the Sons of Norway  
2019 Super Bowl Raffle!**

*The raffle is the primary source of funds for the Sons of Norway Bernt Balchen Lodge Language/Heritage/Higher Education Scholarships.*

*Tickets are available at Lodge events and Viking Hall during regular office hours -*

9:00 am to 1:00 pm

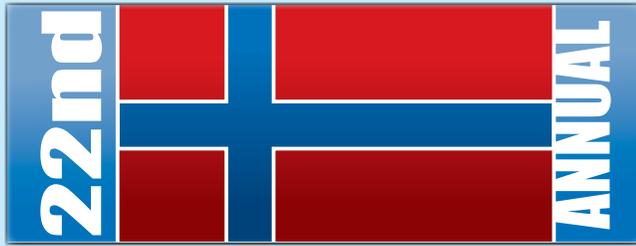
Tuesday through Friday

# Faar-i-kaal!

*This autumn tradition is always a big hit with Bernt Balchen members. Hopefully you were there to enjoy traditional Norwegian comfort food of lamb and cabbage, with great music from the Polka Buzz!*



All photos courtesy of Ruth Kvernplassen.



# Viking Hall

8141 Briarwood St.

October 13, 2018 10:00 am - 4:00 pm

## SCANDINAVIAN BAZAAR

PLEASE JOIN US FOR A CULTURAL EXPERIENCE!

We will have demonstrations for rosemaling, and amazing food, including the popular lefse, krumkake and waffles for sale!

Our Kitchen will be serving the best lunch in town!

Delicious traditional soups, open-faced sandwiches and the popular polse.

THERE WILL BE MANY SCANDINAVIAN ITEMS FOR SALE INCLUDING TOP QUALITY HAND MADE:

Sweaters, Boots, Mittens  
Nisses, Gnomes  
Pick a Pearl Booth  
Jewelry, Wine Trays,  
Charms, Silk Scarves

Vintage Sweater Pillows  
Fused Glass  
Original Artwork  
Ceramics and Pottery  
Handmade log stools & benches

Homemade Jams & Jellies  
Christmas Ornaments  
Linens

**And much more!**

FOR MORE INFORMATION PLEASE CALL 349-1613

### LUTEFISK AND LEFSE DINNER IS COMING SOON!

*This dinner is one of the lodge's biggest fundraising events, helping to keep our wonderful Viking Hall in great shape and allowing us to continue providing great events for our members and friends.*

Please consider helping out this year. It is a great way to not only show support for the lodge, but also to get to know other members and friends and find out just how much fun we have behind the scenes in making events like this possible.

The dinner itself this year is on Saturday November 10th with two seatings: 4 - 6 pm or 7 -10 pm. We ask that reservations be made for the dinner as we have limited seating and this is the most popular event of the year. Call the lodge at 349-1613 to make a reservation for the seating of your choice.

**Pricing: Adults \$25 (non-members \$30)**

*Ages 12-16 \$12*

*Ages 5-11 \$6*

*4 and under free.*

In terms of helping out, there are various days and times where we could use your assistance:

Friday November 2nd – *preparation for lefse rolling 3 - 6 pm – help boil potatoes and set things up for the two days of rolling.*

Saturday November 3rd – *roll lefse from 9 am - 6 pm (even a couple of hours of your time would be a great help)*

Sunday November 4th – *roll lefse from 9 am - 6 pm and note that from noon onward we welcome the youth of the lodge to come and assist and learn from the lefse rolling masters just how easy it is to roll some lefse.*

Sunday November 4th – *meatball rolling from 1 - 4 pm*

Friday November 9th – *preparation for the dinner (veggies, sauces, dinning room, etc) starting at 10 am until done (usually around 8 pm)*

Saturday November 10th – **THE BIG EVENT** – *help with first seating from 3-6 pm or second seating from 6 - 9 pm or cleanup from 9 pm onward.*

Let me know by e-mail at [lise@gci.net](mailto:lise@gci.net) if you are willing to assist with any of the above areas, or give me a call at 222-5320 if you have questions. Tusen takk!

*Tom Falskow, Co-chair Lutfisk dinner 2016*

# Sons of Norway Lucia 2018

## BE A PART OF SONS OF NORWAY LUCIA 2018

The Lucia Committee wants to remind all Bernt Balchen Lodge members about our Lucia Christmas program on December 9. Children ages 4 to 18 who have parents or grandparents that are members of Sons of Norway are welcome to participate in the Lucia program and talent show at the event.

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. In traditional celebrations, Saint Lucy or 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. In some forms, including 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.

The Lucia tradition at the Bernt Balchen Lodge celebrates our Scandinavian heritage through music, food, and language. It is one of the most popular events at the lodge. 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 enjoying 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.

The head of the procession is selected each year by the Lucia Committee. Please contact a committee member if your daughter is interested and appears to fulfill the selection criteria.



### VOLUNTEERING:

*The Lucia committee looking for new members to help serve on this all-important group of folks that help organize one of the most popular Scandinavian events in town, our Family Lucia Party in December. If you are interested in serving, or learning more about what this might involved, please contact President Tom Falskow at [lise@gci.net](mailto:lise@gci.net).*

*The Lucia Committee is also seeking volunteers to help during the Christmas program. From making sandwiches to pouring glogg to cutting spruce boughs, there are many opportunities for supporting this fun family-focused event.*

### DATES TO REMEMBER:

#### Lucia Rehearsal #1

Sunday, November 18 2:30 pm

#### Lucia Rehearsal #2

Sunday, December 2 4:00 pm

#### Lucia Christmas Celebration

Sunday, December 9 3:00 - 6:00 pm

### LUCIA SELECTION CRITERIA

Every year during December, Bernt Balchen Lodge sponsors the Lucia Christmas Program. These are the criteria we use each year to choose the Lucia:

1. Parents (or grandparents) must be members in good standing of the Sons of Norway.
2. The girl's parents (or grandparents) must have been members for at least the past three consecutive years.
3. In order to be eligible to be the Lucia, the girl must have participated in the last three consecutive Lucia Festivals.
4. The person chosen to be Lucia must be unmarried and between the ages of 15 and 19.
5. If she has met the preceding qualifications, the Lucia is chosen based on ranking in high school (a senior would be chosen over a junior) and age (the oldest eligible girl). In some circumstances, a combination of these criteria may need to be taken into consideration.
6. If more than one girl qualifies to be Lucia based on the criteria immediately above, selection of the Lucia from the eligible girls will be made at the Lodge's October meeting.
7. The Lucia's name will be announced in the November newsletter.
8. The Lucia Committee will be in charge of the Lucia Christmas Program. The parents/grandparents of the Lucia are responsible for the two (2) Lucia practices and will work in cooperation with the committee to plan and make arrangements for the Christmas program.
9. The Lucia is encouraged to participate in the next year's Lucia Festival as Mother Elf.

*Any deviations from the above will be reviewed by the Lucia Committee.*



## Consul's Corner

*Information and Opportunities for Norwegian Alaskans*

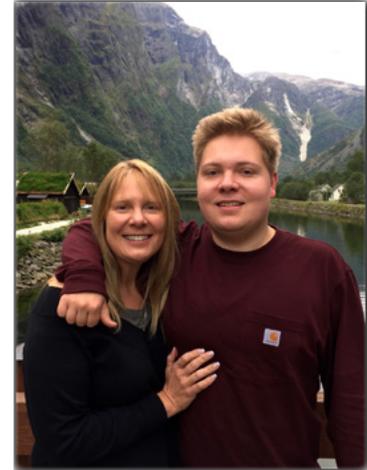


### FOLKEHØGSKOLE: ONE MORE REASON TO BE A HUGE NORWAY FAN

Last month my son, who was ready to enter his sophomore year of college, was searching study abroad options around the world when he came across a program in Norway that focused on his current passion, making and producing music. He jumped on the airplane and the opportunity and started a one year program at Elverum Folkehøgskole. After witnessing this program first hand, and reading about the 660 different focus areas offered around the country, I am now a huge fan and encourage all young adults to consider taking the time to grow as an individual by spending a year in Norway at one of the 80 Folkehøgskoler (Folkehøgskoler is the plural form of Folkehøgskole and can also be written as Folkehøyskole).

Folkehøgskole, translated as Folk high school, is not high school as we know it. It is a higher education school for high school graduates with most of the students between the ages of 18-25. They are boarding schools spread across the entire country based on the philosophy that the student's time at school is to develop each individual as a person while focusing on a subject that interests them. Students at these schools, "broaden their horizons, deepen their social insights, get more confidence in themselves, and learn tools for lifelong learning." There are no grades or exams. Instead, the students concentrate on an area that interests them and transition to adulthood, all while traveling around Norway and the world.

Many American students choose to study Norwegian Language and Culture while at Folkehøgskole and several schools offer this as a focus area. In addition to Norwegian, there are over 600 other focus areas that are open to all students like climbing, outdoor adventure in South Africa, marketing, snowboarding, global studies in Africa and Asia, singing, diplomacy, computers, hunting & fishing, psychology, diving, graphic design, and extreme sports to name a few. Many of these areas include significant travel both inside Norway and outside of Norway to fully immerse themselves in their chosen area while growing as an individual from their experiences. My son's music production studies, for example, will include recording music and marketing his product around Norway as well as travels to London, Copenhagen, Vienna and Budapest. During the first month, he jumped into this program performing in



Lise and her son visiting the Norwegian Fjords before school starts.



Hanna and fellow Norwegian Studies students.

front of thousands of people in Norway, picking berries up in the mountains with his classmates, working backstage at a concert, taking his turn at kitchen duties, and recording songs with state of the art recording equipment. Several Alaskans have taken advantage of folkehøgskole opportunities over the years.

Lodge member, Hanna Persson, was at Elverum last year where she studied Norwegian Language and Culture and "had the best year of her life."

Talking with Hanna about her year in Norway you can feel her passion for the school and for her time in Norway. She is an impressive and articulate young woman who in addition to learning about Norwegian language and culture, knitted her own sweaters, hiked in the mountains, fished, made beautiful knives, played in the band, took Zumba classes in Norwegian, developed close friendships, and travelled with classmates both in and out of Norway.

***Folkehøgskole continues on Page 7***

## Consul Corner: Folkehøgskole

*Continued from Page 6*

Each Folkehøgskole starts admitting people February 1st for a spot in the fall and I would encourage American students to apply early so that they have time to apply for a Norwegian Student Visa after they are accepted. The cost of each school and program varies and is highly subsidized by the government. The current cost is around \$15,000 for the year.



Lise saying, "goodbye – have a wonderful year!"

After spending a few days at a folkehøgskole in Norway, I am a new fan and encourage all young adults to consider spending a year in Norway at one of the 80 Folkehøgskoler. Pick your passion and then find a location, maybe Alta, Kristiansand, Lofoten, Molde, Oslo, Stavanger, Sandefjord, Trondheim, Voss, or Ålesund. For more information, go to [folkehogskole.no](http://folkehogskole.no). This website is in both Norwegian and English.

*Lise Kristiansen Falskow,  
Norwegian Honorary Consul*



Hanna in front of the main building at Elverum Folkehøgskole.

### SCANDINAVIAN BAZAAR - VELKOMMEN CAFÉ

***This is your opportunity to help our Lodge and have alot of fun in the process!***

Join the activity in the busy Velkommen Cafe' on Saturday, October 13th. No experience necessary! From 8:00 am til 4:00 pm we will be preparing fresh open face sandwiches, dishing up hot soups and porridges, taking orders and lots more in a fun and friendly kitchen.

There are flexible shifts and a variety of tasks available to fit your schedule.

The Cafe' is a popular stop during the Scandinavian Bazaar and contributes financially to the lodge.

***If you can join us, send a text or give a call to Gayle at 441-9358. Thanks!!***



### DONATIONS STILL NEEDED FOR THE BAZAAR!

***We are still accepting donated Scandinavian/ Nordic items for the Silent Auction, to be held during the Scandinavian Bazaar, October 13th.***

***And don't forget about your favorite Bake Sale donations!***

Gently used sweaters or bunads, candle holders, linens, knitwear, artwork, Christmas decorations and rosemaling are all items that have done well in previous years.

***Contact the Lodge at 349-1613 for more information. Thank you for your support!***

### SNAKKER NORSK?

#### ***Norwegian Language and Culture Classes are Back!***

The class is held on Sunday evenings from 6:30-8:00 PM and will run through mid-May. Native Norwegian speaker, Lillian Anderson, originally from Kristiansand, Norway, will be teaching this fun class once again. Christie Ericson will also be assisting Lillian with the class this year.

All skill levels are welcome. Textbooks and other language materials will be provided free of charge. We also recommend that all students bring a Norwegian-English dictionary for use in the class. The total cost of the 8-month class will be \$20.00 for Sons of Norway members and \$40.00 for non-members (checks payable to the Sons of Norway).



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

Non-Profit Organization  
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 Anchorage, Alaska  
**PERMIT 505**

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 OCTOBER

**5th**  
**Friday**

3:00 - 6:00 pm

Lefse Making for Bazaar

**6th**  
**Saturday**

9:00 am - 6:00 pm

Lefse Making for Bazaar

**7th**  
**Sunday**

9:00 am - 6:00 pm

Lefse Making for Bazaar

*See Page 2  
 for More  
 Information!*



**11th**  
**Thursday**

6:30 pm / 7:00 pm

Potluck Social  
Board/Membership Meeting

**13th**  
**Saturday**

10:00 am - 4:00 pm

Scandinavian Bazaar



*See Page 4  
 for More  
 Information!*

**16th**  
**Tuesday**

10:00 am - Noon

Needle Crafts & Rosemaling Class

## ATTENTION ALL BAKERS!!

The 22nd Annual Christmas Bazaar is  
Saturday the 13th, and the  
 Bake Sale table needs your help!

If you would like to donate homemade cookies, cakes  
 or breads, please bring them to the bazaar on  
 Saturday, October 13th between 9 am and 2 pm.

All items must be packaged and ready to sell.

*We will have labels there if you need them and can  
 help with the pricing. This is the largest annual  
 fund-raiser for our lodge, please help us make it a  
 success! Hint - Chocolate is VERY popular!*

For more information call Anita @ 301-4215



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

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