

The *Flyer*



VIKING HALL 349-1613  
www.sofnalaska.com

May  
2019  
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GRUNNLOVSDAGEN

Grunnlovsdagen – Constitution Day, is now approaching and our small community of Norwegians will celebrate once again with a parade on the Park Strip and a potluck social at the lodge. Most nations celebrate their birthday in some form or fashion, many of which, including our own 4th of July, are celebrated with parades that include armed forces representation and fireworks to remind us of the battles fought to make our nations free. This likely arises out of the history of most nations having been formed out of armed conflict like our own nation where the Declaration of Independence from England set off a military conflict to sever the ties.



Norway’s divorce from Sweden was a peaceful resolution and in fact was not finalized until some 91 years after May 17th 1814 when the union with Sweden was finally dissolved in 1905 and Prince Carl of Denmark was chosen to be King Haakon VII of Norway. No rifles, cannons, warships or otherwise, a simple parting of ways with a transition to a fully independent nation.

This peaceful dissolution is firmly represented in present day celebrations across Norway where the focus of the national day is on children. Starting in 1864 the day became more established when the first children's parade was launched in Christiania, now Oslo. Today, all over Norway, children's parades with an abundance of flags form the central elements of the celebration. Each elementary school district arranges its own parade with marching bands. The parade takes the children through the community, often making stops at homes of senior citizens, war memorials, etc. The massive Oslo parade includes some 100 schools, marching bands, and passes the royal palace where the royal family greet the people from the main balcony.

Typically, a school's children parade will consist of some senior school children carrying the school's official banner, followed by a handful of other older children carrying full size Norwegian flags, and the school's marching band. After the band, the rest of the school children follow with hand-sized flags, often with the junior forms first, and often behind self-made banners for each form or even individual class. Nearby kindergartens may also have been invited to join in. As the parade passes, bystanders often join in behind the official parade, and follow the parade back to the school.

Please join our lodge here in Anchorage as we peacefully celebrate the day at our two planned events. Norway has shown the world that there are ways to resolve national issues with a peaceful process and focus the celebration on youth, the future citizens of the world we have created. Let’s show Anchorage how we can all work together for a better world!

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

FLYER NEWS

Our lodge is attempting to "go-greener" for our environment *and* save money in the process. One way we can do that is for members to view the *Flyer* online.

Let us know if you are willing to stop receiving the *Flyer* in your mailbox and would rather read it online. All of the photos are in full color! It is super easy to find, just go to the lodge website at [www.sofnalaska.com](http://www.sofnalaska.com) and click on the menu item “Newsletter”. There you will find the current issue, and past issues for several years.

Contact lodge President Tom Falskow at [lise@gci.net](mailto:lise@gci.net) to opt out of the *Flyer* mailing list.

*Do you receive our weekly eBlast news updates?* If not please sign-up by clicking on “Join our Email List” on our lodge homepage. The weekly updates provide reminders for upcoming events and includes special events or emerging opportunities that might not have made it into our calendar.

We appreciate your consideration of helping us go-green and save on costs. Rest assured if you still want to receive the *Flyer* in the mail, we will continue to mail it out to you.

# Mother's Day Brunch at Viking Hall

Sunday, May 12<sup>th</sup> 10:00 am to 1:30 pm

## The menu includes:

Walter's sourdough pancakes, Nuna's apple cinnamon syrup, ham, reindeer sausage, eggs, mixed fruit and beverages.

Adults - \$12

Ages 12 to 16 - \$8,

Ages 5 to 11 - \$5

Under 5 years FREE

The Mother's Day Brunch committee is hoping some of our Lodge Youth are available to help with serving during the Brunch on Sunday, May 12<sup>th</sup> between 10:00 am and 1:30 pm. We are looking at 2-hour shifts, however even an hour would be greatly appreciated. Please contact John Olnes (562-2794) or leave a message at the Viking Hall office (349-1613) to let the committee know what times you are available to help.

*Thanks Mom!*



## SUNSHINE REPORT



### MAY BIRTHDAYS

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

*"Happy Birthday!"*



*"Gratulerer med dagen!"*

Reidun Hansen  
Margaret J. Edwards  
Darrell Korman  
Gordon D. Homme

Marianne L Storms  
David W. Haugen  
Judith A. Bagley  
Joan W. Nunn

*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)

## ==== 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 to our New Members*

Bill, Alice, and Ben Michaelson  
Gus and Linda Wahl  
Marti Pausback  
Marilyn Romano

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

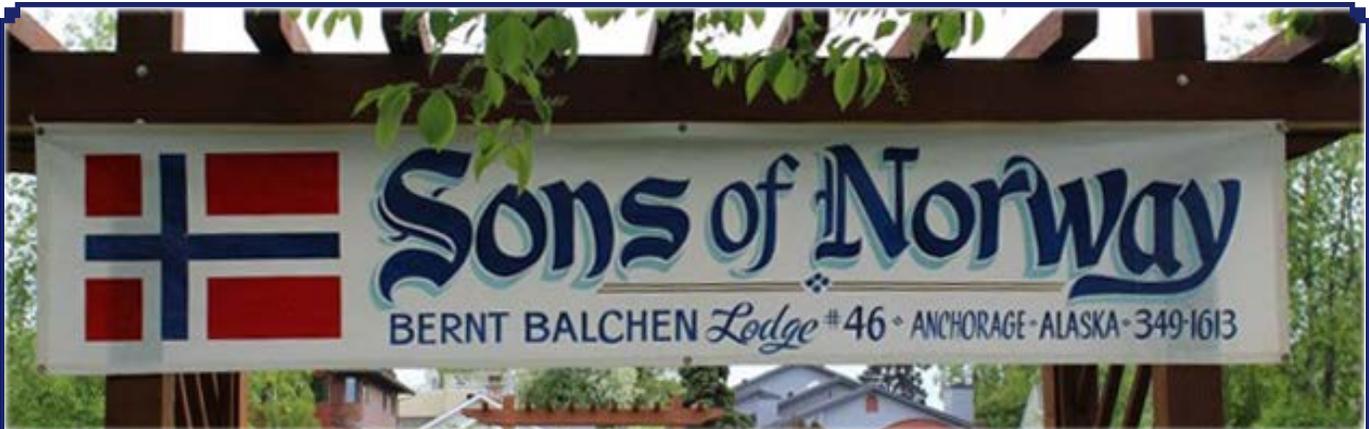
Find out what is happening in our lodge

You can see our *Flyer* in "full color" on our Website:

<http://www.sofnalaska.com>

Facebook: [www.facebook.com/BerntBalchen](http://www.facebook.com/BerntBalchen)

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



## Meet us for the SYTTENDE MAI PARADE

**Friday, May 17 6:00 - 8:00 pm**

Join us in celebration of Norway's Constitution Day for a traditional parade on May 17.

**We will meet downtown near the Delaney Park Rose Garden in the open space west of "N" Street on the north side of the Rose Garden between 9th and 10th Avenue**

We encourage you to wear your bunads, Norwegian sweaters or red and blue ribbons as we carry Norwegian flags and the Bernt Balchen Lodge banner around the block. We will have flags on hand - or bring your own.

We encourage all ages to share special talents or favorite 17 Mai memories. We'd also very much appreciate having some of our lodge's talented musicians accompany us as we march around the block as well.

*A short program will precede the parade and hotdogs and ice cream will follow.*

***This event takes place rain or shine!***

*If you would like to help or have questions please contact John Olnes at 562-2794.*

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## Join us for the Syttende Mai Potluck Celebration at Viking Hall

**Sunday, May 19th at Viking Hall - 5:00 pm      Cost: \$5.00 per person**

Bring a side dish, dessert, or salad. Sons of Norway will supply a meat dish.

Join us at Viking Hall as the Lodge celebrates Syttende Mai and announces our Scholarship winners.

If you would like to help or have any questions please contact the Lodge at 349-1613.

## MURDER IN THE LODGE

### Three mystery night plays tell entertaining tales of death, discord, and dysfunction

By Terje Birkedal, Laguna Woods, California - *This article first appeared in the Norwegian American on April 5th, 2019*

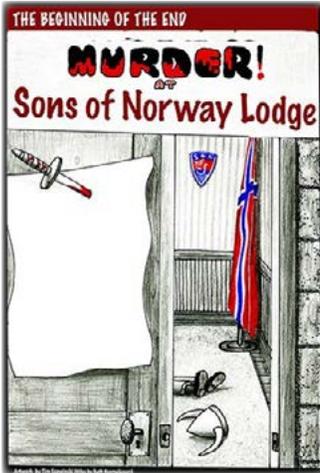


Photo courtesy of Sons of Norway  
The poster artwork for the first play was done by Tim Szawinski, with titles by Ruth Kvernplassen.

In 2008, Mickey Andrew, then the vice president of Sons of Norway Bernt Balchen Lodge in Anchorage, Alaska, asked me to find a murder mystery play that we could put on at Viking Hall as a membership event. I futilely searched the internet for days and could find nothing that was even remotely satisfactory for our lodge. Most of the mystery night play offerings I found were inane, poorly written, or both. After spending \$80 for a number of online mystery plays and coming up with nothing worth putting on, I decided to write one myself, one specifically geared for production by a Sons of Norway lodge. I went ahead with the project, and our members put on a successful mystery night dinner and play that proved to be fun for all. Later, I was urged to write a second mystery night play and then a third to follow the first two. The end product, finished in 2013, was a trilogy covering several years of murder and mayhem at a dysfunctional version of Bernt Balchen Lodge. The overall name for the trilogy was *Murder at Bernt Balchen Lodge*.

In 2017, Marit Kristiansen, former president of Sons of Norway and one of the members of Bernt Balchen Lodge, suggested that I should make the three plays available to other Sons of Norway lodges so that they, too, could put on mystery night plays that were especially written for production by Sons of Norway members. So I went ahead,

with the blessing of my lodge, and wrote to Sons of Norway headquarters staff to inquire whether they would be interested in making the plays available to all the lodges. In early 2018, Doris Kamstra, the membership manager of Sons of Norway, contacted me and said Sons was definitely interested in the plays. Doris and her staff renamed the mystery night trilogy *Murder at Sons of Norway Lodge* and painstakingly edited each of the plays to make them more generic so they were no longer were specific to Bernt Balchen Lodge.

The complete *Murder at Sons of Norway Lodge* trilogy is now available online free of charge to any Sons of Norway lodge or member at Sons of Norway's official website. In proper sequence the three mystery night plays are *The Beginning of the End*, *Death Knocks Again*, and *The Ambassadors Come to Dinner*. The three plays tell the tale of what can happen when "peace and harmony" do not prevail in a Sons of Norway lodge and envy and hatred rule the hearts of the members. Each of the plays is in a sense a "morality play," that by negative example teaches the true values embraced by Sons of Norway. By intention, the plays also showcase many bits and pieces of Norwegian culture and heritage. And despite the dark murderous goings-on that dominate the plays, they are meant to be fun for both the actors and the audience.

The plays require minimal staging and only a few props. Also, the actors can choose to read their lines rather than memorize them. The setting for each play is simply a Sons of Norway lodge hall or meeting place. The plays come with general guidance on putting them on and more specific guidance on which props are necessary, character backgrounds, and clue sheets for the audience. The artwork created by Tim Szawinski, Ruth Kvernplassen, and Janet Clemens for the three plays was intended for use as flyers or posters that lodges may wish to use to advertise their own particular events. Each piece of artwork has a blank space reserved for individual lodges to insert their own unique event announcements. In addition, Sons of Norway has created ticket sheets that lodges may use for their mystery night events.

If by any chance a Sons of Norway lodge wants to change parts of the dialogue, the names and number of characters, or staging directions, etc. it will be free to do so. In other words, lodges are permitted, if they so desire, to customize the plays within reason so as to best fit their own unique needs or constraints.

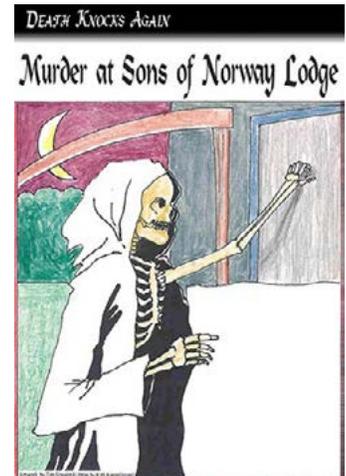


Photo courtesy of Sons of Norway  
The poster artwork for the second play, also done by Tim Szawinski, with titles by Ruth Kvernplassen.

**Three Mystery Night Plays continues on Page 5**

## THREE MYSTERY NIGHT PLAYS

### *Three Mystery Night Plays - continued from Page 4*

The three mystery plays plus the associated support materials, including artwork, can be accessed by Sons of Norway members on the official Sons of Norway website (www.sofn.com). Members should first log in and then go to "Member Resources." Once in "Member Resources," click on "Cultural Programming," and open the "Idea Bank." The three *Murder at Sons of Norway Lodge* plays are under "Skits." With the exception of the artwork and ticket sheets, each play will come complete with all the support materials. The flyer and poster artwork and the ticket sheets will be need to be downloaded separately. Nonetheless, members should find the process as simple as one, two, three.

Are the plays worth downloading? As the author I am not in a position to evaluate the quality of my own work. That is a job for others to do. However, in the summer of 2015, I had the privilege, as lodge president, of giving a brief oral summary of the plays to His Majesty King Harald of Norway when he visited Bernt Balchen Lodge in Alaska, and he laughed heartily at my telling. I would propose that his laughter could be considered at least an informal royal endorsement of the plays.

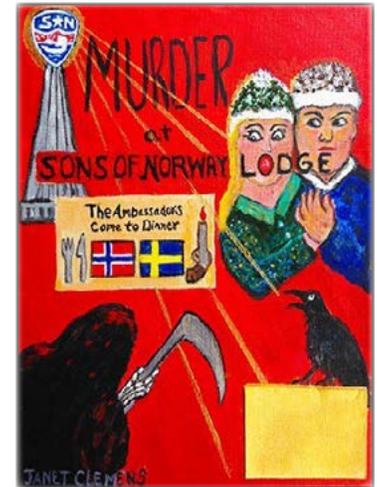


Photo courtesy of Sons of Norway  
The final poster artwork was done by Janet Clemens. All available to members at the Sons of Norway website.

*Terje "Ted" Birkedal was born in Stavanger, Norway, in 1946. He grew up in Colorado and earned a Ph.D. in Anthropology from the University of Colorado. He retired in 2012 but remains active in his field and has served as the President of Sons of Norway Bernt Balchen Lodge in Anchorage since 2012. He has conducted archeological fieldwork in the American South, the Great Plains, Norway, Canada, Guam, and Alaska. He has always been passionate about Norwegian prehistory and history.*

**This article originally appeared in the April 5, 2019, issue of *The Norwegian American*.**

**To subscribe, visit [SUBSCRIBE](#) or call us at (206) 784-4617.**

## FABULOUS FISH DINNER WITH GOOD FRIENDS



Anton Meyer, George Haugen, Steinar Hansen

*Tusen Takk - to all the volunteers who made the Norwegian Fish Dinner a Success!*

## CULTURAL SKILLS PROGRAM



Cultural Director Christie Ericson earned a Cultural Skills medal for Knitting

Did you know that you can earn medals for learning about Norwegian culture? The Sons of Norway Cultural Skills Program is a great resource for learning about historical and contemporary Norwegian culture. There are a variety of topics you can choose from, so there is sure to be something for every interest. You can complete the units on your own, team up with a friend, or organize a group for even more fun!

Ornamental Woodcarving  
Chip Carving  
Folk Dancing  
Music and Musicians of Norway  
Youth Cultural Skills

For more information on the Cultural Skills Program units or to download an information packet:

**Log in to the Sons of Norway website:**

<https://www.sofn.com/>

(You will need to create a username/password to log in.)

**Then go to:**

Member Resources > Cultural Programming  
> Cultural Skills Program

*Complete the unit according to the directions and send in your documentation to the International Sons of Norway office. Cultural Skills Program medals are presented to members at the monthly lodge meetings.*

Contact Cultural Director Christie Ericson if you have any questions or would like information about a particular unit: [christieak@gmail.com](mailto:christieak@gmail.com) or 602-0673.

*Learn more about your Cultural Heritage today!*

Cultural skills units currently available include:

Traditional Norwegian Cooking  
Literature  
Stamp Collecting  
Rosemaling  
Genealogy  
Knitting  
Norwegian Language and Culture  
Hardanger Embroidery  
Figure Carving  
Weaving

### STRIKKEKAFE AT BERNT BALCHEN LODGE

In January of this year we started a new event to encourage our members and friends to gather twice a month for an evening of knitting, socializing and treats. Strikkekafe means 'knitting café' and is popular all over Norway for those who enjoy handcrafts, it's not just for knitters! This a time to gather with your projects (håndarbeid) and socialize. It is a great way to meet other members, get inspiration, share ideas, learn something new or get a little help.

Strikkekafé members have been busy knitting mittens!



"Knitting Cafe" in the Library and Bernt Balchen Lodge.

We meet the 2<sup>nd</sup> and 4<sup>th</sup> Wednesday of the month from 7:00 - 9:00 pm either in the library or in the main hall. May 8<sup>th</sup> will be our last meeting this spring, but we do plan to meet at a local park in June. The date and time will be posted on E-Blast so be sure to watch for it! Our regular meetings will start up again in September. We hope you can join us!

*If you have questions please contact Anita 301-4215 or Christie 602-0673*

*Alle ønskes hjertelig velkommen! (Everyone is welcome!)*



## PASSAGES



Paul Roseland  
Past President

Paul Roseland a long time Sons of Norway member and on the Viking Hall board in the 80s and 90s passed away on March 21st.

Paul spearheaded many fundraisers to help pay for the additional lot (upper parking area) and funding building improvements. He spent many hours on maintenance and improvements to the lodge. I took over as president of the Viking Hall board after Paul.



Left to right: Ora Runestad, Dagrun  
Brotherston, Paul Roseland, Petra Ramstad.

I appreciated Paul's positive attitude and willingness to step in to do whatever was needed.

In recent years as Paul's health declined he had been living in Arizona. *John Olnes*



Draping the  
Charter for  
Paul Roseland.

### This is the official obituary from Legacy.com

The Alaska Singing Sourdough, Paul Eugene Roseland, 90, the son of Arne and Selma Roseland of Newfolden, Minnesota passed away on March 21, 2019 in Green Valley, Arizona. Paul was born July 15, 1928 and was the fourth of six children. He learned to be a hard worker early in his life; at age 9 he took care of sheep and fed chickens at the Ole Erickson farm. Paul was in the U.S. Army from 1948-1954. While stationed in Alaska he decided to put down roots and become a custom home builder. Paul married Bernice Field in 1950 and had four children: Arne, Ronald, Theresa, and Lori.

October of 1973 found Paul building a house. He moved into it in 1974 and was one of Alaska's last homesteaders on 160 acres at Portage, Alaska. It was always one of his favorite places, as he loved being on a farm.

Paul enjoyed many trips traveling throughout Alaska talking to old-timers and prospectors, putting back together the pieces of Alaska's old folk music. He has collected and recorded many songs on CDs and records since 1967. One of his most well-known songs is one he wrote entitled "Goodbye, Summer." In the 1970s Paul performed for King Olaf of Norway and was later awarded the Norwegian Heritage Award after performing five concerts in 1989, the first ever given to a folk singer. He was a life member and Past President of the Sons of Norway and of The Pioneers Alaska. Besides his love for music, Paul enjoyed hunting, gardening and toast with his homemade jam.

He was preceded in death by his son, Arne Roseland, and daughter, Teresa Hendrickson; sister and brother-in-law, Allie (Art) Waldron, brother and sister-in-law, Lloyd (Elaine) Roseland, and brothers, John Roseland and Jerome Roseland. Surviving him is Diann Sewald of Green Valley, AZ, his soulmate of 40 years; twin sister, Pauline (Roseland) Bondy of Grand Forks, ND; son, Ronald (Jennifer) Roseland of Beaverton OR; daughter, Lori (Danny) Newquist and daughter-in-law, Jackie Roseland of Crookston MN; son-in-law, Miles Hendrickson of Bagley MN; sister-in-law, Darlene Roseland of Newfolden, MN; 9 grandchildren and 11 great-grandchildren; and many nieces and nephews.

Paul will be known as one of Alaska's greatest historians preserving some of its oldest folk songs, artifacts and pictures. He was honored by Dan Sullivan, Mayor of Anchorage, Alaska when he dedicated April 18, 2015 as Paul Roseland Day.

While living in Alaska, he was a member of Gloria Dei Lutheran Church and while in Green Valley he was a member of Desert Hills Lutheran Church.

Paul Roseland's many talents and storytelling will be sorely missed. The memorial service remembering Paul Eugene Roseland will be held at a later date to be announced.

***Take time to reach out to those who have lost a loved one.  
Just a few kind words can make a big difference.***



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

Non-Profit Organization  
 US Postage  
**PAID**  
 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 MAY

**7th**  
**Tuesday**  
 10:00 am to Noon  
Needle Crafts

**8th**  
**Wednesday**  
 7:00 to 9:00 pm  
Strikkekafe

**9th**  
**Thursday**  
 7:00 pm  
Viking Council Meeting

**12th**  
**Sunday**  
 10:00 am to 1:30 pm  
**Mother's Day Brunch**

**17th**  
**Friday**  
 6:00 pm  
Syttende Mai Parade

**19th**  
**Friday**  
 5:00 pm  
Syttende Mai Celebration

**21st**  
**Tuesday**  
 10:00 am to Noon  
Needle Crafts

Strikkekafe  
*See you in  
 September!*

## HELP NEEDED!

### Spring Clean-up at Viking Hall

Please join us on Saturday, May 4th  
 between 10:00 am and Noon

We need your help with outdoor clean-up  
 around Viking Hall. Bring shovels, rakes  
 and gloves to help spruce up our lodge in  
 preparation for May Lodge activities. Two  
 events coming up in May at Viking Hall are  
 the Mother's Day Brunch on Sunday, May 12  
 and the Syttende Mai Celebration on Sunday,  
 May 19. Contact John Olnes at 562-2794 if  
 you have questions.



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 May 20th to: [sonancak@gmail.com](mailto:sonancak@gmail.com) Attention - Ruth Subject Line - The Flyer