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## SEPTEMBER / OCTOBER 2022 september / oktober

### Greetings Lodge Members!

After a nice summer break, we just kicked off the lodge's busy calendar of events with the annual Fish Boil Dinner. Over 80 members and guests enjoyed this delicious dinner and fun event. Fish Boil's are a Wisconsin tradition brought to our lodge in 2005, by long-time members Wayne and Sandra Johnson. Sandra carried 55 lbs. of white fish from Wisconsin in her luggage to make sure our lodge could have the real deal. Today, black cod is served but Sandra still brings jars of her delicious homemade tartar sauce. Tusen takk to them and the crew and volunteers for keeping this fun tradition going!

Next up we've got the Faar-i-Kaal Dinner, Nordic Market and Lutefisk Dinner. Volunteers are needed for all and new members are especially encouraged to help out. Pitching in and helping at any or all of these events is a fun way to meet members and get totally immersed in our wonderful Scandinavian culture! Details and contacts are in this newsletter.

The Nordic Market has grown tremendously over the years thanks to Chairs Charlene Howe and Gayle Mathiesen. They put in a lot of time and energy months before the big day to ensure there are top quality vendors at the market and the best lunch in town is served in the Velkommen Café. There is also a Bakery Booth with fresh lefse, cardamom bread and other pastries. Lefse is very popular and is usually sold out in hours. Cynthia Olnes chairs the lefse making and orders 300 lbs. of potatoes that is generously provided by the Restad family. Members have many opportunities to practice, sample, and/or learn how to make lefse – don't miss out!

Keep an eye out for more information and reminders of lodge activities through EBlast, or posts to Facebook and the Website. There is a potluck social coming up on October 13th to welcome new members. We are all looking forward to another great year of fellowship at Bernt Balchen Lodge!



Photo Credit: Christie Ericson

*Med Vennlig Hilsen,  
Linda Bustamante, President  
Bernt Balchen Lodge*

## FAAR-I-KAAL DINNER - SEPTEMBER 17TH



**This delicious dinner features Lamb and Cabbage, Boiled Potatoes, Carrots, Fresh Rolls, and Dessert.**

**Doors open at 5:30 pm**

**Dinner is served at 6:00 pm.**

**Cost is \$25.00**

**To-go dinners will be available for pickup after 6:00 pm.**

**RSVPs required for dining room seating and to-go dinners by September 15th**

**Call the Lodge at 907-349-1613**



FALL LEFSE MAKING

Lefse making for the Nordic Market bake sale on October 8th is scheduled for Friday-Sunday, September 23-25 and September 30 & October 1-2.

The 3-day lefse making session has preparation and set-up on Friday (3 - 6 pm) with lefse-rolling and packaging on Saturday (9 am - 6pm) and Sunday (9 am-6 pm).

This is a huge fundraiser for the Lodge so we hope to see you on any of the dates/ times listed above. Contact Cynthia at 907-748-6301 if you would like more information or to let us know what time/dates you can help. Or, if you find you have a couple hours to help out please drop by!



For the health and safety of everyone, personal protection practices are recommended along with ventilation and distancing.

Lefse making for the Lutefisk Dinner is scheduled for Friday-Sunday, October 28-30. The hours differ for this session with preparation and set-up on Friday (5:30 -8 pm) and lefse-rolling and packaging on Saturday (9 am - 6 pm) and Sunday (9 am - 3 pm).

SAVE THE DATE FOR THE THREE LEFSE MAKING SESSIONS:

September 23 - 25 • September 30 & October 1 - 2 • October 28 - 30

SUNSHINE REPORT

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

SEPTEMBER BIRTHDAYS

- Timothy D. Benintendi, Grethe S. Berge, Sandra L. Christopherson, Kaare P. Elde, Sandra S. Hanson, Dottie C. Hill, Marianne G. Lang, Norma Link, Beverly J. Smith, John Stabb, Connie F. Thompson

OCTOBER BIRTHDAYS

- Bruce B. Brunsvold, John A. Olnes, Lori Kincaid, Gust K. Wahl, Dinah Ann Martin

If you know someone who needs a little sunshine Contact Anna Bryant at: anna\_bryant@hotmail.com



2023 SUPER BOWL RAFFLE SCHOLARSHIP FUNDRAISER

The Super Bowl Raffle is the primary source of funds for the Sons of Norway Bernt Balchen Lodge No. 2-046 Language/ Heritage/Higher Education Scholarships.

The Raffle will again have 20 winners with a top prize of \$1,000. Only 300 tickets are sold so the chance to win is very generous, one in fifteen. Tickets are selling for \$25 each or a special deal of 5-for-\$100. The drawing will be held during the airing of Super Bowl LVII on Sunday, February 12, 2023.

Raffle tickets are available from committee members John (907-748-0704), Sandra (907-243-2132), Jane (907-227-2735), and Wayne (907-748-0098). Please give one of us a call and we will arrange getting tickets to you.

Raffle tickets will also be available at all upcoming Lodge events and through the office.

Leave a phone message at 907-349-1613 or email: sonancak@gmail.com

VIKING HALL 907-349-1613 8141 Briarwood Street • Anchorage, AK 99518



Website: https://www.sofnalaska.com Facebook: www.facebook.com/BerntBalchen Instagram: @sonsofnorwayanchorage Sons of Norway International: https://www.sofn.com Submit Articles for The Flyer: kvern66@gmail.com Attn: The Flyer

Submission deadline for our next issue (November/December) is October 15th



# Consul's Corner

Information and Opportunities for Norwegian Alaskans



Lise Kristiansen • Royal Norwegian Honorary Consul, Alaska • Telephone: +1 (907) 440-5473  
737 W. 5th Ave., Suite 210 • Anchorage, Alaska 99501 [www.norway.org](http://www.norway.org)

## Coming to Alaska

Arne O Holm, an award winning journalist (originally from Tromsø) and Editor-in-Chief of the High North News is coming to Alaska for one day along with a delegation from Bodø, Norway. You can read his articles in Norwegian or translated into English at [www.highnorthnews.com](http://www.highnorthnews.com). You can also see him in person at noon on September 29 at 49 State Brewing Company when Lise Kristiansen and Dr. Andreas Raspotnik from Nord University in Bodø, Norway talk with him about his perspective on Russia, Ukraine and the Arctic. More information and registration at [www.alaskaworldaffairs.org](http://www.alaskaworldaffairs.org).

### Registraton Link:

<https://www.alaskaworldaffairs.org/events/as-told-from-the-north-a-journalists-perspective-on-russia-ukraine-the-arctic-arne-o-holm/>

OR

SCAN TO REGISTER



**AS TOLD FROM THE NORTH**  
A journalist's perspective on Russia, Ukraine, & the Arctic  
**featuring arne o. holm**  
**09.29.22**  
discussion moderated by  
Dr. Andreas Raspotnik Lise Kristiansen  
[www.AlaskaWorldAffairs.org/events](http://www.AlaskaWorldAffairs.org/events)

## Are you Planning on Traveling to Norway?

The Norwegian Government removed all regulatory measures against COVID-19 for residents and visitors of Norway, including the requirement to wear a face covering, keep a 1-meter distance, and the duty to go into isolation when people are sick. At this time, there are no requirements to obtain a negative COVID test prior to travel and the requirement to register entry into Norway upon arrival have both been discontinued. Updated COVID Travel Information from the Government can be found at: [www.regjeringen.no](http://www.regjeringen.no).

## Passport Delays

From the Norwegian Embassy in Washington D.C. - Thales, the supplier of Norwegian passports, reports a shortage of raw materials and reduced production capacity. The shortage of raw materials is due to the pandemic and the war in Europe. The situation affects Norway and several other European countries. We therefore ask applicants who are already in possession of another country's passport, and who do not immediately need a Norwegian passport, to wait with their application until the autumn of 2022.

The embassy will not be able to confirm when your passport will be ready. For more information, visit: [www.norway.no](http://www.norway.no).



JOIN THE VELKOMMEN CAFE TEAM



The Nordic Market continues to be the Lodge's main fundraiser. The Market is a busy, upbeat event and many hands make the day a success.

Be a part of the Market's Velkommen Café crew on Saturday, October 8th! Join members as we dish up hot soup and porridge, take orders and bake pastries in a fun and friendly kitchen. We'll have a place for you when you call to help.

Send a text or call Gayle Mathiesen at 441-9358. Thanks!

The Velkommen Café is a popular stop at the Nordic Market. We serve Scandinavian-inspired foods with a fresh twist – including Meatballs-on-a-Stick, Polse wrapped in Lefse, Ertesuppe (yellow pea soup w/ham). Don't forget the sweets: warm Waffles with strawberry jam & whipped cream, Risengrot (rice porridge with sugar & cinnamon), Krumkake and fresh Oslo Kringle baked hourly. The Cafe is open 10-4 on Saturday, October 8, 2022 at Viking Hall.



DONATIONS STILL NEEDED FOR THE NORDIC MARKET!



Bakers, if you would like to donate homemade cookies, cakes or breads, please bring them to the Nordic Market on Saturday, October 8th 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

We are still accepting donated Scandinavian/Nordic items for the Silent Auction, to be held during the Nordic Market.

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!

STRIKKEKAFÉ



Happy fall! To all our fellow knitters and makers out there, we are looking forward to seeing you again soon. Strikkekafe is scheduled to meet again twice a month starting Wednesday, September 14th.

Please bring your finished projects for Show and Tell! It will be so fun to see what everyone has been up to.

Strikkekafe means 'knitting cafe' and is popular all over Norway for those who enjoy handcrafts, it's not just for knitters! This is a time to gather with your projects and enjoy the company of others. It is a great way to meet other members, get inspiration, share your skills, or get a little help.

Strikkekafe meets the 2nd and 4th Wednesdays of the month.

Check the E-BLAST for notifications or contact:

Christie 602-0673 or Anita 301-4215.



NORSK SAMTALEGRUPPE

Norwegian Conversation Group

Saturdays ~ 10-11 am via Zoom

All levels welcome

Contact Christie Ericson to register  
christieak@gmail.com



Our 26th Annual Scandinavian Bazaar aka

# NORDIC MARKET

October 8, 2022 | 10 am - 4 pm

Viking Hall 8141 Briarwood Street

Again, we will hold the growing Nordic Market indoors and out! Cultural demonstrations will include Rosemaling, Woodworking and Norwegian Knitting. There will be lively Scandinavian music and the **Velkommen Café** will be serving delicious food throughout the day.

**There will be many top-quality Scandinavian items for sale, including:**

- |                                      |                                  |                                       |
|--------------------------------------|----------------------------------|---------------------------------------|
| Norwegian Sweaters & Apparel         | Authors to Autograph their Books | Unique, one-of-a kind Jewelry         |
| Unique Artwork in Various Mediums    | Stained Glass and Fused Glass    | Alaskan Wild Berry Jams/Jellies       |
| Embossed Prints & Photographs        | Loofa soaps, Xtratuf Items       | Finnish/Ukrainian/Russian handicrafts |
| 3-Dimensional Colorful Wood Art      | Alaskan Birch Baskets            | Fur-Bearded Gnomies                   |
| Quilted, Felted & Knit Items, Aprons | Fresh Roasted Coffee             | Handcrafted Wooden Items              |
| Scandinavian/Alaskan Enamel Mugs     | Hand-dyed Silk Scarves           | Alaska Wildflowers Pressed on Glass   |
| Nordic Homegoods & Food Gifts        | Alaskan Art, Wood Maps, Puzzles  | Lobben boots & Norwegian Ski Chairs   |
| Finnish Kicksleds                    |                                  |                                       |

Still serving "the best lunch in town", the **Velkommen Café** will offer a variety of Scandinavian Treats including Polse (Reindeer dog wrapped in lefse), Meatballs on a Stick, Warm Waffles and fresh Danish Pastries!

Fresh Lefse, Cardamom Bread, Pastries and other baked goodies will be prepackaged for purchase at the **Outdoor Bakery Booth.**

**Our popular Scandinavian Silent Auction will be open until 3:00 pm.**



2022 Fall

Friluftsliv Schedule

**October 10/23 Sunday**

*Leaf walk at the Turnagain Arm trail. We will say goodbye to the leaves and hello to unobstructed views.*

**When:** Sunday October 23 from 2:00-4:00

**Where:** Meet at the Northern Turnagain arm trail head (18699 Seward Hwy) and we will walk along the Inlet and admire the fjord and fall leaves.



**November 11/13 Sunday**

*Winter wool walk Come bundle up in your most beautiful Nordic sweaters, hats, mittens and enjoy and brisk winter walk*

**When:** Sunday November 13 from 2:00-4:00

**Where:** We will meet at the Out house at the Prospect Heights trailhead and walk up the South fork of Campbell creek.

**December 12/17 Saturday**

*Candle light walk in the dark to a tree. Walk with battery candles to a dark and lonely tree and sing carols.*

Battery candles and English caroling books will be provided. Bring cookies and your favorite Norwegian songs

**When:** Saturday December 17 from 4:00-6:00

**Where:** Meet at Abbott Loop Community park by the Pavilion.



DISTRICT 2 - CONVENTION NEWS

Christie Ericson has completed her 4 year term as D2 Zone 6 Director and Hanna Persson was voted in for the next 2 year term.

2024 D2 Convention bids were received from Paulsbo and Coeur d'Alene lodges.

A resolution was passed for Heritage member membership years to be carried over to adult memberships.

The Grieg Lodge in Portland were wonderful hosts. They set a high standard and made us all feel welcome!

As usual the Alaska Hospitality Room was a huge hit among the conventioners.





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

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**Especially during this time,  
 our neighbors need us.**

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.



# CLASSIFIEDS FOR VIKINGS

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*Lower cost than COBRA*

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[CL-Kitty.Kincaid@outlook.com](mailto:CL-Kitty.Kincaid@outlook.com)

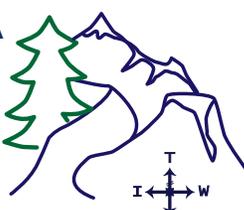
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**Attention:**  
**Classifieds for Vikings**

**INTO THE WOODS ALASKA**

After School Programs  
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 (All ages)



**For information, and to sign up:**  
<https://intothewoodsalaska.com/>