

VIKING HALL 349-1613  
www.sofnalaska.com

**March | April**  
**2012**  
**mars | april**



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## Sons of Norway Bernt Balchen Lodge President's Message

Is it Spring yet? After this cold and snowy winter, an early Spring would be welcome – but not very likely! So we will just think nice thoughts in the meantime. Our Flyer Editor, Cynthia, is going to Africa soon to enjoy warmer weather and lots of interesting sights to see so we will not have another Flyer until May. John is going on the trip too.

We have woodcarving coming up in March and a Cultural & Heritage Event, which will include some of our previous International Food Fest. I've even heard a whisper that there

might be haggis for us to try!

April will be our Norwegian Fish Dinner and wonderful ideas are in the mill to make that an evening that you won't want to miss. Everyone seems so busy these days but taking time to attend an event can really be worth the effort.

The District 2 Convention will be in Tacoma, WA, May 23-26. Bernt Balchen Lodge was eligible for five delegates who were elected at the February business meeting. They are: Anna Decker, Tom Falskow, John Olnes, Anita

Dale and Susan Soby. Alternates are: Cindy McDowell and Ingrid Braastad. You will be well represented at the convention and can expect an interesting report from the delegates when they return.

If there are any new retirees out there, please join us for Kaffeslabberas on the third Thursday of each month. We serve soup and open-faced sandwiches, dessert and beverages from 11:30-1:30, which provides time for good conversation.

Fraternally,  
Mickey

### Program for Sons of Norway Business Meeting Thursday, March 8<sup>th</sup> - 7:00 pm

**Hard Times and My Money:  
Asset Protection in the Current Political Climate**  
By Gary Milton  
**Sons of Norway Financial Counselor**



Come to the Bernt Balchen Lodge Business Meeting on March 8, 2012, and learn about your financial present and future, something you care about. Gary Milton, Sons of Norway Financial Benefits Counselor for Alaska, will give a talk entitled "Hard Times and My Money: Asset Protection in the Current Political Climate." Hear the talk, you do not have to stay for the Business meeting!



### Kaffeslabberas

Coming up the following Thursdays  
**March 15<sup>th</sup> & April 19<sup>th</sup>**  
**11:30 - 1:30 @ Viking Hall**

#### The best place in town for lunch!

Come and enjoy the wonderful soups and sandwiches at a very reasonable price. Please call ahead to Viking Hall @ 349-1613, but we always welcome drop-ins.



**Please join us at Viking Hall**

for



## **NORWEGIAN CULTURAL and HERITAGE EVENT**

**Saturday, March 24<sup>th</sup>**

**3pm to 7pm**

Sons of Norway will host another Norwegian Cultural and Heritage Event at Viking Hall on Saturday, March 24, 2012, starting at 3pm. The purpose is to expose members and potential members to different aspects of Norwegian traditional culture and heritage.

Due to popular demand we will have a repeat of the training in the proper drinking of aquavit and the use of the Norwegian-style cheese cutter. We will have a number of other heritage demonstrations as well including an introduction to the Icelandic Sagas.

The program is informal and free. Just show up at Viking Hall located at 8141 Briarwood Street (a block north of Sicily's Pizza off Dimond Blvd.)

### **SUPER BOWL RAFFLE 2012**

**Thanks to all of you who supported our Scholarship Fund by purchasing raffle tickets!**

The enthusiastic crowd attending the Sons of Norway Super Bowl Party enjoyed great entertainment and wonderful food. Wayne Johnson's Lapskaus stew was once again a hit. Special thanks to Jane Moe for keeping tabs on the money, notifying winners and complying with official gaming requirements.

We congratulate all winners and especially the big winner Sheila Harris. Our thanks to those who helped make this event happen—Jane Moe, Sandra Hanson, John & Cynthia Olnes, Wayne Johnson, Ted Birkedal, David Michaelson, Steinar Hansen, Lisa Sealy, Marti Barnard, Merlin Hamre, Chris Nelson, Ed Larsen and Marit Kristiansen. Once again a special thanks to Sandra Hanson for her efforts selling tickets.

### **Here are the 2012 winners!**

<u>Drawn</u>	<u>Won</u>	
#1	\$200	David Lee
#7	\$ 50	Shirley Moe
#13	\$100	Laurie Zimmer
#45	\$50	Anna Decker
#66	\$25	Mary Hansen
#75	\$50	Wally & Beverly Smith
#90	\$100	Anna Decker
#105	\$25	Boyd Berg
#121	\$50	Pete Hjellen
#150	\$200	David Lee
#165	\$25	Marti Barnard
#180	\$25	Robert Weimer
#195	\$100	Marit Kristiansen
#210	\$50	John Hall
#225	\$25	Bob Lohr
#240	\$100	Shirley Moe
#250	\$25	John Olnes
#270	\$50	Lynn Ann Eng
#299	\$250	Lynn Ann Eng
#300	\$1000	Sheila Harris

## Sunshine Report



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

"Happy Birthday"  
"Gratulerer med dagen!"

**Prudence J. Brown**  
**George Etsell**  
**Loretta Hodson**  
**Dwight Hovland Sr.**  
**Sigmund Restad**  
**Wayne Rockne**  
**Haakon Sande**  
**Aud Severson**  
**Gordon Severson**  
**Frederick Steinhauser**  
**Robert Stinson**  
**Robert Strother**

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

# WELCOME

## New Members!

**Michael R. Anderson**  
**Chris Nelson**  
**Robert G. Peterson**  
**Patricia R. Pine**  
**Donna M. Rydeen**

**Lutefisk for Sale—\$9 per lb.**  
Frozen - 4 & 5 Pound Packages

**Lefse for Sale—\$20**  
Package of 1-dozen

## Woodcarving Seminar



The **Last Frontier Woodcarvers** are offering another day of woodcarving **Saturday, March 10, 9am-4pm at Viking Hall**, for all those who would like to try their hand at this skill. There will be 10 classes offered from which you pick the one that would suit you the best.

**Cost is \$20 per person which includes the wood, tools to use, carving instructions, choice of project and a great lunch.** A parent must attend with any child participating.

The class projects will be available to see at **Artistry in Wood** in the Northway Mall from **February 22-March 4**. This would be a great time to register for one of the classes. Woodcarvers, woodturners, woodworkers and woodscrollers will be demonstrating throughout the Artistry in Wood event for everyone to watch and learn. Just stopping by the Northway Mall to see the fantastic exhibit will be well worth your time.

For more information and to sign up for a fun day of carving contact Cindy McDowell at 696-0725 or 862-1143.

## NATIONWIDE CASTING SEARCH FOR AMERICANS WITH SWEDISH ROOTS

[www.greatswedishadventure.com](http://www.greatswedishadventure.com)

For more information—contract LA office casting producer Sofia Eng at ph: (310)500-8350 or email: [sofia.eng@fridaytv.se](mailto:sofia.eng@fridaytv.se)



Meter Television are searching for Americans with Swedish ancestry for a reality TV-show. After the major success of Great Swedish Adventure-Allt för Sverige (The Swedish title of the show) season 1 we are now casting for season 2.

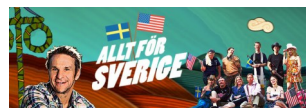
The Producers of the Swedish version of "American Idol" and "Minute To Win It" are coming to the U.S. to find fun, outgoing Americans with Swedish ancestry to participate in their new television series "Allt för Sverige."

Brian the Winner season 1: Before I used the hear the stories, now I lived the stories...

Americans will travel to Sweden and participate in an exciting television series. Chosen participants will compete in extreme cultural challenges to discover their rich and fascinating roots while trying to win the grand prize; MEETING THEIR SWEDISH RELATIVES.

This is an extraordinary opportunity to discover a new land and culture and have a chance to win a spectacular prize.

"Allt för Sverige" will be shot potentially other countries as a lifetime" opportunity for try and experience their rich heritage.



and broadcast in Sweden and well. This is an incredible "once in someone to discover their ancestors and fascinating Swedish cultural

## Fra biblioteket

Inspector Erlender Sveinsson returns in a new novel from Icelandic author Arnaldur Indridason called *Arctic Chill* (*Vetrarborgin*.) Confronting one of modern Scandinavian society's growing issues, the Reykjavik police are called to a block of apartments when a body of a young Asian boy is found in the garden. The in-

vestigation soon uncovers some of the tensions that simmer below the surface of an otherwise liberal and multicultural society. *Arctic Chill* provides a vivid portrait of Iceland's little-known culture wars in a well constructed and fast-paced police procedural. Kate Owen from the UK's Daily Telegraph has this to say, "Delving into

the prejudices and inequalities of Icelandic society, this novel has great clarity, emotional depth, and resonance." Check out this new pick from the lodge library and you will not be disappointed.

Tom Falskow  
Lodge Librarian



## Viking Hall News

Rental bookings for weddings and parties for 2012 are looking good. Our current debt-free status allows us to again work on building up the maintenance and improvement fund for future needs.

A few maintenance issues have already come up in 2012. Inspection of the heat ventilation and ducting system found that repairs were necessary. Leaks were found in the heat ducts running through the roof trusses. In addition, an inspection of the heat registers found that many were partially blocked due to failed fire dampers. Mantech Mechanical was contacted and the same plumber that

had installed the new roof drains made the necessary repairs along with help from Wayne Johnson, Anita Persson and John Olnes. With these repairs the heating system is much more efficient and many have commented that the heat seems more even throughout the building.

Our next maintenance issue involved a leak coming from one of the new roof drains. The plumber from Mantech inspected his work and found the problem was coming from the roof. Rain Proof Roofing was called and the roofers were able to make the necessary repairs under the warranty period.

Volunteers are always needed to close for rentals. Contact the Viking Hall office staff if you can help with this important effort. Thanks to Ted Birkedal, Anita Persson and John and Cynthia Olnes for recent closings.

If you would like to commemorate an event in your life and "cast it in stone" we would be very happy to take your order for a brick to be placed at the base of the flagpoles. Each brick is \$100 with the proceeds going toward the Maintenance and Improvement fund.

John Olnes  
Viking Hall President



## NORWEGIAN EXPERIENCE | 2012

Once again Sons of Norway is partnering with Borton Overseas to offer one lucky recruiter and their guest an amazing travel experience in Norway! All year, every Sons of Norway member who recruits a new, dues-paying member will be entered into the 2012 Norwegian Experience Recruitment Contest.

The trip, which will be awarded in January of 2013, will include airfare, meals, exclusive travel opportunities and upscale accommodations! Just imagine taking a 10 day land-tour of Norway enjoying some of the most beautiful scenery that Scandinavia has to offer! The best part is that the winner gets to choose their own adventure! Whether you prefer an active trip full of sight-seeing and touring, or a more laid-back vacation, it's up to you!

To enter this year's Norwegian Experience Recruitment Contest all you have to do is recruit one new, dues-paying member and make sure your name is listed in the "Referred By" field. It's as easy as that! Entries are taken from members recruited between January 1st and December 31st, 2012. Also, remember that you can enter as many times as you recruit throughout the year, which increases your chances of winning!



a little in English...

### Easter Holiday – Typical Norwegian

There are not many countries like Norway, especially when it comes to Easter holiday!

Easter holiday is largely a distinctly Norwegian phenomenon because Norway is one of the few countries in the world that has a continuous holiday weekend from Maundy Thursday to the second Easter Sunday in Easter. The weekend gives the vast majority a minimum of five consecutive free-days of Easter holiday.

At the same time generous holiday hours and flexible time off at work and in school during the Easter season allows many to take ten consecutive days off – from "Palm Saturday," the Saturday before Palm Sunday, through the holy week to the second day of Easter.

Through cliché representations in the media and the public sphere impressions are created and reinforced annually that ski, sun, snow, oranges, Kvikk Lunsj and Easter crime novels by the fireplace is the typical Easter for the majority of Norwegians. In reality, the Easter holiday for the vast majority is first and foremost about leisure and mellow days at home – maybe spending time with family or friends.

The tan skin tone one gets after long days outdoors, sun-bathing in the thin high altitude mountain air and in snowy environments is called "Easter brown." The increased car traffic to and from the mountains is more or less called "Easter traffic." "Easter snow" is used to refer to the ski conditions over Easter, when the snow is often old, rough and grainy, wet during the day and icy at night.

\*\*Taken from Radio Ålesund 7. April 2009 by Egil Farstad([http://www.radioalesund.no/modules/module\\_123/proxy.asp?C=42&I=3214&D=2](http://www.radioalesund.no/modules/module_123/proxy.asp?C=42&I=3214&D=2))



*litt på norsk...*

### Påskeferie - typisk norsk!

Det er ikke mange land som er som Norge, heller ikke når det gjelder påskeferien!

Påskeferie er i stor grad et særnorsk fenomen siden Norge er ett av de få land i verden som holder sammenhengende helg fra og med skjærtorsdag til og med 2. påskedag i påsken. Selve kjernehelgen gir altså de aller fleste minimum fem sammenhengende fridager eller påskeferie.

Samtidig fører generøse fridags-, flexi- og avspasering-sordninger i arbeidslivet og i skolen til at påskehøytid for mange blir det samme som ti sammenhengende fridager – fra og med "palmelørdag", det vil si lørdagen før palmesøndag, gjennom hele den stille uke til og med 2. påskedag.

Gjennom klisjépregede fremstillinger i media og i de offentlige rom skapes og forsterkes årlig et inntrykk av at ski, sol, snø, appelsiner, Kvikk Lunsj og påskekrim i peiskroken er en del av påsken for folk flest. I virkeligheten er påskeferie for den store majoriteten først og fremst fritid og rolige dager på hjemmebane - kanskje med noe samvær med slekt og venner.

Den brune hudfargen en får etter lange utedager og soling i tynn høyfjellsluft og snørike omgivelser, kalles gjerne "påskebrun", mens den økte biltrafikken til og fra fjellet først og sist i ferien kalles "påsketraffikk". "Påskeføre" brukes vanligvis om skiføret i påska, da snøen ofte er gammel, grov og kornete, våt om dagen og skarp om kvelden.



### Ski for Light 2012

Congratulations are in order for lodge members Heather Hall and John Olnes who both attended the annual Ski for Light (SFL) International event held in February at the Soldier Hollow cross-country ski area near Provo, Utah. Ski for Light is an all-volunteer, non-profit organization founded in 1975. The goal of SFL is to teach visually- and mobility-impaired adults how to cross-country ski.

Heather Hall was selected for the 2012 Ski for Light Ridderrenn Team. Two guides and two skiers were selected to represent SFL at the Norwegian Ridderrennet event taking place March 18-25, 2012, in Beitostolen, Norway. Heather's expertise is in guiding mobility-impaired skiers and she currently serves on the SFL Board of Directors. Many of you may remember John Olnes was selected for the Ridderrenn Team in 2006 and is a past SFL board member.

John Olnes received the 2012 Bjarne Eikevik President's award. The traveling Bjarne Eikevik President's award is a pewter drinking horn given to SFL by the Norwegians in 1985 to give to a deserving person for their hard work and dedication in working for and improving Ski for Light. John's name will be engraved on the horn alongside previous honorees.

**Gratulerer John og Heather!**



**Thursday, March 1<sup>st</sup>**

**Board Meeting  
7 pm**

**Thursday, March 8<sup>th</sup>**

**Potluck/Program  
6:30 pm**

**New Member  
Welcome/  
Business Meeting  
7:30 pm**

**Thursday, April 5<sup>th</sup>**

**Board Meeting  
7 pm**

**Thursday, April 12<sup>th</sup>**

**Program  
6:30 pm**

**Business Meeting  
7:30 pm**

Board Meetings & Business Meetings Open to All

## Bernt Balchen Lodge Scholarships



The 2012 Scholarship applications for both the Higher Education Scholarship and the Heritage Scholarship are available at the Sons of Norway Lodge or by email at [afwas@alaska.net](mailto:afwas@alaska.net).

The Higher Education Scholarship is for persons entering a school of learning beyond high school level. The Heritage Scholarship is for persons desiring to learn the language and heritage subjects offered in these programs.

**Application deadlines are once again April 15.**

Scholarship recipients will be chosen by April 30<sup>th</sup> and announced at the 17<sup>th</sup> of May Celebration.

If you have questions concerning application requirements and procedures, please contact Wallace Smith, Chair of the Scholarship Committee, at 346-3659 or by email at [afwas@alaska.net](mailto:afwas@alaska.net).

## Sons of Norway International & District 2 Scholarships

Several scholarships are offered by the Sons of Norway Foundation and District 2. Go to [www.sofn.com](http://www.sofn.com) and [www.sonsofnorway2.com](http://www.sonsofnorway2.com) to get a full description for each scholarship and application details.

## HEY, KIDS! COME TO CAMP!

That's right! We are going to offer a Kids Camp at Viking Hall this summer. It will be July 16-20, 10 am-3 pm and will be for elementary ages.



We are going to have great fun and there will be wonderful opportunities to learn some new skills from our heritage and culture.

Mark the dates on your calendar and watch for camp registration in the next few months.

We can also use some more volunteers: a few members to prepare lunch for the campers, members to help with crafts and other activities and some middle school students as helpers. Give me a call 563-8006 or email me at [1stuffda@gci.net](mailto:1stuffda@gci.net) or leave your name and phone number at Viking Hall and we will contact you.

Mickey Andrew  
Camp Committee Chair



*Sons of Norway*



## NORWEGIAN FISH DINNER

**Saturday, April 14<sup>th</sup>  
5:30 pm**

**Mark your calendar** for the upcoming Norwegian Fish Dinner to be held in April. Organizers are putting together a tasty menu so this is an event you don't want to miss!

**A reminder postcard will be sent in early April with menu details and dinner prices.**

## Lodge Curling Team

Come out and cheer our Lodge curling team on! **The team will be curling on the following Fridays at 6:30pm—March 16 & March 23.**

The Anchorage Curling Club venue is located at 711 E. Loop Road on Government Hill.

# Cultural Corner—Egil the Viking



Have you ever wondered what Vikings were really like, to have a close-up view of what they said and did? You can get that experience if you read the Icelandic saga called *Egil's Saga*. The saga was most likely written around 1230 A.D. by the great Icelandic historian and political leader Snorri Sturluson. Egil's father, Skallagrim, came to Iceland from Norway in the days of King Harald (872 A.D.-933 A.D.)

Egil was born to Skallagrim and his wife, Bera, in 910 A.D. When he grows up he joins the Viking life and has adventures and battles in Norway, England, Sweden, Holland, and northern Germany. He is a dangerous man who relishes a good fight. In one encounter of single combat he neatly takes off the leg of a Berserk warrior with one swing of his sword. In another escapade he manages to win the anger of King Erik Bloodaxe of Norway and is chased in his Viking ship by the King's men who are cleverly maneuvered into grounding their heavier ship on a shallow rock between two islands.

Yet Egil is more than a warrior. He is a complex and thoughtful man. He is also one of the greatest poets of the Viking age. Once, after being captured by King Erik in York, England, Egil saved his neck by composing the clever and famous "Head Ransom" poem. Erik Bloodaxe found the poem so amusing that he spared Egil from losing his head.

Egil retired from the Viking life at around 50 years of age and spent the rest of his long life at his Icelandic farm enjoying family life and local politics. He loved his two sons and his daughter very much and was devastated when he lost the last of his grown sons to the sea. Depressed by his sons' untimely deaths he took to his bed chamber in deep mourning. His daughter consoled Egil in his grief and convinced him to compose a poem dedicated to his sons. Once he created this poem his dark mood

began to lighten and he returned to active life. Egil lived to the ripe old age of 80 years.

Egil's "Lament for My Sons" (Sonatorekk) is considered his greatest masterpiece and it gives good insight into the humanity that lies behind his Viking exterior. Here is a stanza from among the many in that beautiful and moving poem.

*A storm-bowed maple  
I sorrow for my son  
My boy, who has bent  
His body to earth  
Unhappy he  
Whose kin is hewn down  
And must bear away the bones  
From the bed*

Egil continued to compose poetry well into his old age. He recited this one just before his death.

*Time passes tediously  
I tarry here alone  
An old senile elder  
With no king to aid me  
I walk on two widows  
Once true women  
Now frosted and feeble  
Needing the old flame*

The Icelandic sagas were written in vernacular Icelandic and the prose is lively, lean and to the point. So, do not be afraid to pick up *Egil's Saga* and read it on your own in English, or any saga for that matter. The best translation I have come across for *Egil's Saga* is Hermann Pálsson's and Paul Edwards version. It is available in the Penguin Classics series.

Happy Reading

Terje "Ted" Birkedal, Cultural Director

## Norwegian Language & Culture Classes

**Beginning: Sunday 5:30 PM to 6:30 PM**  
**Advanced: Sunday 7:00 PM to 8:00 PM**

If you are interested in taking one of the classes please contact Ted Birkedal, Cultural Director, at (907) 351-6095 or via email at [ted\\_birkedal@nps.gov](mailto:ted_birkedal@nps.gov).

## Rosemaling Classes

The word rosemaling is used to describe a form of decorative flower painting that originated in Norway in the 1700s. Rosemaling classes with Anna Decker meet twice a month on Tuesdays. Below are class dates for March and April.

**March 13<sup>th</sup> & 27<sup>th</sup>, 7-9 pm**  
**April 10<sup>th</sup> & 24<sup>th</sup>, 7-9 pm**

Classes are open to all experience levels and new individuals are always welcome to attend. Contact Anna at 694-2051 for more information.



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

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### March Events

1 Thursday	7 pm	Board Meeting, all welcome
8 Thursday	6:30 pm 7:30 pm	Potluck/Program New Member Welcome/Business Meeting
10 Saturday	9am-4pm	Woodcarving, pg 3
13 Tuesday	7-9 pm	Rosemaling with Anna Decker
15 Thursday	11:30-1:30	Kaffeslabberas, pg. 1
24 Saturday	3-7 pm	Cultural & Heritage Event, pg. 2
27 Tuesday	7-9 pm	Rosemaling with Anna Decker

### April Events

5 Thursday	7 pm	Board Meeting, all welcome
10 Tuesday	7-9 pm	Rosemaling with Anna Decker
12 Thursday	6:30 / 7:30 pm	Program / Business Meeting
14 Saturday	5:30 pm	Norwegian Fish Dinner, pg. 6
19 Thursday	11:30-1:30	Kaffeslabberas, pg. 1
24 Tuesday	7-9 pm	Rosemaling with Anna Decker

### Weekly Events

Sundays	5:30-6:30 pm 7-8 pm	Beginning Norwegian Language and Culture Advanced Norwegian Language and Culture
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#### **FOOD BANK DONATIONS**

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.

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

*Please send articles or event information for the next newsletter by the 15<sup>th</sup> to [sonancak@gmail.com](mailto:sonancak@gmail.com) or call Cynthia at 562-2794 with questions*