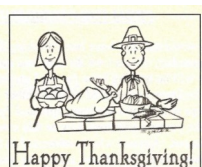


VIKING HALL 349-1613
www.sofnalaska.com

November
2013
november



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Sons of Norway Bernt Balchen Lodge President's Message—Back from Viking Land

Well, I am back from France and Norway. After seeing the river valleys of south-western France I can better understand why they were so attractive to the Vikings. The Dordogne, Lot, and Vézère River valleys are amazingly beautiful and filled with rich farmlands. And the rivers that run through them are the perfect size for shallow-draft Viking ships.

In Oslo's Viking Ship Museum I got to see Viking ships first hand. Up close they are much bigger and imposing than the impression you get of them in photographs. Through pure stupid luck I was able to see the exhibits without any other visitors—except a bevy of Norwegian movie stars. When we came to the museum we were told that the museum was “stengt” (closed) because they were filming promotional interviews. My friend Rune Bjørnsen immediately piped up and asked me to be let in anyway because I was an “important archeologist” from Alaska, it was my last day in Norway, and moreover, I was born Norwegian. It worked and we were let in and as long as we kept away from the filming we had the museum to ourselves. Later I learned that the people who were being filmed and

interviewed were the stars of the new Norwegian action-adventure movie, “Ragnarok”. In this movie a Norwegian archeologist learns of the secrets of Ragnarok or the “End of the World” by decoding signs carved on the Oseberg Viking Ship, one of the two main ships in the museum. I was so wrapped up in seeing the wonderful ships and other stuff in the museum that I did not notice the beautiful women and handsome men who were the object of such great attention. I was the only one in my party not to know what was going on around me. I had seen posters advertising the movie all over Norway but I never connected the dots at the time. Now I am eager to see the movie when it becomes available.

The special Viking exhibit at the Stavanger Archeological Museum was also impressive and it featured the finds from high-status Viking-age graves from all over Rogaland. What was most interesting to me that most of these graves contained women, not men, and one even contained what Norwegian archeologists interpreted as a woman warrior. Apparently, it is true that some women did accompany their men on Viking expeditions as it is fictionally portrayed in the History Channel

Television series, “Vikings.”

At Borre near Oslo I was able to see Norway's largest Viking grave mounds and visit the adjacent Midgard Historical Center where the story of the mounds and the Viking Age are interpreted for the public. One critical point the Center emphasizes in its exhibits is the organizational skills of the old Viking chiefs and kings. It took far-sighted planning and leadership to launch successful expeditions over the sea—these were not the product of late-night bouts of drinking in the longhouses. Intelligence and cunning were two of the Vikings' most important weapons.

My trip was not all about Vikings, however; there was much else including French wine and Norwegian “frokost” (breakfast) in all its variety including “gamalost” (a strong Norwegian cheese). It was fun to visit with family and friends in Norway and walk the streets of Stavanger again and hear Norwegian spoken properly—that is in the local dialect.

Fraternally yours,
 Terje “Ted” Birkedal



LUTEFISK & LEFSE DINNER

(AND THOSE TASTY MEATBALLS TOO!)



One Night Only!

Saturday, November 16th – Two seatings

4 pm - 6:30 pm – First seating

7 pm - 10 pm – Second seating

(Second Seating Features Live Music from “EZR&B”)

Be sure to make reservations for the dinnertime of your choice before the seats are all taken!

Dinner Prices:

Adults \$25 (non-members \$30)

Ages 12-16—\$12 Ages 5-11—\$5 Under 5yrs—Free

Call Viking Hall at 349-1613 for Reservations



Please join us at Viking Hall
for a
Cultural and Heritage Evening
Friday, November 1st
7pm



On Friday, November 1st starting at 7 p.m. we will be treated with personal stories on the theme of "Living and living with Scandinavian." The evening will be hosted by Tim Andrew and the tentative storytellers are: Lauren Brion, Rick Mystrom, Kelda Barstad, Theresa Smith, Tom Falskow, Anna Bryant, Jane Moe, Beverly Griffin and Caesar Martinson. A musical guest may also be in the offering.

There will also be a koldtbord (Norwegian), det kolde bord (Danish), hlaðborð (Icelandic), seisova (Finnish) or smörgåsbord (Swedish) serving smørrebrød (Danish), smörgås (Swedish), voileipä (Finnish), or smørbrød (Norwegian) and desserten (Danish), jalkiruoka (Finnish), efterrätt (Swedish), and dessert (Norwegian). In other words—there will be a buffet with open face sandwiches and desserts.

If interested in assisting with this event please contact Merlin (mhamre@acsalaska.net).

The cost will be \$5 per person.



NOTICE NOTICE NOTICE
Kaffeslabberas

IS TAKING A RECESS UNTIL AFTER THE FIRST OF THE YEAR.

The kitchen crew is getting older and busier and needs your help. If any of you are interested in helping on a regular basis with this activity in 2014, please contact us.

Anna, Susan & Mickey



The UAA Nordic Language Club Seeks New Members

A Nordic language club, specifically named the "Nordik Language Klub," has been formed at the University of Alaska Anchorage. If you are interested in Nordic languages, culture, or mythology you are invited to join the club and attend their weekly meetings. The Norwegian language club meeting is Monday afternoons, 4:00-5:45 PM, in the North cafeteria of the UAA Student Union building. Club membership is not restricted to UAA students; it is open to general members of the public.

Website: <http://nord.zia.li>

Contact: contact@nord.zia.li



The Wooden Ski Classic Returns!
Sunday, December 1st – Noon at Kincaid Park

Sons of Norway Bernt Balchen Lodge and the Nordic Skiing Association of Anchorage (NSAA) are partnering to bring back the Wooden Ski Classic. The race is part of the AMH Anchorage Cup Citizen Races put on by NSAA. Lodge member Martin Hansen was instrumental in resurrecting this popular event and serves as race director. This event emphasizes tradition and fun. Wool sweaters, knickers and skirts and wooden ski gear are encouraged. Prizes will be awarded for the best dressed!

NSAA is providing online and in-person registration, necessary permits and insurance, facility reservation, race crew and trail setting, and advertising in club publications.

Please help our Lodge do its part to make this the wonderful event it has been in the past. These are some of the ways to volunteer: preparation and serving of post-race Scandinavian fare (rice porridge, waffles, etc.), help with stadium set up, procure door prize donations, assist race crew, pine-tar skis, decorate Kincaid chalet (flags, trolls & cow bells), and costume judging. Plus, please help get the word out!!

Thanks to Cindy McDowell, our lodge has a few pairs of wooden skis to loan out. The equipment will be available for lend on a first-come, first-serve basis. See what's on hand at the Lutefisk dinner or during Viking Hall office hours (Tue-Fri, 9am-1pm).

Please contact Ted (tedbirkedal@gmail.com / 349-9996) or Merlin (mhamre@acsalaska.net) and let them know how you would like to assist with this important lodge event.

Follow the NSAA link at (http://www.anchoragenordicski.com/anchorage_cup_details.htm) for the latest race details. NSAA is having their Annual Meeting and Ski Swap on Saturday, November 2. Ski Swap sales are from 4-6 pm and, rumor has it, there will be a wooden ski and bamboo pole section.

Sons of Norway Lucia 2013

The Lucia Committee is pleased to announce that **Erika Childers, daughter of Martin and Karin Childers, will be the 2013 Lucia.** Erika is a freshman at Family Partnership Charter School. She has been involved in the Lucia program and lodge activities such as Bar-nas Norsk, and the Syttende Mai parade since the summer of 2008. Some of the activities Erika is involved in are swim lessons and her church youth group. Erika enjoys singing and has participated in musical groups such as Adventures in Music, Kids for Character, and church. She enjoys spending time with her brother, grandparents, and family. She likes to go fishing at her grandparents' cabin in the summer, bike riding, four wheeling, snow machining, and is an aspiring fashion designer.



Erika is very proud of her Swedish and Norwegian heritage. Her Grandfather (Karl Anders Bohlin) was born in Sweden and has many relatives living in Sweden. Erika has traveled twice to Skat-tungbyn, the village where her Grandpa still has the original house, baking house, and barn. The bak-ing house has been renovated to a summer cabin as well as a second cabin recently built for family to stay in while visiting. She has visited some of the nearby towns: Orsa, Mora, Rattvik, and Nusnas, where the famous Dala horses are made. She has visited Stockholm, seeing the sights of Old Town, the Vasa Museum, Skansen, and Drottningholm. Her Grandmother's (Kathy Bohlin) Grandma (Anna Rodvold) was born in Trondheim Norway. There are relatives still living in Norway. Next time Erika would like to travel to Norway and Sweden and stay for a longer time period to see sights in Norway.



The Bernt Balchen Lodge Santa Lucia Program will take place on Sunday, December 15 from 3 to 6 pm. There will be **two 1-hour re-hearsals** for this year's Lucia program, and all kids whose parent(s) or grand-parent(s) are members of Sons of Norway are invited to participate: **Sunday, November 17, from 1:30-2:30 and Sunday, December 8, from 4:00-5:00.** At rehearsals, participants learn songs, practice dances, signup for the lodge talent show and pick up outfits. **If you would like to help with this fes-tive event, please contact the Lucia Committee Chair, Terry Gryting at 696-6199 or tgryting@gmail.com.**



2014 DISTRICT 2 CONVENTION

**HOSTED BY
SONJA LODGE NO 2-038
EUGENE, OREGON**

**HAS BEEN
RESCHEDULED
TO JUNE 4-8, 2014**

This is a week later than originally scheduled and resulted from an error on the part of the convention hotel.

Please mark your calendars with the correct date!



Fra Biblioteket

New titles are frequently added to our collection of crime novels by Scandinavian authors. There are also new books on Norway, many with stunning photo-graphs. We urge you to stop by the library the next time you are at the Lodge for an activity.



God Jul!



Scandinavian Christmas Brunch

*Sunday, December 8th – 12pm to 3pm
at Viking Hall*

Please join us for a traditional Scandinavian family Christmas brunch with pickled herring, Jansson's Frestelse, cucumber salad, meatballs, rutabagas, cured ham, potato sausage, low bush cranberries, lefse, cardamom bread, riskrem with red sauce for dessert and many other holiday delicacies.

There will be a beautiful display of Scandinavian holiday decorations as well.

Adults: \$20 Ages 12 – 16: \$10 Ages 5 – 11: \$5 Under 5yrs: free

Advance reservations required, 349-1613

NOTICE NOTICE NOTICE

Sons of Norway New Year's Eve Celebration Cancelled

a little in English... **Norwegian Beer**



Beer has long held a central place in our Nordic culture, and it remains one of our most popular beverages. Today, in Norway there are hundreds of different types of beer produced from dozens of small and large breweries.

It is unknown as to when and which Norwegians first became acquainted with the joys of beer. But we do know that the Vikings had an exceptionally good relationship with both beer and mead. In the 900s strong beer was brewed for Christmas. Norwegians would drink *jøl*, and celebrate the transition of the sun. At least three neighbors would gather and bring an agreed amount of beer to the community and on Christmas night farmers would drink together in honor of Freya and Odin, and to a good year and peace.

Norse mythology is revealed among the earliest sources that mentions beer in Norway. There it says that beer was poured from the body of Odin himself, but now there is enough evidence to know that most people agree it came from abroad, possibly through the Baltic Region. Norway's beer brewing revolutionized in the 1800's, as it similarly did across Europe. New technology and the discovery of yeast's role in alcohol developments laid the foundations for a more stable beer production, and thus for the emergence of large breweries. Recently, interest in local brewing and manufacturing has led to a resurgence of microbreweries and smaller players in the Norwegian market.

Aass – Aass Brewery is the oldest brewery in Norway. The company Aass Brewery originally started as a trading company in Drammen in 1834, supplying among other things, lumber and shipping materials, while running a bakery and a small brewery that sold grain and malt to local brewers. The brewery had no packaging and therefore sold *pottøl* (beer made in large pots) to the community who brought in pails and buckets, etc. A pot is a unit of measurement equal to .96 liters. The unit existed in Norway before 1875. Before people developed packaging in the forms of bottles and cans it was common for breweries to sell *pottøl*.

Hansa – With around 500 employees, Hansa Borg Brewery AS Norway is the largest Norwegian-owned brewery and beverage provider. Hansa Borg Bryggeri consists of three traditional breweries, Hansa Borg, CB (Christianssands Brewery) and the Micro-Brewery Waldemar in Bergen. Together they have over 400 years of brewing experience which includes the distribution of beer, cider, soda and water to the entire Norwegian beverage market.

Ringnes – Ringnes has more than 130 years of growth and has become Norway's largest brewery and today is one of the nation's largest brand companies. The company is owned by Carlsberg Group (Denmark), which is the world's fourth largest brewery group. Ringnes was the first brewery in Norway who cultivated their own unique beer strain. Along with Carlsberg, Ringnes currently supplies, Tuborg, Kilkenny, Kronenbourg 1664 and Carlsberg's own specialty Jacobsen beer to the Norwegian market.

More about Norwegian beer

litt på norsk... **Norske Øl**



Øl har lenge innehatt en sentral plass i vår nordiske kultur, og er fortsatt et av våre mest populære nytelsesmidler. I Norge brygges i dag hundrevis av produkter av flere titalls små og store bryggerier.

Hvilke nordmenn som først stiftet bekjentskap med ølets gleder, og når, er ukjent. Men vi vet at vikingene hadde et over middels godt forhold til både øl og mjød. På 900-tallet var sterkt øl laget til jul. Nordmen skulle drikke jøl, og feire at sola snudde. Minst tre naboer skulle samles og bringe en påbudt mengde øl til fellesskapet og julenatten skulle gardsfolkene drikke sammen til ære for Frøya og Odin, og for godt år og fred.

Norrøn mytologi er blant de tidlige kildene som omtaler øl i Norge. Her het det at ølet ble skjenket menneskene av Odin selv, men nå er nok de fleste enige om at det kom utenlands fra, muligens via Baltikum. Som ellers i Europa, ble ølbryggingen i Norge revolusjonert på 1800-tallet. Ny teknologi og oppdagelsen av gjærets rolle i alkoholutviklingen la grunnlaget for en mer stabil ølproduksjon, og dermed for framveksten av store bryggerier. I nyere tid har interessen for lokale brygg og produksjonsmetoder ført til en oppblomstring av mikrobryggerier og mindre aktører i det norske markedet.

Aass – Aass Bryggeri er det eldste bryggeri i Norge. Bedriften Aass Bryggeri startet som en handelsbedrift i Drammen i 1834, og leverte blant annet trelast og skipsproviand, drev bakeri og et lite bryggeri samt solgte korn og malt til lokale ølbryggere. Bryggeriet hadde ingen emballasje og solgte derfor pottøl til innbyggerne som hentet dette i medbrakte spann, bøtter o.l. En pott er en måleenhet som tilsvarer 0,96 liter. Måleenheten fantes i Norge fra 1875. Før man fikk emballasje i form av flasker og bokser, var det vanlig at bryggerier solgte pottøl.

Hansa – Med ca. 500 medarbeidere er Hansa Borg Bryggerier AS Norges største norskeide bryggeri- og drikkevareaktør. Hansa Borg Bryggerier består av de tre tradisjonsrike bryggeriene Hansa, Borg og CB (Christianssands Bryggeri) og mikrobryggeriet Waldemars i Bergen. Til sammen har de over 400 års bryggerierfaring og leverer øl, sider, brus og vann til hele det norske drikkemarkedet.

Ringnes – Ringnes har gjennom mer enn 130 års vekst blitt Norges største bryggeri og er i dag en av landets største merkevarebedrifter. Selskapet eies av Carlsberg Group (Danmark), som er verdens fjerde største bryggerikonsern. Ringnes var første bryggeri i Norge som fikk rendyrket en egen unik gjærstamme. Ringnes leverer i dag blant annet Carlsberg, Tuborg, Guinness, Kilkenny, Kronenbourg 1664 og Carlsbergs eget spesialøl Jacobsen, til det norske markedet.

Mer om norske øl

Article from Sons of Norway Newsletter Service, Nov., Dec. 2013

Lutefisk and Lefse Brigade needs your help!!!



It is that time of year again when 300 or more happy guests will fill themselves with lutefisk and lefse at our annual dinner in November. In order to serve a crowd of this size, we could use some assistance in preparing for and serving at this event. It is a FUN way to get involved with your lodge and meet some great people. Lefse rolling is one way to help out and that will take place on November 8-10.

We will also make meatballs that weekend on Sunday,

November 10th and if you have never tried a meatball in a lefse, you don't know what you are missing out on! Preparations for the dinner will be on Friday, November 15th and then lots more activities to assist with on the day of the event, November 16. If you are interested in helping out with any of these activities, please drop co-chair Tom Falskow a note at lise@gci.net or give him a call at 222-5320.

Tusen Takkl!

Sunshine Report

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

"Happy Birthday"
"Gratulerer med dagen!"

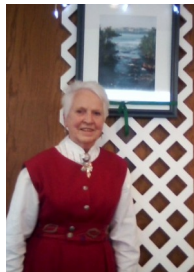
Aurora Hovland
Alice Lehnert
Arnold Link
Gene Moe
Gale Olson
Carol Restad
Glenn Soby

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

Nominating Committee

Our nominating committee is hard at work. If you receive a call from one of them, please give thoughtful consideration to serving on the board as an officer or as a committee chairperson.

Donation of Professional Photographs of Norwegian Landscapes



Janet Knutson in her Trondelag bunad in front of one of the photographs she donated to the Lodge.
Photo: Ted Birkedal

After the Scandinavian Bazaar Janet Marie Knutson of the Whetstone Gallery and Studio gave a generous gift of a set of professional photographs to the Sons of Norway Bernt Balchen Lodge. These color photographs number 23 in all and include six fully framed photographs and 17 matted photographs. This donation is valued at over \$2,000. We are very grateful to Janet Knutson for her most welcome gift to the Lodge. We will be exhibiting a select number of her photographs in Viking Hall over the next few weeks and we currently plan to offer several of both the framed and matted photographs as choice raffle items at our upcoming Sons of Norway events.

These photographs were all taken in Norway and are unified by a common theme—a historic road in North Trondelag that connects Norway to Sweden. The road was personally commissioned and opened by King Karl Johan of Norway-Sweden in 1835 and it is known as Karl Johan's Vei. King Karl Johan's original name was Jean-Baptiste Bernadotte and he was a general in Napoleon's Army. He eventually distanced himself from Napoleon and after the Napoleonic Wars he was chosen to serve as king of Norway-Sweden. His original route is now a very popular hiking and skiing trail.

Janet Knutson hiked 18 kilometers of the trail with her Norwegian cousin and took photographs of the beautiful scenery that she found along Karl Johan's Vei. The photographs are a study of the various landscapes that are connected by the old historic road.

Janet Knutson's family on her mother's side (family name "Togstad") are from Verdalsøra in the Trondelag region. On her father's side her family comes from the Stord-Selbjørn area in Hordaland just south of Bergen, Norway. In her family line were farmers, fishermen, boat builders, and yes, even professional photographers. On the day of the Scandinavian Bazaar she was wearing a striking traditional bunad of the Trondelag pattern that was made by her cousin Tora Strand. Janet is very proud of her Norwegian ancestry and is an active member of the Sons of Norway Bernt Balchen Lodge.

Terje "Ted" Birkedal
President, Bernt Balchen Lodge

Sons of Norway Super Bowl Raffle 2014

Ticket sales for the Sons of Norway 2014 Super Bowl Raffle are now underway. The raffle is the primary source of funds for the Sons of Norway Bernt Balchen Lodge #2-046 Language/Heritage/Higher Education Scholarships. The intent is to provide scholarships every year for deserving applicants and to continue to develop a fund for the future.

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. Your ticket also entitles you to a free Lap-skaus (Norwegian stew) dinner

during the showing of the Super Bowl XLVIII game on a gigantic six-foot screen at Viking Hall on February 2, 2014.

If you would like to help sell tickets for this worthwhile event or purchase a ticket please contact a member of the committee—John Olnes (562-2794), Sandra Hanson (243-2132), Jane Moe (274-1357) or Wayne Johnson (248-3030). Tickets can also be purchased at the Viking Hall office (349-1613) during business hours (9am-1pm, Tue-Fri). Tickets will also be available during upcoming lodge events.

Thank you for your support!

Raffle Committee



Thursday, November 7th
Full Board Meeting
7 pm

Thursday, November 14th
Potluck/Program
6:30 pm

Program: "How Norway Develops its Energy: A Model for Alaska?"

Presented by Ira Perman an Institute of the North Board Member. Ira was among the Alaskan delegation that went to Norway to study the development of Norwegian oil resources.

Business Meeting
Election of 2014 Officers
Announcement of 2013 Lucia
7:30 pm

Board Meetings & Business Meetings Open to All

The Nordic Diet

For years nutrition experts have been singling out the Mediterranean diet as one of the best ways to prevent some chronic diseases. Consisting heavily of vegetables, fruit, nuts, fish and olive oil, the Mediterranean diet has been shown to reduce the risk of heart disease and strokes. However, findings from a new study in the *Journal of Internal Medicine* have identified the Nordic diet as a proven, healthy alternative to its Mediterranean counterpart.

Established with a randomized 18 to 24 week study beginning in 2009, nutrition researchers in Iceland, Sweden, Denmark, Finland and Norway sought out a locally sourced diet to rival the Mediterranean diet, which heavily features a few food items that are difficult to find in Norway. The 166 participants followed two distinct diets and consumed the same number of calories. The group that received the “healthy” plan ate mostly berries, canola oil, whole grains, root vegetables and three fish meals per week, while limiting their sugar intake. Additional weekly foods included vegetarian meals, poultry or game, and no red meat. In contrast, the control group participants ate fewer berries and vegetables, used butter instead of canola oil and had no restrictions on their red meat, white bread or sugar intake. All study participants had metabolic syndrome – a precursor to diabetes.

At the conclusion of the study researchers found that while there was no change in blood pressure or insulin sensitivity of those eating the healthier diet, their LDL-C (bad cholesterol) and HDL-C (good cholesterol) ratios improved. In addition, the participants also showed reduced levels of inflammation causing chemicals in the blood, which are linked to heart disease and type II diabetes. Lieselotte Cloetens, a biomedical researcher who co-authored the study, also points to promising projected long term effects of as much as a 20 to 40 percent reduction in the risk of type II diabetes on the healthy Nordic diet.

Article from Sons of Norway Newsletter Service, Nov., Dec. 2013



Norwegian Meatballs

(Yields 16 servings)

Adapted from www.tasteofhome.com

- 2 eggs, lightly beaten
- 1 cup of milk
- 1 cup dry bread crumbs
- ½ cup finely chopped onion
- 2 tsp. salt
- 2 tsp. sugar
- ½ tsp. ground ginger
- ½ tsp. nutmeg
- ½ tsp. allspice
- ¼ tsp. pepper
- 2 lbs. ground beef



Gravy:

- 2 tbsp. finely chopped onion
- 3 tbsp. butter
- 5 tbsp. all-purpose flour
- 4 cups beef broth
- ½ cup heavy whipping cream
- dash cayenne pepper
- dash white pepper

Combine eggs, milk, bread crumbs, onion and seasonings. Let stand until milk is absorbed. Add ground beef and blend. Shape into 1-in. meatballs.

Bake meatballs at 400°F on a greased rack in a shallow baking pan. Bake until meatballs are browned, about 18 minutes or until internal temperature is 160°F. Drain and set aside.

To make the gravy, sauté onion and butter in a large skillet. Stir in flour and brown lightly. Incrementally add broth and cook and stir until blended and thickened. Stir in the cayenne and white pepper and cream. Carefully add in the meatballs and heat through, but do not bring to boil. Makes 16 servings.

Norwegian Language & Culture Classes Fall 2013 through Spring 2014—Enrollment is Still Open



You can still sign up for Norwegian language classes. We have about 15 students but there is room for more if you wish to attend. The classes are being offered during the Fall of 2013 and the Spring of 2014 at Sons of Norway's Viking Hall at 8141 Briarwood Street. The classes began in September and will run until late May 2014. The classes are held on Sunday evenings.

Intermediate Beginning Norwegian Language and Culture: This class is for those students who have completed Beginning Norwegian I or have some basic knowledge of spoken Norwegian. It is taught at 6 PM on Sunday. Complete beginners are welcome but are encouraged to take the “Catch-up” class described below.

A “Catch-up” class is offered at 5:30 PM each Sunday for those who need to “catch up” on their Norwegian or otherwise would like some extra help with the language

in order to profit from the main class.

The yearly fee for both classes is \$20 which goes to Sons of Norway, Bernt Balchen Lodge to cover basic expenses. These classes do not carry academic credit. They are offered so that members of Sons of Norway can re-connect with the Norwegian language for travel or just for fun. However, you do not have to be a member of Sons of Norway to sign up. Also, attendance at every class is encouraged, but not mandatory. Ages ten and up are welcome.

You may also sign up for the classes by arriving at Viking Hall at 5:30 PM on Sunday if you wish to take the “Catch-up” class or at 6:00 PM Sunday if you simply want to take the Intermediate Beginning Norwegian Language and Culture Class. Payment will be collected upon your arrival at class. There is no extra charge for the “Catch-up” class.

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 November.

November 12th & 26th, 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.

Cast Your Name in Stone!



If you would like to commemorate an event in your life and “cast it in stone” an inscribed brick can be permanently placed at the base of the hall flagpoles. The inscription can be up to two lines with 20 characters (including spaces) on each line.

Each brick is \$100 with the proceeds going toward the Building Maintenance and Improvement Fund. Contact the Viking Hall office at 349-1613 to order your brick.

Last Round of Lefse Making this Fall includes a Youth-only Lefse Making Session!!

The last fall lefse making session in November prepares lefse for the Lutefisk & Lefse Dinner. The youth-only session is from noon to 5pm on Sunday, November 10.

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-Sunday, consists of the following activities.

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 loaves; shape into balls; roll and cook lefse; wash, boil, peel and rice potatoes; sort and package lefse; clean up work stations.

Sunday: Mix potato and flour loaves; shape into balls; roll and cook lefse; sort and package lefse; break down lefse making stations and return griddles, cooking and rolling boards, etc. to the storage area; clean up work stations.

Even a couple of hours of your time helps make the day fly by so please contact one of the lefse making committee co-chairs, Anna Decker 694-2051 or Ted Birkedal 349-9996, to let them know how you would like to help.

Lefse Making for Lutefisk Dinner: November 8-10, Friday-Sunday
Friday 3-6 pm / Saturday 9 am-6 pm / Sunday 9 am-noon

****The Youth Lefse Making Session is from noon to 5pm on Sunday, November 10.**
Parents should call Anna Decker at 694-2051 to reserve a spot for their children.



Fridtjof Nansen Remembered

120 years ago Fridtjof Nansen (1861-1930) set out on a courageous and historic exploration of the Arctic. His ship, Fram, was built to withstand the pressure of the ice and carried 12 men and enough food and equipment to last five years. Nansen's mission was to head north to the remotest and least understood place on earth, the Arctic, in order to study the polar ocean currents. His approach was to get his ship stuck in the ice in order to track the ocean currents. The daring journey and the discoveries found surprised Nansen, his team and the world.

Before the turn of the century research on the North and South Poles was non-existent and travel to these places was even more unheard of. So little was known that some experts believed the poles would be warm or there was land at the North Pole and the surrounding seas would be shallow, said University of Oslo professor and historian Robert Marc Friedman. Nansen's journey would change the tides of oceanographic research.

The risky voyage planned to use the Northern Hemisphere's east-to-west ocean current. Nansen believed that the current would carry their ship across the North Pole. This theory was doubted by many. He convinced the Norwegian government to grant his crew NOK 20,000 in order to build Fram, their heavy-duty ship and home for the next three years.

The findings were spectacular and even stunned Nansen. Their first goal was to measure the ocean depth, a simple enough task that became an unexpected difficulty. Their 2,000 meter sounding

line was too short because the polar sea was surprisingly very deep, twice as deep, in fact as Nansen anticipated. The men were able to measure the depth of the ocean to 3,900 meters with line constructed from their ships rigging. Nansen realized that the ocean depths and the different combinations of fresh, salt, warm and cold water played a crucial role in the oceanographic currents and affected weather patterns around the world. "He recognized that measuring different types

of water, based in salinity and temperature, would enable him to determine the origins of the water", noted Friedman, these, he says are "some of the most significant building blocks in our contemporary understanding of physical oceanography."

Nansen's discoveries answered many questions and researchers are still sorting through data in order to figure out ocean mysteries. In fact, a research group at the Norwegian Polar Institute has planned their own voyage to the Arctic, following in Nansen's tracks over a century later. Their vessel, The Lance and its crew will set out into the ice next winter to study the Arctic and its ever-changing climate.



Nansen's legacy transformed the way we predict weather patterns. After returning from his journey in 1896 Nansen had successfully pioneered the unknown. Nansen went on to become a leading politician and activist for humanitarian efforts in Norway and won a Nobel Peace Prize in 1922. 120 years after his Arctic adventure Nansen continues to influence the way we understand the world.

Article from Sons of Norway Newsletter Service, Sept., Oct. 2013

Sons of Norway Limited Edition Christmas Ornament

Show some Norwegian pride this holiday season by adding the 2013 Sons of Norway ornament to your Christmas decorations! From its rosemaling inspired outer frame to the beautiful Os design, this elegantly styled ornament is sure to be a welcome addition to your holiday traditions. Packaged in a silver-stamped gift box, containing a Christmas greeting from Sons of Norway and an informative description of Os rosemaling, this ornament can also be a unique gift for someone who enjoys the holiday season as much as you do.

This year's ornament is a limited edition and will only be available for a short time, so order yours now! This special keepsake is only \$14.99 plus tax and shipping & handling. To order yours today, call (800) 945-8851.



Coffee Tradition in Norway

There is little doubt that coffee is Norway's national drink. On average, Norwegians drink about five cups of coffee per day.

Norwegians have been a longtime world leader in coffee drinking and they have competed with Finland to land on the top of the list. A new survey conducted by Ipsos MMI (ipsos-mmi.no) for the Norwegian Coffee Association shows that nearly nine out of ten Norwegian adults drink coffee. Two out of three drink coffee every day. All together Norwegians drink 12 million cups of coffee each day.

Central Norway holds most of the coffee drinkers in Norway, a survey shows. There, three out of five people drink coffee daily while just one out of twenty never drink coffee. After that follows the capital (Oslo), while in eastern Norway, however, coffee drinkers are the most careful with their coffee preparations. Daily coffee drinking increases typically for those 45 years and older while the coffee drinking difference between men and women is small.

Article from Sons of Norway Newsletter Service, Sept., Oct. 2013

To get good coffee:

- Use totally clean equipment.
- Use fresh, cold water.
- Use the correct grind in relation to the preparation process.
- Coffee is a perishable commodity. Once the bag is open it should be used within one week.
- Use the correct amount of coffee.
- Serve the coffee fresh.
- Remember that brewing time and temperature are critical.

FOUNDATION TEA

We had a nice group of members who enjoyed our tea to benefit the Sons of Norway Foundation in September.



Thank you to all of our cooks, kitchen help and our dining room help.

We made a little over \$300 to send to Foundation along with other lodge donations during this past year.



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

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November Events

1 Friday	7 pm	Cultural & Heritage Evening, pg. 2
7 Thursday	7 pm	Full Board Meeting, all welcome, pg. 5
8 Friday	3-6 pm	Lefse Making for Lutefisk Dinner, pg. 7
9 Saturday	9 am - 6 pm	Lefse Making
10 Sunday	9 am - Noon	Lefse Making
	Noon - 5 pm	Youth-only Lefse Making
14 Thursday	6:30 pm	Potluck & Program, pg. 5
	7:30 pm	Business Meeting, Election of 2014 Officers
16 Saturday	4 - 6:30 pm 1st seating	Lutefisk & Lefse Dinner, pg. 1
	7 - 10 pm 2nd seating	Lutefisk & Lefse Dinner
17 Sunday	1:30 - 2:30 pm	First Lucia Practice, pg. 3
21 Thursday	11:30 am - 1:30 pm	Kaffeslabberas-Cancelled, pg. 2

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.

Weekly & Biweekly Events

Sundays	6 pm	Intermediate Beginning Norwegian & Culture, pg. 6
Tuesdays	7-9 pm	Rosemaling with Anna Decker, pg. 6
Nov 12 & 26		

*All events take place at Viking Hall, 8141 Briarwood St., unless otherwise noted.
Please send articles or event information for the next newsletter
by November 15th to sonancak@gmail.com*