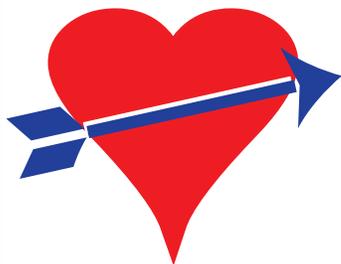


VIKING HALL 349-1613
www.sofnalaska.com

February
2014
februar



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Sons of Norway Bernt Balchen Lodge President's Message – Music Appreciation

I do not play an instrument or sing, but I appreciate music and the musicians that make it. I especially like music from Norway and the rest of Scandinavia. One way I access it is through You Tube on the Internet. A wide variety of Scandinavian music is available and easily reached by clicking on the icon that looks like a magnifying glass below the banner that tops the screen in the music section of You Tube. Once you click a rectangular box appears. Here you type in what you are searching for, either a general category of music or a specific group or song and then click again on the magnifying glass icon which is now located on the right side of what is called the "Search Channel" box. Then You Tube serves you up what it has found based on your search language.

A number of Scandinavian musicians have done well in Europe, but few gain fame in the United States. Yes, there are exceptions like the Norwegian band of Ah-Ha, the Swedish Ace of Base, and more recently the Icelandic band, Of Monsters and Men. You Tube allows you to find those musicians that you would never hear on American radio or see on your television.

One group that is my current favorite is the Norwegian all-woman band, Katzenjammer. It is made up of four young women who formed the band in 2005 in Oslo while they were attending music school. Their signature brand is that all of them play multiple instruments

which they change throughout their performances. The music that they make is eclectic and varies from folk-country to light rock-and-roll. Most of their songs are upbeat and their performances are lively and fun to watch. They sing in English and are very popular in Germany where they command large audiences. As



an introduction to the group I recommend their "Kontor Konsert (Office Concert)" on Norwegian National Television. To see them perform in front of huge audiences of devoted fans watch their concerts in Hamburg, Trontråger, or Southside. They do perform in Norwegian on occasion. In one You Tube video they sing the Norwegian Christmas song "Vi Tenner Våre Lykter (We Light Our Lanterns)" accompanied by Crown Prince Haakon. In another, very humorous video, they sing from memory all the verses of "Ja Vi Elsker", the Norwegian national anthem—this is really quite a feat.

For a more traditional Norwegian flavor try the Norwegian singer and fiddler, Sigrid Moldestad. She sings both traditional Norwegian songs and what you might call

"Norwegian Country Western." Her ballad "Så Tag Mitt Hjerte (So Take My Heart) is beautiful while her performance in "Blågras (Bluegrass) tends toward Norwegian country music.

For those who like a more jazzy style of music there is the Swedish singer Lisa Ekdahl. One of her most popular songs is "Give Me That Slow Knowing Smile". She also sings Swedish traditional folks songs like "Kongens Man" and "Kom Änglar", the latter with the Swedish folk singer Lars Winnerbäck.

If you like the accordion you might enjoy the Norwegian Diatonic Orchestra "Småradarene", an all-accordion band made of young people. They have won national prizes for their playing. They play traditional Norwegian tunes with energy.

And you may want to see Jo Nesbø, the currently world-famous Norwegian mystery writer, in his former band "Di Derre" sing his big Norwegian hit "Jenter (Girls)". His band played light rock and usually sang in Norwegian.

The point is that You Tube is more than a place to find current American pop music. It is also a portal through which you can find all kinds of Scandinavian music, both modern and traditional. Explore on your own and find your own favorite Scandinavian artists. I found all the above musicians by wandering around You Tube. You can too.

*Fraternally yours,
Terje "Ted" Birkedal*

Viking Hall News



In our December meeting, Jim Bysheim, who had agreed to run for the position that Ruth Kvernplassen had to resign, was approved to present to Son's for election. This was done at their meeting, so we welcome Jim to the Viking Board.

Two bricks, perhaps three, have been sold recently. Please let us know that you will purchase a commemorative brick. We have only a few left to finish the last section; these will all be put in by Gene Moe at the same time when weather permits. There are those who have committed to Gene to buy a brick, but have not turned in the paperwork. Thanks.

Ed Swearingen has placed Exit lights in the library. After a recent power outage, John and Cynthia had stopped by, noticing that the pilot lights on the stove were out. Since then, Ed has adapted the controls for the stove, so that, when there is a power outage, the gas will stay off until manually lit. Both items were done for safety reasons.

Ted has ordered a bulb for the projector.

Renewals of Insurance for the building and the liquor license have been done.

Year-end reports are being prepared. No meeting in January, but items are being scheduled for the regular February meeting.

Thanks for closings to Merlin, Ted and Ron; to John and Cynthia for being there for us; and to Ed for his major jobs.

Sandra S Hanson, Viking Hall President

Sons of Norway SUPER BOWL PARTY @ Viking Hall

**Watch the Game on Big Screen TV
Sunday, February 2nd**

Doors open early for Pregame Show



Super Bowl Game Starts @ 2 pm

Raffle Drawing Held During Game

Only 300 Tickets Sold - 20 Winners!

Top Prize of \$1,000!!

Come and Enjoy Lapskaus Stew, Snacks, Liquid Refreshment & Good Company

No Event Charge for Ticket Holders

SKI FOR LIGHT 2014

Ski for Light International Week is coming to Anchorage, and volunteers are needed. Interested persons should contact John Olnes at 562-2794; and they are invited to visit the Ski for Light website at www.sfl.org for more information about the program. The 39th annual Ski for Light International week will be held in Anchorage during the week starting Sunday, February 23 through Sunday, March 2, 2014. Anchorage was previously the site of this event in 1999 and 2003.

Ski for Light (SFL) is an all-volunteer, nonprofit organization. It provides visually- and mobility-impaired adults the chance to experience the sport of cross-country skiing. Sons of Norway International includes Ski for Light as one of their outreach programs. Bernt Balchen Lodge recently gave a generous monetary donation in support of this worthy program. Attending this year's event, five guides and one visually impaired participant are members of the lodge.

Volunteer support is one of the keys to the success of a program such as this. While many volunteers will be arriving from Outside, there is still a need for local volunteers. Lodge members provided support in 1999 and 2003 and we are hoping many will step forward to help again in 2014.

Volunteer opportunities are shown below.

Airport assistance: Meet participants on arrival at airport Sunday, February 23 and on departure Sunday, March 2. On arrival, help with collection of luggage and boarding buses to the hotel. On departure, help collect luggage from bus and assist with airline check-in.

Hotel assistance: Participants will stay at the Hilton Hotel in downtown Anchorage. Meet participants on arrival at the hotel on Sunday, February 23. Assist with collection of luggage, check-in, and finding rooms.

Ski Rental assistance: Cross-country ski equipment will be rented from REI for those that don't bring their own skis. Help is needed to transport the skis, poles and boots from REI to Viking Hall on Friday, February 21. Individual ski packages will be assembled at the hall. Sunday, February 23 the ski packages will need to be transported to Kincaid Park. Monday, February 24 help may be needed pairing up ski packages with participants. Friday, February 28 ski packages will be collected from Kincaid Park and returned to REI.

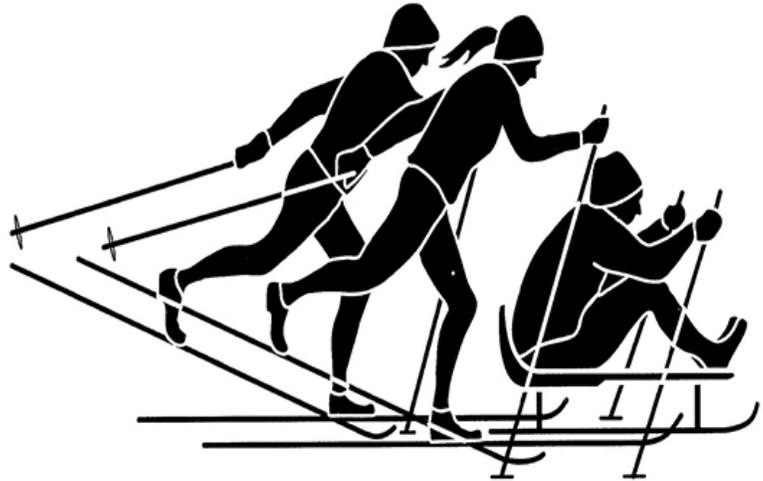
Ski Site assistance: Help is needed with setting up and putting away tables and chairs and general cleaning at the Kincaid chalet Monday-Friday during lunch time—between 11:30am and 1:30pm.

Transport assistance: Ski for Light equipment and supplies are currently stored at the hall. Assistance is needed to transport these items to the Hilton Hotel on Friday, February 21.

Ski waxing assistance: Help with waxing at Kincaid Park, during week but especially Thursday, February 27.

Course marshals: Course marshals are needed Friday, February 28 during the Race/Rally. The course uses Kincaid Park trails. Portions of the course are on the Mize and Sisson.

Tour of Anchorage: Several SFL participants plan to do the Tour of Anchorage on Sunday, March 2. SFL isn't able to provide assistance with the logistics of getting from the hotel to the start or back to the hotel from the finish. Offers of assistance with transportation would be greatly appreciated by Tour participants.



Big Screen Movie Night

Adult Event Charge - \$5.00

Lodge Provides – Drinks, popcorn & dessert

Bar will be open for members to purchase beer & wine

A kid-friendly movie will be shown in the Lodge library downstairs.

Kon-Tiki is a 2012 Norwegian historical drama film directed by Joachim Rønning and Espen Sandberg about the story of Thor Heyerdahl and his 1947 Kon-Tiki expedition. The role of Thor Heyerdahl is played by Pål Sverre Valheim Hagen. It was the highest-grossing film of 2012 in Norway and the country's most expensive production to date.

While the prevailing theories of the time held that Polynesia had been settled by peoples migrating from the west, Heyerdahl, an experimental ethnographer and adventurer, sets out to prove his theory that people from South America settled the islands in pre-Columbian times.

Noting similarities between statues found in South America and the Polynesian Moai, Heyerdahl's theory about the origin of the Polynesian people is bolstered by Polynesian folklore that tells of an ancient tribe called the Hanau epe that are said to have once inhabited Easter Island. While most experts hold that such a voyage across the vast ocean is unlikely to have ever been successful, in order to illustrate that there were no technological limitations that would have inhibited the ancient peoples from making the journey, Heyerdahl puts his theory to the test and builds a balsawood raft using the same techniques that would have been utilized 1500 years ago by the indigenous peoples of the region. Though he himself cannot swim or sail, he sets out on the treacherous 4,300 nautical mile-journey across the Pacific from Peru to Polynesia aboard the small raft, along with his crew of five men (and a macaw named Lorita).

During the three months aboard the primitive vessel named after Inca god of Sun and storm, Kon-Tiki, the crew's scientific reenactment of the legendary voyage from the coast of Peru to the Polynesian islands is met with setbacks in the form of storms, sharks, and other perils of the open sea.

Kon-Tiki is rated PG-13 and runs 1hr 58min.

Information from en.wikipedia.org

KON-TIKI
SATURDAY, FEBRUARY 15
7:00 PM



Sunshine Report

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

JANUARY

Melvin R. Aarseth
Charles A. Brodahl
**special note ... 90 years!!!*
John Hall
Shirley A. Moe

David Pederson
Betty Rockne
Evelyn Rush
Susan F. Soby

FEBRUARY Anton Meyer

“Gratulerer med dagen!”

“Happy Birthday!”

If you know someone who needs a little sunshine, please call Cindy McDowell 696-0725 (cell - 862-1143)

Or, email at ccmcd38@hotmail.com

WOODCARVING SEMINAR

The Last Frontier Woodcarvers are offering another day of woodcarving *Saturday, March 8, 9 am - 4 pm* at the 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 \$20.00 per person which includes the wood, tools to use for the day, carving instructions, choice of project and a great lunch. A parent must attend with any child participating. There is an age limit. The class projects will be available to see at "*Artistry in Wood*" in the Northway Mall from *February 19 - March 2*, during mall hours. Register and pay for your class at that time to guarantee your spot in the class.

Woodcarvers, woodturners, woodworkers and woodscrollers will be demonstrating throughout the Artistry in Wood event for anyone 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.

This is a SONS event.



Sons of Norway Virtual Pilgrimage Now Available!



We have an exciting new program to announce called *Sons of Norway's Virtual Pilgrimage*. Because this program has already been featured in the latest Sons of Norway newsletter you might already be aware of it.

There will be an article featuring the Virtual Pilgrimage in the February Viking. This is very exciting because this project has been in the works since last summer and I'm excited to see it evolve. I was made aware of the idea to create a Virtual Pilgrimage from a fellow member who wanted some variety with the Sports Medal Program. I then proceeded to look into how we could make this into a member program. Using information from the official Pilgrimage site in Norway and incorporating ideas from the existing Sports Medal Program we have created a fun way to stay active and learn about Norway. I would like to give you a general overview of the project so you can be the first to know more and spread the word!

The Sons of Norway Virtual Pilgrimage is basically a window into the experience of the pilgrims in Norway, who walk a network of routes called St. Olav's Ways'. These routes are named after St. Olav (995-1030) who was once King Olav Harraldson of Norway. King Olav focused in uniting Norway under Christianity and he did so by traveling the country and converting the people from paganism. One of those specific routes on the Old King's Road is called the Gudbrandsdalen route from Oslo to Trondheim. This nearly 400 mile journey takes pilgrims through small villages with old churches, past historic landmarks, mountains, fjords and more,

all to end at the site of King Olav's death during the Battle of Stiklestad. Nidaros, which is now the city of Trondheim has been a pilgrimage landmark since the 11th century. At one point, it was the most popular pilgrim destination in the world and today the trails are still being trekked by many from around the world.

Check out this youtube video to learn more about the pilgrimage in Norway: Norway – A Pilgrimage Route goes ecumenical: European Journal - <http://www.youtube.com/watch?v=KBdm96Rsnw>

We wanted to give our Sons of Norway members a chance to learn about the trails and virtually visit the historic landmarks along the way. Members will keep track of their mileage while following along with the journey in Norway online. We encourage you to get out and be active, walk around the block, around a track or on a treadmill and keep track of every mile. Then check in to the Sons of Norway website by visiting www.sonsofnorway.com/pilgrimage, to learn about landmarks and destinations along the route. After 387 miles of walking pilgrims will end at Nidaros Cathedral in Trondheim. After tracking your miles on an official Pilgrimage record card, members will turn in complete cards to their lodge sports directors. As with the Sports Medal Program, the lodge sports director will inform us of who has completed the pilgrimage and the member will receive recognition for their completion. Members must begin the pilgrimage this year and the program ends at the end of 2015.



Continued on Page 7

“Meet the World in Anchorage”

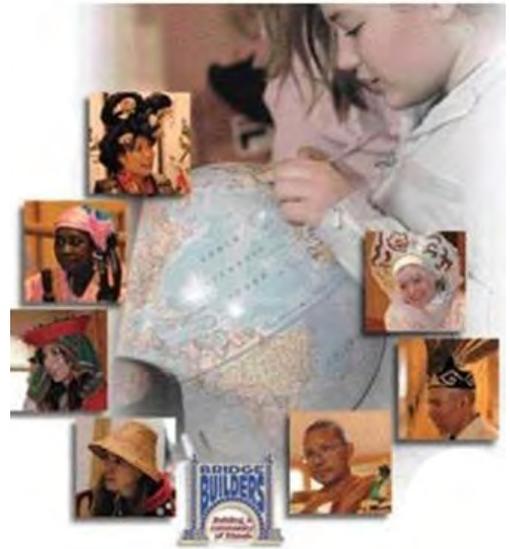
Anchorage Museum

Saturday, February 22, 2014

11:30 am - 4:00 pm

Free Admission

Help will be needed to design and set up a display about Norway, take shifts to be present at the booth (in traditional clothing if you have it), and take down and return the display to the lodge. This provides us an opportunity to educate the community about Norway as well as recruit new members.



Kings Pilgrimage *Continued from Page 6*

Also: We want to let you know that members can "double dip" their mileage with the Sports Medal Program. That means that any mileage walked for the Pilgrimage can be used toward earning Sports Medals pins for either the Gangmerke or Idrettsmerke levels. Members can earn pins while they are completing the 387 miles towards the Pilgrimage.

How to get started:

- ◆ Print out a Pilgrimage record card found on the Sons of Norway website or ask your lodge sports director for more information.
- ◆ Walk around your neighborhood, park, shopping mall or gym.
- ◆ Track your mileage on your record card.
- ◆ Learn about historical locations along the Pilgrimage route in Norway found at <http://www.sonsofnorway.com/pilgrimage>

- ◆ Track your route on a map of Norway and after 387 miles of walking the virtual journey will end at Nidaros Cathedral in Trondheim, Norway.
- ◆ You must start the pilgrimage in 2014 and you must finish your 387 miles by the end of 2015.
- ◆ Turn in your record card to your lodge sports director and receive recognition of completion from the Sons of Norway Headquarters.

I am very excited to see how this program takes off. I enjoy being physically fit and I think learning about Norway at the same time is a great combination, one that, I think our members will enjoy. I hope that you can all join in and get your lodges moving and maybe even start a walking group together.



*Tusen takk og lykke til,
Anna Grinde Stoltenberg
Sons of Norway, Cultural Coordinator*



Don Hanson, past president of Bernt Balchen Lodge sadly passed away in late December. He is survived by his wife Sandra Hanson, present marshall and past president of Bernt Balchen Lodge.

Don will be remembered fondly and with gratitude for his years of service to Sons of Norway.



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

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FEBRUARY EVENTS

| | | | |
|----|----------|--------------------|--|
| 2 | Sunday | 2:00 pm | Super Bowl Party |
| 4 | Tuesday | 10:00 am - Noon | Needle Crafts |
| 11 | Tuesday | 7:00 - 9:00 pm | Rosemaling Class |
| 13 | Thursday | 6:30 pm 7:30 pm | Potluck/Program Business Meeting |
| 15 | Saturday | 7:00 pm | Movie Night |
| 18 | Tuesday | 10:00 am - Noon | Needle Crafts |
| 22 | Saturday | 11:00 am - 4:00 pm | “Meet the World in Anchorage” Bridge Builders, Anchorage Museum |
| 25 | Tuesday | 7:00 - 9:00 pm | Rosemaling Class |

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 15th to: sonancak@gmail.com Attention - **Ruth** Subject Line - **Newsletter**