

**VIKING HALL 349-1613**  
**www.sofnalaska.com**

**January**  
**2014**  
**januar**



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## Sons of Norway Bernt Balchen Lodge President's Message — Happy New Year!

By the time you read these words the New Year will be upon us and I will be starting my second year as the President of Bernt Balchen Lodge. I learned a great deal from the experience of serving as your President during the first year and hope to learn more as well as accomplish more for the Lodge during my second term. One thing I would like to see is to have more members come to the monthly Business Meetings held every second Thursday of each month. Of late, despite offering some great potlucks and some excellent programs (such as the comparison of Alaska's and Norway's handling of oil production and revenue by the Institute of the North), we have had only a smattering of members in attendance in addition to the Lodge Officers. We would like to have more members attend these programs and meetings for they are your opportunity participate as a voting member of Bernt Balchen Lodge and keep up with what it takes to keep our lodge a healthy and vital enterprise. So, make attendance at the lodge Business Meetings one of your New Year's Resolutions: "I will attend at least one Business Meeting of Bernt Balchen Lodge in 2014, or may I never eat lefse or lutefisk again."

Also, it is time to fill out and submit a "Sons of Norway Volunteer Survey" form if you have not already done so. These were included in the December issue of The Flyer and also sent out via the electronic E-Blast. So open your email or dig out your December issue of The Flyer and fill out

the form and send it in as per the instructions. You will feel better for it, I assure you. It can be your first accomplishment of the New Year. Do it and pat yourself on the back. You can at then happily say, "At least that is done!"

Your 2014 Calendar of Events should have arrived in your January newsletter. Take it out and look over the new year at the host of events and activities we have scheduled at Bernt Balchen Lodge. Check-off the events and activities you would like to attend or participate in 2014. We offer opportunities to learn needle crafts, rosemaling, wood working, lefse making and the Norwegian language. And we have some great eating: the Fish Dinner in April, the Faar-i-Kaal Dinner in September, and of course, the Lutefisk and Lefse Dinner in November, to name a few of the chances to chow down Scandinavian style. And we have the 200th anniversary of the signing of the Norwegian constitution coming up on May 17th with a parade and special celebration. You even have another opportunity to parade your Norwegian/Scandinavian heritage by participating in the Anchorage Bridge Builders section of the annual 4th of July Parade in Anchorage. Sons of Norway hopes to have a solid contingent of members proudly carry our Bernt Balchen Lodge Banner in that popular parade.

Our last scheduled event of 2013 concluded on December

15th. This was the "Sons of Norway Lucia Celebration". I wish to congratulate Erika Childers, our beautiful and accomplished Lucia for 2013, and all the other young performers who made the event both moving and entertaining. I wish to also thank the Lucia Committee for 2013 ( Terry Gryting [Chair], Marianne Storms, Carol Kalandar, Karen Nordgaard, Karin Childers, and Crystal Enkvist) and their volunteer team for the hard work that made this Lucia so successful. Already, the 2014 Lucia Committee has been appointed and elected their new Chair (Carol Kalandar [Chair], Terry Gryting, Anita Persson [Marianne Storms is taking a year's respite], Karen Nordgaard, Karin Childers, and Crystal Enkvist). I am confident that the 2014 Lucia will be a wonderful and exciting event for next year's Sons of Norway Christmas Season.

I wish to thank all members, particularly my fellow Bernt Balchen Lodge Officers, for a good year,

Fraternally yours,  
 Terje "Ted" Birkedal



# Thanks for Lucia 2013

The Santa Lucia celebration of 2013 was fantastic! The Childers Family Martin, Karin, Erika, and Logan would like to thank all the people behind the scenes to make the afternoon such a wonderful celebration.

A special thanks to the Lucia Committee chair Terry Gryting, and the rest of the great ladies Marianne Storms, Carol Kalander, Karen Nordgaard, and Crystal Enkvist.

Thank you to the musicians: Lise Falskow on the piano and Erik Falskow on the saxophone for the pre-show music; Linda Yarborough for playing the harp during the Lucia procession and the piano during the Elf Dance, and Debbie Pankow for playing the piano for the singing of carols and dancing around the tree.

Thank you Bjarne Hanson for stirring and heating up the porridge, and his helpers who made the porridge: Ingrid Braastad, Marit Kristianson, Carol Kalander, Mickey Andrew, and Aase Haugen; to Christina Lovett and her sandwich-making crew of helpers: Cindy McDowell, Laurie Zimmer, Marianne Storms, Jim Bysheim, John Lovett, Merlin Hamre, Chris Robertson, and Nancy Clark; and Anne Adasiak-Andrew for being in charge of the serving rice porridge and her crew of helpers: Nick Gonzalez, Marty Margeson, Carol Kalander, Whitney Hanson, and Tim Andrew.

Thank you to all of you bakers, servers, and event day helpers: Annie Margeson, Logan Childers, Tucker Gryting Lien, Terry Gryting, Dan Lien, and Karen Nordgaard; Anne McCormick, Patrick McCormick, Ingrid Braastad, Erika Olsson, John Olnes, Gene Rosebecke and Marlene Rosebecke.

Thank you to Karl and Kathy Bohlin for making the Glogg and their helpers before and during the event Wally and Beverly Smith, Urban and Crystal Enkvist, and Marianne Storms.

Thank you to the talent show participants Kaitlyn Gilley, Brooke Robertson, Kiani Kalander, Kendal Hall, Juliana Andrew, Jessica Zimmer, Karsten Hall, Anne Adasiak-Andrew, Annie Margeson, Beth Margeson, Hanna Persson, Espen Falskow, and Sevrin Persson and the "AS" Band (Lloyd Persson, Anya and Stefan).

The cleanup crew Terry Gryting, Carol Kalander, Kiana Kalander, Bob Kalander, Merlin Hamre, Ted Birkedal, Cynthia Olnes, John Olnes, Fernando, and any others we forgot to mention.

Last, but not least, the Lucia participants and their parents.

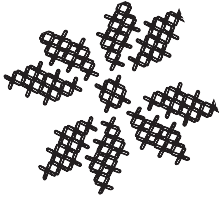
Seeing all of these generous people work behind the scenes has given us a new insight and appreciation for the dedication of all the members of Bernt Balchen Lodge to create a fabulous Lucia Event.

God Jul go Godt Nytt Ar!

Merry Christmas and Happy New Year

Lucia Family: Karin, Martin, Erika (Lucia), and Logan





## Tuesdays at Ten

Inviting you to a gathering of those interested in Needle Crafts:

hardanger embroidery, darning, crocheting, needle felting, norweave embroidery, counted cross stitch and more.....

Bring a project to work on. All levels of expertise welcome!

### ***Starts:***

Tuesday, January 14th 2014 10:00 a.m. to Noon, Viking Hall.

First and third Tuesday of the month (excluding June, July, August).

For more information contact Beverly Smith, 346-3659.

January	14th & 21st	September	16th
February	4th & 18th	October	7th & 21st
March	4th & 18th	November	4th & 18th
April	1st & 15th	December	2nd & 16th
May	6th & 20th		

### **Sons of Norway**



## **Scholarship Fund Super Bowl Raffle**



January is your last chance to purchase raffle tickets before the big game on Super Bowl Sunday. 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 Lapskaus (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.

Please support this scholarship fundraiser by purchasing your tickets today! Raffle tickets can be purchased at the Viking Hall office (349-1613) during business hours (9am-1pm, Tue-Fri) or from one of the committee members—John Olnes (562-2794), Sandra Hanson (243-2132), Jane Moe (274-1357) or Wayne Johnson (248-3030). Tickets will also be available during upcoming lodge events.

# Lights! Action! Camera!

## It's Melodrama Night

Join us for a return of the Bernt Balchen Players on Saturday, January 18. It's been four long years since their last outstanding performances.

*Who are the Bernt Balchen Players?*

Why, it's YOU!!!

Players in the melodramas (there will be two of them and one will need kids) are cast that very night.

We provide costumes and unbelievably easy scripts.

The audience gets in on the action too-- they have even easier lines (well, actually mostly sound effects) and much out-of-control laughter as the melodramas commence.

*And food...Glorious food!* It's rumored there will be a pasta bar, yummy salads, and, of course, dessert.

Help us plan for the correct amount by calling Viking Hall at 349-1613.

Mark your calendar and bring the entire family.

It's a night for all ages to enjoy... and the price is right!

Kitchen and dining room volunteers are always welcome.

*Give us a call.*

Mickey Andrew - 563-8006

Don Schulz - 344-4929

Co-chairs

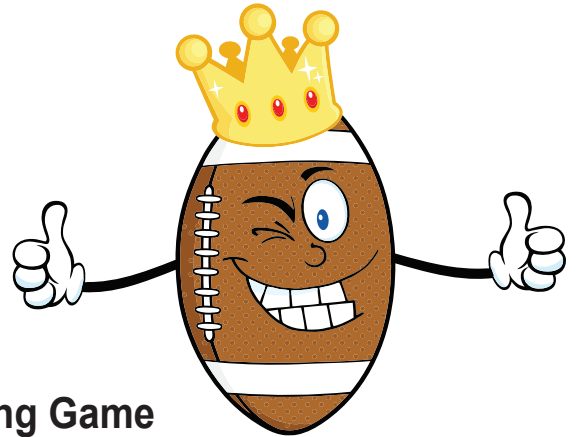


**Sons of Norway  
SUPER BOWL PARTY  
@ Viking Hall**

**Watch the Game on Big Screen TV  
Sunday, February 3rd**

***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**

**SONS Supporting Our Schools Community Service**

We support three schools by sharing LABELS FOR EDUCATION and BOXTOPS FOR EDUCATION coupons. Look for these on many items in a variety of types of stores. The specially marked packaging will show the LABELS or COUPONS. PLEASE take a few seconds of your time to save them and bring them to our HALL Every ONE helps! The schools benefit in many ways, funding special project for the students. ASK for the box for them at the BAR.

These projects are part of our community outreach service programs.

Contact: Sandra Hanson, 243-2132





## Celebrating the New Year in Norway



New Year's celebrations in Norway, like many places, are festive occasions. It's usually celebrated in the home, with friends, family and fireworks all playing important roles. If you're interested in hosting your own Norwegian-style New Year's gathering in your home, keep reading!

In Norway and other Scandinavian countries, New Year's Eve is the culmination of Jul, the Christmas season. Romjul, the week between Christmas and New Year's, is spent entertaining friends and family while sharing leftovers from Christmas Dinner. On New Year's Eve itself, Nyttår, friends will traditionally gather at a home and share more food. In some parts of Norway, children may participate in Julebukkk, something akin to an American Halloween where youth dress in costumes and go door to door to receive treats like clementine's, nuts and candies. Around midnight, guests will head to the back patio to enjoy a small fireworks display. In some of the larger communities in Norway, cities may have their own fireworks displays.

How can you host your own authentic Norwegian New Year's celebration? There are plenty of helpful resources in the Sons of Norway members section. Your first stop should be the online recipe box, where you'll find plenty of tasty Scandinavian dishes that will please even the most discerning palates. From there, head to the Lending Library and find a selection of Norwegian music that will help set the tone for a festive evening. Don't forget to check out the Idea Bank section as well to find some Norwegian games that will keep guests young and old entertained throughout the night. Finally, keep the kids entertained be sure to look up past editions of Family Matters for fun ways to connect your youngsters with their Norwegian roots!

*However you decide to spend the holiday, have a safe and happy New Year's!*

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## Norway Predicted to Dominate the Podium in Sochi 2014 Olympics

With less than three months to go in the countdown to the 2014 Winter Olympic Games in Sochi, Russia,

Norway is predicted to have its best showing at the games since its 26 medals in Lillehammer in 1994.

Infostrada, the Olympic medal prediction service, recently updated their Virtual Medal Table. Topping the 2014 forecasts with a medal count of 37 medals each are Norway and Germany, a feat—if successful—that would tie the record set in 2010 by the United States.

Also in the hunt for a high medal count in 2014 are Canada and the United States with 34 and 28 medals. Infostrada has also forecasted that Norway will win 15 gold medals, which would set a new Winter Games record and top the previous record of 14 gold medals achieved by Canada in Vancouver in 2010.

Men's and women's biathlon and cross-country skiing events are expected to

yield the bulk of Norway's medals while ski jumping and alpine, freestyle and speed skating round out the remaining medal count.

Predictions by Infostrada are based on performances in prior Olympic Games as well as the World Cups and World Championships. Points are awarded to the Olympic hopefuls as part of a statistical model that evaluates the competition's results, difficulty, rankings and timeliness. As additional World Cup events are

completed prior to the Winter Olympics, Infostrada's Virtual Medal Table will be updated to reflect new predictions. Visit <http://vmt.infostradasports.com/> to check out the latest predictions on the Virtual Medal Table and see where each of your favorite Norwegian athletes like Aksel Lund Svindal, Tora Berger and Emil Hegle Svendsen are predicted to place on the podium.



## Norwegian Fish Farm Offers Bounty on Escaped Salmon

Marie Harvest, the world's largest producer of farmed salmon, is asking Norway's fishermen for their aid in recovering a yet unknown number of escaped salmon. Strong winds and storms in western Norway damaged the massive submerged enclosure, which housed 127,234 salmon, allowing possibly thousands of salmon to escape into the wild. The hole in the enclosure was discovered during an inspection and soon afterward nets were deployed in an attempt to capture the escaping fish. Concerns for the health of the local ecosystem have led to a bounty being placed on the escaped salmon--500 NOK or nearly \$82 per returned fish.



## Exciting News! Sons of Norway Virtual Pilgrimage Announced

Sons of Norway is eager to announce its 2014 Virtual Pilgrimage! This exciting new member benefit will be an expansion of the current Sports Medal Program and reward members for living an active lifestyle. The Virtual Pilgrimage mirrors Norway's existing Pilgrimage route from Oslo to Trondheim, a route that was once walked by King Olav Haraldsson (995-1030, canonized St. Olav in 1031) himself in the early 11th century as he spread Christianity throughout Norway. The Virtual Pilgrimage encourages members to get out and exercise. Start a walking or running group with lodge members, take a jog around the park, walk your dog, but be sure to track each step. The new member benefit will release materials on the Sons of Norway website in January, 2014.

As you walk, you can coordinate your progress with online features and instructions to help you learn about the cultural history of the route: such as historic medieval churches, significant cities, tourist checkpoints and iconic destinations in Norway. After each walk, note your mileage, visit the Sons of Norway Pilgrimage homepage and learn about sites you passed as if you were actually trekking the miles in Norway. The 387 mile route starts in Oslo and ends at the iconic Nidaros Cathedral in Trondheim.

This journey is one of the most popular pilgrimage paths in Norway and the world.

Travelers come from all over to follow the network of routes called St. Olav's Ways.

Norway's regional pilgrim centers (<http://pilegrimsleden.no/en/about/pilegrimsleden-i-norge/>) provide resources and guidance for pilgrims on their journey to Nidaros Cathedral, the site of St. Olav's valiant death in the Battle of Stiklestad in 1030. As a Sons of Norway pilgrim you will start at Oslo's Medieval Park and walk through the towns of Eidsvoll, Hamar, Lillehammer, Ringebu, Otta, Oppdal, and Skaun. As you walk you will learn about significant historical and cultural sites along the way.

*To learn more about the Virtual Pilgrimage and how to participate, please visit the Sons of Norway website in January.*



**Sons of Norway**  
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## JANUARY EVENTS

2	Thursday	7:00 pm	Full Board Meeting
9	Thursday	7:00 pm	Officer Installation Dessert Reception
14	Tuesday	10:00 am - Noon 7:00 - 9:00 pm	Needle Crafts Rosemaling Class
18	Saturday	5:30 pm	Family Night Melodrama
21	Tuesday	10:00 am - Noon	Needle Crafts
28	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](mailto:sonancak@gmail.com) Attention - **Ruth** Subject Line - **Newsletter**