

VIKING HALL 349-1613
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SONS OF NORWAY BERNT BALCHEN LODGE – PRESIDENT'S MESSAGE

Celebrating the Holiday with Traditional Food

It is no wonder that “risengrøt” (rice porridge) is the centerpiece food of the Norwegian Christmas Eve meal. “Grøt” or porridge has been the centerpiece of Norwegian and Scandinavian cuisine for thousands of years. Often the last meal of Denmark’s some 2000 year-old bog people was a bowl of porridge with herbs. This simple meal was their final one before they were sacrificed to the old gods in the ancient bogs of Denmark and their bodies began the long journey to the future preserved in the tannin-rich peat that formed around them after death.



The everyday porridge in the old days was not rice porridge but usually a barley or oat porridge; wheat grew poorly in Norway and was reserved for the rich and for eating on special holidays (for instance, “rømmegrøt” which is made from sour cream and wheat flour). For many Norwegians it was porridge in the morning and porridge at night, day after day, year after year. To liven it up and increase its flavor and nutritional value one added milk, buttermilk, sour cream or whey, and whenever you could a sizable knob of butter. Besides the porridge many Norwegians added a salted herring or two eaten between two pieces of flatbread or they carved off pieces of smoked and dried meat if they were lucky (“spekemat”). At other times they supplemented the barley or oat porridge with a good portion of homemade cheese.

One can imagine that the first Norwegian who ate a rich rice porridge covered with melted butter and sprinkled with cinnamon and sugar must have thought he had gone to porridge heaven. No wonder this special food was reserved for Christmas Eve and special Saturday meals. And when you added whipped cream to it on Christmas Day it became truly heavenly, a food for the angels. Nothing is so good as “riskrem” with berry sauce!

Because of its close association with Christmas, “risengrøt” is often called “Julegrøt” (Christmas porridge) during the Holiday Season and it is this particular porridge that one sets out for the “nisse” (elves) that protect the farms. No mere barley or oat porridge for the “nisse” on Christmas Eve or you might wake up on Christmas Day and find that that your barn burned down or your cow stopped giving milk.

So if you want to keep your life in order and your house in one piece during the year to come put out some good “risengrøt” for your “hus nisse” on Christmas Eve.

And while I am on the topic of Christmas don’t forget to come to the Nordic Christmas Brunch from 12:00 Noon to 3:00 PM on Sunday, December 6th at Viking Hall. There will be some yummy “Jule mat” at that new event. Also, on the Christmas Season schedule for Viking Hall, is the Lucia Family Christmas Party from 3:00 PM to 6:00 PM on Sunday, December 13th. Come and help bring light to the winter darkness with our 2015 Lucia girl and her retinue.

Fraternally yours,
Terje “Ted” Birkedal

Lutefisk and Lefse Dinner

A huge thanks to all that helped make our annual lutefisk and lefse dinner a big success again this year – tusen takk!!

We served close to 250 people this year and if you went home hungry then you must not have gone through the buffet line! An event of this size is not possible without the great support of our member volunteers that together put in close to 500 hours in preparing all that goes into this event, from lefse making, rolling meatballs, peeling potatoes and carrots and of course cooking and serving all of that great food on the day of the event. Thanks to all of you that assisted with a bit of your time!!

Tom & Pat, Lutefisk Dinner co-chairs

If you didn't get enough at the Dinner.....

.....We have Lutefisk and Lefse for sale!

Make sure you are ready for the holiday season with traditional foods of Norway. The lodge has some lutefisk and lefse for sale, but it will move quickly, so make sure you stop by soon to get yours. Lutefisk comes in 2.5lb. bags for \$20 a bag. Lefse is still available in packages of 6 large lefse for \$12. We take cash or check, so come visit Viking Hall to shop for your holiday meal!



VIKING HALL NEWS

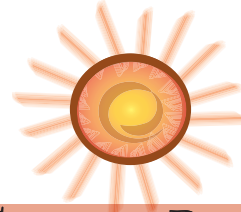
I want to thank all current and past Viking Hall Board Members who have been wonderful to work with over numerous years. It has been my joy to be a part of this board; to participate in the planning and the accomplishments that have been achieved. In my mind I started to list some of these, including the first mortgage burning of the lot that is now our main parking area, the second burning for the mortgage on the building, several times of roof repairs, then the great day of having an entirely new roof. The list could go on endlessly, not of things that I did, but that the Viking Board planned and achieved with the help of many members of our Sons of Norway Lodge.

Thanks to all for being such a fantastic group of members working together to achieve what we have been planned and beyond.

Sincerely,

Sandra Hanson

Outgoing - Viking Hall President



SUNSHINE REPORT

DECEMBER

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

John Barstad

Eva Bilet

Carolyn Korman

Wallace Smith

Barbara Stinson

Anstice Tibor

James Tibor

If you know someone who needs a little sunshine,
call or email Cindy McDowell:

696-0725 (cell - 862-1143)

Email: ccmcd38@hotmail.com

“Gratulerer med dagen!”



Gunhild's Lapskaus Recipe



Gunhild and Terje "Ted" (at age 3) Birkedal at home in Stavanger.

After His Majesty King Harald's visit to Viking Hall the some hundred-plus invited guests had a simple dinner of pølsa lapskaus. The recipe for this lapskaus is a modification of my mother's (Gunhild Birkedal) recipe from Stavanger. This lapskaus was my favorite dinner as a child and many lodge members also said they really liked it and wanted the recipe. I once made it for our Norwegian class and one woman ate 6 large portions. The recipe is simple and the preparation/cooking time is just about an hour. Also, you can make it ahead of time, put it in the refrigerator, and then reheat; it is often better the second day.

Here is a family-sized recipe for about 4 hungry people.

- | | |
|---------------------------------|---|
| 3 teaspoons salt | 2 rutabagas |
| 3 teaspoons black pepper | 6 large carrots |
| 3 bay leaves | 2 five-packs or 2 ring-packs of Alaska Sausage Company's cooked reindeer sausages |
| 1/3 cup butter | <i>(this is the modification, my mother used European-style ring bologna)</i> |
| 1 to 1 and ½ cups of whole milk | |
| 6 large russet potatoes | |

First peel the potatoes, carrots, and rutabagas and cut into small chunks. Next put them all in a pot and boil them with the bay leaves, 2 sausages cut in halves, 2 teaspoons of salt, and 2 teaspoons of pepper. When the potatoes and other vegetables are done remove the sausage halves and set aside (make sure the carrots and rutabagas are done and are not still hard). Remove the bay leaves and decant most of the liquid in the pot but leave little in the bottom of the pot for flavoring the lapskaus. Now mash the potatoes, carrots, and rutabagas together adding salt (1 teaspoon), pepper (1 teaspoon), butter, and milk. Stir up this mash well and make sure it does not have chunks of carrots or rutabagas in it). Then add your sausage (including the halves you cooked with the vegetables) which should cut into thick "coins" and stir up the whole mix again. Let the pot sit on simmer for five to ten minutes, stirring frequently to keep the lapskaus from burning.

Once the sausages are heated through you are ready to serve it up nice and hot. Serve on plates with flatbread on the side. As a decorative finish run a fork around the perimeter of the lapskaus on each plate, then make a cross connecting the rims of this circle, also with a fork. Now you have something that looks like a sunwheel impressed on the lapskaus. My mother always served this lapskaus with this decorative element. Season with additional salt and pepper to taste. Yum!

Terje "Ted" Birkedal



SUPER BOWL 2016

Ticket sales for the Sons of Norway 2016 Super Bowl Raffle are now underway. The raffle is the primary source of funds for the Sons of Norway Bernt Balchen Lodge No. 2-046 Language/ Heritage/Higher Education Scholarships.

The Raffle will again have 20 winners with a top prize of \$1,000. Only 300 tickets are sold so the chance to win is very generous, one in fifteen. Tickets are selling for \$25 each or a special deal of 5-for-\$100. Your ticket also entitles you to a free Lapskaus (Norwegian stew) dinner during the showing of the Super Bowl 50 game on a big-screen TV at Viking Hall on February 7, 2016.

To purchase raffle tickets please contact a member of the committee—John Olnes (562-2794), Sandra Hanson (243-2132), Wayne Johnson 248-3030) or Jane Moe (274-1357). Tickets will also be available during upcoming lodge events and at the Viking Hall office.

Christmas Nordic Brunch

Come join us for Christmas fare from all of the Nordic Countries

Denmark, Finland, Iceland, Norway and Sweden.

Sunday, December 6, 12:00 to 3:00 pm.

Adults:	\$20
12 - 16:	\$10
5 - 11:	\$5
Under 5:	Free

What a Holiday Feast!

Fattigman, Rosettes, Krumkake, Flat Bread, Rusks, Kókoshringir, Mömmukökur, Piparkökur, Kringle, Kleinur, Rokkekager, Knassandi Hnetuskopur, Joulutortut, Hjortebakelse, Nissu Nassu, Julekonfekt, Nougatmandler, Romkugler, and more. *See some of the Recipe's below:*

Herring in Tomato Sauce – Tomatsild - Norway

Ingredients

3 spiced herring
 ¾ cup (1½ dL) sugar
 ½ cup (¾ dL) tomato purée (not paste)
 ¾ teaspoon whole pepper
 ¼ cup (½ dL) white vinegar
 1 onion, large
 2 tablespoons water
 3 large bay leaves
 2 tablespoons oil
 Dill

Method

Cut spiced herring into bite-size pieces. Mix all ingredients except onion, bay leaves and dill. Slice onion very thin. In a glass bowl layer onion, herring, and bay leaves. Sprinkle with chopped dill. May be made up to 2 weeks in advance, but chill 24 hours before serving.

Caramel-Glazed Potatoes - Brúnaðar Kartöflur - Iceland

A classic Christmastime side dish in Iceland, these butter-and-sugar-glazed potatoes are ubiquitous on many Icelandic holiday tables. Any small, waxy potato will do. Peeling them after boiling allows the tubers to soak up the buttery caramel sauce. This recipe first appeared in our December 2014 issue with the story Northern Lights.

Ingredients

2 lb. small waxy potatoes
 1/3 cup sugar
 3 tbsp. unsalted butter

Instructions

Boil potatoes in a 6-qt. saucepan of water until tender, 12–15 minutes. Drain potatoes; let cool and then peel. Add sugar and 2 tbsp. water to pan; simmer over medium-high until syrup is golden, 6–8 minutes. Stir in butter and potatoes; cook until glazed, about 5 minutes.

Danish Smalls or Poormen

Klejnør or Fattigman - Denmark, Norway and Sweden

Swedes and Norwegians call these fried cookies fattigman, or poor men, although today we see noting really poor about them! Shaped like the Icelandic Kleinur (which is made with an entirely different dough), this cookie dough is rolled out thin, cut into diamonds, slashed in the center, and twisted into a knot. Some call them "lover's knots".

Ingredients

2 cups all-purpose flour	½ cup butter
¼ cup sugar	5-6 tablespoons heavy whipping cream.
½ teaspoon baking powder	1 egg
	1 teaspoon freshly crushed cardamom seeds
	hot fat for frying powdered sugar

Method

In the work bowl of the food processor with the steel blade in place, or in a mixing bowl, combine the flour, sugar, and baking powder. Slice the butter and add to the dry ingredients. Process or blend until the mixture resembles coarse crumbs. Add 5 tablespoons of cream, egg and cardamom and mix until a dough forms. 'add more cream if necessary to moisten the dough. Chill 30 minutes.

On a lightly floured board, roll dough out to ¼-inch thickness and cut into strips about 1¼-inch wide. Cut the strips diagonally into diamonds about 3¼-inches long. Make a lengthwise slash through the center of each with the point of the knife. Pull one end of the piece through the slash to form a half-knot.

Heat fat (vegetable oil, lard, or shortening) to 375°F. Drop knots into the fat and cook until golden on both sides, turning once or twice. Remove from fat and drain on paper toweling. Dust with powdered sugar. Store in an airtight tin in a cool place.

Rosolli salad - Finland

Ingredients

4 boiled potatoes
 4 boiled carrots
 4 boiled or pickled beetroot
 1 gherkin
 1 small onion, salt, white pepper

Dressing:

1 dl cream
 1 tsp vinegar (10%)
 1 tsp sugar
 (water the beetroot was cooked in)

Method

Cook the vegetables (not the onion!) in their skin well beforehand until just tender. Peel the vegetables and onion and cut them with the gherkin into small, equal-sized cubes. Mix them together and season with a little salt and white pepper.

Whip the cream lightly, season with sugar and vinegar and add a few drops of beetroot liquid for colour. Serve the dressing separately. (Garnish the salad with hard-boiled eggs, the yolks and whites chopped separately and laid in stripes on the top.)

Sons of Norway Lucia 2015



This year's Lucia, Juliana Andrew, is the daughter of Tim and Anne Andrew and the granddaughter of longtime lodge member, Mickey Andrew. Born and raised in Anchorage, Juliana is a sixteen year old Junior at East High School who enjoys a balanced life of academics and the arts. She is an avid reader and writer who also excels at math, science. Juliana is a member of East High's Dance Contempo troupe, and she plays and studies piano privately. She has also sung during lodge musical events, and she loves performing and learning with local theater group, TBA Theatre.

Juliana has grown up with her friends in the lodge through youth events including the Lekegruppe play group and Barnas Norsk Klubb. Since those early days, Juliana has helped the lodge by providing childcare during evening lodge events, as well as helping in the kitchen or dining room for functions such as the Lutefisk & Lefse Dinner and the Mother's Day Brunch. After visiting Norway with her family, Juliana fell in love with the country and its waterfalls, and she's considering a folk school year after she graduates from high school. This year will mark her 13th year in the annual lodge Lucia pageant, and she is honored for the privilege of serving as this year's Lucia.

The Bernt Balchen Lodge Santa Lucia Program will take place

Sunday, December 13th from 3:00 to 6:00 pm.

The final rehearsal for this year's Lucia program will be on December 6th from 4:00 to 5:00 pm.
All children (4-18) whose parents or grandparents are members of the lodge are invited to participate.

What a wonderful way to celebrate the Holidays!

Sankta Lucia (Norwegian Lyrics)

*Svart senker natten seg i stall og stuer.
 Solen har gått sin vei, skyggene truer.
 Inn i vårt mørke hus stiger med tente lys,
 Sankta Lucia, Sankta Lucia!*

*Natten er mørk og stum. Med ett det suser
 i alle tyste rom som vinger bruser.
 Se på vår terskel står, hvitkledd med lys i hår,
 Sankta Lucia, Sankta Lucia!*

Saint Lucia (English translation)

*Black night is falling in stables and homes.
 The Sun has gone away, the shadows are threatening.
 Into our dark house enters with lit candles,
 Saint Lucia, Saint Lucia!*

*The night is dark and silent; suddenly a rush
 in all quiet rooms, like the waving of wings.
 See, at our threshold stands, dressed in white with
 lights in her hair,
 Saint Lucia, Saint Lucia!*



SONS OF NORWAY FOUNDATION RAFFLE

Kicksled (Spark) Especially Designed for Children!



Drawing at Lucia, December 13th \$2.00 per ticket or 3 for \$5.00!

Buy your Raffle Ticket for a Norwegian made Kicksled (Spark). What a wonderful gift this would be for any child. Tickets can be purchased at upcoming lodge events or by calling 562-5172.

The Sons of Norway Foundation is the charitable arm of Sons of Norway and provides scholarships, grants and assistance to members if they experience losses from natural disasters.

Please support this worthy cause!

Marit Kristiansen, Foundation Director



Fra Biblioteket

Our Cultural Director, Christie Ericson, has added a new book to our library this month. "Skål - Scandinavian Spirits" is a timely addition given the holidays. This book outlines the history of Nordic drinking traditions in the form of spirits like the well-known aquavit.

The museum of Danish America in Elkhorn, Iowa helped to organize an exhibition this year that highlights the history of the Scandinavian drinking traditions. Aquavit itself was first mentioned in 1531 when Olav Engelbrektsson, Archbishop of Nidaros (today's Trondheim), received a gift of "aqua vit" meaning water of life. It was then considered a form of medicine believed to cure "all illness any man could carry inside" Needless to say, he loved it and now the world knows of its powers.

The book is part history, following the changing traditions of Scandinavia through time and how the beloved aquavit has now become a national drink and comes in many flavors and forms. It also contains many recipes, both for the making of aquavit itself, and how to infuse herbs and spices to bring out certain flavors to go with any type of meal. There are also recipes of foods that go with aquavit like gravlax pizza and aquavit sherbet.

A fun book to take a read through as we head into the cold, festive and traditional months of the year. Come check it out in the lodge library which is open during normal business hours and during certain events. Sons members can check out books to take home and read.

Tom Falskow, Lodge Librarian

WOOD SKI CLASSIC UPDATE

Due to unsafe conditions caused by the lack of snow, the **Wood Ski Classic** was canceled.

Sons of Norway and Nordic Ski Association of Anchorage are working to reschedule the race.

The new date will be posted in the Flyer, so stay tuned.





Consul's Corner

Information and Opportunities for Norwegian Alaskans



Do you know of an undergraduate or graduate student who would like to study in Norway this summer from June 25th -August 5th?

I just received brochures with information about the UiO: International Summer School at the University of Oslo.

Help yourself to a brochure which is now in the Viking Hall Office.

As the winter approaches are you starting to think about a summer vacation to Norway?

Karen Ruud sent me two fantastic recommendations and has also placed informational brochures in the Viking Hall Office.

The first recommendation is one I had heard of but haven't been to, and that is the Peer Gynt Festival at Gausdal, an outdoor theatre by a lake. Dates and information are at www.peergynt.no.

The second recommendation is new to me and also looks amazing especially for adventurous families. It is called, "Høyt og Lavt" which literally means, "high and low." These are amusement parks in the trees and include things like zip lining, nets, suspension bridges, tunnels, ladders, balancing and rope elements. There are nine locations in southern Norway on the website: www.hoytlavt.no. The website is only in Norwegian. If you don't read Norwegian, don't be discouraged. Simply copy the text and paste it into google translate for a quick translation.



Alaska World Affairs Council members, staff and past Board member representing Alaska in Washington D.C.

Lise Falskow

I am honored to have been asked to serve as the Norwegian Honorary Consul in Alaska. When information and opportunities come across my desk, I will let Norwegians in our community know about them in a regular Consul's Corner section of the Flyer.

If you have any questions, you can reach me at 907norway@gmail.com.



Passages

Robert Andrew Kalander

August 19, 1961 – November 1, 2015

Robert was a long-time member of Sons of Norway, and served as a Trustee for our Lodge. His dedication and kindness will be missed.



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

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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.

EVENTS

DECEMBER

1	Tuesday	10:00 am - Noon	Needle Crafts and Rosemaling Class
6	Sunday	12:00 - 3:00 pm	Nordic Brunch
6	Sunday	4:00 - 5:00 pm	2nd Lucia Practice (<i>Note corrected time</i>)
10	Thursday	7:00 pm	Board/Membership Meeting
13	Sunday	3:00 - 6:00 pm	Lucia Family Christmas Party
15	Tuesday	10:00 am - Noon	Needle Crafts and Rosemaling Class



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

Please send articles or event information
for the next Newsletter by December 20th to: sonancak@gmail.com Attention - **Ruth** Subject Line - **The Flyer**