

VIKING HALL 349-1613 www.sofnalaska.com

January
February
2013
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-Mystery Night is Coming-

Saturday, January 26

Murder at Bernt Balchen Lodge III

"The Ambassadors Come to Dinner"

Dinner Starts at 5:30 PM

Mystery Night Play Starts at 7 PM

Four years have passed since the gruesome murders of Hedwig Høypåpæra and Trond Bukmusen and the murderer, Berta Travelhet, languishes in prison. And it has been less than two years since Astrid Galen brazenly shot Surt Mangepenger to death in Viking Hall. She too now bears a life sentence in prison. You would think that "peace and harmony" would finally prevail at Sons of Norway's Bernt Balchen Lodge and the lessons of the past had been learned by the membership. Yet, the word on the "Norwegian street" is that trouble is rising to the surface again at the Bernt Balchen Lodge and it is predicted to erupt on Saturday, January 26, 2013, on the very night that the Norwegian and Swedish Ambassadors are scheduled to dine with the officers of Bernt Balchen Lodge. What could go wrong? Anything and everything is possible given the recent history of the Lodge-come see for yourself! Detective Nils Skarpnese will have his hands full in another round of challenging investigation at Viking Hall.

Enjoy a simple dinner and follow along afterward as the masterful Detective Nils Skarpnese uncovers the clues one by one to reveal the culprit or culprits.



Dinner starts at 5:30 p.m. and the Mystery Night event itself begins at 7 p.m. Tickets will be \$10 for members and \$12 for non-members. Tickets will be sold at the door, but we encourage reservations so we know how many folks to cook for on Saturday.

Reservations can be made by calling Viking Hall at 349-1613 between 9 a.m. and 1 p.m., Tuesday-Friday.



Kaffeslabberas

Coming up the following Thursdays

January 17th & February 21st

11:30 -1:30 @ Viking Hall

The best place in town for lunch! Come and enjoy the wonderful soups and sandwiches at a very reasonable price. Please call ahead to Viking Hall @ 349-1613, but we always welcome drop-ins.

Sons of Norway Bernt Balchen Lodge President's Message

Thanks to all the members that supported my election to the presidency of Sons of Norway Bernt Balchen Lodge. I never thought I would ever serve as President when I first joined Sons of Norway some ten years ago. Marit and Kjell Kristiansen recruited me during a traditional Norwegian music recital given at Viking Hall. I had not come to join, but simply hear some Norwegian music. I had driven by Viking Hall on the New Seward Highway for sixteen years but I was nervous about joining because of a bad experience with a dysfunctional Scandinavian club in Santa Fe, New Mexico. Today, I have no regrets about joining Bernt Balchen Lodge. It has been a rewarding ten years as a member of a vibrant lodge populated by truly nice people. I am honored to have the chance of serving the members of Bernt Balchen Lodge as your President.

We have a wonderful group of Lodge officers for 2013 and I hope to succeed in my duties over the next year because of their generous help and support. Though I will no longer serve as your Cultural Director I still wish to promote the value of Scandinavian culture and heritage in the life of our lodge. I joined initially in order to reconnect to my own Norwegian heritage and I believe that helping both current and future members connect to their Scandinavian roots is an important part of our mission. Over the next year Merlin Hamre, our

new Cultural Director will take the lead in promoting appreciation and understanding of Scandinavian heritage and culture within the lodge.

During my presidency I will continue to support our efforts to bring new members into the lodge. In keeping with the interests of prior lodge presidents, our current board of officers, and our present Sons of Norway International President, I also seek to attract more younger members to Bernt Balchen Lodge. We need to be relevant to a wide cross-section of age groups if we hope to thrive and grow in the next decades of the twenty-first century.

Fraternally,

Terje "Ted" Birkedal

୍ଦ୍ର ଓ Big Screen Movie Night Saturday, February 16 7 pm

Come see a Scandinavian mystery movie (adult themes) and enjoy a thriller from the northern lands.

Watch for the movie title in an upcoming E-News

Adult Event Charge - \$5

- ◆ 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.

2013: Munch Year

Last year was a big news year for Edvard Munch: "The Scream" sold at an auction for a world-record breaking \$119.9 million to an American buyer; Norway continues to debate the location of the new proposed Munch Museum; then in August it was reported that Munch



may have an American granddaughter. If all of that wasn't enough, 2013 is shaping up to be an even bigger year for the artist as a range of events and the most comprehensive Munch exhibitions ever assembled will be held to commemorate the 150th anniversary of Munch's birth on December 12.

In the U.S. events will be held at the National Gallery of Art, Museum of Modern Art, North Carolina Museum of Art, and the Scandinavia House in New York.

For details on the many Munch events happening in Norway in 2013, visit www.munch150.no.

For the Love of Skiing

Going back into history, one of the most famous historic stories about skiing dates back to the early 13th century. It was then that the story of the Birkebeiners originated. If you aren't familiar with the story, two Birkebeiners escorted the two-year-old Haakon Haakonsson, a heir to the Norwegian throne, to safety from Østerdalen to Trondheim, a 200km perilous journey through treacherous mountains and forests. It was their actions and the stories about them that were the catalysts for the earliest evolution of skiing. One could speculate that it was these stories that popularized skiing more than anything before.

Skiing has had a significant impact on Norway's culture and identity. It wouldn't be until the early 20th century that many communities in Norway were no longer dependent on skis for hunting and transportation. In fact, there are still small towns in Norway that use skis as a primary form of transport in the snowy winters. Because of the high number of Norwegians that own a pair of skis and their enjoyment of the outdoors in the winter months, it is often said that Norwegians are born with skis on their feet. In addition to the story of the Birke-

beiners, Norway offers a rich skiing history. For instance, Sondre Norheim, the pioneer of modern skiing was born in Morgedal, Norway, which is considered the "cradle of skiing." Morgedal is where Telemark style skiing was created and popularized. It was also here that Norheim began holding down-hill competitions in the mid-1880's that included jumping from rooftops and cliffs. (If you ever find yourself in Morgedal, be sure to visit the ski *museum* that honors the history of Norheim's legacy.)

In addition, Norwegian polar explorer Fridtjof Nansen brought his heritage of skiing with him when he became the first person to cross Greenland on skis in the late 1800's. Nansen and many other Nordic explorers owe a great deal of their success to skis because they made it easy to maneuver over snow in a timely fashion. Nansen loved skiing so much he would go on to say, "Skiing is the most Norwegian of all our sports, and a glorious sport it is; if any merits being called the sport of sports, this is surely the one."

Although styles, bindings, and shoes have changed dramatically over time the love of the sport has remained. So much so that Norway now offers approximately 18,000 miles of marked ski trails all over



Norway. What's even better is that Norway is also home to 2,500 ski tracks that are lit in order to accommodate and welcome the long dark winter days.

Today skiing has become more than a mode of transportation or leisure activity. It's now one of the most competitive sports in Scandinavia and the professional Norwegian skiers are making their foreruners proud. Just recently the 2012 World Cup of skiing saw a number of Norwegian champions. Tora Berger took 1st place in both the biathlon sprint and biathlon 5km races, Marit Bjørgen earned a 1st place in the women's 5k free style and Petter Northug took a remarkable 1st place finish in the men's 50km race.

If you like to show off your Norwegian heritage by hitting the tracks or hills, consider taking part in the Sons of Norway Sports Medal Program. It's free to participate in and open to all Sons of Norway members. If you'd like to learn more, contact your local sports director for more information or call Sons of Norway at (800) 945-8851.

Taken from Sons of Norway's December Viking E-post

Viking Hall News

As outgoing president and board member of Viking Hall I am pleased to announce the new Viking Hall officers. Elected for 2013 are president, Sandra Hanson, vice president, Ed Swearingen, secretary, Ted Birkedal and treasurer, Ingrid Braastad. Other board members are Chuck Dunnagan, Martha Andrew, Wally Smith and Merlin Hamre.

Hard to believe 20+ years have passed since I first became a member of the Viking Hall board—taking the helm as president in 1994. This stretch was interrupted only when Cynthia and I took our around-the-world bicycle trip in the 1990s.

I am in awe over what has been accomplished at our Lodge over these 20-odd years. Mostly I think about how none of it could have happened without the support of many talented and generous lodge members. Not only has there been handson building and maintenance support but also generous monetary donations as well as gifts of supplies and materials, furniture, computer and printer for the office, and audio/visual equipment to enhance presentations at programs and socials. I hesitate to try to compile a list of names as the list would be long and I wouldn't want to mistakenly leave out even one.

Please accept my heartfelt thank you for all the assistance

I have had along the way. Though I am off the Viking Hall board I continue as a member of our Lodge and am available to assist, if possible, when the board has the occasion to put out a call for volunteers. I hope you too will consider stepping in to help when projects arise, as they eventually will.

In closing, please join me in welcoming the new and returning board members. Their commitment to our Lodge goes without saying and I look forward to their leadership.

Fraternally, John Olnes

Sunshine Report



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

> "Happy Birthday" "Gratulerer med dagen!"

Melvin R. Aarseth Alfred S. Augestad Charles A. Brodahl John L. Hall **David Lee Anton Mever** Shirley A. Moe Betty I. Rockne Evelvn C. Rush Susan 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.

Woodcarving Seminar

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

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

The class projects will be available to see at Artistry in Wood in the Northway Mall from February 20-March 3. This would be a great time to register for one of the classes. Woodcarvers, woodturners, woodworkers and woodscrollers will be demonstrating throughout the Artistry in Wood event for everyone to watch and learn. Just stopping by the Northway Mall to see the fantastic exhibit will be well worth your time.

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

Carve 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.

Order vour brick at lodge events or stop by the Viking Hall office.

Each brick is \$100 with the proceeds going toward the Building Maintenance and Improvement Fund.

Some tips to help keep your New Year's resolutions.

- 1: Make a proper plan with specific goals.
- 2: Give yourself a reward after each objective is met.
- 3: Tell others about your New Year's resolutions
- 4: Think positive—keep a list of all the benefits you get by maintaining your resolutions. Look at the list often and have fun!



Please join us at Viking Hall 8141 Briarwood Street Anchorage, Alaska Sons of Norway, Bernt Balchen Lodge Musical Afternoon with Hedwig Faber & Janet Stotts Sunday, February 24th 3 pm If you would like to bring a dessert to share after the performance it would be greatly appreciated by all. There is no charge for this afternoon event.

a little in English...

Mother's Day



Mother's Day is a day to honor mothers and it is celebrated around the world on various dates. In Norway, Mother's Day is celebrated on the second Sunday in February, this year the celebration will take place on Sunday, February 10.

The day is an American invention, but it has taken root in Norway, probably because we are all so fond of our mothers and it's hard to say no to Mother's Day.

During the Civil War, American, Ann Marie Reeves Jarvis, a young homemaker mother from Appalachia, attempted to improve sanitation through what she called "Mother's Friendship Day". She taught women basic knowledge in nursing. Another woman, Julia Ward Howe also worked for peace and reconciliation after the Civil War and founded the "Mother's Day for Peace", which was a tribute to peace, mothers and women.

In 1907, Anna Jarvis, Marie Jarvis's daughter began the work of establishing the modern Mother's Day. Her mother, Ann Marie Reeves Jarvis had died two years before, and Anna Jarvis devoted her life to establishing a day to "honor mothers, living and dead." May 10th, 1908 was the first celebrated Mother's Day. The custom spread to 45 states around the U.S., and was declared an official holiday in 1912. Former President Woodrow Wilson declared the first national Mother's Day in 1914.

In Norway, Mother's Day was first celebrated in Bergen on February 9th, 1919, and was initially organized by religious organizations. Since then Mother's Day has evolved into more of a family day. There are no specific traditions associated with the day, but in many homes mothers are typically served with breakfast in bed, accompanied with gifts of flowers or cake.

In recent years, Mother's Day has become a commercial holiday in line with Valentine's Day and stores actively market gifts and cakes. Fortunately kindergartens and elementary schools have kept the old tradition alive and children make cards and gifts on their own.

http://www.aktivioslo.no/hvaskjer/morsdag/ http://no.wikipedia.org/wiki/Morsdag

litt på norsk...

Morsdag

Morsdagen er en hedersdag for mødre, som feires på varierende dato i forskjellige land. I Norge feires morsdagen den andre søndagen i februar, det vil si at i år feires den på søndag 10. februar.

Den er en amerikansk oppfinnelse, men dagen har slått rot i Norge. Sikkert fordi vi alle er så glad i moren vår. Det er vanskelig å si helt nei til en morsdag.

Ann Marie Reeves Jarvis, en ung, hjemmeværende mor fra Appalachene, forsøkte under borgerkrigen å forbedre de sanitære forholdene gjennom det hun kalte "Mothers Friendship Day". Hun lærte kvinner grunnleggende kunnskaper innen sykepleie. Også Julia Ward Howe jobbet for fred og forsoning etter borgerkrigen, og grunnla "Mother's Day for Peace", som var en hyllest til fred, mødre og kvinner.

Det var Jarvis' datter, Anna Jarvis, som i 1907 startet arbeidet med å etablere morsdagen. Ann Marie Reeves Jarvis hadde dødd to år før, og Anna Jarvis viet sitt liv til å grunnlegge en dag for å "hedre mødre, levende og døde". Den 10. mai 1908 ble den første morsdagen feiret. Skikken spredte seg til 45 stater I USA, og ble erklært offisiell helligdag i 1912. I 1914 erklærte daværende president, Woodrow Wilson, den første nasjonale morsdagen.

Morsdagen ble første gang feiret i Bergen, Norge den 9. februar 1919, og var til å begynne med arrangert av religiøse organisasjoner. Siden har morsdagen gått over til å bli en familiedag. Det finnes ingen bestemte tradisjoner knyttet til dagen, men klassikere som går igjen i mange hjem er at mødrene oppvartes med frokost på sengen, og gaver i form av for eksempel blomster eller kake.

I de senere år har morsdagen blitt en kommersiell høytid på linje med blant annet Valentinsdagen, og butikker markedsfører seg med gaver og kaker. Heldigvis holdes den gamle tradisjonen fortsatt i hevd i skoler og barnehager, der barn lager kort og gaver på egenhånd.

Sons of Norway Foundation Scholarships

Are you or one of your children/grandchildren attending college this fall? It's an exciting time for the whole family, but many face the concern of how to afford it. Thanks to the Sons of Norway Foundation, that may not be as pressing an issue as it once might have been.

The Foundation has a number of scholarships available for Sons of Norway members who wish to attend a post-secondary educational institution. Members who are studying everything from physics to the exploration of Norwegian and American heritage are eligible for scholarships from the 7 different funds available from the Foundation.

If you are interested in learning more, be sure to visit www.sonsofnorway.com/foundation and review the qualifying information and online applications. Some scholarship deadlines are coming up on March 1st, so be sure to get your applications in on time. Questions about the various scholarship opportunities can be e-mailed to foundation@sofn.com.

Ski for Light 2013

Lodge members Heather Hall and Cynthia and John Olnes will participate as guides at the 38th annual Ski for Light International Week taking place at the Shanty Creek Resorts cross-country ski area near Bellaire, Michigan, January 27 through February 3.

Ski for Light is an all-volunteer, non-profit, organization founded in 1975. The goal of the organization is to teach visually- and mobility-impaired adults how to cross-country ski.



Thursday, January 3rd
Full Board Meeting at 7 pm

Thursday, January 10th
Installation of Officers at 7 pm
Dessert Reception to Follow

Thursday, February 14th
Potluck/Program
6:30 pm
Business Meeting
7:30 pm

Meetings Open to all Members

Maintaining One of Oslo's Most Iconic Landmarks

One of Norway's most distinctive and popular landmarks, at less than five years old, is already being placed under the protection of a state historic preservation order.

Oslo's beautiful and extremely unique white marble-covered Opera House quickly became one of Norway's top attractions when it opened in 2008. Four years and millions of visitors later the building's exterior is showing signs of wear and tear that the state agency tasked with its maintenance are struggling to keep up with. While several of the problems are environmental, such as algae stains from the fjord and yellowing marble from air pollution, others are more directly attributed to foot traffic and careless visitors, like coffee stains, indiscriminately stamped out cigarette butts and unwanted vegetation growth

between the marble tiles from soil and seeds carried in on the shoes of visitors.



Hege Njaa Rygh of Statsbygg, the state agency tasked with care for the building, suggested that upkeep of the exterior usually "goes well" with the use of a vehicle similar to a street cleaner, but it is not safe to use in freezing temperatures. "In freezing temperatures, it's so damp and slippery that soot in the air really fastens itself to the building," says Rygh. "Then

it's even more difficult to keep it clean." Budgeted funds for the building's upkeep amount to NOK 20 million a year.

City officials as well as architects with Snøhetta, designers of the Opera House, would like to see an improvement in the timeliness of the building's cleaning and maintenance to ensure that it remains a well-preserved landmark. Jørn Holme, Norway's national preservationist agrees saying, "We don't just have responsibility for historic buildings, but also modern architecture of high international standard...the Opera is such a building." The preservation order, or *fredning*, will apply to the exterior of the building, the lobby and main auditorium, and its immediate surroundings.

Taken from Sons of Norway's January, February 2013 Newsletter Service

Baked Apples with Cardamom

- light molasses or syrup 1½ tsp cardamom, ground
- 5 graham crackers, crushed 1/4 cup butter
- 2 tbsp muscovado sugar or substitute a dark, coarse brown sugar
- 8 apples (similarly sized)

Pre-heat oven to 350°F. Wash and core apples. Melt butter and mix in a bowl with crushed graham crackers, sugar

and cardamom. Place cored apples in a baking dish and fill evenly with cracker mixture. (For easier clean up, line baking dish with foil) Top apples with light molasses or syrup and bake for 10-15 minutes. Cooking time will vary based on the size of apples. Apples are finished when soft to the touch, but not mushy.

Norwegian Language and Culture Classes

There is now one combined class for beginning and second year language students. Beginners may come early at 5:30 p.m. for a half hour of introductory level instruction. Then all beginning and second year students will meet from 6-7 p.m. for the full class.

Join us each Sunday at Viking Hall for a fun educational experience. Classes not only provide language instruction, but sometimes also include special events such as learning Norwegian songs, how to dance the Norwegian polka, and other traditional and current cultural lessons. Ages 10 through 90+ are welcome! January 13th is the first class in 2013 and classes run until May.



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 (694-2051) meet on the following Tuesdays from 7-9 p.m.

January 8 & 22 February 12 & 26

Classes are open to all experience levels and new individuals are always welcome to attend.



If you are interested in attending the language class please call Viking Hall (349-1613) and leave your name and contact information.

THANKS FOR LUCIA 2012

The Lucia Family would like to thank everyone that attended the Lucia Celebration this year. The talent was amazing, the children and singing were beautiful, and the event was a big success thanks to the many "elves" working behind the scenes! We'd like to thank the following people for helping us host this party.



The Lucia Committee: Sheila Hanson, Karen Nordgaard, Carol Kalander, Marianne Storms and Cindy McDowell.

The Logistics: Mickey Andrew, Anne Adasiak-Andrew, Eileen Johansen, parents of Lucia participants, Marit Kristiansen and Kari Kristiansen.

The Musicians: Lise Falskow, Linda Yarborough, Debbie Pankow; and talent show participants Luna Olnes with Svetlana Velitchko, Odin Whitman, Devon James, Jessica Zimmer, Leo Zimmer, Juliana Andrew, Karsten Hall, Christian McCormick, Beth Margeson, Annie Margeson, Kiani Kalander, Maria Hanson, Sevrin Persson and the "AS" Band (Anya, Lloyd and Stefan), Espen Falskow with Lise Falskow, Stella Olnes, and Erik Falskow with Tom Falskow.

The Bakers, Servers, and Event-day Helpers: Charlotte MacCay, Isabel MacCay, Marit Kristiansen, Robert Kalander, Lori Restad, Ellen Bjork, Franzi Sonnet, Sina Nennestiel, Anita Persson, Juliana Andrew, Anne McCormick, Patrick McCormick, Crystal Enkvist, Urban Enkvist, Whitney Whitman, Kjell Nordgaard, Tim Andrew, Cynthia Olnes, John Olnes, Maria Hanson, Bret Clark, Lloyd Persson, Wally Smith, Beverly Smith, Chris Lovett, John Lovett, Chris Robertson, Bev Griffin, Elise Igland, Bjarne Hansen, Beth Bysheim, Lois Wilmo, Karin Childers, Susannah Olnes, Laurie Zimmer, Jennifer Robertson, Deanna James, Nancy Clark, Kari Hall, Marty Margeson, Pia Meyer, Aase Haugen, Clare Cook, and any other "elves" whose names we did not mention.

Seeing all of these people work behind the scenes has given us a new appreciation for the dedication of the members of Bernt Balchen Lodge.

There is always room for more elves at this great family event, so please drop us a line if you'd like to help make the 2013 Family Lucia Party even better!

God Jul og Godt Nytt År!

Lucia Family: Terry Gryting, Dan Lien, Kelsey (Lucia) and Tucker

Sons of Norway Scholarship Fund Super Bowl Raffle

The Raffle will again have 20 winners with a top prize of **\$1,000.** Only 300 tickets are sold with tickets selling for \$25 each or a special deal of 5-for-\$100. The Super Bowl XLVII game will be shown on a six-foot screen at Viking Hall on February 3, 2013.

To purchase a ticket **contact**— John Olnes (562-2794), Sandra Hanson (243-2132), Wayne Johnson 248-3030) or Jane Moe (274-1357).



Tickets can also be purchased at the Viking Hall office or at Lodge events.



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 @ 2pm

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





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January Events			
3 Thursday	7 pm	Full Board Meeting, all welcome	
10 Thursday	7 pm	Installation of Officers Dessert Reception FOOD BANK DONATIONS	
17 Thursday	11:30-1:30	Kaffeslabberas, pg. 1	
26 Saturday	5:30 pm	Mystery Supper Theater, pg. 1	
February Events and money to the local food bank. Please bring your			
3 Sunday	2 pm	Super Bowl Party, pg. 7 food or monetary donation in to Viking	
14 Thursday	6:30 pm 7:30 pm	Potluck/Program Business Meeting	
16 Saturday	7 pm	Movie Night, pg. 2	
21 Thursday	11:30-1:30	Kaffeslabberas, pg. 1	
24 Sunday	3 pm	Musical Afternoon w/ Hedwig Faber & Janet Stotts, pg. 4	
Weekly & Biweekly Events			
Sundays Starting January 13	5:30 pm 6-7 pm	Norwegian Language Class—Introductory Instruction Norwegian Language Class, pg. 6	
Tuesdays Jan 8 & 22 / Feb 12 & 26	7-9 pm	Rosemaling with Anna Decker, pg. 6	

All events take place at Viking Hall, 8141 Briarwood St., unless otherwise noted. Please send articles or event information for March & April by the 15th of February to sonancak@gmail.com or call Cynthia at 562-2794 with newsletter questions