

VIKING HALL 349-1613  
www.sofnalaska.com

October  
2016  
oktober



## Inside this issue:

Rutabaga Recipe .....	2
Tusen Takk! .....	2
Sunshine Report .....	2
Wood Carving Seminar .....	3
Fra Bibloteket .....	3
Superbowl Raffle .....	3
Lefse Brigade - Call for Volunteers .....	4
Language Class.....	4
Faar-i-Kaal Pix.....	5
It's Coming - Lutefisk & Lefse Dinner .....	6
Membership Dues Update.....	6
<b>BAZAAR</b>	
Bakers Needed.....	7
Velkommen Cafe .....	7
Needed - Auction Donations .....	7
Norwegian Food Classes .....	7

## SONS OF NORWAY BERNT BALCHEN LODGE – PRESIDENT’S MESSAGE

### Up With the Rutabaga “The Orange of the North”

The rutabaga has few advocates in the United States and most Americans don’t even know what rutabagas are when they see them in the store. Many think they are weird turnips and a number of store cashiers have asked me what in the world do I do with them.

But the rutabaga has enjoyed a long history in Scandinavian cuisine, at least going back at to the 17th century. It is a root vegetable that originated from a cross (some say accidental) between the cabbage and the turnip. In Scandinavian stores they are usually the size of softballs while in the United States the ones you see are generally smaller, about the size of baseballs. Rutabagas sport purple tops and yellow bodies. Their flesh possesses a rich yellow color with a hint of sweetness.

I suspect that like potatoes, the rutabaga’s popularity in Scandinavia over the last several hundred years lies in their ability to grow in colder soils. The Little Ice Age which brought very cold, harsh weather conditions to Europe between 800 and 150 years ago made growing grains much more difficult for Nordic people. One solution was to turn to the cold-loving potato and its rooty companion, the rutabaga, for much of their daily nutrition. So, the Scandinavians embraced the rutabaga as a valued food in their diet unlike the people of France and Southern Europe who thought of the rutabaga as only fit for animal fodder. It is not an accident that when the rutabaga eventually made its way to England it immediately became known by the name “swede”.

The word “rutabaga” itself derives from the original Swedish term for the root, “rotabagge” (translates as something like “stumpy root”). Norwegians call rutabaga “kålrot” (cabbage root) or “kålraabi”.



*President’s Message continues on Page 2*



## Viking Hall

October 8, 2016  
10:00 am - 4:00 pm  
8141 Briarwood St.

**PLEASE JOIN US FOR A CULTURAL EXPERIENCE!**

We will have demonstrations for rosemaling, and amazing food, including the popular **lefse**, krumkake and waffles for sale!

Our Kitchen will be serving the best lunch in town.  
Delicious traditional soups and open-faced sandwiches.

There will be many Scandinavian items for sale including top quality hand made:

Jewelry	Rosemaling	Scarves
Artwork	Table linens	Clothing
Woodcarvings	Pillows	Christmas decorations

**And much more!**

FOR MORE INFORMATION PLEASE CALL 349-1613

## Rutabaga!

### *President's Message continues from Page 1*

Unlike in the United States it is a common food that may be on the dinner menu up two or three times in any given week.

The Norwegian nickname for the rutabaga is "Nordens Oransje" ("Orange of the North").

This name comes from the recognition that this root is packed with Vitamin C. It is also rich in Vitamin A, calcium, and healthy fiber. However, it does not contain much in the way of calories nor carbohydrates; which actually could be seen as a good thing in our modern diet that features calories and carbs galore.

Most Scandinavians eat their rutabagas mashed up. The Norwegians call this mashed-up rutabaga "kålrabistappe". You can mash it by itself with a little cream, butter, and nutmeg or you can add carrots or potatoes, or both, to the rutabaga mash. All are good and there are many recipes available online or in Scandinavian cookbooks. Kålrabistappe goes really well with pinnekjøtt (dried and salted ribs of lamb or mutton), sausage, ham, or other dinner meats.

*Now that I have wet your appetites for rutabaga I will conclude with a recipe courtesy of Lillian Anderson's (our Norwegian language teacher) mother, Laila Owren, who lives in Kristiansand, Norway for a basic kålrabistappe.*

**Yum!**

*Fraternally yours,  
Terje "Ted" Birkedal*



### **Mashed Rutabagas (Kålrabistappe/Kålrotstappe)**

*Courtesy of Laila Owren of Kristiansand, Norway*

2 lbs kålrabi (rutabaga)	¼ cup light whipping cream
2 carrots (medium sized)	2 tbs butter
1 quart water	¼ tsp pepper
1 tsp salt or 1 cube vegetable bouillon	¼ tsp nutmeg

Peel and cut kålrabi and the carrots in small pieces.

Add salt or bouillon to water.

Boil the kålrabi and carrots in water until soft.

Drain, reserving 1 cup of water.

Mash the kålrabi and carrots.

Stir in cream, butter, pepper, and nutmeg.

Add salt and maybe a dash of the reserved liquid from the boiling to taste.

*Serve with pinnekjøtt, sausages/hot dogs, or other dinner-meat dish.*

## Tusen Takk!



We would like to thank fellow Lodge members for nominating us for a 2016 Bridge Builders Excellence in Community Service Award and are extremely grateful to be one of the thirteen Honorees selected from the Anchorage community.

Fellow Lodge member Barbara Niziol (representing the Polish community) was also chosen as a 2016 Honoree. *Congratulations Barbara!*

The Bridge Builders Gala held on August 20, 2016, at the Anchorage Hilton was truly an evening to remember. We were pleased to have family and friends in attendance and thank the Lodge for its contribution toward the festivities. Being part of Sons of Norway for over 30 years has been very rewarding and we look forward to many more years to come.

*John and Cynthia Olnes*

## SUNSHINE REPORT

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

### **OCTOBER BIRTHDAYS**

Torulf Hofseth  
John Olnes  
Anna Decker  
Carol Hall



If you know someone who needs a little sunshine, call **696-0725 (cell - 862-1143)** or

*"Happy Birthday!"*

email Cindy McDowell:  
**[ccmcd38@hotmail.com](mailto:ccmcd38@hotmail.com)**

*"Gratulerer med dagen!"*

## Woodcarving Time! *Don't miss out!*

It's October which means another carving seminar and I do not want to hear how "you are sorry you missed it"! Get off that easy chair and spend a day having a great time carving. There will be 10 classes offered on October 15 and you get to pick the one that suits you the best. Your choices are woodburning, relief, bark bear ornament, bark face, bark house, spoons, caricature fish, chain, bark pumpkin or diamond willow .... remember you can only take one class per seminar.



The cost is only \$25.00 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 participation. There is an age limit.

*You may register for a class at the Woodshop in the Northway Mall*

*10:00 am - 4:00 pm, Monday - Friday; Saturday and Sunday from noon until 5:00 pm.*

At that time you will be able to see samples of what projects are being offered. Register and pay for your class at that time to guarantee your spot in the class. Class size is limited. Remember....this is all put on by volunteers from the Last Frontier Woodcarvers.

For more information contact Cindy at 696-0725 or 862-1143.



## Fra Biblioteket:



As has been reported many times in the press, Scandinavian countries seem to top the "best ..." lists in many categories, drawing envy from the rest of the world and leading to questions as to "how do they do

it?" All five of the Nordic countries make the top 10 list of happiest countries in the world (#2 Iceland, #3 Denmark, #4 Norway, #6 Finland and #8 Sweden). There are now a flurry of books and films that are attempting to help answer that question.

A recent addition to our library is the title, "The Almost Nearly Perfect People – The Truth About The Nordic Miracle" by Michael Booth. Thanks to Audun Birkedal (our lodge president Ted's brother) for this recent addition which provides insight from a UK author who has lived on and off in Scandinavia for over ten years. He embarks on a journey to discover who these curious people are, where the secrets to their success lie, and most intriguing of all, what they think of each other. Throughout the book are bits of data that seemingly run counter to how we might perceive a "nearly perfect" nation.

Denmark, for example, has the highest taxes in the world. Sweden, a neutral country that tries to stay out of global conflicts, is one of the biggest arms manufacturers in the world. 54% of Icelanders believe in the existence of elves. Finns have the highest rate of gun ownership in the world after Americans and Yemenis. And Norway continues to deal with growing social unrest that has in more recent years prompted increased nationalist tendencies.

I'll feature more on this subject in upcoming articles, as there are several other books out there on the topic of the Nordic success story. Look out as well for upcoming news on a film that features the Finnish school system, consistently ranked as one of the best in the world, as we plan to having a showing of this film at our lodge.

*Tom Falskow  
Lodge Librarian*

## Super Bowl Raffle 2017 Scholarship Fundraiser



It's that time of year again! Ticket sales for the Sons of Norway 2017 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.

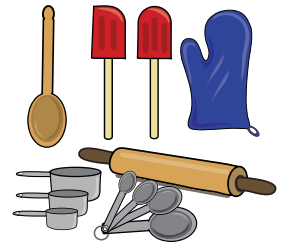
The Raffle will again have 20 winners with a top prize of \$1,000. Only 300 tickets are sold so the chance to win is very generous, one in fifteen. Tickets are selling for \$25 each or a special deal of 5-for-\$100. Your ticket also entitles you to a free Lapskaus (Norwegian stew) dinner during the showing of the Super Bowl 51 game on a big-screen TV at Viking Hall on Sunday, February 5, 2017.

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.

## Come Join the Lefse Making Crew this October and November



We have a new Co-Chair for lefse making. Cynthia Olnes volunteered to replace Ashley Brusven who has moved to Minnesota. Cynthia took on her responsibilities during the September lefse-making session. She did great!

For those new to lefse making, there are several steps between raw potatoes, flour, and salt and a package of ready-to-sell lefse at the Bazaar. 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 through 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 in balls, roll and cook lefse; boil, wash, boil, peel, and rice potatoes; sort and package lefse, and clean up work stations.*
- Sunday:** *Mix potato and flour loaves; shape into balls; roll and cook lefse; sort and package lefse; break down the lefse-making stations and return griddles, cooking and rolling boards, etc. to the storage area; and clean up work stations.*

Even a couple of hours of your time helps make the day fly by so please contact Lefse Co-Chair Ted Birkedal at 351-6095 or [tedbirkedal@gmail.com](mailto:tedbirkedal@gmail.com), to let him know you would like to help, when you wish to help, and for how long.

Our honorary "Lefse Queen", Anna Decker, will also be happy take your calls at (694-2051). In addition, you may leave a message at Viking Hall at 349-1613.

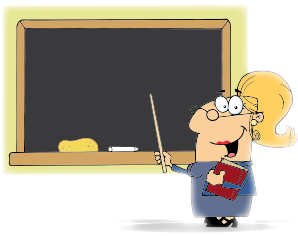
### LEFSE-MAKING SESSIONS IN OCTOBER AND NOVEMBER

Lefse Making for Bazaar: Friday - Sunday / September 30 - October 2

Lefse Making for Lutefisk Dinner: Friday-Sunday / November 4 - 6

Lefse Making Hours: Friday 3:00 - 6:00 pm / Saturday 9:00 - 6:00 pm / Sunday 9:00 - 6:00 pm

### NORWEGIAN LANGUAGE AND CULTURE CLASS 2015-2016



Sons of Norway Bernt Balchen Lodge will be offering a Norwegian Language and Culture Class in 2016-2017. The class will be taught by Lillian

Anderson who is a native speaker and expert on Norway's culture and heritage.

This weekly class will be scheduled for Sunday Evenings. The first class will be on October 2, 2016 and the classes will end in late May. The total cost of the 8-month class will be \$20.00 for members of Sons of Norway and \$40.00 for non-members, payable to the Sons of Norway. It will be held at Viking Hall which is located at 8141 Briarwood Street. Non-member students who join Sons of Norway will be refunded their extra fee.

The class will be divided into two tiers. The first part of the class will be for beginners while the second part will be for more advanced students in Norwegian.

These classes will purposely overlap to allow for interaction and conversation in Norwegian among all the students.

**Beginners: 6:30 PM to 7:30 PM**

**Advanced: 7:00 PM to 8:00 PM**

Also, Lillian Anderson will be available for special help and tutoring at 6:00 PM for those students who are interested.

Beginning texts in Norwegian will be provided free of charge to any students that want them. This book is Norsk, Nordmenn, og Norge by Kathleen Stokker and Odd Haddal. Anyone taking the advanced section of the class will need to personally purchase the text for that part of the class. The book for the advanced section is Norsk, Nordmenn, og Norge: Antologi 2 by Kathleen Stokker. It is available from Amazon, Barnes and Noble, or the University of Wisconsin Press for \$19.95. We also recommend that all students purchase a Norwegian-English dictionary for use in the class.

If you are interested taking the class please call Viking Hall at (907) 349-1613 and give your name and which class tier you would like to attend (you may leave a voice mail). Also, you may just show up at the first class and sign up.



## FAAR-I-KAAL



Left to right: David Michaelsen, Jacob Mathiesen, Loren Leman, Carolyn Leman, Lisa Nelson, Signe Andersen, and Linda Bustamante.



John and Cynthia Olnes

*Did you make it to the Faar-i-Kaal Dinner?*

*Good food and fellowship was enjoyed by all at a packed house.*

*The Polka Buzz played, we danced; and Chuck Brodahl was recognized for his longtime service and membership.*

*It was a truly wonderful evening.*



Marit and Kjell Kristiansen dancing to the Polka Buzz



Chuck Brodahl when he was honored by a standing ovation.

*Thanks to Glenn Soby for the Photos!*

## Lutefisk and Lefse Dinner is Coming Soon!

*It is once again that time of year when over 300 guests will appear at Viking Hall begging for some lutefisk and lefse (and for the faint of heart, those tasty meatballs too!).*

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

Ages 12-16 \$12

Ages 5-11 \$5

Ages 4 and under free

This dinner is one of the lodge's biggest fundraising events, helping to keep our wonderful Viking Hall in great shape and allowing us to continue providing great events for our members and friends.

Please consider helping out this year. It is a great way to not only show support for the lodge, but also to get to know other members and friends and find out just how much fun we have behind the scenes in making events like this possible.

The dinner itself this year is on Saturday November 12th with two seatings: 4:00 - 6:00 pm or 7:00 - 10:00 pm.

We ask that reservations be made for the dinner as we have limited seating and this is the most popular event of the year. Call the lodge at 349-1613 to make a reservation for the seating of your choice.

In terms of helping out, there are various days and times where we could use your assistance:

Friday November 4th – preparation for lefse rolling 3 pm - 6 pm – help boil potatoes and set things up for the two days of rolling.

Saturday November 5th – roll lefse from 9 am - 6 pm (even a couple of hours of your time would be a great help)

Sunday November 6th – roll lefse from 9 am - 6 pm and note that from noon onward we welcome the youth of the lodge to come and assist and learn from the lefse rolling masters just how easy it is to roll some lefse.

Sunday November 6th – meatball rolling from 1 - 4 pm

Friday November 11th – preparation for the dinner (veggies, sauces, dinning room, etc) starting at 10 am until done (usually around 8 pm)

Saturday November 12th – THE BIG EVENT – help with first seating from 3-6pm or second seating from 6 - 9 pm or cleanup from 9 pm onward.

Let me know by e-mail at [lise@gci.net](mailto:lise@gci.net) if you are willing to assist with any of the above areas, or give me a call at 222-5320 if you have questions.

Tusen takk!

Tom Falskow, Co-chair Lutefisk dinner 2016

## Dues News – International Lodge Resolution



WHEREAS the current dues structure and membership categories are complicated and very hard to explain to prospective members and for current members to understand; and,

WHEREAS the 2014 meeting of the International Lodge passed a resolution for a committee to present a resolution in 2016 to simplify the current membership classifications to include Insurance/Social and Individual/Family and to make total dues for each lodge consistent within each country;

THEREFORE BE IT RESOLVED that the following law changes will be made to accommodate a more simple dues structure. As it states in the Constitution, the International Board of Directors will set dues annually at the Spring Board Meeting. Effective January 1, 2018, the US dues will be \$60 for an individual and \$95 for a family. The breakdown will be allotted as follows:

<b><u>\$60 Individual Dues</u></b>	International ..... \$32	<b><u>\$95 Family Dues</u></b>	International ..... \$42
	District..... \$14		District..... \$25
	Local Lodge ..... \$14		Local Lodge ..... \$28

As of January 1, 2018, existing Life Members and Golden Members will keep their status with the current discount formula.

The Resolution passed:      **FOR** – 121 Votes      **AGAINST** – 32 Votes

## ATTENTION ALL BAKERS!

The **20th Annual Scandinavian Christmas Bazaar** is quickly approaching and the Bake Sale table needs your help.

**If you would like to donate homemade cookies, cakes or breads, please bring them to the bazaar on:**

**SATURDAY, October 8th  
between 9 am and 2 pm**

*All items must be packaged and ready to sell. We will have labels there if you need them and can also help with the pricing.*

**For more information call Anita @ 336-3013**

**THIS IS THE LARGEST ANNUAL FUNDRAISER FOR OUR LODGE, PLEASE HELP US MAKE IT A SUCCESS!**



## Velkommen Café

*The Best Lunch in Town!*



While shopping at the Bazaar visit the Velkommen Café and treat yourself to a delicious lunch. The menu includes our popular Pølse – reindeer hotdog wrapped in lefse, with Swedish mustard! You'll also be delighted with the open face sandwiches, homemade soups and delectable Scandinavian desserts.

When you have finished eating please be kind enough to make room for others to sit and eat; especially older folks.

As for delectables to take home, the Bake Sale table features lefse and a huge variety of homemade cookies, cakes and breads.

***Don't miss out, this is only once a year!***

## Donations Needed for the Bazaar!

We are now accepting donated Scandinavian/Nordic items for the Silent Auction to be held during the Scandinavian Bazaar, October 8th.

Gently used sweaters or bunads, candle holders, linens, knitwear, artwork, Christmas decorations and rosemaling are all items that have done well in previous years.

Please call Anita at 336-3013 for more information or bring your items to the Viking Hall office.



***Thank you for  
your support!***



## Norwegian Food Classes at Viking Hall - 8141 Briarwood Street

Norwegian cooking classes will be taught by Lillian Anderson of Sons of Norway Bernt Balchen Lodge. Each of the seven monthly classes will focus on one or more traditional food items. Included on the menu are smørbrød, lapskaus, risgrøt, kjøttkaker and kålstuing, fastelavensboller, vaffler and pannekaker with ertesuppe, and syttende mai kaker and pølser with potetstappe. The first class will be held on Sunday, October 16, and feature smørbrød. Classes will begin at 5:00 pm and end at 6:30 pm.

The cost of each the seven classes will be \$20.00 for members and \$30.00 for non-members. This will cover the costs of ingredients and other items necessary to the cooking classes.

To sign up please contact Christie Ericson at (907) 602-0673.

Participants must RSVP at least one week before the start of each class. (*Notice: Dates of one or more classes may change so as not to conflict with important, future Sons of Norway rentals of Viking Hall.*)

### CLASS DATES:

October 16: smørbrød

November 13: lapskaus

December 4: risgrøt, riskrem, and krumkaker

January 15: Kjøttkaker and kålstuing

February 5: fastelavensboller

March 26: vaffler, panekaker, and ertesuppe

April 30: syttende mai kaker and pølser and potetstappe





**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 FOR OCTOBER!

**1, 2**

### Saturday & Sunday

9:00 am to 6:00 pm  
Lefse Making for Bazaar

**4**

### Tuesday

10:00 am  
Needle Crafts &  
Rosemallig Class

**8**

### Saturday

10:00 am to 4:00 pm  
Scandinavian Bazaar

**13**

### Thursday

7:00 pm  
Board Membership Meeting  
New Member Welcome

**15**

### Saturday

9:00 am to 4:00 pm  
Woodcarving

**18**

### Tuesday

10:00 am  
Needle Crafts &  
Rosemallig Class

## NOTICE! CALL FOR GARDENERS

### ***Volunteer Gardeners Wanted For Viking Hall***



Shirley and Gene Moe have been our Volunteer Gardeners for many years, but they have given notice that they are retiring from that task in 2016. Our sincere thanks to them for keeping up the south-side garden with beautiful flowers and plants over all these years.

Are there any green-thumb members out there who would like to follow in the footsteps of Gene and Shirley and get their hands dirty tending the flower garden along the south side of Viking Hall? If you are interested please leave a message with Viking Hall at (907) 349-1613.

Most of the work is centered on the summer months with some bulb planting in the early Fall.

*Terje "Ted" Birkedal, President  
Sons of Norway Bernt Balchen Lodge*

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

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