

VIKING HALL 349-1613  
www.sofnalaska.com

**November**  
**2016**  
**november**



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

### The Great Lutefisk Mystery – Solved

Last year, just before our annual Lutefisk and Lefse Dinner, I wrote a piece in the Flyer called the “Great Lutefisk Mystery” as the November’s “President’s Message”. Though not a fan of lutefisk myself, its existence and the reverence that Norwegian-Americans accord it sparked my curiosity. For a coastal Stavanger boy, lutefisk was “mandags mat” (Monday’s food) not something you celebrate as “verdens beste fisk” (the world’s best fish). So, I delved into the mystery and was aided in my search by Eva Bilet and Marit Kristiansen, two of our most informed members on all things Norwegian. Well, we scoured the internet and learned a few things, but came up empty as to the practical benefits of making and eating lutefisk.

What we did come up with were repeated stories about the Irish putting lye in the fish barrels of the Vikings to poison them and how the Vikings found that lye-poisoned fish was to their liking. Then there was the common story of the Lofoten fisherman whose fish shed burned down and he found he liked the ash-covered fish and so the tradition of eating lutefisk was born.

Also, we learned why lutefisk is so important to Norwegian-Americans. Most of the immigrants to America from Norway were from the inner valleys where fresh ocean fish was not easily available. For them re-hydrated stockfish (wind-dried cod) was a delicacy that was associated with Christmas feasting. Lutefisk was closely tied to happy times with a full stomach and family. When large quantities of stockfish became commercially available to Norwegian immigrants toward the end of the nineteenth century, Minnesotans and North Dakotans re-connected with their childhood memories and their beloved, remembered homeland through the eating of lutefisk, especially during the Christmas season.

When being a Norwegian-American wasn’t so popular in the xenophobic early part of the twentieth century, lutefisk eating became a way of fighting back against the prejudice. Being stubborn Norwegians, many made a point of eating more of the strangely-prepared fish to show they were proud of their heritage. “I eat lutefisk because I am a Norwegian; and am a Norwegian because I eat lutefisk” you might hear Ole or Sven saying at the Christmas church dinner. This enthusiastic lutefisk-eating tradition was passed on to the children and the children’s children; and it is still very strong today among Norwegian-Americans. Whether they love it or hate it; eating that white gelatinous fish brings back happy memories of family and Christmas’s past for many Norwegian-Americans and reaffirms their Norwegian heritage of which they are so proud.

But why did this tradition of making and eating lutefisk begin in the first place? I knew that Norwegians are a practical people and would not blindly start eating fish the Irish had allegedly poisoned with lye or they found in a burned-out fish shed. Norwegians are not that stupid! There had to be practical benefits behind the making and eating of lutefisk. For the past year I have searched for an answer and for the most part I ran into countless dead ends. I consulted a book dedicated to lutefisk which I found in Ballard called *The Last Word on Lutefisk: True Tales of Cod and Tradition* by Gary Legwold. But I just found more silly origin stories. I asked Norwegian friends and relatives in Norway and this time I heard for the second time about the Scotch, not the Irish poisoning of the Vikings. I corresponded with some of Norway’s top fisheries scientists in Tromsø, Norway who worked daily with lutefisk and they did not know the answer. I wrote a half-a-dozen Scandinavian Studies professors in the United States; I asked experts in the Norwegian Folk Museums. I even wrote the Swedish Folk Museum in Stockholm promising them credit over their Norwegian colleagues if they revealed the mystery. Most of my passionate inquiries were met with silence. Either they did not know the answer and were too ashamed to admit it or they brushed me off as just another Norwegian-American lutefisk nut. In the end, two kind and generous scholars sent me answers to my persistent questions. One was Kathleen Stokker, Professor Emeritus of Scandinavian Studies at Luther College in Decorah, Iowa. The other, was Kari-Anne Pederson, Curator, at the Norsk Folkemuseum, Oslo, Norway. And I also have to credit Kari-Anne’s boss, Morton Bing, Leader of the Culture History Section of the Norsk Folkemuseum, who took my query seriously and referred my email to Kari-Anne Pedersen of his staff.

Both Professor Stokker and Curator Pederson independently gave me the same answer as to the practical benefits of making and eating lutefisk. So here is the answer. First, soaking dried, unsalted stockfish (“tørrfisk”) in a lye solution (traditionally wood ashes mixed in water) is a very efficient way to reconstitute the fish. The Southern European method of re-hydrating dried fish is to beat it first with a



**President’s Message continues on Page 2**

## Mystery Solved

*President's Message continues from Page 1*

hammer and then soak it for days on end in water; a much more labor-intensive lengthy process compared to the easier and less-time consuming Norwegian technique of soaking the stockfish in a lye bath as a key part of the re-hydration process.

The reason the fish is dried in the first place is to preserve it; "tørrfisk, if kept dry, can be stored for years and yet keep its full nutrition. Before the days of refrigeration and cheap salt, preserving fish required a lot of ingenuity. By drying cod in the cold, windy spring days of Northern Norway the fish loses all the moisture that makes it attractive to bacterial attack. Also, the drying process reduces the fish to one fifth its original size which makes it easy to store and transport. Yet, once the stockfish had finished soaking in its lye bath, this hard, dried fish would plump up to a size even slightly greater than the original living fish.

The second reason behind the lye treatment is nutrition. The lye breaks down the protein in the fish into easily digestible amino acids which are easily absorbed by the small intestine. Usually ingested proteins need to be broken up into amino acid molecules in the stomach. It is because of this protein breakup that lutefisk acquires its characteristic gelatinous, jelly-like texture. It is essentially pre-digested by the lye treatment and transformed into a highly edible, digestible, and nutritious food package that delivers nearly instant energy to the eater. What is remarkable is that no nutrients are lost in this process and all the calories and vitamins are delivered intact and efficiently to the body (about 79 calories per 100 grams [3.5 oz] of fish).

So you are going to ask how did a bunch of Nordic farmer-fishermen figure this all out? They were not chemists or food scientists, but they were good observers and learners from experience. When they ate lutefisk they felt good as well as full after the meal. The same people quickly adopted the very nutritious potato in the early nineteenth century and made it their very own within a very short span of time. It is actually quite common in history for ordinary people to make very good food decisions that benefit their lives. For example, both the Eastern Indians of the United States and Indians of Mexico soaked their dry corn kernels in a solution of lye (again wood ashes in water) or slaked lime to make hominy. Not only did this process bulk up the corn kernel, it also increased the calcium in the corn, but most importantly it freed the niacin (Vitamin B-3) in the corn so that it could be absorbed by the intestines. People who base their diet in untreated corn are at risk for the chronic and debilitating disease known as pellagra because untreated corn does not release its niacin when it passes through the body. Grits are made from hominy as are the billions of corn tortillas that are consumed in Mexico today. The latter are made with "masa harina" flour, this flour is made from milled hominy, not regular corn. I could give other examples of good food decisions by everyday people, but there is not enough space here for that: you just have to trust me.

Curator Kari-Anne Pederson emphasized that soaking the stockfish in lye had nothing to do with preserving the re-constituted fish. This practice would indeed inhibit bacterial growth in the lutefisk, but she stressed that the re-hydrated lutefisk was not stored for any length of time in old Norway.

After it was reconstituted it was eaten then and there. In the old days each family would store its bark-like stockfish in big bundles in a dry part of the house or in a shed. When the time came to eat lutefisk they would begin the soaking process and eat the fish right away when it was ready.

The making and consumption of lutefisk is an old practice in Norway, and also in neighboring Sweden and Finland, and this method of preparing stockfish may even date to well before the Viking Age. We know for certain from early writings that the making and consumption of lutefisk was widespread by at least the late Medieval Period and the practice was popular well into the nineteenth century. Unlike among Norwegian-Americans in the United States, its popularity waned among Scandinavians in the twentieth century for it began to be considered an old-fashioned peasant food, associated with poverty and want. In the last couple of decades, however, it has been undergoing a revival as a worthy, honored traditional food in Scandinavia, and more and more people are beginning to eat it again, but not quite with the worshipful excitement of Norwegian-Americans.

I want to stress that I did not solve the "The Great Lutefisk Mystery"; I just found the right people who knew the answer as to the practical benefits of making and eating lutefisk. We will probably never know when or how the practice actually began or who first figured out the process and its food-prep and dietary values.

*If you want to learn more about lutefisk and the history of Norwegian traditional foods please get hold of Professor Kathleen Stokker's book, **Keeping Christmas: Yuletide Traditions in Norway and the New Land**, Minnesota Historical Society Press, 2000. And if you want to eat lutefisk and feel good and full, make reservations to come to our annual Lutefisk and Lefse Dinner on Saturday, November 12th. We have two seatings, one at 4:00 PM and one at 7:00 PM. Call (907) 349-1613 for reservations.*


*Fraternally yours,  
Terje "Ted" Birkedal*



## SUNSHINE REPORT

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

### NOVEMBER BIRTHDAYS

	<p>Orvetta Rae Elde</p> <p>Aurora Hovland</p> <p><i>Congratulations to Arnold Link – 91 years old!!!</i></p>	<p>Gene Moe</p> <p>Gale Olson</p> <p>Carol Restad</p> <p>Glenn Soby</p>
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If you know someone who needs a little sunshine, call **696-0725 (cell - 862-1143)** or email **Cindy McDowell: [ccmcd38@hotmail.com](mailto:ccmcd38@hotmail.com)**

*"Happy Birthday!"*

*"Gratulerer med dagen!"*

## Verbose Vikings Place 2nd We'll get 'em next year!



left to right, Marilyn Lee, John Olnes, Mike Yarborough, and team members Linda Yarborough, Tim Andrew, Anne Adasiak-Andrew (wife of Tim but not a team member, Terry Gryting (team member) and Ted Birkedal at the Dena' ina Center.

*Our team the "Verbose Vikings" did not win but came in as second to Mensa their chief rival. They did not win but they were 2nd, which is still very good. However, the lodge won the "Spirit Award" for its rowdy support for their team. We had a troll on the table with an array of flags and everybody had a cow bell to ring in support of our team and many of us wore Viking helmets or Norwegian Moose hats.*



Tim Andrews, Linda Yarborough, and Terry Gryting at their place on the dais.



Cheering team of Marilyn Lee, Cynthia Olnes, and John Olnes.

## Nordic Brunch

The Nordic Brunch will be held December 4th from 10:30 am to 2:00 p.m. this year. If you are willing to contribute an entrée and/or willing to help with the event please email Merlin Hamre at:

[mhamre@acsalaska.net](mailto:mhamre@acsalaska.net).

### Cost will be

\$25.00 for adults \$15.00 for age 12 to 18  
\$5.00 for ages 6 to 11 and Free for ages 5 or less.  
349-1613 For Reservations

For adults who will be attending Handel's Messiah at West High School that day, call in reservations and arrive at the brunch prior to noon will receive a \$5.00 discount.

## 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.

## 2017 Slate of Lodge Officers for Bernt Balchen Lodge

President - Ted Birkedal

Vice-President - Linda Bustamante

Counselor - Anna Decker

Secretary - Beverly Griffin

Recording Secretary - Anita Einarsen-Vinlerg

Membership Secretary - Tom Falskow

Treasurer - Merlin Hamre

Cultural Director - Christie Ericson

Foundation Director - Marit Kristiansen

Sports Director - Martin Hansen

Marshal - Sandra Hanson

Asst. Marshal - Cindy McDowell

Trustee - Jacob Mathiesen

Auditor - Patrick McCormick

Auditor - Tom Falskow

Committee Chairs

Librarian - Tom Falskow

Newsletter Editor - Ruth Kvernplassen

Co-Publicity Director - Melinda Hansen

Co-Publicity Director - Charlotte MacCay

Board Members

Jim Bysheim - President

Chuck Dunnagan - Vice President

## Cookie Bake and Exchange

On *Saturday November 19th* will be a cookie bake and exchange. Please come with already made cookies to exchange, recipes in hand to make at the lodge and/or to partake in making cookies/sweets to take home as well as to serve at the upcoming Nordic Brunch. All levels of confidence welcomed. Feel free to bring children as a table will be set up for them to cut out and decorate cookies. Contact Merlin at [mhamre@acsalaska.net](mailto:mhamre@acsalaska.net) with any questions or requests. The evening of November 18th you are welcomed to assist in making dough for roll out and other cookies. Your own recipes will be welcomed.





## Lutefisk 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!).



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 – 4-6 pm or 7-10 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.*

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

Ages 12-16 \$12 Ages 5-11 \$5

Ages 4 and under free

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

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

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

Sunday Nov 6th – roll lefse from 9am to 6pm 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 Nov 6th – meatball rolling from 1-4pm

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

Saturday Nov 12th – the big event – help with first seating from 3-6pm or second seating from 6-9pm or cleanup from 9pm 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*



## Norwegian Cooking Class Smørbrød

Our first Norwegian Cooking Class taught by Lillian Anderson was a big hit! We had 11 students take the class on making smørbrød (literally "butter bread") or open-faced sandwiches. According to Lillian, bread forms the foundation of the smørbrød and should be of good quality. The bread is always layered with a generous spread of butter. After that you add the pålegg (literally "on lay") or the toppings.



Smørbrød is serious work!

Pålegg can be jams, cheeses, meats, vegetables, eggs, spreads, etc. There are actually different types of smørbrød, depending on how elaborate you get. Ei brødskeive tends to be rather simple with a modest layer of pålegg and is often eaten for breakfast. Et smørbrød typically contains more pålegg than ei brødskeive and is much fancier. En snit (plural snitter) is often served for festive celebrations. The bread is sliced diagonally and each half is artfully designed with elaborate layers of pålegg. Smørbrød and snitter are typically eaten with a knife and fork.

After this informative overview and some encouragement from Lillian, the students jumped in and let their creative skills loose. The end results were as beautiful as they were delicious!

For our next class we will be making lapskaus, a traditional Norwegian stew. November 13, 5:00-6:30 pm at Viking Hall, 8141 Briarwood St.

\$20/members, \$30/non-members

To sign up contact Christie Ericson at (907) 602-0673 by November 7th.

*The dates of all the remaining classes:*

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

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



Lillian explaining the different kinds of smørbrød



The veggie station



The pros!

## Scandinavian Bazaar



Photo Courtesy of Glenn Soby



Photo Courtesy of Ruth Kvernplassen



Photo Courtesy of Glenn Soby

*What a fun day! Good fellowship, wonderful food, and a great variety of items to peruse. As a first-timer in the Velkommen Cafe, I am in awe of the veterans who work the kitchen to serve delicious food with a smile; the volunteers in the auction and bake sale, and all those who step in to help out! If you ever get the call to volunteer, I highly recommend it! - Editor, Ruth Kvernplassen*



Photo Courtesy of Ruth Kvernplassen



Photo Courtesy of Glenn Soby



Photo Courtesy of Glenn Soby



Photo Courtesy of Glenn Soby



Photo Courtesy of Glenn Soby



Photo Courtesy of Glenn Soby



## Come Join the Lefse Making Crew!

For those new to lefse making, there are several steps between raw potatoes, flour, and salt and a package of ready-to-eat lefse at the Lutfisk Dinner. For those not interested in "rolling" there are other ways to help with this important Lodge event.

The typical 3-day lefse-making session 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; clean up work stations.



Allie Schoessler and Blake Howe, top rollers.



Gayle Mathiesen and Katie Evans, happy rollers.

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.

**Last Lefse Making for Lutfisk Dinner:**

**Friday-Sunday / November 4 - 6**

**Hours:**

Friday 3 - 6 pm

Saturday 9 - 6 pm

Sunday 9 - 6 pm



We got a young crew. Cynthia Olnes, John Olnes, Allie Schoessler, Blake Howe, Robert Denholm, Gayle Mathiesen, and Katie Evans.



## Sausage Making Help Needed

Sausage making class and sausage making will occur the evenings of November 14th through 18th. On Monday November 14th food hygiene and basics of sausage making will be covered and then we will launch into actual sausage making. Participants will be able to make sausage for themselves and will be able to make sausage to take home. If you have meat or fish that you would like to make into sausage it will be arranged after November 14th. Wayne Johnson will be making sausage out of geese that he has in his freezer. The efforts will include making sausage for the Nordic Brunch which will include medisterpølse (a Danish pork sausage), potato sausage and blood sausage. Since it appeals to Nordic tastes, even if it is not a Nordic tradition, we will be making fish sausage.

Anyone interested in attending any or all of the evenings please call the Viking Hall office and leave your name. Cost will be only for the supplies provided for the sausage you make for your personal use. We need to build up a cadre of workers to assist with sausage making in the future. If you have any questions contact Merlin Hamre [mhamre@acsalaska.net](mailto:mhamre@acsalaska.net) or Wayne Johnson [Jcc@ak.net](mailto:Jcc@ak.net). Both Members and non-members welcomed. The only experience necessary is a willingness to try. If anyone would like a few pounds of sausage made for yourself call the office. Wayne Johnson will determine the feasibility and costs.

## CELEBRATE OUR SKIING HERITAGE

### COME OUT FOR THE WOODEN SKI CLASSIC

**Sunday, November 27th, 2016 at Russian Jack Springs Park**

Race starts at noon so show up with enough time to get your gear together.

Bring your knickers and wooden skis for an old town classic ski race! Despite the name, costumes and wooden skis are NOT required for this event. Waves begin with authentic costume and wooden skis followed by later starts for people in lycra with plastic skis. "Authentic" for this race includes Scandinavian design and wool knickers, wool skirts, wool hats, and sweaters. Event is co-sponsored by the Sons of Norway Bernt Balchen Lodge and Nordic Ski Association of Anchorage. Prizes will go for the best-dressed in authentic attire! Proceeds go to the NSAA college scholarship fund.

Stay for the traditional Scandinavian breakfast provided by Sons of Norway in the Russian Jack Chalet.

To register, go to the Nordic Skiing Association of Anchorage website, go to Races, and then look for the Wooden Ski Classic race under the AMH Anchorage Cup.

Need pine tar on your skis? Have any questions about the race or costume? Call or email Martin Hansen, Sports Director for Balchen Lodge, at 907-980-5333 or [bikeskifish@gmail.com](mailto:bikeskifish@gmail.com).





## Consul's Corner

*Information and Opportunities for Norwegian Alaskans*



### Conversation and Coffee with Norway's Consul General

This past month, Norway's Consul General in San Francisco, Hilde Janne Skorpen, was in Anchorage where she was a featured speaker at the Arctic Ambitions V – International Business Conference. Here she emphasized Norway's focus on the Arctic and their policy to strengthen Norway's ability to exercise its authority and to promote Norwegian interest in the north.



*"For Norway, the High North is not just at the top of the world; it is at the top of our list of foreign-policy priorities" stated Consul General Skorpen. "We have an ambition that Northern Norway will become one of the most innovative and knowledge-driven regions in the world."*

For Norway, 10% of its population lives above the Arctic Circle, a greater proportion than any other country in the world.

Consul General Skorpen encouraged people to come to Tromsø in January to attend the 2017 Arctic Frontiers Conference. This conference is attended by the Prime Minister of Norway as well as many Norwegian leaders from the political and business sectors. All presentations are held in English.



For more information, go to [www.arcticfrontiers.com](http://www.arcticfrontiers.com).

While in Anchorage, Consul General Skorpen met with Sons of Norway members for conversation and coffee at a local coffee shop. She really enjoyed this time with our members and eagerly covered many topics including the Arctic, immigration, refugees, the seed vault in Svalbard, climate change, oil and gas, her time with the King in Alaska last year, and her responsibility for 13 western states, including Alaska.

Consul General Skorpen added that her time in San Francisco is unfortunately coming to an end as she has already been there 3 of her 4 allowable years. She has thoroughly enjoyed her time serving the West Coast and would stay longer if she could. She has sent in applications for other postings and the Ministry of Foreign Affairs has received applications for her replacement. She hopes to return to Alaska one more time before her next assignment and added that the next time she is in Alaska, it would be fine with her if the moose and bear she saw while hiking were further away as that was actually a bit "too exciting."



*(Photos provided by Lise Falskow)*

*Lise Kristiansen 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.*

### Carl M. Saltveit Scholarship

*For study at the International Summer School 2017*

*University of Oslo – Oslo, Norway*

*June 24th-August 3rd, 2017*



**SONS OF NORWAY - DISTRICT TWO**

Washington - Oregon - Alaska - Idaho

The guidelines and applications for the Carl Saltveit Scholarship in 2017 are now available. The scholarship covers tuition, room and board for a qualified applicant to attend the International Summer School (ISS) at the University of Oslo in Norway. To be eligible to apply, one must be a member in good standing in District 2 of the Sons of Norway or the child or grandchild of one; have completed one full year of college level work, and been accepted by the ISS. The 2017 term for the ISS is June 25th-August 5th and interested students may apply starting **December 1st, 2016**.

For more information about the ISS, check out its website at <http://www.uio.no/english/studies/summerschool> and for more information about the scholarship, contact a member of your lodge's board or David Champion, District 2 Scholarship Committee chair at 971-284-4175 or [norseherodotus@hotmail.com](mailto:norseherodotus@hotmail.com). Applications and all supporting documents must be postmarked no later than **February 15th, 2017**.



**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 NOVEMBER!

**1**

Tuesday

10:00 am

Needle Crafts & Rosemalling Class

**4**

Friday

3:00 to 6:00 pm

Lefse Making for Bazaar

**5 & 6**

Saturday & Sunday

9:00 am to 6:00 pm

Lefse Making for Bazaar

**10**

Thursday

7:00 pm

Board Membership Meeting

Election - 2017 Officers

2016 Lucia Announcement

**12**

Saturday

4:00 and 7:00 pm

Lutefisk and Lefse Dinner

**15**

Tuesday

10:00 am

Needle Crafts & Rosemalling Class

**19**

Saturday

10:00 am to 5:00 pm

Cookie Bake and Exchange

**20**

Sunday

1:30 pm

First Lucia Practice

**27**

Sunday

Noon

Wooden Ski Classic!

## VELKOMMEN!

### NEW MEMBERS - 2016

*We are so glad you joined us!*

Karen Decker-Brown

Melinda M Hansen

Lee J Sandbak

Sarah J Sandbak

Ryan William Garner

Janice C Blanchard

Ingrid B Nelson Kelly

Theodore A Nelson Kelly

Theresa Rosso

James H Greeley Jr

Mari P Moore

Jacob M Mathiesen

Amy Ciccone

Cynthia Moore

Tim Tiedje

Deborah Smith

Dave Hamre

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

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

The Flyer is in full color at:  
<http://www.sofnalaska.com/>