

VIKING HALL 349-1613
www.sofnalaska.com

September
2018
september



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SONS OF NORWAY BERNT BALCHEN LODGE – PRESIDENT’S MESSAGE

INSPIRASJON

Inspirasjon – that’s Norwegian for inspiration. And the definition of inspiration is : “To offer something valuable, uplifting which motivates others to bring out the best in themselves.” I believe that what we offer at Sons of Norway Bernt Balchen lodge is something that is both valuable and uplifting and hopefully motivates each of you to bring out the best in yourselves as you engage and explore your heritage with fellow members. This month I am incredibly inspired by the youth in our lodge. We have over 70 Heritage members in our lodge, kids aged 16 or younger. We also have another 25 members ages 17-29. For a large lodge like ours with over 300 total members, having 1/3 of our membership in the younger end of the age range gives me great hope that this lodge will continue to thrive. What I would love to hear from all of you younger members (including those that are young at heart despite what your birth certificate might say) is what programs and events you are interested in. To keep up with the times, we need to make sure that our offer to our members remains relevant and attractive.



Photo by Glenn Soby

I am also inspired this month by the youth that take advantage of our scholarship program to further their life experiences. My own son Erik just left for a year in Norway at the Elverum Folkehøyskole to study music production. He will work with other musicians, producing and publishing their own music, and then taking in on the road to perform concerts throughout Norway and other European cities. Many of our members’ children have participated in these programs throughout the years and I have to think that without the inspiration and encouragement of fellow members, many of these kids would not even be aware of such possibilities or consider engaging in such programs. In Erik’s case, fellow member and lodge secretary Anita Persson’s daughter Hanna, sealed the deal for Erik as she herself attended Elverum last year and had a blast! As we head into fall, it is a busy time at our lodge with many of the well-known and cherished events in the months to come. I encourage each of you to pick an event to help out at this fall as we can always use an extra set of hands to make the work pass quickly. It is also the best way to get to know fellow members and engage in finding out more about what we have to offer. We can use any skill set you want to offer, so don’t be shy! We are looking still for people to help with publicity, much of it these days on social media. We would also love to re-start a youth program. This was highly successful in the past and evidence shows that if we engage our youth I fun activities they are likely to stay engaged as they get older. I would also encourage you to attend a meeting sometime and find out how much fun we have. In my opinion, meetings should be short on business and long on social time fun!

Fraternally yours, Tom Falskow
President, Sons of Norway Bernt Balchen Lodge

Faar-i-kaal!

Saturday, September 22nd

Enjoy Cocktails at 5:30 pm
Dinner at 6:00 pm

Adults, Members - \$25
Ages 12 to 16 - \$10
Ages 5 to 11 - \$5
Under 5 is FREE
Adult, Non-members - \$30

This traditional lamb and cabbage dinner (pronounced "fore-ee-kole") only comes once a year! So bring the family and enjoy this wonderful Norwegian comfort food with great music from the *Polka Chips!*

On the Menu: *Lamb and Cabbage, Boiled Potatoes, Carrots, Fresh Rolls, Desserts and Beverages.*

This event is held at Viking Hall
 Call 349-1613 for Reservations!

SCANDINAVIAN BAZAAR - VELKOMMEN CAFÉ



This is your opportunity to help our Lodge and have a lot of fun in the process!

Join the activity in the busy Velkommen Cafe' on Saturday, October 13th. No experience necessary!

From 8:00 am til 4:00 pm we will be preparing fresh open face sandwiches, dishing up hot soups and porridges, taking orders and lots more in a fun and friendly kitchen.

There are flexible shifts and a variety of tasks available to fit your schedule. The Cafe' is a popular stop during the Scandinavian Bazaar and contributes financially to the lodge.

If you can join us, send a text or give a call to Gayle at 441-9358. Thanks!!



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 13th.

And don't forget about your favorite Bake Sale donations!

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

Contact the Lodge at 349-1613 for more information.

Thank you for your support!



SUNSHINE REPORT



SEPTEMBER BIRTHDAYS

Greetings are sent to our members celebrating a birthday who are at least 75 years young!

"Happy Birthday!"

Grethe Berge
Kaare Elde
Ronald Flugum
Sandra Hanson
Douglas Iverson



"Gratulerer med dagen!"

Kjell Kristiansen
Marianne Lang
Norma Link
Louise Maakestad
Fred Walatka

If you know someone who needs a little sunshine

Call **696-0725 (cell - 862-1143)**

or email Cindy McDowell:
ccmcd38@hotmail.com

MEMBERSHIP NEWS!

Membership in Sons of Norway is about enrichment.

Since the beginning, Sons of Norway has maintained its dedication to the personal and financial well-being of its members. More than a century later, that devotion remains at the heart of the organization and fuels a collective passion for personal and cultural enrichment.

Welcome New Members!

James Hansen	Eric Johnson
Ken Privratskyk	Victoria Rego
Blake Howe	John Anderson
Kellie Davis & Family	Pauline Schallock

A BIG Thank You to current members for paying your dues!

Find out what is happening in our lodge

You can see our *Flyer* in "full color" on our Website:

<http://www.sofnalaska.com>

Facebook: www.facebook.com/BerntBalchen

LEFSE, LEFSE, LEFSE!

Come Join the Lefse Making Crew this September, October, and November!

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 into dough; form lefse dough 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 into dough; form lefse dough balls, roll and cook lefse; boil, wash, boil, peel, and rice potatoes; sort and package lefse, and clean up work stations.

Lefse-Making Sessions in September, October and November

Lefse Making for Bazaar: Friday-Sunday/September 14, 15, and 16

Lefse Making for Bazaar: Friday-Sunday/October 5, 6, and 7

Lefse Making for Lutefisk Dinner: Friday-Sunday/November 2, 3, and 4



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

ARTIFACTS UNEARTHED DURING HEADQUARTERS MOVE

When Sons of Norway prepared to move from its Minneapolis International Headquarters last February, a few surprises surfaced.

Among them: A discovery that a “sub-sub” basement existed below the sub-basement of the three-story building.

A cache of old tools and bygone office furnishings – nothing too exciting – made up most of the booty. But also found during the course of the move was a hand-hammered copper time capsule that contained early lodge documents. Another find was a collection of eight beautifully rosemaled wooden tubes with carved lids. Each was a different color and designs varied. What could they possibly contain?

It took but a moment to solve the mystery. The tubes, pictured here, represent each of Sons of Norway’s eight districts. They contain a proclamation signed by district delegates that commemorates a century of heritage (1895-1995) and the centennial meeting of the International Lodge.

The find from 1995 reminds us that we are less than two years away from celebrating Sons of Norway’s 125th Anniversary in 2020, another cause for celebration! *Article courtesy of Sons of Norway Newsletter Service.*



2018 SONS OF NORWAY INTERNATIONAL CONVENTION

The Sons of Norway International Convention takes place every two years, during which delegates from the U.S., Canada, and Norway meet to discuss the business of the organization. At this year's convention, 155 delegates met in Bloomington, MN from August 16-18 to vote on over 60 proposed bylaw changes and resolutions and to elect new officers.

The delegates from Alaska (District 2 [D2], Zone 6) were Mickey Andrew, Marit Kristiansen and Christie Ericson from Bernt Balchen Lodge, and Rich Carr, from Arctic Viking Lodge in Fairbanks.

The new International Board for 2018-2020 will be:



International Board

- President: Ron Stubbings, District 7
- Vice President: Mark Agerter, District 2
- Secretary: Marci Larson, District 3
- Treasurer: Elaine Nelson, District 4
- International Directors:
 - District 1, Karl Hella; District 2, Chris Hicks; District 3, Kenneth Johnson; District 4, Steve Halverson; District 5, Robin Fossum; District 6, Mary Beth Ingvaldstad



Hotel parking at a Norwegian convention



Delegate materials

The election of our International Director, Mark Agerter, to International Vice President caused a domino effect in the D2 Board. D2 President Chris Hicks moved up to the vacant International Director position, and Vice President Jerry Erickson moved into the D2 President position. A new Vice President will need to be elected at the next D2 Board Meeting in September.

The delegates also voted on the location of the 2020 International Convention, which will be held in Hamar, Norway. The last time the convention was held in Norway was in 2000.



District 2 delegates



Christie and delegates from Tacoma and Norway at the Mall of America

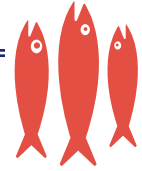


Mickey helping pack hygiene kits for charity



Marit on the accordion

FANTASTIC FISH BOIL



Top three photos submitted by Ruth Kvernplassen.

Bottom three photos submitted by Tina Watts.

Fish, Fellowship and Fire. What a fun day for our Lodge!
It takes a small army to put on an event like this.
A big Tusen Takk to all the dedicated volunteers.



SONs International Convention

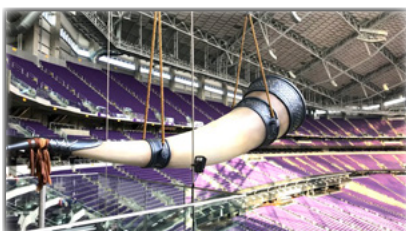
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The day before the Convention attendees also had the opportunity to attend the 2018 Leadership Conference. This inspiring day-long conference focused on volunteerism and strengthening communities, and participants got to take part in a hands-on activity packing hygiene kits for a local charitable organization.

Another highlight of the Convention is the International Folk Art Exhibition & Competition. Members, both amateurs and professionals, are encouraged to display their folk art skills in a variety of categories. Cultural Director Christie Ericson entered two pairs of her hand-knitted mittens and received first place and third place in the knitting category!



Christie's mittens



Gjallarhorn at Vikings Stadium

While the convention is a lot of hard work, delegates also had fun visiting many of the local sites. There were tours of historic Fort Snelling, the American Swedish Institute, Mindekirken, and Norway House; shopping at Ingebretsen's Scandinavian Gifts and the Mall of America; a tailgate party and tour of the Vikings football stadium; and a President's Reception held at the beautiful Landmark Center in St. Paul.

Christie Ericson

All photos courtesy of Christie Ericson.

4TH OF JULY WITH BRIDGE BUILDERS



All photos courtesy of Ruth Kvernplassen.

Sons of Norway Lucia 2018

BE A PART OF SONS OF NORWAY LUCIA 2018

The Lucia Committee wants to remind all Bernt Balchen Lodge members about our Lucia Christmas program on December 9 . Children ages 4 to 18 who have parents or grandparents that are members of Sons of Norway are welcome to participate in the Lucia program and talent show at the event.

Santa Lucia, or Saint Lucy's Day, is the church feast day dedicated to Saint Lucy and is observed on December 13. Its modern day celebration is generally associated with Sweden, Norway, Denmark and Finland. In traditional celebrations, Saint Lucy or Santa Lucia comes as a young woman with lights and sweets, marking the return of longer daylight to winter darkness. It is one of the few saint days observed in Scandinavia. In some forms, including our program at the lodge, a procession is headed by one girl wearing a crown of candles (or lights), while others follow in the procession with girls holding a single candle and boys holding a star.

The Lucia tradition at the Bernt Balchen Lodge celebrates our Scandinavian heritage through music, food, and language. It is one of the most popular events at the lodge. Children learn and sing Norwegian and Swedish songs, often accompanied by harp and piano. Families are treated to a talent show, singing around the Christmas tree, and enjoying authentic Scandinavian rice pudding, open-faced sandwiches, and desserts. Santa Claus makes a special appearance at this event and hands out goodies to all attending children.

The head of the procession is selected each year by the Lucia Committee. Please contact a committee member if your daughter is interested and appears to fulfill the selection criteria.

VOLUNTEERING:

The Lucia committee looking for new members to help serve on this all-important group of folks that help organize one of the most popular Scandinavian events in town, our Family Lucia Party in December. If you are interested in serving, or learning more about what this might involved, please contact President Tom Falskow at lise@gci.net.

The Lucia Committee is also seeking volunteers to help during the Christmas program. From making sandwiches to pouring glogg to cutting spruce boughs, there are many opportunities for supporting this fun family-focused event.

DATES TO REMEMBER:

Lucia Rehearsal #1

Sunday, November 18 2:30 pm

Lucia Rehearsal #2

Sunday, December 2 4:00 pm

Lucia Christmas Celebration

Sunday, December 9 3:00 - 6:00 pm

LUCIA SELECTION CRITERIA

Every year during December, Bernt Balchen Lodge sponsors the Lucia Christmas Program. These are the criteria we use each year to choose the Lucia:

1. Parents (or grandparents) must be members in good standing of the Sons of Norway.
2. The girl's parents (or grandparents) must have been members for at least the past three consecutive years.
3. In order to be eligible to be the Lucia, the girl must have participated in the last three consecutive Lucia Festivals.
4. The person chosen to be Lucia must be unmarried and between the ages of 15 and 19.
5. If she has met the preceding qualifications, the Lucia is chosen based on ranking in high school (a senior would be chosen over a junior) and age (the oldest eligible girl). In some circumstances, a combination of these criteria may need to be taken into consideration.
6. If more than one girl qualifies to be Lucia based on the criteria immediately above, selection of the Lucia from the eligible girls will be made at the Lodge's October meeting.
7. The Lucia's name will be announced in the November newsletter.
8. The Lucia Committee will be in charge of the Lucia Christmas Program. The parents/grandparents of the Lucia are responsible for the two (2) Lucia practices and will work in cooperation with the committee to plan and make arrangements for the Christmas program.
9. The Lucia is encouraged to participate in the next year's Lucia Festival as Mother Elf.

Any deviations from the above will be reviewed by the Lucia Committee.



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

Non-Profit Organization
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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.

*Please consider
 helping those
 who are less
 fortunate.*



EVENTS FOR SEPTEMBER

13th
Thursday

7:00 pm

Board/Membership Meeting

15th
Saturday

9:00 am - 6:00 pm

Lefse Making for Bazaar

18th
Tuesday

10:00 am - Noon

Needle Crafts & Rosemaling Class

14th
Friday

3:00 - 6:00 pm

Lefse Making for Bazaar

16th
Sunday

9:00 am - 6:00 pm

Lefse Making for Bazaar

22nd
Saturday

5:30 pm

Faar-i-Kaal Dinner

SUPER BOWL RAFFLE TICKETS



Football season is here and you know what that means.

Ticket sales for the Sons of Norway 2019 Super Bowl Raffle.

*The raffle is the primary source of funds for the Sons of Norway Bernt Balchen Lodge
 Language/Heritage/Higher Education Scholarships.*

*Tickets are available at Lodge events and Viking Hall during regular office hours -
 (9:00 am to 1:00 pm, Tuesday through Friday)!*



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

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