

VIKING HALL 349-1613
www.sofnalaska.com

**September
October
2019
september
oktober**



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SONS OF NORWAY BERNT BALCHEN LODGE – PRESIDENT'S MESSAGE

FEIRINGER OG NYE HORISONTER



Feiringer og nye horisonter – that's Norwegian for celebrations and new horizons. Having just returned from Kristiansand, Norway I celebrated the send-off of my younger son Espen on the tall-ship Sørlandet as he spends a year at sea where he will explore many new horizons. As I reflect on our lodge, we have just celebrated the 75th anniversary of our lodge and we too are sailing into new horizons with some of the outstanding new ideas that are coming to our lodge from our members. While we maintain our core traditional events, we are looking for ways to engage with our community in a broader way. For those that missed out on the fabulous Fish Boil and 75th Anniversary dinner announcements, let me recap a few of the new horizons we plan to explore in the coming year.

We've just kicked off Viking Football at Viking Hall which you can read more about in this newsletter on page 3. We've wired up Viking Hall with Direct TV and while we are starting with Viking Football, there could perhaps be other Nordic inspired televised events we can now bring to the lodge and watch together – stay tuned! Our VP and Membership Secretary Linda has been spearheading the Cycling Without Age chapter in Anchorage to bring some outdoor fun to our elderly community. Working with Providence Horizon House and Pioneer Home we are hoping to bring this program to our community in 2020 and will need volunteers to help pilot the tri-shaw bikes. Read all about this international program at <https://cyclingwithoutage.org/>. Our lodge is also on tap to host the 2022 District 2 convention right here in Anchorage. We last hosted a convention in the 1980's, so this will be something new for most of us and require many members to pitch in and help to make this a great convention. And we are finally moving into the modern age with the ability to accept debit and credit cards at our events! Norway and most of Europe is already a cashless society and we know many of you here would also love to pay with debit or credit when available. Thanks to our treasurer Carol Carlson, we now have an iPad card reader and will start accepting cards for payment at events! Note that for now, we intend to keep the bar sales as cash only as we only have one card reader at this point. We need to see how this all works, but it should be a welcome enhancement to our sales process.

In closing this month, I want to recognize the loss of two of our cherished members. Martha "Mickey" Andrew a member since 1984 and Past President of our lodge as well as District 2 Secretary, is well-remembered for her deep commitment to Sons of Norway and her love of children. She spearheaded our "Barnas Norsk Klubb" for several years which many of our youth, including my two boys, benefited from as they learned more about their Nordic roots in fun and exciting ways. We have also lost Carol Restad, member since 1972. Her family has been supporting our lodge for many a year now with contributions of wonderful vegetables from the Palmer valley, including all of the potatoes that we use for the lefse making that is coming up over the next few months. (*Editor's Note: See the full obituaries on Page 7.*) Please join in the fun and roll some lefse this year!

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

Faar-i-kaal Dinner!

Saturday, September 21st *Enjoy Cocktails at 5:30 pm, Dinner at 6:00 pm*

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.

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 Prices and Reservations!



Consul's Corner

Information and Opportunities for Norwegian Alaskans



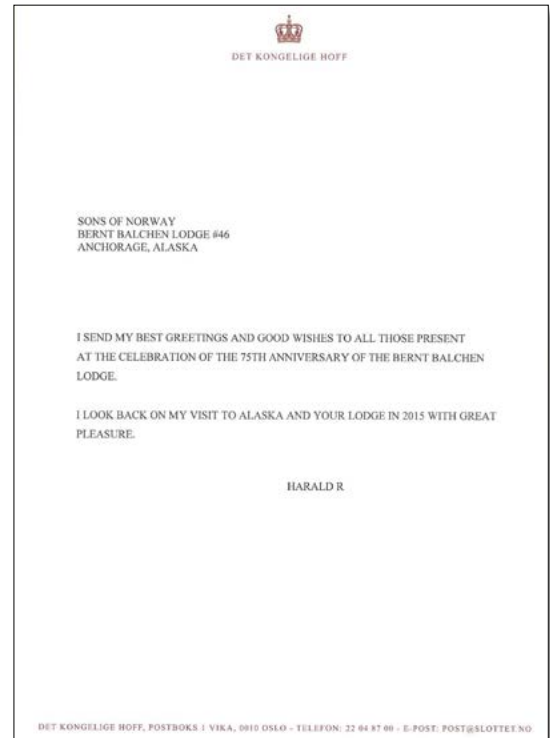
GREAT NEWS FOR ALASKAN STUDENTS WHO WANT TO STUDY IN NORWAY

After several letters, discussions, meetings, and pleas to allow Alaskan students to simplify and reduce their costs for obtaining students VISAs to study in Norway, I am thrilled to announce that Alaska has received an exemption for the student VISA filing process.

Previously, students were required to file Student VISA Applications online with UDI (Norwegian Directorate for Immigration) and then fly to San Francisco, New York, or Washington D.C. to complete the application process.

This was very expensive and time consuming. Now all Alaskans students can complete their application process here in Alaska with me in less than an hour.

If you are a student planning on studying in Norway, Gratulere! -Congratulations! You will have an amazing experience and I am very excited for you! Send me an email at 907norway@gmail.com and I will walk you through the Student VISA application process.



Kong Harald sends congratulations on the 75th Anniversary of Bernt Balchen Lodge!

Lise Kristiansen Falskow • Royal Norwegian Honorary Consul, Alaska • Telephone: +1 (907) 440-5473



SUNSHINE REPORT



SEPTEMBER AND OCTOBER BIRTHDAYS

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



SEPTEMBER

Louise K. Maakestad	Norma Link	Sandra S. Hanson
Grethe S. Berge	Marianne G. Lang	Ronald A. Flugum
Kjell T. Kristiansen	Douglas LeRoy Iverson	Kaare P. Elde

"Gratulerer med dagen!"

OCTOBER

John A. Olnes
Anna S. Decker

"Happy Birthday!"

If you know someone who needs a little sunshine
Call 696-0725 (cell - 862-1143) or email Cindy McDowell:
ccmcd38@hotmail.com

==== MEMBERSHIP NEWS! ====

Sons of Norway continues to maintain its dedication to the personal and financial well-being of its members.

For 125 years that devotion is the heart and soul of the organization and fuels a collective passion for personal and cultural enrichment.

WELCOME TO OUR NEW MEMBERS

Marylee Haddeland	Betty A. Springer
Kathleen L. Adams	Pat Augdahl-Boehmer
Kristin Ramstad	Annette Iverson
Valanne Glooshenko	Kami K. Harris
Roger Anderson	Daniel, Nathan & Amanda Lervold

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

Find out what is happening in our lodge

Website: <http://www.sofnalaska.com>

Facebook: www.facebook.com/BerntBalchen

Instagram: [@sonsofnorwayanchorage](https://www.instagram.com/sonsofnorwayanchorage)

75TH ANNIVERSARY AND FISH "BOIL"



Fish and fellowship, but no fire this year due to the burn ban. Honored guests from District 2 and Sons of Norway International helped to celebrate the 75th Anniversary of Bernt Balchen Lodge.



Long time friends. Marit Kristiansen, District 2 President Jerry Erickson and Kjell Kristiansen.



Sons of Norway CEO
Eivind Heiberg
International President
Ronald Stubbings
International Vice President
Mark Agerter



International Director
District 2, Chris Hicks.



Tusen Takk to the talented and dedicated volunteers who helped make this a successful celebration.

Photos courtesy of Glenn Soby and Ruth Kvernplassen



VIKINGS FOOTBALL AT BERNT BALCHEN LODGE!!

Growing up in Minnesota, just a stone's throw across the Mississippi River from the Son's of Norway international headquarters in Minneapolis, the transition each year into fall took on many meanings. It meant the end of summer vacations swimming and fishing "up north" at the cabin. It meant more time in the city, and of course, back to school for kids. It also meant the start of another season of Minnesota Vikings football.



With winter around the corner and the summer sun disappearing, family and friends would seek out other forms of warmth. One was the warm sense of comradery from gathering with others each week on game day to cheer on the football team. There is something special about the warm embrace of family and friends focusing on a common interest, be it football or community, which on those hallowed game days seemed to be one in the same. Football fan or not, the culture of it all called a diverse group of people together each week with common goals: to engage with one another, fill our bellies with food, and root, root, root for the home team.

In this spirit, The Sons of Norway, Bernt Balchen Lodge, is pleased to offer Viking Hall as a place to gather and watch a set group of Vikings football games this year, starting in September 2019. We can't think of a more natural place than Viking Hall to root for our NFL "home" team, the Vikings. Please join us for the games along with a breakfast offering, hot coffee, and warm comradery. This family orientated event can also be a nice alternative to having to go to a bar to watch a game.

There is a \$10 cost per person for Sons of Norway members, \$15 per person for the general public, with a maximum charge of \$30 for families of Sons of Norway members and \$45 for families of the general public. A breakfast will be served. If you like, please feel free to bring a dish to share. All games start at 9:00 am and the doors will open at 8:30 am.

The event dates are:

NFL Week 1 - Vikings vs. Atlanta Falcons, 8-September, 9:00 am

NFL Week 6 - Vikings vs. Philadelphia Eagles, 13-October, 9:00 am

NFL Week 2 - Vikings at Green Bay Packers, 15-September, 9:00 am

NFL Week 7 - Vikings at Detroit Lions, 20-October, 9:00 am

NFL Week 3 - Vikings vs. Oakland Raiders, 22-September, 9:00 am

We hope to see everyone at Viking Hall for the Vikings football games! If you are interested in helping to put on one of the game day events, volunteers are always needed and welcome. Please contact Viking Hall at (907) 349-1613 and leave a message for event chair Jim Greeley.

Fraternally yours, Jim Greeley

Marshal, Sons of Norway Bernt Balchen Lodge



Super Bowl Raffle 2020 Scholarship Fundraiser

It's that time of year again! Ticket sales for the Sons of Norway 2020 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 Sunday, February 2, 2020, during the showing of Super Bowl LIV on big-screen TVs at Viking Hall.

Tickets will be available at upcoming Lodge events and the Viking Hall office (Tue-Fri, 9am-1pm).

Sons of Norway Lucia 2019

BE A PART OF SONS OF NORWAY LUCIA 2019

The Lucia Committee wants to remind all Bernt Balchen Lodge members about our Lucia Christmas program on December 15.

The Lucia tradition at the Bernt Balchen Lodge celebrates our Scandinavian heritage through music, food, and language.

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.

Find out more about this event by contacting the Lodge (349-1613) and watching for more information through the website, eblast and Facebook.

BRIDGE BUILDERS

INDEPENDENCE DAY PARADE



It was a hot day for some 'cool' Norwegians!



BRIDGE BUILDERS HONORS CHRISTIE ERICSON



SNAPPER DU NORSK? NORWEGIAN LANGUAGE AND CULTURE CLASS



Sundays, 6:30 - 8:00 pm
October 6, 2019 through mid-May, 2020
Viking Hall, 8141 Briarwood St
All skill levels are welcome!

The Norwegian Language and Culture Class for 2019/20 will start on October 6th, 2019. The class will be held on Sunday evenings from 6:30-8:00 pm and will run through mid-May. Native Norwegian speaker, Lillian Anderson, originally from Kristiansand, Norway, will be teaching this fun class once again. Christie Ericson, who recently returned from taking intermediate Norwegian at the University of Oslo International Summer School will also be assisting Lillian with the class this year. Tutoring sessions will be available with Christie before class from 6:00-6:30 for those who would like a little extra review.

This year we will be using a new textbook which students will need to purchase. It is available through Amazon in either the print (\$59.99) or Kindle (\$39.99) editions.

<https://www.amazon.com/Sett-gang-Kari-Lie-Dorer/dp>

Sett i gang 1: An Introductory Norwegian Curriculum by Kari Lie Dorer & Nancy Aarsvold

The Sett i gang 1 textbooks are designed for self-study learners and students in the first year of university courses or the first two years of community education and high school classes. The textbook also comes with free access to the Sett i gang website (<https://settigang.com/>), where the authors have provided additional resources.

This year we'll be focusing more on developing conversational Norwegian skills, in addition to learning about Norwegian culture. We also recommend that all students bring a Norwegian-English dictionary for use in the class. The total cost of the 8-month class will be \$20.00 for Sons of Norway members and \$40.00 for non-members (checks payable to the Sons of Norway). If you're not yet a member, talk to us about membership! *You don't need to have Norwegian heritage to join the Sons of Norway.*

If you are interested in taking the class, please call Viking Hall at (907) 349-1613 or email Christie Ericson at christieak@gmail.com.

You're also welcome to come to the first class and sign up.

23rd ANNUAL SCANDINAVIAN BAZAAR AT VIKING HALL



October 12, 2019 10:00 am - 4:00 pm

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

Sweaters, Boots, Mittens
Nisses, Gnomes
Jewelry, Wine Trays,

Charms, Silk Scarves
Vintage Sweater Pillows
Fused Glass

Original Artwork
Ceramics and Pottery
Handmade log furniture

Homemade Jams, Jellies
Christmas Ornaments
Linens

and much more!



Velkommen Café "The Best Lunch in Town" from 10:00 am - 4:00 pm

While browsing the Scandinavian Bazaar, stop by the Café. Ask about the "Viking Meal Deal" – reindeer polse (hotdog) wrapped in lefse, with Swedish mustard. Or, sample the fresh open face sandwiches, homemade soups and tasty desserts!

VOLUNTEER OPPORTUNITIES

VELKOMMEN CAFE'



Give us a hand, Saturday, October 12th.
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 very popular during the Bazaar and contributes financially to the lodge. *To help text or call Gayle at 441-9358.*

DANISH BRAID BAKERS NEEDED

The evenings of Thursday October 5th and Friday October 6th we will be making Danish Braids for the Bazaar. We will be using a recipe by Scandinavian cook book author Bea Ojakangas. No prior experience required.

Thursday evening will consist of assembling the dough and making the almond filling. Friday evening will consist of rolling out the dough, assembling the pastries and baking them.

Contact Merlin (mhamre@acsalaska.net) if interested.

DONATIONS NEEDED!

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



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

And don't forget about your favorite Bake Sale donations!
Contact the Lodge at 349-1613 for more information.

LEFSE MAKING TIME - OCTOBER & NOVEMBER!



As a lodge fundraiser the lefse made during the first two lefse-making sessions are sold at the Scandinavian Bazaar Bake Sale and those attending have come to expect lefse as one of the bake sale treats.

In the past it has been difficult to get volunteers when the first lefse-making session was held in early September so this year we are trying a new timetable. The first session is **Friday-Sunday, September 27-29**, with the second the following **Friday-Sunday, October 4-6**.

The hope is folks are winding down from the wonderful Alaska summer by late September and more likely to help with this important fundraising effort.

This also cuts down on the work of carrying lefse-making supplies up and down the stairs as the items can remain in the kitchen during the week.

To help please contact the Viking Hall office at 349-1613 (Tue-Fri, 9 am-1pm or leave a message) to let us know you would like to help, or just drop by, the dates and times are listed below.



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.

Typical 3-day lefse-making session, Friday through Sunday:

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 for BAZAAR

Friday-Sunday: September 27 - 29 & October 4 - 6

Lefse Making for LUTEFISK DINNER

Friday-Sunday: November 1 - 3

FOR MORE INFORMATION PLEASE CALL 349-1613

PASSAGES

Martha L. "Mickey" Andrew (1938 - 2019)

Longtime Alaska resident Martha L. "Mickey" Andrew died on Aug. 20, 2019, at Alaska Regional Hospital after a four-year battle with cancer. Mickey was born on June 26, 1938, in Minneapolis, Minn., to Erling H. and Fern A. Orwoll. She graduated from Corona (California) High School in 1956, earned her nursing degree from Pasadena City College in 1960, and married Phillip Andrew in 1962. In 1964, they moved to Anchorage, Alaska, to start their family of three children.

Mickey's career in Alaska ranged from pediatric and rehabilitation nursing to medical case management and vocational rehabilitation services. She worked for Anchorage Pediatric Group, Michael James, M.D., Alaska Workers' Compensation Board, and Harbor Adjustment Services. She also owned Alaska Rehabilitation Consultants for 10 years. Mickey was an active member of Central Lutheran Church for 55 years, teaching Sunday school and serving on the church council. She was also involved in Sons of Norway, serving multiple terms as Bernt Balchen Lodge president and District 2 secretary. Her Norwegian heritage was an important part of her life, and she enjoyed sharing it with everyone. In 2015, Mickey had the honor of meeting His Majesty King Harald V of Norway during a visit to Alaska that she helped to plan and coordinate. Her family wrote, "Mickey was a true 'people person.' No matter where she was - at the grocery store, on vacation in Hawaii or at the doctor's office - she would strike up a conversation with total strangers and find something in common."

She is survived by her daughter and son-in-law, Nancy and Bret Clark; her son and daughter-in-law, Timothy and Anne Andrew; and her son, Jonathan Andrew, all of Anchorage, Alaska; as well as her brother, Edward Orwoll of Elk River, Minn.; her sister, Catherine Goode of Bend, Ore.; and her niece, Kelly Goode of Anchorage. Mickey also leaves behind seven grandchildren; five great-grandchildren; and countless other nieces, nephews and grandnieces and grandnephews. Mickey was preceded in death by her parents; and an infant child, James.

Heartfelt thanks go to the staff of Alaska Women's Cancer Care and Providence Infusion Center for their wonderful care of both Mickey and her family. Donations in memory of Mickey may be sent to Alaska SPCA or Let Every Women Know, an Alaska women's cancer nonprofit.



Carol Gloria Hubble Restad (1929 - 2019)



On August 16, 2019 Carol Restad, loving wife, mother, and grandmother passed away at age 89, in Palmer, Alaska, surrounded by her loving family.

Carol was born in Duluth, Minnesota in 1929 to Anna and Henry Hubble. She married Sigmund Restad in 1952 in Duluth, and they moved to Fairbanks, Alaska Territory, in 1958; then Palmer in 1963. Carol earned her Associates degree in Culinary Arts from UAA and worked as a cook from 1977-84 at the Palmer Pioneer Home.

Carol was a parishioner of St. Michael's Catholic Church and Sacred Heart Church. She was a loving and giving woman who shared her faith with her family. Carol is survived by her husband Sigmund, her children: Mary, Jason, Eric, Lori, Joyce, and Mark; 15 grandchildren; and 9 great grandchildren. Carol's immense generosity, talent for precision baking, novel sense of humor, and love for ultra-long hikes in the Last Frontier, made her a most loved matriarch. She found great joy in music and loved to travel. She was proud of her children, grandchildren, and great grandchildren.

In lieu of flowers, improve the Babb Arboretum by donating to the Northland Pioneer Grange, P.O. Box 2304, Palmer, Alaska.

*Take time to reach out to those who have lost a loved one.
Just a few kind words can make a big difference.*



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

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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

11th
Wednesday
 7:00 - 9:00 pm
Strikkekafe

12th
Thursday
 7:00 pm
Viking Council

17th
Tuesday
 10:00 am to Noon
Needle Crafts

21st
Saturday
 5:30 pm
Faar-i-Kaal Dinner

25th
Wednesday
 7:00 - 9:00 pm
Strikkekafe

LEFSE MAKING FOR BAZAAR!

27th
Friday
 3:00 - 6:00 pm

28th
Saturday
 9:00 am - 6:00 pm

29th
Sunday
 9:00 am - 6:00 pm

EARLY WARNING

**LEFSE MAKING FOR
 LUTEFISK & LEFSE DINNER**

NOVEMBER

1st - Friday
 3:00 - 6:00 pm

2nd - Saturday
 9:00 am - 6:00 pm

3rd - Sunday
 9:00 am - 6:00 pm

EVENTS FOR OCTOBER

1st
Tuesday
 10:00 am to Noon
Needle Crafts

LEFSE MAKING FOR BAZAAR!

4th
Friday
 3:00 - 6:00 pm

5th
Saturday
 9:00 am - 6:00 pm

6th
Sunday
 9:00 am - 6:00 pm

9th
Wednesday
 7:00 - 9:00 pm
Strikkekafe

10th
Thursday
 6:30 Potluck Social
 7:30 pm Viking Council

12th
Saturday
 10:00 am to 4:00 pm
Scandinavian Bazaar

15th
Tuesday
 10:00 am to Noon
Needle Crafts

23rd
Wednesday
 7:00 - 9:00 pm
Strikkekafe

CHANGE THE DATE!

*The date for the combined celebration to
 commemorate 50 years with both Tromsø,
 Norway and Chitose, Japan has changed!*

Anchorage Sister Cities are hosting this
 event in conjunction with Tradition
 Tuesdays at the Loussac Library.

November 19, 6:00 pm
Loussac Library Atrium



*Stay tuned for more details and think
 about how you may be able to help!*

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 Attention - **Ruth** Subject Line - **The Flyer**