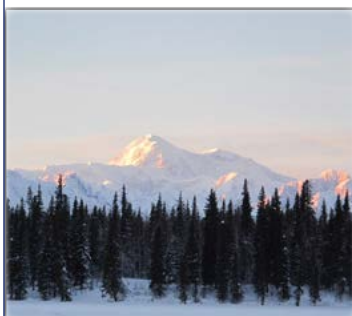


VIKING HALL 349-1613
www.sofnalaska.com

January
February

2020

januar
februar



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SONS OF NORWAY BERNT BALCHEN LODGE – PRESIDENT’S MESSAGE

REFLEKSJONER



“Refleksjoner om vår fortid og fremtid” – Reflections on our past and future.

Let me start the new year off with a reflection from a not so famous hero of the second world war, “We weren’t brought into this world to be happy, but to make others happy” – Folke Bernadotte. Count Folke Bernadotte, a member of the Swedish royal family, was one of WWII’s great humanitarians who rescued more than 30,000 people from the Nazi death camps in the final months of the war. I mention this not only to spur your interest in learning about the contributions of the Scandinavian community to world events, but also to reflect on how lucky we are to live in a world here and now that is free from these terrors of the past.

In looking forward to 2020, let’s turn our attentions to making others happy! You will find the 2020 calendar enclosed in this edition of the Flyer and it is full of great events this year to fill you with joy. But rather than just attend an event for your own enjoyment, consider either lending a hand to help at an event this year and bringing some guests along to see how much fun we have at our lodge. If they enjoy themselves, consider asking them to join Sons of Norway. Past research has told us that we often miss the opportunity to enroll a new member simply because no one asked them to join! Considering how much fun we have, it seems selfish not to ask others to join us doesn’t it?

2020 looks to be another great year with some special attractions like the revival of the Wooden Ski Classic this month and the start-up of Cycling Without Age, a wonderful program to get elders out in nature on eBikes (more to come on this once the snow melts and the temperatures rise a bit). This year also brings us a district and international convention. Portland, Oregon will host our district convention in May and then come August those going to the international convention will meet up in Ringsaker, Norway.

I will close this month by thanking our wonderful board, most of whom agreed to continue serving the lodge again this year. There are a few new members on the board including our new Membership Secretary Hanna Persson and her grandfather Steinar Hansen who is now serving as our Counselor. The Viking Hall board has also welcomed one of our newest members, Bill Michaelson. The Viking Hall board looks after our wonderful lodge building and I ask all of you to support Jacob Mathiesen, the new president of that board in his efforts to keep our building running smoothly. Please reach out and support your board this year and let us know what ideas you have. And if you really want to experience making others happy, come join us at the newly revamped membership meetings, now called “Viking Council” where we always finish with “Hygge Time” – a time to socialize over some drinks and snacks. I personally invite you to follow me, your Danish president, and bring more hygge into your life this coming year!

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

Scholarships for Our Members

Sons of Norway Foundation is the charitable arm of Sons of Norway and offers generous scholarships and Grants.

The Scholarships available for members and their families are:

King Olav V Norwegian-American Heritage Scholarship

Its purpose is to fund activities in which the American and Norwegian heritages are explored, studied and shared by qualified scholarship recipients. Awards up to \$2,000.

Oslo International Summer School

Scholarship in the amount of \$1,500 is awarded to attend the Oslo International Summer School.

Helen Tronvold Norwegian Folk High School Scholarship

The scholarship objective is to provide cross-cultural experiences for youth to attend one of the many Folk High Schools in Norway. Awards of up to \$3,000.

Helen Tronvold Adult Learner Scholarship

The scholarship objective is to provide cross-cultural experiences for adult Insurance members. Awards of up to \$3,000.

Lund Fund Scholarship

The scholarship is for study abroad experiences through accredited, post high school, educational institutions. Awards of up to \$2,500.

Doug Warne – Rolf & Wenche Eng Scholarship

Scholarship creates an opportunity for qualified applicants to attend educational institutions in Norway and assists with the costs of tuition, room and board. Awards of up to \$3,000.



SONS OF NORWAY - DISTRICT TWO

Washington • Oregon • Alaska • Idaho

Astrid Cates & Myrtle Beinhauer Scholarship

Eligibility: Those who have a certificate of completion from high school and are enrolled in post-secondary training, vocational/trade school or college.

One recipient from each of Districts 1 – 6. Awards are \$1,000.

Nancy Lorraine Jensen Memorial Scholarship

Eligibility: Must be a female who a full-time undergraduate who has completed at least one term of her studies as a major either in chemistry, physics or in chemical, electrical or mechanical engineering. Financial aid is based on need.

Oren & Marie Winjum Scholarship

Scholarship is to assist with college tuition costs for American citizens of Norwegian and/or German heritage. Award is \$2000.

Carl M. Saltveit Scholarship

The scholarship covers tuition, room and board to attend the International Summer School at the University of Oslo, Norway and is only awarded to a member of District 2.

To request a scholarship application, contact Bernt Balchen lodge (349-1613) or a District 2 Officer.

Complete criteria, eligibility requirements and application process is available on the website:

www.sonsofnorway.com/foundation

Questions may be directed to the Foundation at scholarship@sofn.com



SUNSHINE REPORT



JANUARY & FEBRUARY BIRTHDAYS

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

JANUARY

Shirley Moe	David P Pederson
Evelyn Rush	Richard W Kullberg
Janice M Halvorson	Linda Pikey
Susan Soby	Elizabeth Ann Pool

FEBRUARY

"Gratulerer med dagen!"

Anton Meyer
Stephen W Indahl
Gayle A Bjorn-Roli

"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

Tami Vania
Danna L Larson

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)

WEAVING - NORWEGIAN STYLE!

Krokbragd (Norwegian for Crooked Path)



Krokbragd is a weaving style from Norway that falls under the "Boundweave" category. Krokbragd is sometimes called Norwegian Telemarksteppe. It is a style typically used in rugs and coverlets. The weaving technique is fairly simple, however, a multitude of designs are achieved through changing the color sequence.

Anchorage Weavers and Spinners Guild in partnership with the Sons of Norway will be conducting a study group practicing this colorful and unique weaving style by following the Krokbragd book by Debby Greenlaw. Participants will weave "mug rug" size samples of various patterns to learn the technique. This study group will be conducted over a period of 6 weeks.

Looms will be prepared for weaving, and all materials needed will be provided for classroom use. Participants may wish to purchase the Krokbragd book by Debby Greenlaw, although it will not be necessary for the class. Each participant will attend an initial instruction session, then schedule free weaving sessions to try the different patterns.

Date: January 25 – March 5, 2020

Location: Sons of Norway, Library (downstairs)

Signup Genius Link: <https://www.signupgenius.com/go/20F0E44AEAC2BA1FC1-krokbragd>

Price: \$35 per person - Payment can be paid on-line or checks may be sent to:

Anchorage Weavers & Spinners Guild
PO Box 244055, Anchorage, AK
99524-4055

Payment is due before January 18, 2020 or slot in class will be removed.

Cancellations after January 18, 2020 shall result in the forfeiture of payment, unless a replacement can be found, whether from the waiting list or arranged by the person cancelling the registration in the workshop. If you have questions, please contact Lorri Wright, (907) 360-0276, lorrihome@live.com.

Initial instruction dates: (Maximum 5 students each time slot) Jan 25 - 3 hours morning, Jan 25 - 3 hours afternoon, Jan 26 - 3 hours morning. Note: Sessions may be added or deleted depending on interest.

Free Weaving Sessions: (Maximum 5 students each time slot) Tuesday, Wednesday, and Thursday 6:00 pm - 9:00 pm each week starting Jan 27 and ending March 5

Please sign up for both an initial introductory class and a day preference for free weaving. There are waiting lists for each of the days in the event your preferred day is filled.



Kincaid Classic ~

Including The Wooden Ski Classic

WHEN

Sunday, January 26

WHERE

Kincaid Park

HOW

Register at:
anchagenordicski.com

BIB PICK-UP

10:00 to 11:00 am

START

Noon

DISTANCE

5k or 3k

**Prizes for traditional costumes &
1st place wooden ski finisher**

ENJOY VAFLE
(waffles, Norwegian style)
after the race!



Sons of Norway Sports Medal Program!



The Sports Medal Program is a way for members and their lodges to stay active and share their enthusiasm for the Norwegian tradition of friluftsliv (outdoor life/outdoor recreation). No matter what your age or ability, this program offers a fitness program for all members.

There are five (5) different pins, each with four different levels of achievement: Bronze, Silver, Gold and Enamel.

- Gangmerke (walking)
- Skimerke (skiing)
- Sykkemerke (biking)
- Idrettsmerke (sports/fitness)
- Svømmemerke (swimming)

For more information contact our Sports Director, Martin Hansen - 980-5333 or,

https://www.sofn.com/member_resources/cultural_programming/sports_medal_program/

Sons of Norway Lucia 2019



All Photos courtesy of Anita Persson



NORDIC CHRISTMAS BRUNCH



Tusen takk to all who helped to make this a fabulously, festive feast! Photos by Glenn Soby.

Cultural and Heritage Night - The Quake

Movie Night: The Quake (Skjelvet)

Saturday, January 25, 2020 at 7:00 pm

Viking Hall, 8141 Briarwood Street

Cost: \$10 per person

Popcorn, beverages, and desserts provided

(Feel free to bring something to share)



Originally released in Norway in 2018, THE QUAKE (Skjelvet) is the sequel to the film THE WAVE (Bølgen). The film is based on the 5.4 earthquake that shook Oslo in 1904, with an epicenter in the "Oslo Graben" which runs under the Norwegian capital.

Movie Synopsis:

"The Wave Was Only the Beginning....."

After surviving *The Wave*, Kristian Eikjord and his family find themselves at the center of another natural disaster. This time, the ground beneath Oslo, Norway can't be trusted.

For geologists like Kristian, studying the daily quakes proves that it's no longer a matter of if, but when the next catastrophic event will strike. Will it surpass the devastating earthquake that destroyed the city in 1904? The Quake follows Kristian as he makes a perilous attempt to help his wife, daughter and others escape a crumbling skyscraper when nature takes its course again."

Norwegian with English subtitles

PG-13 / 1 hr 46 min

[https://en.wikipedia.org/wiki/The_Quake_\(film\)](https://en.wikipedia.org/wiki/The_Quake_(film))



Super Bowl Party at Viking Hall!

Join us Sunday, February 2, 2020 at 2:00 pm

Raffle tickets are still available!

Contact John Olnes at 748-0704



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 cowbell will be ringing as the 20 winning raffle tickets are drawn and announced to an enthusiastic crowd. Only 300 tickets are sold so your chances of winning are huge!

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.



STRIKKEKAFE



Happy New Year, knitters!

Please join us on Wednesday evenings for a few hours of knitting, socializing and treats. Strikkekafe means 'knitting café' and is popular all over Norway for those who enjoy handcrafts, it's not just for knitters! This is a time to gather with your projects and enjoy the company of others. It is a great way to meet other members, get inspiration, share your skills or get a little help. Coffee and tea will be served, feel free to bring a treat to share.

Strikkekafe meets on the 2nd and 4th Wednesdays of the month, January-May and September-December
6:30 pm - 9:00 pm

*January 22nd is our first meeting for 2020

Meeting dates are posted on the calendar.

Contacts: Christie 602-0673 or Anita 301-4215

The 6th annual Nordic Language Fair will be held February 8, 2020 from 7:00 - 9:00 pm at Viking Hall. The theme for this year's Fair will be "Children's Music." Representatives of the various Nordic countries will give an overview of the languages spoken in their respective countries and will introduce attendees to classic and popular Nordic children's songs. Attendees will have the opportunity to visit booths with further information about the various Nordic languages and engage in language activities for the opportunity to win door prizes. There will also be scholarship and education abroad information for all ages, language learning resources, and traditional Nordic desserts to sample. So come join in the fun and learn about the Nordic languages!



• 6TH ANNUAL •

NORDIC LANGUAGE FAIR

FEBRUARY 8, 2020 / 7-9 PM

Viking Hall, 8141 Briarwood St

Theme: Children's Music

Nordic language speakers & activities
Scholarship info & educational resources
Traditional Nordic desserts

FREE ADMISSION
ALL AGES WELCOME



Sponsored by Sons of Norway
Bernt Balchen Lodge

For more information, contact Christie at
907-349-0642 or christieak@gmail.com



WWW.SOFNALASKA.COM



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.

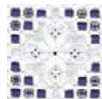
*Please consider
helping those
who are less
fortunate.*



EVENTS FOR JANUARY

**9th
Thursday**
7:00 pm

**Viking Council
Officer Installation
Dessert Reception**



**21st
Tuesday**
10:00 am to Noon
Needle Crafts



**25th
Saturday**
7:00 pm
**Cultural & Heritage
Night Movie - The Quake!**

**22nd
Wednesday**
6:30 - 9:00 pm
Strikkekafe



**26th
Sunday**
Noon



AMH Kincaid Classic, with Wooden Ski Race

EVENTS FOR FEBRUARY



**2nd
Sunday**
2:00 pm
Super Bowl Party

**4th
Tuesday**
10:00 am to Noon
Needle Crafts



**12th
Wednesday**
6:30 - 9:00 pm
Strikkekafe



**18th
Tuesday**
10:00 am to Noon
Needle Crafts



**8th
Saturday**
7:00 pm
Nordic Language Fair



**13th
Thursday**
7:00 pm
Viking Council

**26th
Wednesday**
6:30 - 9:00 pm
Strikkekafe



**29th
Saturday**
11:00 am - 4:00 pm
**Bridge Builders,
Meet the World at
Egan Center**

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

Please send articles or event information
for the next Newsletter by February 20th to: kvern66@gmail.com Attention - **Ruth** Subject Line - **The Flyer**