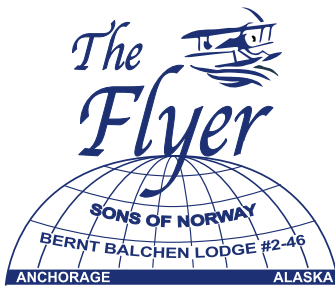


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September 2020 september

SONS OF NORWAY BERNT BALCHEN LODGE – PRESIDENT’S MESSAGE

Greetings Lodge Members!

I’m happy to report the Faar-I-Kaal dinner is on! This is the lodge’s first “event” for many months and we are excited to be able to offer it as a takeout dinner. This wonderful Norwegian comfort food features lamb and cabbage, boiled potatoes, and carrots. Tusen takk to Golden Member Sig Restad for once again providing the “fresh from the valley” produce. The history of this meal in our lodge is long. The current kitchen crew was trained by Reidun Hansen decades ago and the preparation has not changed. It’s a crowd pleaser that has a faithful following. And did you know it is also Norway’s national dish!

Other events on the calendar are still under consideration. The lodge council has been Zooming monthly to discuss creative ways to still hold events that are so popular with our members. As local health mandates are updated we will keep you updated.

And speaking of staying connected we are providing timely updates and information on lodge activities through e-blast. Most members have a computer and get email so please make sure you’re signed up for the e-blasts – to be added send a request to Marcus at publicity@sofnalaska.com. This month’s Flyer is only available online in full color.

Lodge members are encouraged to join us during our monthly ZOOM meetings – send me your email and I’ll send you an invite. Please reach out to any of the lodge’s board for questions and suggestions.

*Fraternally yours,
 Linda Bustamante, President
 Sons of Norway, Bernt Balchen Lodge
 Bustamante@qci.net*

And in the words of past-president Tom Falskow – Holde hygge gående (Keep the hygge going!)

FAAR-I-KAAL DINNER - SEPTEMBER 19TH

After advertising this dinner in the e-blast we are just about sold-out.

Please contact Linda at 907-348-8556 if you’d like to order a dinner and to confirm availability.

This delicious dinner features Lamb and Cabbage, Boiled Potatoes, Carrots, Fresh Rolls, and Dessert. Cost is \$25.00.

We plan to have the dinner ready for pick-up at the lodge by 5:00 pm on the 19th.

Meals prepared and served to-go. Pickup at Viking Lodge. \$25 per person.



VIKING HALL 907-349-1613 8141 Briarwood Street • Anchorage, AK 99518

Website: <https://www.sofnalaska.com> Facebook: www.facebook.com/BerntBalchen Instagram: [@sonsofnorwayanchorage](https://www.instagram.com/sonsofnorwayanchorage)

Sons of Norway International: <https://www.sofn.com> Submit Articles for The Flyer: Kvern66@gmail.com Attn: The Flyer

ZOOMING TUTORIAL



What is "Zoom" and how does one join online virtual meeting spaces?

It's not as complicated as you may think! Here are some great resources for getting acquainted with online virtual meetings over the internet.

Follow along and you will be Zooming in no time. All you need is a smart device or computer and an internet connection.

Get connected to your first Zoom meeting: A very simple introduction

<https://www.youtube.com/watch?v=nKQq96TiGpg>

Joining a Zoom Call for the First Time; Fun and Easy Online Connection

<https://www.youtube.com/watch?v=9isp3qPeQ0E>

And, a few more

<https://mail.google.com/mail/u/0/#search/e/>

https://www.youtube.com/watch?v=9isp3qPeQ0E&feature=emb_rel_pause

This communication tool has been very helpful in keeping people connected during these times, including folks in our lodge! Once you feel comfortable, please join us in our virtual Board/Membership meetings.

The next meeting will be held on Thursday, September 10th at 7:00 pm.

NEW! VIKING FOR KIDS

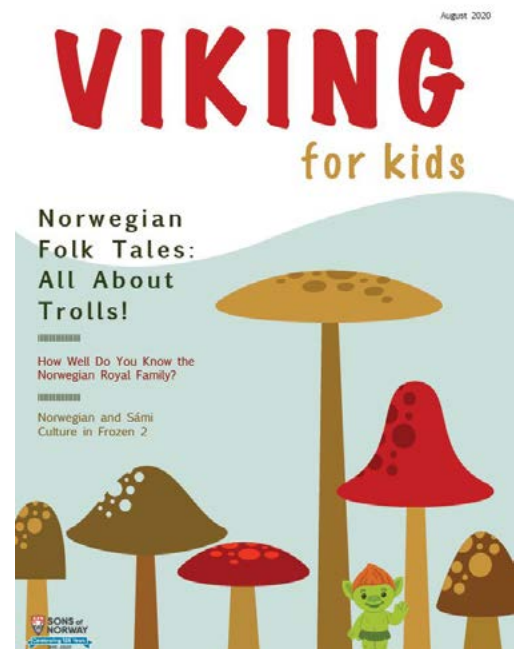
As part of our 125th anniversary celebrations, Sons of Norway has launched a new digital publication, Viking for Kids.

Now available for download, Viking for Kids is a quarterly digital publication that includes Scandinavian-inspired articles, quizzes, coloring pages and more!

We are excited for our heritage members to have a magazine of their own and we look forward to seeing it in use.

You will need to create an account on the Sons of Norway site in order to log in and download the publication.

https://www.sofn.com/member_benefits/viking-for-kids/



Early Warning!

NORDIC MARKET
(PREVIOUSLY SCANDINAVIAN BAZAAR)

10-10-2020

Mark your calendar! Saturday, October 10, 2020 10 a.m. to 4 p.m.

Vendors will offer a variety of merchandise featuring Scandinavian items for purchase both inside and outside of Viking Hall.

Delicious Take-Out-Food will include:



Polse (reindeer dog wrapped in lefse), Krumkake, Ertesuppe (yellow bean with ham soup), Lapskaus (beef vegetable stew), Scandinavian Pastries, Blotekake (rich layered cream and berry cake), Risengrot (rice porridge), and Meatballs on a Stick with fresh Alaskan lingonberries.



Cardamom bread and lefse will also be prepackaged for sale outside.

Safety guidelines will be followed

ROSEMALED CHEST FOR SALE

This chest was built and rosemaled by Thor Leif Jorgensen in 1989 for his nephew Eric Shortt.

Eric recently passed away and his brother, Carl Shortt, contacted the Lodge regarding the chest. Carl was in Anchorage for a short time this summer handling his brother's affairs.

Carl is of Norwegian descent – his mother was born in Trondheim, Norway – and felt the most likely person to appreciate this fine work was someone with Norwegian heritage which led him to contact the local Sons of Norway.

Carl's asking price is \$350. If you are interested and would like a closer look please contact Cynthia at 748-6301.



NORWEGIAN LANGUAGE & CULTURE CLASS



The Norwegian Language and Culture Class will resume this Fall. The start date is still to be determined, but will tentatively run on Sunday evenings from October 2020 through mid-May 2021. Classes will take place at Viking Hall, 8141 Briarwood St.

Beginners:

5:45-6:45pm, recommended for ages 10 and up, with little to no Norwegian knowledge

Intermediate/Advanced:

7:00-8:00pm

Native Norwegian speaker, Lillian Anderson, originally from Kristiansand, Norway, will be teaching the Intermediate/Advanced class. Christie Ericson will be teaching the

Beginners class. The total cost of the 8-month class will be \$20.00 for Sons of Norway members and \$40.00 for non-members. You are welcome to sign up for both classes for no additional cost.

Required textbook for Beginner Class

Sett i gang 1: An Introductory Norwegian Curriculum by Kari Lie Dorer & Nancy Aarsvold, 2nd edition, 2016. ISBN-13: 978-1530276004; ISBN-10: 1530276004. <https://amzn.to/35CVhvv>

Required textbook for Intermediate/Advanced Class

Sett i gang 2: An Introductory Norwegian Curriculum by Kari Lie Dorer & Nancy Aarsvold, 2nd edition, 2016. ISBN-13: 978-1540745712; ISBN-10: 1540745716. <https://amzn.to/2SFXYYb>

If you have questions or are interested in taking a class, please contact Christie Ericson at 602-0673 or christieak@gmail.com.

"Happy Birthday!"



SUNSHINE REPORT



"Gratulerer med dagen!"

SEPTEMBER BIRTHDAYS

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

Grethe S. Berge
Kjell T. Kristiansen

Norma Link
Marianne G. Lang

Douglas LeRoy Iverson
Sandra S. Hanson

Connie F. Thompson
Kaare P. Elde

If you know someone who needs a little sunshine

Call 696-0725 (cell - 862-1143) or email Cindy McDowell: ccmcd38@hotmail.com

== == == == == MEMBERSHIP NEWS! == == == == ==

Welcome to our new member, *Heather A Branvold-Faber!*

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.

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

FALL LEFSE MAKING



This year our hope is to have a good supply of lefse on hand for sale at the Nordic Market on October 10th (previously Scandinavian Bazaar).

If you feel comfortable helping with this fall fundraising effort—lefse making is scheduled for September 25–27 and October 2–4.

It is important to know the number of helpers expected in the kitchen at any given time. For that reason we are asking volunteers to let us know the date(s) and time(s) they would like to help rather than “dropping by” as has largely been done in the past.

We are also asking for a minimum 2-hour commitment. Contact us via email at olnescja@gmail.com with “Lefse Making” in the subject line or call Cynthia at 748-6301.

Are you a lefse roller or do you help with turning/cooking and packaging? Tasks during a typical 3-day lefse-making session, Friday through Sunday, are listed below.

Friday (3-6pm): 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 (9am-6pm): Mix potato and flour into dough; form lefse dough balls, roll and cook lefse; wash, boil, peel, and rice potatoes; sort and package lefse, and clean-up work stations.

Sunday (9am-6pm): Mix potato and flour into dough; form lefse dough balls, roll and cook lefse; sort and package lefse, and clean-up work stations.

Merlin Hamre, the ServSafe certification holder for the lodge, is committed to having strict guidelines in place to provide a safe food preparation environment in the kitchen. For the health and safety of everyone personal protection items and practices will be required—face masks, gloves, and recommended hygiene along with ventilation and distancing. The event would also follow existing State of Alaska and Municipal mandates and recommendations.



STRIKKEKAFE - 125 SCARVES FOR 125 YEARS!



To celebrate the 125th Anniversary of Sons of Norway, Strikkekafé has pledged to make 125 scarves to donate to charity by the end of 2020. If you'd like to help out, feel free to join us at Strikkekafé, or knit on your own and drop off your finished items. Crocheted and loom knitted items are also welcome. If you'd prefer to make hats or mittens, we'd love those, too! We'd also welcome donations of yarn.

This is a great chance to learn how to knit, and here are a few simple patterns for beginners:

Easy Garter Stitch Knit Scarf - <https://www.bhg.com/crafts/knitting/wearables/easy-garter-stitch-knit-scarf/>

Super Easy Squishy Scarf - <http://acommentfromthepeanutgallery.blogspot.com/2010/12/super-easy-squishy-scarf.html>

Strikkekafé means ‘knitting café’ and is popular all over Norway for those who enjoy handcrafts - it’s not just for knitters! Coffee and tea will be served; feel free to bring a treat to share. We meet on the 2nd and 4th Wednesdays of the month, from 6:30 pm - 9:00 pm. While we won't be meeting in September, we should be starting up soon. Watch for E-blast updates and keep on crocheting and knitting! **Contacts: Christie 602-0673 or Anita 301-4215**

HURRA, HURRA, HURRA!

Tusen Takk to Glenn Jacobs, our Financial Counselor, for his work on keeping members up-to-date on the various financial options available!



We all truly appreciate his efforts assisting Bernt Balchen members with financial planning.

Did you know.....

Sons of Norway was organized as a fraternal benefit society by 18 Norwegian immigrants in Minneapolis, Minnesota, on January 16, 1895.

The purposes and goals of the Founders were to protect members of Sons of Norway and their families from the financial hardships experienced during times of sickness or death in the family. Over time, the mission of Sons of Norway has expanded to include the preservation of Norwegian heritage and culture in our Society. We have grown since our beginning and are now the largest Norwegian organization outside Norway.

To found out more: https://www.sofn.com/financial_products/



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.

CULTURAL CORNER

CULTURAL SKILLS



Even though we haven't been able to meet in person, this has been a great time to pursue those *Cultural Skills pins*. Congratulations to Amanda Saxton for completing Level 1 of the Rosemailing Cultural Skills unit! The Cultural Coordinator at the Sons of Norway International office was very impressed with Amanda's work, especially with its unique Alaskan twist. Normally, as the Lodge Cultural Director, I would present Amanda with her pin at a lodge meeting, but it might be a while before we meet in person again. If you get a chance, be sure to congratulate Amanda. I'm looking forward to seeing more of her rosemailing in the future.

I've been using my free time to tackle my Scandinavian reading list and also recently completed Level 1 of the Literature Cultural Skills unit. Believe it or not, I'd never actually read Henrik Ibsen's *A Doll's House* (Et dukkehjem), so I enjoyed the opportunity to read this classic work.



Each Cultural Skills unit also includes elective activities to choose from. One of the elective activities for the Literature unit is to watch a play based on one of the books you've chosen. Since watching a play in person is pretty much impossible right now, I found an online version of *A Doll's House*. This recent production, captured by Digital Theatre live at London's Young Vic theatre, stars Hattie Morahan as Nora Helmer. Although there was a fee to rent it (£7.99), it was definitely worth it. There are also freely available versions on YouTube and DVD versions available at the Anchorage Public Library.

Digital Theatre production: <https://www.digitaltheatre.com/consumer/production/a-dolls-house>.

VIRTUAL NORDIC GENEALOGY CONFERENCE AT THE NORDIC MUSEUM

SEPTEMBER 26-27, 2020

The Nordic Museum in Seattle is hosting a two day Virtual Nordic Genealogy Conference. The event will be a mixture of live and on-demand keynote lectures and workshops presented by professional genealogists and subject matter experts. There is a fee, but there are three different tier levels, so you can select the sessions you are interested in. You will also be able to access all the recorded sessions for one year.

For further information or to register, visit: <https://www.nordicmuseum.org/genealogyconference>

If you have further questions about the Cultural Skills program, please contact me!

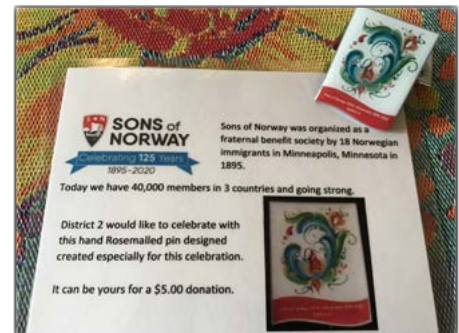
Christie Ericson, Cultural Director/Lodge Librarian
602-0673, christieak@gmail.com

DISTRICT 2 - 125TH ANNIVERSARY PINS

In celebration of the 125th Anniversary of the Sons of Norway, District 2 has designed a beautiful rosemailed pin to commemorate this milestone.

District 2 comprises lodges in Alaska, Washington, Oregon, and Idaho. There are only a limited number available, so show off your District 2 pride and get a pin today! Contact Christie Ericson at 602-0673 or christieak@gmail.com if you would like to purchase a pin.

The cost is \$5 each.



FRA BIBLIOTEKET



Not much has been happening in the library these past 6 months since the building has been closed, but I've visited a few times to check up on the collection (which feels a little lonely!)

On a positive note, however, I have been participating in quite a few online events around Nordic literature and culture. With so many places being closed, many organizations have been taking their programming online through Zoom or similar platforms. This has given me the opportunity to attend many events that I would ordinarily not be able to attend if they were held in person.

Vesterheim, the National Norwegian-American Museum & Heritage Center in Decorah, IA has been hosting a monthly Bokprat (Book Talk) on Zoom. Books discussed earlier this summer included *Norwegian by Night* and *American by Day* by Derek Miller. The discussions have been led by Maren Johnson, Assistant Professor of Nordic Studies at Luther College. I also enjoyed the small group discussions with attendees from all over the U.S. and Canada.

The next book discussed will be:

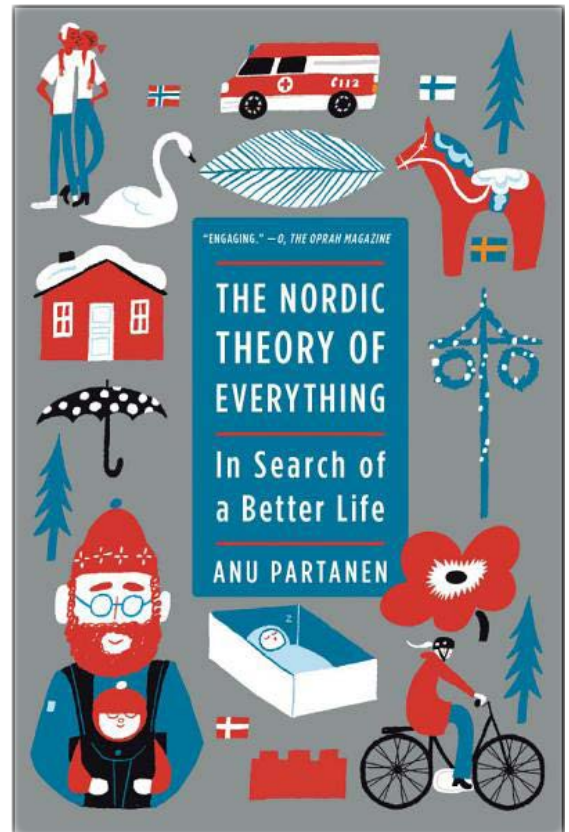
The Nordic Theory of Everything: In Search of a Better Life by Anu Partanen on September 24 (4-5pm AK time).

There is no fee, but you must register by September 17.

<https://folkartschool.vesterheim.org/class/2020-09-24-vesterheim-bokprat-september>

While the lodge library is not open yet, if there is something that you would like to check out, contact me and I can arrange for "curbside pickup." You can browse or search the library's collection with our online catalog:

<https://www.librarything.com/catalog/VikingLibrary>



Given our limited library budget, our library collection relies heavily on donations from our members, so if you have any Nordic related materials you would like to donate to the library, contact me and we can arrange for a time to drop them off.

Christie Ericson, Cultural Director/Lodge Librarian
602-0673, christieak@gmail.com

PRO TIP

There are two search boxes on the page. Be sure to search in the box that says "Search your library." This will ensure that you are only searching the Bernt Balchen Lodge Viking Library. If you search in the box that says "Search site," you'll actually be searching all the other libraries on LibraryThing.

