

Consul's Corner	2
Scholarship Opportunities	
Super Bowl Raffle Tickets.....	3
Strikkekafe!	
Sunshine & Membership	4
Lutefisk Dinner News!.....	5



Norwegian Conversation Group	5
November Friluftsliv	6, 7
Nordic Market.....	8, 9, 10
Sing-a-long for SON's 125 years.....	11
From you, for you - Jule Flyer.....	11

November 2020 november

SONS OF NORWAY BERNT BALCHEN LODGE – PRESIDENT’S MESSAGE

Bernt Balchen lodge members have come up with innovative ways to carry on some of our lodge’s long-standing events. It took a lot of planning to bring people together safely for the *Nordic Market*. The chairs of this event, Charlene Howe, Gayle Mathiesen, and Anita Persson had a big goal to have a Happy and Healthy Market and it was! The lodge’s parking lot was completely transformed with nisses standing guard to welcome all.

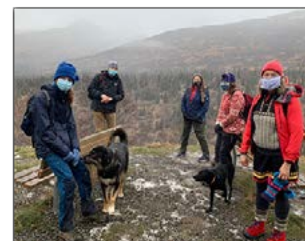


Tusen takk ladies and all the volunteers that contributed so much time and effort to making this a successful and much welcomed event. *See photos on pages 8, 9 & 10.*

In keeping with the goal of combining health and happiness, member Marti Pausback organized the lodge’s inaugural monthly *friluftsliv*.

Friluftsliv – “free-loofts-liv” “ free air life” – honoring the beautiful outdoors!

The group met at the Prospect Heights trailhead and walked up the South Rim trail. Warm blueberry soup, homemade knekkebrod, and other Norwegian treats were enjoyed by all. Tusen takk Marti for introducing *friluftsliv* to our lodge! *See photos on pages 6 & 7.*



Another outdoor event on the horizon is the *Kincaid Classic/Wooden Ski Classic Cross-County Ski Race* to be held on January 24th. Last year Sports Director Martin Hansen and Marti helped resurrect the *Wooden Ski Classic* race bringing this fun event back to the community. Indoor activities and sharing of food/beverages won’t be allowed this time but the race, prizes, and costumes are still on!



The last lefse rolling session for the year is this weekend, under the guidance of master roller John Olnes. And as the lodge prepares for the annual Lutefisk and Tasty Meatball take-out dinner some of you may wonder why many Norwegian Americans keep this holiday tradition alive. Former lodge president Ted Birkedal attempted to solve the great lutefisk mystery and published an article that has some interesting findings – you can access it [here](#). I’m personally counting on his findings that lutefisk is easily digested and provides instant energy to the eater.

Viking Council will hold its next virtual meeting on November 12th.

If you’d like to join us please let me know and I’ll send you the zoom link. We welcome your participation and ideas.

Stay safe and healthy,

Linda Bustamante, President • Bustamante@gci.net

Sons of Norway, Bernt Balchen Lodge

2021 LODGE OFFICER SLATE OF NOMINEES

Here is a listing of the officers nominated for the year 2021. We just need two more.

President – Linda Bustamante

Vice President – **Position Open**

Secretary – Anita Persson

Treasurer – Cynthia Olnes

Membership Secretary – Hanna Persson

Counselor – **Position open**

Cultural Director – Christie Ericson

Foundation Director – Amanda Saxton

Sports Director – Martin Hansen

Marshal – James Greeley

Asst Marshal – Marcus Biastock

Trustee – John Olnes

Trustee – Jacob Mathiesen

Trustee – Amanda Saxton

Auditor – Patrick McCormick

Auditor – Tim Andrew



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



Consul's Corner

Information and Opportunities for Norwegian Alaskans



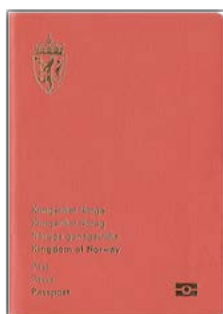
TRAVEL-TRAVEL-TRAVEL

Dreaming about traveling to Norway again? Need to go to Norway to visit or assist relatives?

Up-to-date travel restrictions can be found at UDI's website:

<https://www.udi.no/en/about-the-corona-situation/currently-not-in-norway-questions-and-answers-for-nationals-outside-eueea/>

UDI (Utlendingsdirektoratet) is the Norwegian Directorate of Immigration. Their website is udi.no. This is where you go to find information about how to apply for Norwegian residency, citizenship, immigration, and passports. This website also links to the appropriate site for up to date quarantine information. With quarantine rules frequently changing, this is the site to get the most current information. There is currently a 10 day mandatory quarantine requirement for people coming into Norway with a requirement that you bring proof of where you will carry out your quarantine. The Consulate also highly recommends people to contact the airline they are flying with as airlines may need other documentation than UDI.



PASSPORTS

Norway has launched new passports. The new passports are more secure, and have a new design. All existing passports are still valid until their expiration date.

Starting October 19, it is more expensive to apply for a Norwegian passport from abroad than in Norway.

- a. Ordinary passport for applicants over 16 years of age: \$140
- b. Ordinary passport for applicants under 16 years of age: \$83
- c. Temporary passport (emergency passport) any age: \$183

OTHER NEW REQUIREMENTS:

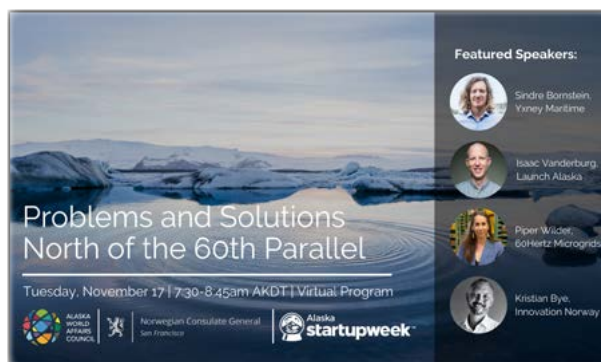
A new requirement was put into place this month for parents wishing to apply for personal numbers for their children. Effective immediately, married parents now need to register their marriage with the Norwegian Tax Agency (Skatteetaten) prior to applying for a personal number for their child. www.skatteetaten.no <<http://www.skatteetaten.no>>

Applicants need to now send their marriage certificate with apostille to Skatteetaten (no copies, only originals). The apostille is a separate document that has to be requested from the state/country the parents were married in. Original marriage certificates are no longer sufficient. There is no procedural change for unmarried parents.

WORLD AFFAIRS COUNCIL - NORTHERN ENTREPRENEURS

Do you remember the King of Norway's visit in 2015? Accompanying him on this visit were two people (Jo Sletbak and Sindre Bornstein) who the Alaska World Affairs Council will be featuring in an upcoming program on the 17th of November. This program will highlight entrepreneurs in Alaska and Norway and the respective organizations that help them grow and reach a larger market. Jo Sletbak is now the Norwegian Consul General in San Francisco. CG Sletbak will introduce the panelists which includes Sindre Bornstein who is joining this virtual program from Norway.

Registration is free at www.alaskaworldaffairs.org



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

SCHOLARSHIP OPPORTUNITIES

Sons of Norway International Foundation Fund

Due by January 15, 2021

Douglas Warne – Rolf & Wenche Eng
Helen Tronvold Adult Learner
Helen Tronvold Norwegian Folk High School
Lund Fund
Oslo International Summer School

Due by March 1, 2021

Astrid G. Cates Vocational
King Olav V Norwegian-American Heritage
Myrtle Beinhauer Fund
Nancy Lorraine Jensen Memorial
Orel and Marie Winjum Memorial

NEW: All with March 1, 2021, deadline.

Dan and Betty Rude Scholarship

Scholarship of up to \$2,500 to an American citizen enrolled in an accredited, four-year, post-secondary institution and majoring in elementary education.

Bernt Anker Scholarship

The Bernt Anker Scholarship typically awards three students a \$3,000 scholarship every year for four consecutive years for a total of up to \$12,000. One new recipient is selected each year. Eligible are American

citizens who have applied to enroll in a four-year, post-secondary institution or a two-year community college with the intent of continuing toward an undergraduate degree in the US.

Sissel and Roger Espeland Memorial Scholarship Fund

Scholarship for post-secondary education at accredited four-year institutions or training at accredited vocational/trade schools located in the US.

DISTRICT 2

Due by February 15, 2021

Carl M. Saltveit

Local Lodge

Due by April 30, 2021

Bernt Balchen Lodge 2-046 awards **Language and Heritage** and **Higher Education Scholarships** of up to \$1,000. The **Language and Heritage Scholarship** is available for persons of any age who are interested in attending or participating in Norwegian language or heritage programs. The **Higher Education Scholarship** is available for persons entering a school of learning beyond the high school level. Scholarship application packets will be available in early 2021.

Send an email to sonancak@gmail.com to request the packet – **Attn: Scholarship Committee.**



SUPER BOWL RAFFLE 2021 – SCHOLARSHIP FUNDRAISER

It's that time of year again!

Ticket sales for the Sons of Norway 2021 Super Bowl Raffle are still 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. The drawing will be held during the airing of Super Bowl LV on Sunday, February 7, 2021.

Tickets are available from committee members John (562-2794), Sandra (243-2132), Jane (227-2735), and Wayne (748-0098). Please give one of us a call and we will arrange getting tickets to you.





After what seems like an eternity since we last gathered, Strikkekafé has begun meeting again. The hall is nice and spacious, giving us plenty of room to spread out and give each other space. Please wear your face mask and bring your finished projects for Show and Tell! It will be so fun to see what everyone has been up to.

Strikkekafé 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.

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.

Strikkekafé meets on the 2nd and 4th Wednesdays of the month, January-May and September-December 7:00 pm - 9:00 pm.

We will not be gathering on Nov. 25th or Dec. 23rd due to the holidays.

Contacts: Christie 602-0673 or Anita 301-4215

"Happy Birthday!"



SUNSHINE REPORT



"Gratulerer med dagen!"

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

NOVEMBER BIRTHDAYS

Arnold Link - 94!
Gene A. Moe

Al NMN Pedersen
Glenn R. Soby

Gale A. Olson
James H. Hansen

Orvella Rae Elde
Judith Thompson

DECEMBER BIRTHDAYS

Eva Bilet - 93!
John L. Barstad

Anstice M. Tibor
Wallace A. Smith

James T. Tibor
Carl J. Pearson

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: Summer McGuire!

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!

LUTEFISK DINNER IS GOING "TAKE-OUT"!

The falling temperatures and golden leaves tell us that Lutefisk season is upon us! As was done with our successful Faar-i-Kaal dinner recently, we will not be dining in the Lodge this year, but will instead be offering this year's Lutefisk Dinner as take-out only.



In order to gauge interest for this unique Scandinavian meal, we ask that you please respond in the link below to let us know how many dinners you would like to order. On the form you will be able to let us know how much (or how little) of the curious fish you would like, or if you would prefer the more socially acceptable meatballs.

Additionally, we will be offering potatoes, carrots, cranberry sauce, lefse, and dessert. The cost will be approximately \$30, and the lodge will contact you to arrange pre-payment.

Pre-ordered dinners will be available for pick-up at the lodge at 5:00 pm on Saturday, November 14th, but don't delay!

Orders for this wonderful traditional meal must be placed by
Thursday, November 12 using the simple pre-order form found here:

<https://bit.ly/lutefiskdinner>

If you have any questions, please contact Lutefisk Dinner Co-Chair Patrick McCormick at 907-632-9982. Tusen Takk!

NORSK SAMTALEGRUPPE/NORWEGIAN CONVERSATION GROUP



In addition to our Zoom language class, we also started up an informal Norwegian language conversation group this fall. We had our first meet-up via Zoom on October 24th. We were a small group, but we had a lot of fun! One of our beginning Norwegian language students joined us, and we also had a couple of Norwegians join in from Norway!

We'll be meeting via Zoom on Saturdays from 10 - 11 am. Stay for the whole hour or just drop in for a few minutes. All levels are welcome, from beginners to native Norwegian speakers.

You'll need a computer, laptop, tablet, or phone with a camera and microphone as well as a reliable internet connection to participate.

The group is free and open to anyone, so if you know someone outside of Anchorage/Alaska/US who might be interested, feel free to invite them. Contact Christie Ericson for the Zoom meeting login information: christieak@gmail.com

La oss øve oss på å snakke norsk sammen! Let's practice speaking Norwegian together!



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.

NOVEMBER FRILUFTSLIV

Friluftsliv, a word coined in 1859 by writer Henrik Ibsen, according to Mother Nature Network (MNN), loosely means “free air life,” and it signifies a fundamental understanding of the healing effects of nature.

Sunday, November 29, 2:00 pm Come join our November Friluftsliv (“free air life”)

This month we will explore the quiet boreal forests of Ruth Arcand Park. We will meet at the flagpoles in front of Hanshew Middle school at 2:00 on Sunday, November 29. Bring a thermos of blueberry soup or some homemade Knekkebrod, waffles, quicklunch or other Norwegian treat

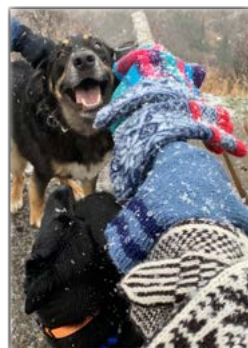
We will practice safe social distancing and wear masks. We will go rain, snow or blustery weather. There is no such thing as bad weather, only bad gear. The walk should take about 1.5 to 2 hours.

Why Friluftsliv?

In this time of hunkering down and COVID, one of the best things we can do is get outside and exercise and see our friends at a safe social distance. Our Alaska winters are dark and cold. Let's follow the wisdom of the Norwegian culture and enjoy the free air life. We plan to host a friluftslive each month. Do you have a favorite trail or park that you would like to request? Any questions or ideas give Marti a call at 351-2378

Inagural October Friluslive demed a sucess!

The Bernt Balchen Son's of Norway lodge in Anchorage hosted the first monthly Friluftsliv in October. A joyful mask wearing group hiked the South Rim trail to the scenic bench where everyone had blueberry soup and other treats. A Norwegian flag and wooden hiking cups as well as handknit mittens were part of participants Friluftsliv gear. The weather was crisp, Ptarmigan and O'Malley peak were decorated with new snow. Please join us for our November walk in the boreal forest of Ruth Arcand Park.



NOVEMBER FRILUFTSLIV



FRILUFTSLIV RECIPES

BLUEBERRY SOUP

3 cups of frozen blueberries
2 cups of water
1 teaspoon cardamom
½ teaspoon cinnamon
2 Tablespoon maple syrup
1 lemon juiced
2 teaspoons cornstarch mixed in 2 Tablespoons of water

Mix all of the ingredients.

Put on the stove at medium heat and stir until it boils and slightly thickens. Put in a blender and blend until it is lumpy /smooth.

Put in thermos!

Drink up!



KNEKKEBROD

4 cups water	¾ cups pumpkin seeds
1.5 cup rye flour	¾ cups sunflower seeds
2.5 cups of old fashioned oats	¾ c flax seeds
¾ cup wheat bran	¾ c chia seeds
¾ cups sesame seeds	1.5 teaspoons salt
	1 cup ground walnuts



Mix everything together. It should be like wet cement. Oil 2 "18 x 13" pans and spread out thinly and evenly. It might be useful to get a mason's trowel.

Put in a 250 degree oven for 15 minutes. Take out and score into squares with a knife.

Put back into 250 oven for 2-3 hours until dry and brittle and a little brown on the edges.

Makes 2 "18 x 13" baking pans.



NORDIC MARKET



Tusen Takk to all the Volunteers!

Photos provided by Charlene Howe and Anita Persson.



NORDIC MARKET



Tusen Takk to all the Vendors!

Photos provided by Charlene Howe and Anita Persson.



NORDIC MARKET



Tusen Takk to all the Visitors!

Photos provided by Charlene Howe and Anita Persson.

SEND IN A SONG FOR SONS OF NORWAY'S 125TH ANNIVERSARY PARTY!

To round out our anniversary year in a spirit of festivity and virtual togetherness, we will be hosting a three-day virtual event on December 8, 9 and 10. You can help us celebrate by showing off your musical talents as a featured part of the festivities!

We are seeking video recordings of all age groups playing a musical instrument and/or singing. These performances will be available for viewing on YouTube and on our website.

See below for details.

Submission deadline: November 30, 2020

Video Submission Guidelines:

- Before you start recording, rotate the phone to the landscape orientation(sideways) so it records in a wide-screen format.
- Record in a location where there is indirect natural light on your face, for example near a window during the day. Avoid having the light source behind the performer.
- Record in a quiet space with minimal background noise.
- Avoid zooming in – this creates poor video quality and cannot be reversed.
- Place the phone on a sturdy surface or use a tripod. Shaky videos will not be used.
- Video format should be MP4, M4V or MOV. Send your finished video by email to: avuletajensen@sofn.com
- If the video is too large to send by email, you can compress the file before sending, or create a Dropbox account and share the folder with avuletajensen@sofn.com.

Please include the following information in your email:

1. Performer's first and last name
2. Lodge name and number
3. Name of the song and instrument(s) being used

Sons of Norway will not use videos that do not adhere to these guidelines.

By sending a video, you agree to allow Sons of Norway to post the video as part of our *125th Anniversary Virtual Party*, which will be available for public viewing.

For more information, visit sofn.com/125years/virtual-party/



COOL JULE - DECEMBER FLYER - FROM YOU

The December Flyer is for you!



We may be physically separated during these times, but that doesn't mean we can't "GET TOGETHER"!

We want to hear from you! Do you have a favorite tradition for Christmas? Maybe some recipes to share?

You may have some ideas about fun activities for the Lodge, now and in the future.

Perhaps you want to show appreciation or thanks to a special person or group.

And Spoiler Alert: We have a surprise regarding this year's Lucia!

The usual December celebrations will not be held, but that doesn't mean we can't experience fellowship during this wonderful time of year.



Please contact the Lodge at 349-1613, or send your thoughts, ideas, recipes and photos to: kvern66@gmail.com.