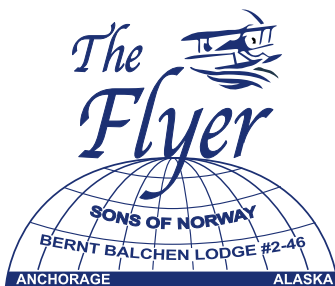


Scholarship Opportunities
 Super Bowl Raffle Tickets.....2
Viking Classifieds -NEW!
 Sunshine & Membership3
 Juletid!..... 4-7



Lucia 2020 8-9
 Lutefisk Dinner Wrap-up.....10
 December Friluftsliv.....11
 Wood Ski Classic.....12

Christmas Time 2020 juletid



*God Jul til alle sammen
 Merry Christmas to all of you*



2021 LODGE OFFICERS

Here is a listing of the officers for the year 2021. We just need one more!



WHAT DID YOU DO FOR CHRISTMAS?

Share your photos, stories and recipes. Let us know how you celebrated this Christmas Season!

Send to: kvern66@gmail.com.



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

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. There are only 4 300 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.



CLASSIFIEDS

New!



FOR VIKINGS

We are launching a new service to folks who would like to get the word out to those who subscribe to the eBlast, Bernt Balchen Facebook page, and Flyer/Newsletter readers. (No, you don't have to be a member to read our Flyer online!)

Ad size is approximately 2 x 3.5 inches (business card size). Price: \$10.00 per issue.

Email a scan or digital image of your business card; or contact the Flyer Editor to discuss other options to:

kvern66@gmail.com Attn: Classifieds for Vikings

Deadline for the printed January Issue is January 5th.

Congratulations to Kitty Kincaid, our first customer! See AD at right →

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SUNSHINE REPORT



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

*"Happy
Birthday!"*

*"Gratulerer
med dagen!"*

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: *Brian Benson, Dianne Ellis & Stephen Ellis!*

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!

Juletid



As a youngster it was clear to see that being Norwegian and living in Alaska made for an especially glad-hearted Christmas!

My parents, Chuck and Erdie celebrated the season with gusto; combining a mix of family time at the kitchen table along with outdoor adventures. For us, the season began in early December with the Advent wreath and its four candles – each Sunday we would light another candle, anticipating the coming of Christmas.

Our kitchen soon became busy with baking as Mom liked the traditional seven kinds of Christmas goodies to be on-hand for gatherings with friends and family.

In mid-December we headed to the woods to find the “perfect” tree. In case it had a bare side (being an Alaskan tree), Dad would make it “just -right” by drilling a hole or two in the tree trunk and adding branches where needed! Skiing and sledding outings in the short days of December usually ended after dark, so on the way home a bright stop was at my Aunt’s house near us. From her pantry she would bring out tins of buttery sandbakkels, rosettes, spritz and her wonderful Julekake!! - I’ve never been able to make a Julekake as tasty as hers.

On Dec 21st, we’d bring a pot of soup to Dad’s sign shop where the rolling would begin... making rounds and rounds of lefse for the Christmas Eve dinner. We made plenty, so with flour flying it was quite the production!

On Christmas Eve, Grandma Brodahl joined us for a festive fine-china dinner of lutefisk, potatoes and lefse. We all liked the simple menu, even without the meatballs! Then and one at a time, gifts were opened and passed around to admire. Dad would fix a tray of pickled herring, Rye Crisp and Danish pickled pigs feet for a late treat. (Which probably accounts for the fact that my siblings and I are not squeamish eaters!) Just before 11 pm, in our best clothes, we would bundle up for a brisk walk up the hill to the Christmas Eve candlelight service at church. The congregation often sang a verse in Norwegian of “Jeg er så glad hver julekveld”. *During the midnight walk home on sparkling snow and still full of good Norsk food, I agreed wholeheartedly - I am so glad each Christmas Eve!*

Gayle Brodahl Mathiesen

Editor's Note: Long time members, Gayle and her sister Charlene Howe, are the dynamic and innovative forces behind the Scandinavian Bazaar and recent Nordic Market. Tusen Takk for this special story!

RECIPE BOX - RIBBE!

The main Norwegian Christmas celebration takes place with a big Christmas dinner on 24 December, Christmas Eve. The choice of food varies depending on the area of Norway you are from, but often consists of lamb ribs, stockfish or sometimes cod. However, the clear favorite, eaten by as many as six out of ten households, is ‘Ribbe’ – roast pork belly.

Traditionally served with boiled potatoes, sausages, meat cakes, prunes, lingonberries and pickled cabbage, ‘Ribbe’ and its heavenly aroma is sure to bring a bit of Norwegian Christmas into your kitchen. Follow this recipe from matprat.no for success.

Ingredients:

- 2 kg pork rib
- 3 teaspoons salt
- 2 teaspoons pepper
- Approximately 200 ml water

Time: 60 mins

Serves 4

Saw through the bone to make it easier to pull the ribs apart for serving. Cut the rind in a criss-cross pattern – cutting the squares parallel to the ribs makes it easier to slice up nice pieces after cooking.

Rub with salt and pepper two or three days before roasting, cover with foil, and leave in the fridge. When the ribs have been in the fridge for a couple of days, you are ready for action!

Place the rib in a roasting dish with the rind up. To get rid of the melted fat, a tip is to place foil or a plate upside-down under the meat, so that it is slightly raised in the middle.

Then, pour 200 ml (3/4 cup) water into the roasting dish, and cover the rib with foil. It is important that the foil is completely airtight, so that evaporation will be successful.

Roast in the middle of the oven at 230°C. After 30 – 40 minutes, remove the foil and lower to 200°. Roast spare ribs for a further 1 1/2 hours and midribs for a further 2 – 2 1/2 hours. Leave for 20 minutes before carving.

That’s it – you are ready to serve a juicy and yummy Christmas ‘Ribbe’. As Norwegians would say: VELBEKOMME!

🕯️ *Juletid* 🕯️

From the time I was 6 years old till I was 14 it was my job to go into the woods to find a nice Christmas tree for my foster mother, it had to be done on December 23, called little Christmas Eve. So off I go to find that tree that was perfect in my foster mothers eyes, she threatened to send me back out if the tree wasn't to her liking. I do think she was bluffing because she never did send me back for another tree. My foster mother would then put the ornaments on the tree. Some of them were Norwegian flags, but the most amazing things on the tree were live candles, it is a wonder that something didn't catch fire and burn the house down.

There was always a Christmas party at the school it was for everyone, there was a big tree there it reached clear up to the ceiling with all kinds of ornaments and there again were the live candles. We kids would form several circles around that tree, every other circle going a different direction. Of course we would be singing Christmas songs. Towards the end of the party somebody in a Santa Claus suit would come in with a big bag and give each kid a small bag of fruit and hard candy.

Some kids tried to get in line twice but that didn't work, that Santa had a memory like nobody else.

One other thing that the older kids did between Christmas and New Year was to dress in odd looking clothes and put a mask on their face. There would be as many as seven or eight kids in a group going from house to house and let the people try to guess who the kids were. The kids usually got a cookie or something similar and sometimes nothing. There would be quite a long distance between the houses so the kids would be very tired by the time they got back home.

Arnfinn Kvernplassen, my late father - Editor Ruth Kvernplassen



My father passed the love of the Christmas Season to all of his children. As a child I never understood why some of my schoolmates had to wait for Christmas morning to open their gifts.

Every Christmas Eve, we would dress up and drive to candle light services at St. Marks Lutheran Church here in Anchorage. When we arrived home, as my father was unlocking the door we would hear jingle bells. Santa was near!

We practically stampeded into the house to see what Santa brought us.

There were always unwrapped gifts, special to each of us, sitting in front of the tree. We never did figure out how he managed to get those gifts under the tree without us knowing. And who was ringing those sleigh bells!

I guess it was that wonderful Julenisser after all.

It was a magical time, and the tradition continues with my children and grandchildren.

God Jul from your Editor, Ruth Kvernplassen!



RECIPE BOX - GLØGG!

Ingredients

To serve 20-25

2 quarts dry red wine (about 2 standard 750 mL bottles)
 2 quarts muscatel (or muscato)
 1 pint sweet vermouth
 2 tablespoons Angostura bitters
 2 cups raisins
 Peelings of 1 orange
 12 whole cardamoms, bruised in a mortar with a pestle or by covering with a towel and crushing with a rolling pin
 10 whole cloves
 1 piece (about 2 inches) of fresh ginger
 1 stick cinnamon
 1 ½ cups akevitt (preferably Linie)
 1 ½ cups sugar
 2 cups whole almonds, blanched and peeled

Recipe

Step 1

In a 6- to 8-quart enameled or stainless steel pot, mix together the dry red wine, muscatel, sweet vermouth, bitters, raisins, orange peel and the slightly crushed cardamoms, whole cloves, ginger and cinnamon. Cover and let the mixture stand at least 12 hours so that the flavors will develop and mingle.

Step 2

Shortly before serving, add the akevitt and the sugar. Stir well and bring it to a full boil over high heat.

Step 3

Remove at once from the heat, stir in the almonds and serve the hot gløgg in mugs. In Sweden, a small spoon is placed in each mug to scoop up the almonds and raisins.



RECIPE BOX - RØMMEGRØT!

Sour cream porridge with dried meats was festive food in the olden days and is still considered that today. Sour cream porridge must be made from high fat (35%) natural sour cream, with no stabilizers or gelatin added. For the best results, use homemade sour cream- a recipe is included below.

Ingredients

1 ¾ cups 35 percent fat sour cream
 (Recipe for homemade sour cream in Step 1)

Ingredients for homemade sour cream:

1 cup whipping cream
 2 Tbsp. buttermilk
 1 ¼ cups flour
 5 cups full fat milk
 ¾ tsp. salt
 1/2 cup granulated sugar
 2 Tbsp. cinnamon

Recipe

Step 1

To make sour cream, heat 1 cup whipping cream to 95° F/ 35°C, almost body temperature, then whisk in 2 Tbsp. buttermilk. Let stand at room temperature at least 8 hours, until thickened.

Step 2

Simmer sour cream, covered, about 15 minutes.

Step 3

Sift in ½ of the flour and stir. Simmer until the butterfat begins to leach out. Skim off the fat and set aside.

Step 4

Sift in the remaining flour, stir, and bring porridge to a boil. In a separate pot, bring the milk to a boil. Add milk to the porridge one cup at a time, whisking each time before adding more. Whisk porridge until smooth and simmer about 10 minutes. Season with salt. In a small bowl, mix sugar and cinnamon together. Enjoy the rømmegrøt with melted butterfat and cinnamon sugar sprinkled on top.

Juletid

Lucia Fun Kit for Kids

While we were sad to miss our Lucia Family Christmas Party at Viking Hall this year, Bernt Balchen lodge children were still able to celebrate at home with our Lucia Fun Kit! A fun little activity kit for kids to learn more about the story of Lucia as well as Scandinavian Christmas customs. The kit included a book about Lucia, several crafts, recipes, songs, a Norwegian vocabulary sheet, and a special treat.

Recommended for kids ages 5-12. (Younger children might need parental assistance.)

Cost per kit: \$10 (cash or check only, payable upon pick-up)

Thanks to *Cultural Director, Christie Ericson* for this wonderful kit! The kits aren't limited to the juletid.

Look for more in the future.



Lucia 2020

Our lodge, like most organizations, has been significantly affected by the coronavirus this year. However, while some events have been cancelled entirely, by applying good ol' Norwegian ingenuity and creativity, we have been able to adapt others to the situation: the Scandinavian Bazaar was partially moved outside, and both the Faar-i-Kaal and Lutefisk dinners were successfully converted to take-out only.

Our annual Lucia pageant had to adapt as well. But although our festive gathering with singing of Christmas carols, glug, performances by the lodge's talented musicians, and the beautiful candlelight Lucia procession must be postponed until next year, we want to acknowledge the two young ladies who are this year's twin Lucias!

As you probably know, Lucia was a young Christian woman who secretly brought food to persecuted Christians in Rome in the third century. She wore a crown of candles at night to light her way, leaving both hands free to carry as much food as possible. She was martyred for her faith in 304. Christian monks brought the story of Lucia with them to Sweden, where it has been told and retold among the Scandinavian countries for centuries.

In honor of the example set by Lucia in her service to others, our daughters have chosen to assemble gift bags for distribution to teenage children of families seeking assistance at the Lutheran Social Services food pantry in Anchorage during the Christmas season (through December). Older children were suggested as recipients by the director of LSSA who said that often donations of gifts for younger children were received, but that older children (10 and older) were often overlooked. Items included in the gift bags included Christmas candy, hair ties, headphones, journals, socks, and hats.

Our generous lodge contributed to this effort, with additional funding provided by Thrivent Financial.

Patrick and Anne McCormick

Seventeen year old twins Ava and Sophia are the daughters of lodge members Patrick and Anne McCormick. Both started in the Lucia program when they were tiny twin three year olds, and are now seniors at Service High School.

During her high school years, Ava has been busy playing the French horn, participating in World Quest competitions, and is a member of the National Honor Society. She has always been especially tenderhearted towards animals. Her experiences with the dogs, cats, and chickens at our home, and especially a cute Icelandic pony named Stella next door have inspired her to focus her career on not only the physical care of animals, but also their humane treatment. She plans to major in biology/pre-vet and minor in philosophy. She is still awaiting decisions from colleges, but her favorites are Lewis and Clark College and Pacific Lutheran University.

Sophia is very musical and plays the piano, saxophone and flute. She is a member of the National Art honor society and, along with Ava, has attended several Lutheran Youth Conventions in the lower 48. 2020 has been a difficult year but it has given us many opportunities for family discussion. She is a natural defender of those who are disadvantaged and that motivation has helped her decide on a career in Social Work. Sophia plans to major in Social Work and minor in Spanish. She hopes to attend either Montana State University or Eastern Washington University.



Lucia 2020



LUTEFISK DINNER WRAP-UP



Beverly and Wally Smith Lutfisk Dinner place setting.

This year's Take-Out Lutfisk Dinner (with those tasty meatballs!) was a huge success! We served over 120 take-out meals at our event on Saturday, November 14 totaling nearly 200 pounds of lutefisk and over 700 meatballs! Everyone was masked, maintained their distance, and practiced our food service hand-hygiene to ensure we all stayed healthy while providing this opportunity for us to enjoy this lodge tradition in a pandemic-friendly way.

Thank you to everyone who helped make this event run smoothly, from planning the online ordering to procuring the food and supplies to preparing and serving the meals as well as clean up.

Special thanks to: Cynthia Olnes & the lefse baking crew for all their efforts, Sig Restad who provided the Valley-grown potatoes and veggies for the lefse and the meal, Patrick and Anne McCormick for rolling and baking all 730 meatballs (!), Wayne Johnson and Patrick McCormick for preparing the lovely lutefisk and Wayne for cooking it to perfection, Tom Falskow and Linda Bustamante for their guidance and getting the team together for serving, and of course all those who helped with confirmation calls and worked at the event: Anne Adasiak-Andrew, Linda Bustamante, Christie Ericson, Janel Ireton, Wayne Johnson, Ruth Kvernplassen, John and Cynthia Olnes, David Michaelson, Amanda Saxton, and Tina Watts. We couldn't have done this without you!

Do you have suggestions for how we might improve our event for the future? Please let us know by sending us an email: tandrew.ak@gmail.com

Mange takk,

Tim Andrew & Patrick McCormick, Lutfisk Dinner Co-chairs

LUTEFISK DINNER FEEDBACK

From Tara Orley:

Just wanted to thank you for providing such a wonderful traditional dinner for our family's 'garage gathering' last week. And thank you for personally reaching out to invite us (phone call) to join in the Lutfisk Dinner. You are an awesome hardworking team, keeping us together from a distance!

Linda Courtice also posted on our Facebook page:

Husband's first try. He liked it. That dessert was delicious too!

From Gayle & Jaysen Mathiesen

To the Lutfisk Crew –

Wow!! You all did an amazing job on tonight's take-out Lutfisk meal!

Even with added menu logistics and meal pick-up timing you were able to turn out a very good product - the food was tasty, fresh and the lutefisk was just right!!! Most impressive.

So while we missed the fellowship of all being together tonight, here's our after-dinner applause and a hearty Hurrah Hurrah to the cooks and crew for a job well done!

Mange tusen takk!

Gayle & Jaysen Mathiesen

DECEMBER FRILUFTSLIV



VIEW THE CHRISTMAS STAR BY CANDLELIGHT

The week of December 21 the Conjunction of Saturn and Jupiter can be viewed in the SW night sky 45 min after sunset (4:30pm). This will appear as a large Christmas star.

This month we will continue to practice safe social distancing. December's Friluftsliv ("free air life) will be with your personal Covid Community safety bubble.

Where?

Start at The Potter Trailhead to Turnagain Arm trail to bench on right. View the spectacular Turnagain Arm and the Christmas star.

4:30 pm the week of December 21

This walk will take about one and a half hours

Bring a candle and a Norwegian treat

Share your photo of your December Friluftsliv adventure

On the Sons of Norway Bernt Balchen Lodge Facebook page

On Instagram #friluftslivak.

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 friluftsliv 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.

GET READY FOR THE WOOD SKI CLASSIC AND KINCAID CLASSIC!

JANUARY 24, 2021



Sons of Norway will be hosting the Kincaid Classic on Sunday, January 24, 2021.

The Classic will include the Wooden Ski Classic and Traditional Costume Contest. We partner with the Nordic Skiing Association of Anchorage as part of the AMH Cup race series. We will have several fun volunteer opportunities to help with the race.

Keeping us all safe means no food or drink this year but it will be a fun way to celebrate winter and traditional Scandinavian sport.

The January Flyer will have all the information you will need to participate.

Of course we are looking for volunteers to help out!

Stay tuned!



Especially during this time, our neighbors need us.

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.