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September / October

AUTUMN

2023

HØST

september / oktober

Greetings Lodge Members!

Hej all,

Now that summer break is over it's time to join us down at the lodge for the many activities and events coming up. This month is starting off with rolling as much lefse as possible for the Nordic Market since one of the first items to sell out is our prized lefse. The popularity of the market has grown tremendously over the years so much so we now have vendors with outdoor booths.

Our lodge is doing a great job promoting the heritage and culture of Norway. We have kept traditional Scandinavian cuisine alive with our annual Faar-I-Kaal, Lutefisk, and Norwegian Fish dinners. We continue to offer Norwegian language classes, Strikkekafe (knitting), Friluftsliv outings, Lekegruppe (youth activities), and now we are adding rosemaling classes this fall.

The lodge library has a tremendous amount of books about Norse culture, mythology and videos that members are welcome to check out. A dedicated group of lodge officers, committee chairs, and active members make all of these activities happen – please consider volunteering and reach out to any of us for more information – tusen takk!

Keep an eye out for more information and reminders of lodge activities through eBlasts, Facebook, or the website.

We are all looking forward to another great year of fellowship at Bernt Balchen Lodge!

*Med Vennlig Hilsen,
Linda Bustamante, President*



Lekegruppe at Abbott Loop Community Park – outdoor games, cooking over fire (hot dogs, Norwegian stick bread, and s'mores).



FALL LEFSE MAKING

The indoor/outdoor Nordic Market will be held on September 23rd, so lefse making for the bake sale starts early this year.

Sessions are scheduled for Friday-Sunday, September 8-10 and September 15-17.

The 3-day lefse making session has preparation and set-up on Friday (3-6pm) with lefse-rolling and packaging on Saturday (9am-6pm) and Sunday (9am-6pm).

This is a huge fundraiser for the Lodge so we hope to see you on any of the dates/times listed above.

Contact Cynthia at 907-748-6301 or send an email to sonancak@gmail.com if you would like more information or to let us know what time/dates you can help. Or, if you find you have a couple hours to help out—drop by the Hall!

Lefse making for the Lutefisk Dinner is scheduled for Friday-Sunday, October 27-29.

The hours differ for this session with preparation and set-up on Friday (5:30-8pm) and lefse-rolling and packaging on Saturday (9am-6pm) and Sunday (9am-3pm).

LEFSE MAKING FOR BEGINNERS

On Sunday, September 10th from 3-4:30 pm John Olnes will lead a “Lefse Making for Beginners” session at Viking Hall.

The potatoes will already be cooked and riced.

Instruction will include making the balls, rolling and cooking. This will be a hands-on event open to all ages.

(Children must be accompanied by an adult).



The session is free, but sign-up is required as space is limited.

**Call [907-349-1613](tel:907-349-1613) to leave a phone message
or email
sonancak@gmail.com**



SUNSHINE REPORT



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

SEPTEMBER BIRTHDAYS

Grethe S Berge	David Nord
Norma Link	John Stabb
Marianne G Lang	Beverly J Smith
Sandra S Hanson	Timothy D Benintendi
Connie F Thompson	Dottie C Hill
Kaare P Elde	Sandra L Christopherson
	Linda Wahl

OCTOBER BIRTHDAYS

Lori Kincaid	John A. Olnes
Dinah Ann Martin	Gust K. Wahl

If you know someone who needs a little sunshine

Contact Anna Bryant at: anna_bryant@hotmail.com

Welcome to our new members for 2023 *May - August!*

Anthony Larson, Mark R Olson, Joann Utt



SUPER BOWL RAFFLE 2024 SCHOLARSHIP FUNDRAISER

The Super Bowl 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 LVIII on Sunday, February 11, 2024.

Raffle ticket sales kick off during our annual Nordic Market on Saturday, September 23.

Raffle tickets will also be available at other upcoming Lodge events and through the office (leave a phone message at 907-349-1613 or email sonancak@gmail.com). Give us a call or send an email and we will arrange getting tickets to you.

SCHEDULE OF UPCOMING LODGE EVENTS

SEPTEMBER

LEFSE MAKING

8 - Friday 3 - 6 pm
9 - Saturday 9 - 6 pm
10 - Sunday 9 - 6 pm

FRILUFTSLIV

*Fungus Walk at Far North
Bicentennial Park
North Bivouac Trailhead*
10 - Sunday 2 - 4 pm

STRIKKEKAFE & ROSEMALING CLASSES

13 - Wednesday 7 - 9 pm

BOARD/MEMBERSHIP MEETING

14 - Thursday 7 pm

LEFSE MAKING

15 - Friday 3 - 6 pm
16 - Saturday 9 - 6 pm
17 - Sunday 9 - 6 pm

NORDIC MARKET

23 - Saturday 10 am - 4 pm

STRIKKEKAFE & ROSEMALING CLASSES

27 - Wednesday 7 - 9 pm

OCTOBER

FAAR-I-KAAL DINNER

14 - Saturday 5:30 pm

STRIKKEKAFE & ROSEMALING CLASSES

25 - Wednesday 7 - 9 pm

LEFSE MAKING

27 - Friday 3 - 6 pm
28 - Saturday 9 - 6 pm
29 - Sunday 9 - 6 pm

STRIKKEKAFE & ROSEMALING CLASSES

11 - Wednesday 7 - 9 pm

POTLUCK SOCIAL

New Member Welcome

12 - Thursday 6:30 pm

BOARD/MEMBERSHIP MEETING

12 - Thursday 7:30 pm

BREAKING NEWS! Lekegruppe (playgroup) is a new event for families started by our Youth Directors.

The first two classes are on 9/30 and 10/21 - at 2 pm.

For full information go to page 7.

Watch for the eBlast and Postcard for more information on all upcoming events!

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

Submission deadline for our next issue (November/December) is October 15th

CULTURAL CORNER - VESTERHEIM FOLK ART APPRENTICES



Earlier this summer, fellow Bernt Balchen Lodge member Lorri Wright and I were accepted into the Folk Art Apprentice program at Vesterheim, the National Norwegian-American Museum and Folk Art School located in Decorah, IA. As two of six apprentices selected this year (and the first from Alaska), we will participate in a year-long training program for aspiring folk art instructors, during which we will take folk art classes, learn from

Vesterheim Gold Medalists and experienced teachers, develop a personal teaching style, and connect with a community passionate about Norwegian folk art. The goal of the program is for each apprentice to create a Vesterheim class proposal inspired by the museum's collection, which can be used for an online or in-person learning experience. Lorri's focus will be on weaving, whereas mine will be knitting.



Vesterheim Museum



Vesterheim Folk Art School

The program kicked off on August 6th with a one-week immersive retreat for all the apprentices in Decorah. Throughout the week we took folk art classes, including kolrosing with Scott Johnson and rosemaling with Ruth Green; a Nordic cooking class with Kristi Bissell of True North Kitchen and food editor for The Norwegian American newspaper; and an aquavit cocktail class with Hannah Garry, chef, gardener, and co-owner and manager of Blazing Star, a local café in Decorah. During each class (they were all so fun!) we also had the opportunity to ask questions and discuss teaching methods with the instructors.

In addition to the classes, we also got to hear from other experienced Vesterheim instructors, who shared how they got involved in folk art and offered helpful advice for teaching online and in-person classes. We also had individual meetings with our assigned mentors, which provided an opportunity to ask more in-depth questions.

A particular highlight of the week were the tours of Vesterheim's extensive folk art collections, which included items from Norway as well as from Norwegian-Americans in the Midwest. In addition to the tours, we had one-on-one appointments with a curator to study the collection in our particular area.



Textile Collection Tour - Vesterheim Chief Curator Laurann Gilbertson

During these appointments we were able to examine the artifacts in more detail, take photos and notes, and get further information about the items' provenance. In addition, we got to browse Vesterheim's library, which was full of valuable folk art reference works and a great source of inspiration.

Although we had an intensive, jam-packed week full of learning, we also had the opportunity to explore Decorah, a small city rich in Norwegian heritage, and spend time getting to know our fellow apprentices. Vesterheim put us up at a guesthouse right across the street from the museum, and it was a great setting for sharing ideas over coffee in the mornings or working on projects on the screened porch in the evenings. The dining table, piled with our books and notepads and sketches every evening, was also a place for much creative discussion as we gathered to process and share what we learned.



Textile Collection Tour

Lorri and I both feel incredibly grateful for the opportunity to visit Vesterheim and participate in this program. The Vesterheim staff were amazing, and the retreat was a fantastic way to begin our apprenticeships, providing us with much inspiration. We're looking forward to exploring our ideas over the next year, working with our cohort, and developing our expertise within the Norwegian folk art community.

For more information about the 2023/24 Vesterheim Folk Art Apprentice Program <https://vesterheim.org/vesterheim-2023-24-folk-art-school-apprentices-residents/>



Kolrosing Instructor Scott Johnson



Aquavit Cocktail Class



Rosemaling Class

Christie Ericson
Cultural Director/Librarian

Photos:
Christie Ericson



Christie's first attempt at Kolrosing

FÅRIKÅL DINNER – OCTOBER 14TH!



Please join us as we enjoy Norway’s national dish! This delicious autumn meal features tender lamb and cabbage, boiled potatoes, carrots, fresh rolls and is topped off with apple cake for dessert. The menu will also offer kid-friendly options, so bring the whole family!

Doors Open: 5:30 PM / Dinner Service: 6:00 PM

Please call the lodge for reservations at (907) 349-1613. (Dinner prices will be determined after lamb has been ordered)



Join the Crew! The Nordic Market is a great day at the Lodge! Let us know that you want to be a part of the Nordic Cafe crew. Join us as we prepare and sell delicious food in a fun and friendly kitchen. We welcome all ages and will find a job that just suits your talents.

The Cafe is a popular stop at the Nordic Market. We serve Scandinavian-inspired food with a fresh twist - including Meatballs-on-a-Stick with a lingonberry side, Polse wrapped in lefse, Northern Soups, Chowders ... and don't forget the sweets like Rice Porridge, Waffles, Krumkake and fresh Oslo Kringle baked hourly. Mmmm !

The Market is our Lodge's main fund raiser. Many helping hands make the day a success.

Please send a text or call Gayle Mathiesen today at (907) 441-9358 so we can plug you into an opening in the Cafe.



STRIKKEKAFÉ



Happy fall! To all our fellow knitters and makers out there, we are looking forward to seeing you again soon. Strikkekafe is scheduled to meet again twice a month starting Wednesday, September 13th.

Please bring your finished projects for Show and Tell! It will be so fun to see what everyone has been up to.

Strikkekafe means ‘knitting cafe’ 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.



Strikkekafe meets the 2nd and 4th Wednesdays of the month.

Check the E-BLAST for notifications or contact: Christie 602-0673 or Anita 301-4215.

NEW! Rosemaling Lessons

The lodge will now be offering a Rosemaling class the same evenings as Strikkekafe at the Lodge (every other Wednesday).



Amanda Saxton has offered to teach this class. We don’t have all the details yet, but if you are interested email the lodge sonacak@gmail.com and then Amanda will reach out with more information.



Norwegian Conversation Group

Saturdays ~ 10-11 am via Zoom

All levels welcome

Contact Christie Ericson to register christieak@gmail.com



Our 27th Annual Scandinavian Bazaar aka

NORDIC MARKET

September 23, 2023 | 10 am – 4 pm

Viking Hall 8141 Briarwood Street

The 27th annual Nordic Market will be held both indoors and outdoors featuring Scandinavian cultural demonstrations including the traditional rosemaling, woodworking and Norwegian knitting.

There will be many top-quality Scandinavian items for sale, including:

New & Vintage
 Norwegian Sweaters
 Wooden Gifts & Cribbage Boards
 Nordic-themed Door Hangers
 Embossed Prints
 Handcrafted Jewelry
 Norwegian Hygge Candles
 Quilted, Felted & Knit Items
 Scandinavian & Alaskan
 Enamel Mugs

Finnish Kicksleds & Accessories
 Authors to autograph their Books
 Stained Glass and Fused Glass
 Swedish Cardamom Buns
 & Dishcloths
 Nordic Home Goods & Food Gifts
 Lobben Boots
 Laser Engraved Art, Maps, Puzzles
 Hand-dyed Silk Scarves

Alaskan Wild Berry Jams & Jellies
 Handcrafted bird feeders
 Fur-Bearded Gnomes
 Handcrafted Pillows & Recycled Art
 Alaska Wildflowers Pressed on Glass
 Beeswax Bags &
 Handsewn bowl cozies
 Handwoven Textiles Finnish/
 Ukrainian/Russian handicrafts

The Nordic Café will be serving delicious food throughout the day offering a variety of Scandinavian Foods, including:

Northern Soups, Meatballs on a Stick, and Polse (Reindeer dog wrapped in lefse).

Waffles hot off the iron, and Hot Autumn Cider will also be served.

Fresh Lefse and Prepackaged Pastries will be available at the Outdoor Bakery.

Our popular Scandinavian Silent Auction will be open until 3 pm.

SILENT AUCTION ITEMS AND BAKED GOODS NEEDED FOR THE NORDIC MARKET!

We are still accepting donated Scandinavian/Nordic items for the Silent Auction, to be held during the Nordic Market on September 23rd.

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

Contact the Lodge by phone message at 907-349-1613 or by email at sonacak@gmail.com. We will arrange a time for you to either drop off your items, or we will pick them up.

Thank you for your support!



Bakers, if you would like to donate homemade cookies, cakes or breads, please bring them to the Nordic Market on Saturday, September 23rd between 9 am and 2 pm.

All items must be packaged and ready to sell.

We will have labels there if you need them and can help with the pricing. This is the largest annual fund-raiser for our lodge, please help us make it a success!



Hint - Chocolate is VERY popular!

For more information call Anita @ 301-4215

FRA BIBLIOTEKET



**Tusen takk to everyone who has donated books to the Bernt Balchen Lodge Viking Library!
Here are a few highlights of recently added titles:**

The Norwegian Merchant Fleet in the Second World War By Kenneth L. Privratsky

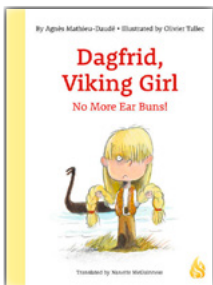
Thank you to local Anchorage author Major General (Retired) Kenneth L. Privratsky for donating an autographed copy of his recently published book to Bernt Balchen Lodge. Fans of the 2022 film *War Sailor* will be interested in this well-researched book with maps, photos and a full set of endnotes, bibliography, and index. This title is going to the top of my reading list!

From the book jacket: "At the outbreak of the Second World War, Britain, desperately short of merchant shipping, turned to the Norwegians who agreed to loan several hundred of its modern cargo and tanker ships. In early 1940 when Hitler invaded Norway, both the British and Germans rushed to seize the remainder of the fleet. King Haakon VII and his government, now fleeing from Nazi occupation, refused to relinquish control of this vital national asset. Instead, they nationalized the fleet and established the Norwegian Shipping and Trade Mission. Nicknamed Nortraship, it became overnight the largest shipping company the world had seen with a thousand ships and offices on six continents. Generously made available to Great Britain, it became a priceless Allied asset without which victory over Germany would arguably have been impossible. By the end of the war, about half Nortraship's fleet had been lost to enemy action."



Barnebøker/Children's Books

While these titles might not be the most historically accurate, they are sure to appeal to all those silly Vikings out there!



Dagfrid, Viking Girl - Book 1: No More Ear Buns

By Agnès Mathieu-Daudé; illustrated by Olivier Tallec; Translated from the French by Nanette McGuinness.

Recommended for ages 6-8.

"Many things bother Dagfrid. Her name, for starters. And life as a Viking girl isn't exactly a piece of cake: you have rolled-up braids, like buns, on your ears, you wear dresses that are too long to run with, and you dry fish. In fact, fish is all you eat, even when you're not a girl. But girls, they can't even navigate and go explore America. Well, until now. Because Dagfrid is really sick of dried fish."



Dagfrid, Viking Girl - Book 2: Secret Viking Wishes

By Agnès Mathieu-Daudé; illustrated by Olivier Tallec; Translated from the French by Nanette McGuinness.

"Dagfrid's brother, Odalrik, has turned sixteen years old. For his birthday, he gets a sword and should be in training to be a great warrior, but all Dagfrid sees him doing is laying around. All the while, she not only has to do the cleaning and sewing, but has been given the "honor" of preparing the meal for the chief's banquet. Come to find out, Odalrik is bored and would love to learn how to cook and sew so he's not so bored all the time, but his lot in life as a male is to be a leader.

Together, they decide it's all nonsense, so, hiding behind their house, Odalrik helps Dagfrid with the banquet and not only feels useful, but is quite good at cooking."

Fra Biblioteket *Continued on Page 7*

2023 Autumn

Friluftsliv Schedule



September 10 Sunday Fungus Walk at Far North Bicentennial Park

How many different species of mushrooms can we find? We will admire the diversity and beauty of mushrooms.

When: Sunday September 10 from 2:00 - 4:00 pm

Where: Meet at the North Bivouac parking lot.

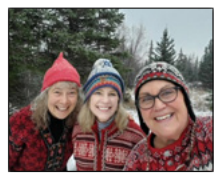


October 10 Tuesday Bonnie Sosa Tuesday night family run/walk at Service High school.

Register online: <https://www.muni.org/Departments/parks/pages/tuesdaynightraces.aspx>

When: Tuesday October 10 Race starts at 6:30. Choose from the following trails: Munchkin (2k), Farm (5K), or Lightning (7K).

Where: Meet at Service High behind the little gym.



November 12 Sunday Winter Wool Walk

Come bundled up in your most beautiful Nordic sweaters, hats, mittens for a brisk winter walk. Enjoy a cup of warm blueberry soup.

When: Sunday November 12 from 2:00 - 4:00 pm

Where: Meet at the outhouse at Prospect Heights trailhead and walk up the South Fork of Campbell creek.

Watch for the eBlast to find out about upcoming Friluftsliv Events, including those planned by our Youth Directors: Brittany Andrew, Sara Bryan, and Annette Iverson

FRA BIBLIOTEKET

Continued from Page 6



Thorfinn and the Awful Invasion

By David MacPhail; illustrated by Richard Morgan

Book One of the Thorfinn the Nicest Viking series. Recommended for ages 6-9.

“Everyone knows Vikings are ruthless barbarians whose idea of a good time involves pillaging, plundering and feasting. But Thorfinn is no ordinary Viking! He is always polite and happily offers to wash the dirty dishes. Too bad his dad is Harald the Skull-Splitter, Village Chief and the roughest and toughest Viking of them all.

Tired of Thorfinn and his too-nice ways getting them into trouble, his dad decides it’s time for Thorfinn to earn his gruesome Viking name. Stuck on a longboat with a ragtag bunch of adventurers who’d like to throw him overboard, how will the Nicest Viking cope with a dangerous voyage to Scotland?”

Library Hours: While the lodge library does not have regular hours, it is generally open during lodge events or by appointment. Contact Librarian Christie Ericson at 602-0673 or christieak@gmail.com for further information.

Browse or search the online library catalog: <https://www.librarything.com/catalog/VikingLibrary>

We are also still taking donations of new or gently-used books. Any donations we can’t use will be sold in our book sale at the annual Nordic Market, with the funds raised going to purchase more books for the library.

Christie Ericson, Cultural Director/Librarian

Save the Dates!

The Lutefisk & Meatball Dinner is Saturday, November 4!

Mark your calendar and save the date for this fall harvest feast. We will again have two seatings at 3 pm and 6 pm.

Watch your email for updates with more details about this year’s event, and we’ll look forward to seeing you there!

NEW!! LEKEGRUPPE (Playgroup)

The Lodge is offering classes for families.

Dates: Nisu (cardomom bread) **September 30**
Porridge and Rice Cream **October 21**

For the Nisu class, each family will take home a loaf of bread that they make at the class. For the rice class, they will leave with a pint (or more) of porridge and rice cream. The kids will be involved in the kitchen and do a large part of the cooking, but parents need to stay to supervise.

For more information, and to RSVP please contact Brittany at 907-748-6232



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

Non-Profit Organization
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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.



CLASSIFIEDS FOR VIKINGS

AD SIZE:

2 x 3.5 inches
 (business card size)
 \$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

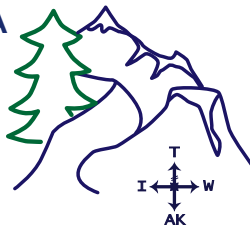
Attention:

Classifieds for Vikings



INTO THE WOODS ALASKA

- After School Programs
- Inservice & School Break Days
- Courses for Home School
- Mountain Bike Training
 (All ages)




For information, and to sign up:

<https://intothewoodsalaska.com/>



AFFORDABLE MEDICAL COVERAGE

Individual or Business
 HealthShare or
 ERISA programs



Lower cost than COBRA

www.kincaidconsult.net
 email:
CL-Kitty.Kincaid@outlook.com

Vertical text on the right side of the ad: TEAMWORK, Inspire, VISION, Mentor, teamwork, COACH, WORK, Inspire, WIN, Vision, Mentor, teamwork.