

## Bunads

There is something special about owning a bunad and wearing it on Syttende Mai, Norway's National Day. Let's take a look at some of the history behind Norway's traditional clothing. The word date back to the Norwegian Romantic Nationalist period in the mid-19th century when, at that time, Norway was determined to secure a solid cultural identity. The Norwegian bunad is unique in that it is recognizable as Norway's official dress, but it is individualized based on regional characteristics of color, pattern, style, and accessories. The men's vests and the women's bodices, aprons, bonnets and capes may be contingent on what was available when the bunad was first designed, but silk materials and lustrous are most common, the cotton blouse to the embroidery, color the bunad the most character, followed, accessories and called softs that are genuine bunad.



Today the bunad is widely recognized as one of the most authentic and popular traditional folk costumes in the world. It is truly a beautiful sight to see all the beautiful bunads out in Norway on Syttende Mai. Folks line the streets waving flags, proud to show off their regional costume and excited to celebrate their enduring cultural identity that their ancestors fashioned so long ago.

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## Bernt Balchen Lodge No. 2-046



### Meeting Place

Viking Hall  
8141 Briarwood Street  
Anchorage, Alaska 99518  
907-349-1613

## 2026 Calendar of Events 2026

Website: [www.sofnalaska.com](http://www.sofnalaska.com)  
Email: [sonancak@gmail.com](mailto:sonancak@gmail.com)  
[www.instagram.com/sonsofnorwayanchorage/](http://www.instagram.com/sonsofnorwayanchorage/)  
[www.facebook.com/BerntBalchen](http://www.facebook.com/BerntBalchen)

### JANUARY

8-Thursday 7 pm Board/Membership Meeting  
Officer Installation  
14-Wednesday 7-9 pm Strikkekafe + Rosemaling  
**AMH Kincaid Classic & Wooden Ski**  
*For the latest information: Go To [anchoragegenordicski.com/races/amh-anchorage-cup/#woodenski](http://anchoragegenordicski.com/races/amh-anchorage-cup/#woodenski)*  
28-Wednesday 7-9 pm Strikkekafe + Rosemaling

### FEBRUARY

8-Sunday **2 pm Super Bowl Party**  
11-Wednesday 7-9 pm Strikkekafe + Rosemaling  
12-Thursday 5:30 pm Waffle Social  
6-7 pm Program: Colonel Bernt Balchen,  
Polar Aviator & Arctic Innovator  
7:30 pm Board/Membership Meeting  
25-Wednesday 7-9 pm Strikkekafe + Rosemaling

### MARCH

11-Wednesday 7-9 pm Strikkekafe + Rosemaling  
12-Thursday 7 pm Board/Membership Meeting  
New Member Welcome  
25-Wednesday 7-9 pm Strikkekafe + Rosemaling

### APRIL

8-Wednesday 7-9 pm Strikkekafe + Rosemaling  
9-Thursday 7 pm Board/Membership Meeting  
18-Saturday **5:30 pm Norwegian Fish Dinner**  
22-Wednesday 7-9 pm Strikkekafe + Rosemaling

### MAY

10-Sunday **10 am-1:30 pm Mother's Day Brunch**  
13-Wednesday 7-9 pm Strikkekafe + Rosemaling  
14-Thursday 7 pm Board/Membership Meeting  
17-Sunday **5 pm Syttende Mai Parade and Celebration at Delaney Park**  
27-Wednesday **DISTRICT 2 CONVENTION**  
Bremerton, WA - May 27-30  
Kitsap Conference Center

### JUNE

11-Thursday 7 pm Board/Membership Meeting

### JULY

4-Saturday **10 am July 4th Parade**  
Meet at corner of 8th & G

## Hurrah – for what? On the meaning of the Syttende Mai celebration

Syttende Mai is Constitution Day – the Constitution that was ratified by the National Assembly at Eidsvoll in 1814, and has through some changes seen us through to today. As a symbol the Constitution represents also two great themes, national independence and political freedom – democracy and the rights of citizenship.



Norwegian patriotism of the 1800's tied these two aspects together as the idea "Norwegian freedom" took on the concept of freedom took on new meanings, for example international peace work.

Syttende Mai is also a family day, but the difference from all other Norwegian holidays is first and foremost this: it is the only day the important events take place in the public space, with them in the four walls of the home, Syttende Mai has become a day for the children, even though it was not originally.

The children's parades became a big success from 1870 on, and have become the most popular event on Syttende Mai. And with the children in the city center, many other things follow: ice cream, soda and sausages.

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**The E-BLAST is the primary source for members to receive the latest Lodge information.** The E-BLAST provides a link to the most recent newsletter, event notices, special announcements, *and more*.

To receive the E-BLAST you must subscribe to the email list.

There are two ways to sign up.

1. Email [sonancak@gmail.com](mailto:sonancak@gmail.com) and request your email address be added to the list.
2. Go to the Lodge Website Homepage at [www.sofnalaska.com](http://www.sofnalaska.com) and **Click On**

**JOIN OUR EMAIL LIST**

**Visit the Lodge website to view Newsletters online, and in color!**

## Leif Erikson Day – October 9th



An official U.S. holiday, Leif Erikson Day commemorates the achievements of famous Norse explorer, Leif Erikson. Credited with being the first European to reach the North American continent, Erikson arrived almost four centuries before Columbus.

Leif was the second son of legendary Norse explorer, Erik the Red, who is believed to have established the first European settlements in Greenland around A.D. 980. Erik the Red was supposed to join his son's expedition to North America but a fall from horseback prior to the ship's boarding left Erik with misgivings about the voyage. Believing his fall to be a sign of an ill-fated trip, Erik stayed behind.

Why October 9? - The official date of Leif Erikson Day doesn't directly correlate to Erikson's arrival in North America. Instead—in a nod to the same explorative spirit that fueled Erikson's journey—the date marks the arrival of the very first immigrant ship from Norway, the Restaurat, to New York in 1895. Exactly 100 years later, President Coolidge declared Erikson the first European to discover America during a commemorative address in Minnesota. In the years that followed several U.S. states adopted the date as a state holiday and in September of 1964 Congress approved a public resolution authorizing President Johnson to declare October 9 as Leif Erikson Day nationwide.

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[www.facebook.com/BerntBalchen](http://www.facebook.com/BerntBalchen)

### Lutefisk:

#### A Strange and Beloved Tradition

Whether you love it or you hate it, lutefisk is a closely held tradition among Scandinavian Americans. A wintertime rite of passage among many Sons of Norway lodges, lutefisk dinners remain a popular and important means of connecting with Nordic culture and heritage. But how did something as bizarre as fish treated with lye become such a cultural icon?

While no one is certain how or where lutefisk originated—whether in Sweden or Norway—there are a couple of legends regarding its creation.

What is known is that lutefisk gained its popularity in the 1800s and a sharp increase in Scandinavian immigration in the late 19th and early 20th centuries. Originally a food born out of poverty, descendants of immigrants now view it as a connection to their ancestors and their heritage. "These dinners represent important traditions in both families and communities, and for some, they are a valued connection to culture and heritage," says Carrie Ray, a Scandinavian cultural scholar and creator of the short documentary "Where the Sacred Meets the Quivering Profane: Exploring the Public and Private Spheres of Lutefisk."



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### AUGUST

17-Monday **4 pm Fish Boil, Dinner at 6 pm**

### SEPTEMBER

9-Wednesday 7-9 pm Strikkekafe + Rosemaling  
10-Thursday 7 pm Board/Membership Meeting  
11-Friday **3-6 pm Lefse Making for Market**  
12-Saturday **9 am-6 pm Lefse Making**  
13-Sunday **9 am-6 pm Lefse Making**  
18-Friday **3-6 pm Lefse Making for Market**  
19-Saturday **9 am-6 pm Lefse Making**  
20-Sunday **9 am-6 pm Lefse Making**  
23-Wednesday 7-9 pm Strikkekafe + Rosemaling  
26-Saturday **10 am-4 pm Nordic Market**

### OCTOBER

8-Thursday 6:30 pm Potluck Social  
7:30 pm Board/Membership Meeting  
New Member Welcome  
Nominating Committee Report  
14-Wednesday 7-9 pm Strikkekafe + Rosemaling  
24-Saturday **5:30 pm Faar-i-Kaal Dinner**  
28-Wednesday 7-9 pm Strikkekafe + Rosemaling  
30-Friday **3-6 pm Lefse Making**  
31-Saturday **9 am-6 pm Lefse Making**

### NOVEMBER

11-Wednesday 7-9 pm Strikkekafe + Rosemaling  
12-Thursday 7 pm Board/Membership Meeting  
Election of 2027 Officers  
14-Saturday **3 pm & 6 pm Lutefisk Dinner**  
22-Sunday **2:30 pm First Lucia Practice**

### DECEMBER

6-Sunday **2:30 pm Second Lucia Practice**  
9-Wednesday 7-9 pm Strikkekafe + Rosemaling  
10-Thursday 7 pm Board/Membership Meeting  
13-Sunday **3-6 pm Lucia Family Christmas Party**