



Bernt Balchen Flyer

JULY 2015 OUR 38TH YEAR VOLUME 37 ISSUE 5
THIRD DISTRICT LODGE OF THE YEAR 2013, TIER ONE

BERNT BALCHEN LODGE #3-566 SONS OF NORWAY MEETS ON THE 3RD SUNDAY OF EACH MONTH, EXCEPT JANUARY AND FEBRUARY, OR WHEN THERE IS A SPECIAL EVENT PLANNED. WE WILL BE MARCHING IN HAWLEY'S JULY 4TH PARADE, PICNIC AFTER AT VOSS' HOME; OUR NEXT MEETING WILL BE SUNDAY, JULY 19, 2015, AT 2:00 PM AT LACKAWAXEN FIRE HOUSE.

A Message from Our President:

Dear Brothers and Sisters,

First and foremost I want to thank all the members that worked so hard to make our Viking Fest such a wonderful evening. Unfortunately I was somewhat MIA for all the prep work as I had a babysitting gig while my daughter was at a training seminar. I am definitely getting too old to be running around after my 2 beautiful but very active (6 and 4 year old) grandkids. But I survived and did make it back in time on Saturday for an amazing dinner. I don't know what our lodge would do without our hardworking social director, Elsie Andersen. I call her our Super Woman and so well deserved. Thank you Elsie, all our wonderful members and our young helpers that set up, shopped, cooked, made delicious desserts, carved meat, served, cleaned up, took out trash, etc. Tusen takk (thousand thanks) for all your support. You are the best.

We have a lot of nice events coming up, next is the July 4th Parade in Hawley, in which we will be marching, and thanks to the hospitality of Janet and George Voss, our after parade picnic will be at their beautiful gardens on the Towpath. More details to follow in this newsletter.

I am planning to visit our upstate neighbor lodges at their Zone 4 picnic at Elvedal in Saugerties NY on July 18th. I can take 3 people with me in my car. If anyone would like to go and/or volunteer to carpool please let me know. I met so many wonderful people at the last D3 Convention and it would be very nice for us to get together with our District Sisters and Brothers.

We are meeting on July 19th at 2 PM at LVFD and our annual picnic will be on August 8th at the LVFD Pavilion. Have a happy and healthy summer.

Venelig Hilsen, Mikki



The Mission of the Sons of Norway is to promote and to preserve the heritage and culture of Norway, to celebrate our relationship with other Nordic countries, and to provide quality insurance and financial products to it's members.

OUR OFFICERS:

President: Mikki Ryan
P. O. Box 224
Beach Lake, PA 18405
570-729-7628
mik.ryan@verizon.net

Vice-President: Kenneth Christianson
409 W. Court Street
Ithaca, NY 14850
607-277-1566
kennyc@ithaca.edu

Secretary: Janice Arbeeny
117 Highland Drive
Lakeville, PA 18438
570-470-2817
bestemore13@gmail.com

Treasurer: John H. Antener
179 Forest Ridge Drive
Hawley, PA 18428
570-470-3312
amateach97@msn.com

Financial Secretary: Gordon Mathsen
107 Mill Road
Lords Valley, PA 18428
570-226-4007
gmathsen@gmail.com

Social Director: Elsie Andersen
P. O. Box 259
Rowland, PA 18457
570-685-7086
erahemlockhill@ltis.net

Editor/Publicity: Millie Diefenbach
107 Mill Road
Lords Valley, PA 18428
570-226-4007
milliedief@verizon.net

OUR DIRECTORS

Counsellor: Sverre Aasgaarden
Ass't. Social Director: Bergit Pinkston
Sports Director: Kristen Johnson
Sunshine: Carol Dexheimer
Greeter: Else Stornes
Ass't. Greeter: Joan Deliver
Auditors: Sverre Aasgaarden
Doris Bright & Bergit Pinkston
Trustees: Ester Thorkildsen,
Andreas Albrektsen and Doris Bright



Cultural Director: Tom Thorkildsen
Ass't. Cultural Dir.: Randy Nilsen
Foundation Director: Bergit Pinkston
Historian: Lorraine Bentley
Musician: Joan Deliver
Ass't. Musician: Gordon Mathsen
Marshall: Tore Stornes
Ass't. Marshall: Andreas Albrektsen

LODGE AWARDS

2005 - Newsletter of the Year, First Place,
Group A, 3rd District
2006 - International Lodge of the Year
2008 - Family Lodge of the Year
2008 - Founders Certificate to President for
Member Achievements
2009 - Silver Newsletter Award
2009, 2010, 2011 - Gold Merit Awards for
Fraternal Excellence
2011 - Gold Merit Award for President
2012 - Certificate of Recognition for
Newsletter
2012 - Gold Merit Award for President
2012 - Gold Merit Award for Lodge
2013 - Third District, Tier 1, Lodge of the
Year
2013 - Gold Merit Award for President
2013 - Gold Merit Award for Lodge
2013 - Founder's Award
2013 - Tusen Takk for Volunteerism
2014 - Certificate of Recognition -
Honorable Mention for Newsletter



MEMBER ATTENDANCE DRAWING: The Member Attendance Drawing at the June meeting was won by Christine Foland, but since she was not in attendance, the \$40 was forfeited. The pot will be \$60 for the July meeting! Remember everyone - you have to be in attendance in order to win if your name is called. The amount in the drawing grows by \$20 each month. Come out to the meeting and see if you win! Hope to see you then!

50/50 Raffle: The June 50/50 was won by Randy Nilsen. Congratulations, Randy! Proceeds from this raffle are donated at the end of the year to one or two charities. So, mange tusen takk to everyone who buys the 50/50 tickets! Surely, it is very appreciated by the recipient!

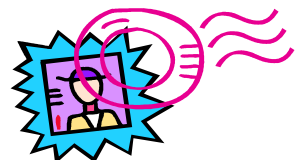


Please remember to bring a non-perishable food item(s) to each meeting for donation to this food pantry. The need is great! Thank you for your donations in the past.

MEMBER HAPPENINGS

THE NORSK LANGUAGE CLASS The Language Class did not meet during June since our Viking Dinner was the first Saturday of June. We are concentrating on improving our writing skills and grammar. We have a lot of fun in this class and we have some good teachers - Mikki Ryan, Tore Stornes, Andreas Albrektsen and Arvid Ryerson. The language class meets at Bethel Lutheran Church, Rowland, PA, usually on the first Saturday of each month, **but because the first Saturday in July is the 4th, we will not be meeting until Saturday, August 1, 2015.** Everyone is welcome! For more information, please call Mikki at 570-729-7628.

TUBFRIM: Please save used postage stamps for Tubfrim. Please cut the stamps from envelopes with scissors, leaving a 1/4" margin of paper around the stamp for ease of handling. Picture postcards should be left whole. Tubfrim also collects used telephone cards. Please bring the stamps to our meetings and give them to Sverre Aasgaarden. The money realized from the sale of these stamps will benefit disabled children and youth in Norway.



REPORT ON VIKING FEST DINNER, JUNE 6, 2015: (Reported by Elsie Andersen, Social Dir.)

Our annual Viking Dinner was well-attended this year, with 90 reservations! As usual, the food was very delicious - many compliments were received from the guests about how much they enjoyed the food and the fellowship!



← On display was Elsie's beautiful handmade quilt which will be raffled off at our Annual Scandinavian Craft Fair on September 12, 2015. Raffle tickets are now for sale for this quilt. We did raffle off a very pretty table scarf. ↗



Mange tusen takk to all who helped set up the day before the dinner, and everyone who worked in the kitchen all day (Elsie and Christine Vehstedt made sure everything was cooked on time, and took care of all the incidentals.) Mikki Ryan also spent a good part of her day helping. Sverre did a great job of cutting all the meat. Also, thank you to everyone who remained after the dinner to clean up. Thanks also to all the servers and the three young girls who served each table, making sure there was enough bread, butter, water, etc. on each table. Good Job!



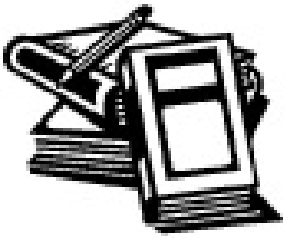
The dessert table was terrific! Not only was there a Viking cake, but many of our members brought a variety of delicious desserts which were thoroughly enjoyed by all!



Your Editor wasn't able to get a picture of every table but as you can see, the room was full, smiles were abundant, and we are thankful for everyone who came!



FLAG DAY - JUNE 14TH - Our meeting happened to fall on Flag Day, and our members were aware of it. Bergit Pinkston secured 8 American flags, and everyone attending received a free raffle ticket. There were 7 to raffle and 1 to be donated to the Treasure House Pre-School in Hawley. The seven members who won the flags were Randy Nilsen, Gerd Haugen, Janice Arbeeny, Doris Bright, Joan Deliver, Mikki Ryan and Elsie Andersen.



READING CIRCLE: (Reported by Elsie Andersen, Chair)

The Reading Circle met on May 27, 2015, at the home of Ester and Tom Thorkildsen. The group is currently reading a very interesting book by Marcie Lee Liaklev entitled “The Seven Wives of Harald Fairhair.” They will be discussing this book at their **next meeting on June 24, 2015, at 1:00 PM at the home of Kirsten Raastad.** The next book they will be reading is “The Kingdom of the Rings” by Duane Lindberg. New members are always welcome. If you need more information, please call Elsie at 570-685-7086.

JULY 4TH PARADE IN HAWLEY

Bernt Balchen Lodge will be marching in the 4th of July Parade in Hawley. Line-up time is 11:00 AM; the Parade will start at 12 Noon. We’re hoping to see many of you there; if you can’t march, you may sit in the Viking boat float. After the Parade, all members, whether they march or not, are invited to the beautiful home and gardens of Janet and George Voss, 207 Towpath Road, Rowland, for a picnic. The Lodge will supply hamburgers, franks, bread and drinks; members are asked to supply salads or other side dishes, and also desserts! Please call Elsie (570-685-7086) to let her know what you can bring. Looking forward to seeing you!



In preparation for the parade, there will be a meeting at Kenny Christianson’s home on Sunday, June 28th, to go over the Viking Ship Float and make sure it is ready for the parade. Please call Kenny at 607-277-1566 for further information.

OTHER EVENTS PLANNED

On July 18, 2015, the Hudson Valley Lodge is sponsoring a Zone 4 Picnic at Elvedal in Saugherties, NY. Mikki will be driving there and is looking for 3 of our members to go with her, and/or another driver with room for a second car full to attend this picnic. The Hudson Valley Lodge is the closest lodge in distance, and the District encourages all the Lodges to participate, if possible, in other Lodge’s events. Please call Mikki if you can go to this event (570-729-7628).

Mikki is also looking to book a train ride from Honesdale to Hawley, or perhaps Lackawaxen, in the autumn. She has received information on prices, and we can get the “group” rate of \$18 per person. More information will be forthcoming. Please let Mikki know if you are interested.

MESSAGE FRA PRESIDENTEN, MARY B. ANDERSEN:
July and August 2015

As you know, new member recruitment is one of the most important things everyone can do to support Sons of Norway and help the organization grow within our communities. It can be as simple as identifying friends, family, neighbors or colleagues who share an interest in Norwegian heritage, volunteerism, or financial protection. Then, when you do, invite them to participate in an upcoming event or attend a lodge meeting. A simple invitation is often the best and most effective way to recruit a new member.



Now because Sons of Norway wants to encourage a strong recruitment effort, some exciting changes have been made to the Norwegian Experience Recruitment Contest. The 2015 program, which was created by Sons of Norway and our official travel partner, Borton Overseas, will recognize the efforts of members throughout the organization, rather than just one recruiter. This year, sons of Norway will award two plane tickets to Norway to the top recruiter in each district. That means you, or someone in your lodge, may be winning a free trip to Norway! All you have to do is focus on recruiting new, dues-paying members into your lodge - something you are probably doing anyhow. All qualifying members recruited between January 1 and December 31, 2015 count towards the contest, so good luck!

If you have any questions about the program, be sure to contact headquarters at 612-821-4623. Remember, this is a great contest because it is guaranteed that one of the winners is going to be from your district. What’s more, the contest is sponsored by one of our organization’s biggest supporters, and our official travel partner, Borton Overseas. They have a long history of helping make Sons of Norway members’ dreams come true by planning amazing adventures to Norway. And don’t forget - even if you don’t win, Borton gives all members a 5% discount on travel booked through their offices. To learn more about this discount, all them a 612-822-4640.

Good luck with your recruiting efforts! I can’t wait to see who wins in our district! Thank you for all your help and for all that you do for Sons of Norway! Have a happy, healthy and safe summer!!
All the best, Mary

JULY

- 8 Randall W. Egner
- 13 Janice I Arbeeny
- 13 Michael J. Sandor
- 16 Alfred M Sommer
- 18 Anne DeMuth
- 19 Ingrid Johnsen
- 21 Zephyr Ollie Taylor (h)
- 26 Kenneth W Christiansen
- 29 Jobyna J Jeffrey
- 30 Carol E Brennan
- 30 Charles T Bright

**GRATULERA
MED DAGEN!**



AUGUST

- 1 Randy E Nilsen
- 3 Carl H Magnussen
- 11 Laurel Mason
- 14 Kahlan Korsnes (h)
- 20 Jann A McAleer
- 21 Doris M Bright
- 25 Ryan Ellefsen (h)
- 25 Mary J. Gerke
- 26 Gerald Wicksnes
- 30 Kathleen R Anderson

There is an asterisk (*) placed next to names as a reminder that your booster is renewable. Please write your check to Bernt Balchen Lodge for \$15 and **mail it to Gordon Mathsen, 107 Mill Road, Lords Valley, PA 18428** and your name will appear in the next Newsletter. Thank you!

BOOSTERS:

MAY 2015: Thelma Miller*

JUNE 2015: Karl and Eleanor Olsen*

JULY 2015: Lilly Tonnessen*, Elsie Abrahamson*

AUGUST 2015: Christine and Ted Thorsen, Harry Oyangen, Elsie Andersen, Evelyn Pedersen Lippincott

SEPTEMBER 2015: Ester and Thomas Thorkildsen

OCTOBER 2015: Laura and Joe Atkinson, Gerd Haugen, John and Linda Olsen

MARCH 2016: Doris Bright

APRIL 2016: Elma Anderson Schreck

JULY 2016: Carol Brennan

AUGUST 2016: Ethel Gillen

BOOSTERS IN MEMORIAM:

APRIL 2016: John Deliver (By Joan Deliver)

MARCH 2016: Arthur & Betty Matthews (By Doris Bright)

JUNE 2016: Olav Tonnessen (By Mikki Ryan)



Please remember to bring a non-perishable food item(s) to each meeting for donation to the food pantry. The need is great! Thank you for your donations in the past.





BERNT BALCHEN LODGE #3-566 - CALENDAR FOR 2015

Bernt Balchen Lodge #3-566 Sons of Norway meets on the 3rd Sunday of each month, except January and February, or whenever special times are specified. Meetings are held at 2:00 PM at the Lackawaxen Fire House 774 Route 590, Lackawaxen, PA 18435 (near Roebing Bridge). Members are requested to bring to every meeting a non-perishable food item(s) for donation to the Good Cheer Food Pantry.

- July 4, 2015 (Sat.) Hawley parade - 11:00 AM Line-up time. Picnic after parade at the home of Janet and George Voss, 207 Towpath Road, Rowland . Please call Elsie to let her know what you will bring to the picnic. (570-685-7086)
- July 18, 2015 (Sat.) Picnic at Hudson Valley Lodge in Saugherties, NY.
- July 19, 2015 (Sun) 2:00 PM - Regular business meeting; 50/50 Raffle; Member Attendance Drawing; coffee, tea and desserts. *PLEASE REMEMBER TO BRING A NON-PERISHABLE FOOD ITEM(S) FOR DONATION TO THE FOOD PANTRY*
- August 1, 2015 (Sat.) 11:00 AM Norsk Language Class at Bethel Lutheran Church in Rowland - please call to confirm
- August 8 . 2015 Annual Picnic at Lackawaxen Fire House Pavilion - Bring the children! Invite your neighbors! The Lodge will supply hamburgers and franks, rolls and beverages. Members are asked to bring side dishes, salads, desserts, etc. Please let Elsie know that you are coming and what you will bring (570-685-7086). *PLEASE REMEMBER TO BRING A NON-PERISHABLE FOOD ITEM(S) FOR DONATION TO THE FOOD PANTRY.*
- Sept. 5, 2015 (Sat.) 11:00 AM Norsk Language Class at Bethel Lutheran Church in Rowland, PA - please call to confirm.
- Sept. 12, 2015 (Sat.) 10:00 AM - 4:00 PM - Annual Craft Fair at the Lackawaxen Fire House. Lots of help needed! Set up the night before (Friday, Sept. 11th)
- Sept. 20, 2015 (Sun) 2:00 PM - Regular business meeting. Brother's Night (day); desserts, coffee and tea. Member Attendance Drawing; 50/50 RAFFLE *PLEASE REMEMBER TO BRING A NON-PERISHABLE FOOD ITEM(S) FOR DONATION TO THE FOOD PANTRY.*
- October 3, 2015 (Sat.) 11:00 AM Norsk Language Class - Please call to confirm
- October 18, 2015 (Sun) 2:00 PM - Regular Business Meeting- Foundation Month - Chinese auction. Member Attendance Drawing, 50/50 Raffle; desserts, coffee and tea. *PLEASE REMEMBER TO BRING A NON-PERISHABLE FOOD ITEM(S) FOR DONATION TO THE FOOD PANTRY.*
- Nov. 7, 2015 (Sat.) 11:00 AM Norsk Language Class at Bethel Lutheran church in Rowland - please call to confirm
- Nov. 15, 2015 (Sun) 2:00 PM - Regular Business Meeting - - Soup Lunch - food pantry fundraiser; Member Attendance Drawing; 50/50 Raffle; desserts, coffee and tea.*PLEASE REMEMBER TO BRING A NON-PERISHABLE FOOD ITEM(S) FOR DONATION TO THE FOOD PANTRY*
- December 5, 2015 (Sat.) 12 Noon - Annual Christmas Party at Lukans - details to follow.

ANNUAL SCANDINAVIAN CRAFT FAIR - SATURDAY, SEPT. 12, 2015 - 10 AM TO 4 PM

MARK YOUR CALENDARS NOW AND PREPARE TO ENJOY OUR ANNUAL CRAFT FAIR! Much help is needed beforehand! Call Elsie Andersen (570-685-7086) or Bergit Pinkston (570-685-1477) to volunteer to help either for set-up or during the Fair. If you are unable to help, please plan on attending, have lunch, meet old friends or make new ones, and enjoy the day!

SUPPORT YOUR LOCAL ORGANIZATIONS: St. Luke's Lutheran Church in Greeley, PA, is sponsoring a traditional Chicken Barbeque on July 5, 2015, serving from 1:00 PM to 5:00 PM. This is the church which supports the Good Cheer Food Pantry that we contribute food to each month. You can't beat the price! Only \$10 per adult and \$6 for children. Just make sure you call in your reservations by June 26th!



**The traditional
July Greeley Chicken Barbecue**
will be sponsored by St. Luke Lutheran Church
on the church grounds on
July 5, 2015

SERVING 1:00 – 5:00 PM
DONATION: ADULT: \$10.00 CHILD: \$6.00

**ADVANCED SALES ONLY – DEADLINE FOR
PURCHASE - JUNE 26, 2015**

**TICKETS AVAILABLE FROM ST. LUKE
CHURCH MEMBERS OR BY CALLING
570-647-9723 or 570-226-3966**

**3RD DISTRICT SONS OF NORWAY ANNOUNCES 14TH ANNUAL
“ROBERT MORTON GOLF INVITATIONAL”**



This event will take place on September 17, 18 and 19, 2015. The lodging will be a new location - the Caravelle Resort in Myrtle Beach, 6900 N. Ocean Blvd., Myrtle Beach, SC 29572. The website is www.thecaravelle.com. The resort is on the beach. All accommodations are standard; however, ocean front rooms are available for an additional cost per night. Time is of the essence. Deposits must be in by July 17th. Full payments will be required by August 17th. ALL reservations and payments for the package will be handled by Keith Lavin; therefore, all checks and questions should come to Kevin. Do not call the resort to make your reservations. We have a block of rooms reserved and names will be assigned to those rooms as deposits are received. Deposit requirements are \$150 per person and must be in by July 17th. In addition to the golf package, there is a Tournament fee of \$55 for each golfer. **All checks for accommodations should be made out to “Keith Lavin”.** **Please make a separate check for the tournament fee of \$55, payable to “Keith Lavin”**

as well. This money will be used to purchase prizes and awards. If you have any questions, please call Keith Lavin any time.

Keith Lavin, 14444 Dover Forest Drive, Orlando, FL 32828-7808

Office - 407-240-9376 - Home - 407-273-5123 - Cell - 407-908-5529 - Office Fax - 407-240-1236

E-mail: Beserker56@cfl.rr.com - or - keithlavin@americaneagledec.com

ST. OLAV'S DAY



July 29th marks *Olsok*, or St. Olaf 's Day in Norway and coincides with *Olsokdagen*, the official Flag Day in Norway, but it's roots run much deeper. Originally celebrated to honor the King, and later Saint, Olaf, the day has more than 900 years of history behind it. Lavish feasts and pilgrimages have celebrated his name, but who was Olaf II of Norway and why are we celebrating him today?

Much of what we know about King Olaf comes from the sagas, first from an Icelandic writer who penned the *Glælognskviða*, written in the late twelfth century, about a century after the king's death. Early Christian monks also contributed greatly to his story, compiling tales in the late twelfth and thirteenth centuries. Although it's difficult to separate the man from the legend, much of what we celebrate comes from the *Heimskringla*. Written almost two centuries after Olaf 's death, these sagas recount the tales of many of Norway's early Kings.

It's said that King Olaf was born sometime around 995 near what is now Ringerike. He was the great-great-grandson of Harald Fairhair, the first king of Norway. Olaf himself would take the throne in 1015 at about the age of 20. Within a few short years, Olaf was able to consolidate his power by eliminating rivals to the throne. At the time, Norway was made up of several petty kings who supported a central ruler. The wealthy men in Norway grew discontent with King Olaf 's strong-handed ruling and supported Canute the Great's invasion of Norway in 1026. After a series of battles, King Olaf would eventually die in the Battle of Stiklestad in 1030.

During his short reign, King Olaf made several significant contributions to Norway, most notably the spread of Christianity. Many of his policies were instrumental in spreading the religion in the predominantly pagan Norwegian interior. His impact was so large that a year after his death, a Bishop named Grimkell formed a cult to celebrate the king. Under the occupation of the Danish forces, this served as a unifier for the Norwegians. The early celebration of King Olaf, coupled with his support for Christianity, led the King to be made a Saint and named the Patron Saint of Norway soon after.

Today, St. Olaf continues to be a major influence in Norwegian culture. Olav has been a popular name amongst Norwegian males for centuries. The St. Olav medal is the highest decoration the Norwegian crown awards. Even King Harald V proudly celebrates his own lineage through one of St. Olaf 's many children. This year Olsok will be celebrated with festivals and feasts across Norway, to mark the official day of *Rex Perpetuus Norvegiae*, Norway's eternal king.

ST. OLAV FESTIVAL, TRONDHEIM

Visit Trondheim in the summer to take part in Norway's biggest cultural celebration, the St. Olav Festival. Held each year from 28th July to 4th August, Trondheim puts on a triumphant show to honour Norway's patron saint, St Olav.

Olav Haraldsson died in 1030 in the battle of Stiklestad while attempting to unite and Christianise Norway. He was later beatified after miracles occurred surrounding his remains. In 1070, the Nidaros Cathedral was erected over St. Olav's grave and became an important Christian pilgrimage sight and remains so today. The dramatic cathedral now stands at the centre of the St. Olav Festival celebrations.

What's on during the St. Olav Festival?

The Nidaros Cathedral and its surrounding area bustle with activity during the St. Olav Festival. The celebrations kick off with a traditional Olav vigil, where services and prayers are conducted from late evening until early morning before St. Olav's Day on 29th July. As well as religious proceedings, central Trondheim becomes abuzz with concerts, a re-enactment of the Stiklestad battle and other colourful plays, lectures, exhibitions and more.

A lively medieval marketplace pops up in the courtyard of the Archbishop's Palace for the duration of the festival. Wander through the stalls and pick up handmade goods, food and souvenirs while soaking up the jovial atmosphere, accompanied by music and entertainment.

DOUGHNUT FRANCHISE COMING TO NORWAY

Norwegians are known for their fondness of coffee and with some of the world's highest consumption rates per capita, it is no surprise that Norway's coffee industry is thriving. Hoping to capitalize on this coffee-centric culture is U.S. doughnut franchise, Dunkin' Donuts.



Although the company has more than 11,000 locations worldwide and is in more than 36 countries, it wasn't until recently that the chain opened shops in Denmark and Sweden. Now the chain is looking to break into the Norwegian market by opening its first locations in 2016, with the goal of up to 30 locations in the next five to seven years.

"Norway has a major coffee culture and a consumption pattern that will be important for us. Our impression is that Norwegians like to spend time in a café, and that the social side of it is more important than in other countries," said Jeremy Vitaro, vice president in the international division of Dunkin' Brands, in an interview with Oslo newspaper *Dagens Næringsliv (DN)*.

American-style doughnuts are fairly uncommon in Norway. The closest Norwegian equivalent, *smultringer*, are typically prepared without glaze or filling and consist of a cardamom flavored dough which is fried in lard. Norwegian cake doughnuts called *hjortebakkels* are also fried and feature cardamom.

Dunkin' Donuts' entrance into the Norwegian market will not be the first made by a stateside franchise. McDonald's and Burger King have an established history with Norway dating back to the 1980s, while coffee giant Starbucks, didn't appear in Norway until 2012. Fellow doughnut brand, Krispy Kreme International has yet to enter the Norwegian market but is currently looking for franchisees in several of the Nordic **countries**.

NORWEGIAN CAKE DOUGHNUTS (HJORTEBAKKELS)

adapted from food.com, yields 30 doughnuts



- 8 eggs
- 2 c sugar
- 8 c flour
- ½ c butter, melted
- ½ c whipping cream
- ⅛ tsp baking powder
- 1 tsp baking soda
- juice & zest of one lemon
- 2 tbsp cognac
- sugar, to taste
- cardamom, to taste
- oil for frying

Break eggs into a large bowl and beat until lemon colored. Add sugar, flour, butter, whipping cream, baking powder, baking soda, lemon juice and zest and cognac. Knead until dough is stiff. Let stand in refrigerator overnight. Roll into ropes the size of your finger. Divide into 3 inch lengths and form rings by overlapping ends. Heat oil to 350 degrees and deep-fry doughnuts, turning until puffed and brown. Drain on paper towels and sprinkle with sugar and cardamom. Store in airtight container.



DATES TO REMEMBER:

JULY 4, 2015 - 11:00 AM lineup time for Parade in Hawley
PICNIC after parade the Janet & George Voss' home.
Every Member Welcome! Come and enjoy the fellowship!

JULY 18, 2015 - Picnic at Hudson Valley Lodge in Saugherties

JULY 19, 2015 - 2:00 PM - REGULAR BUSINESS MEETING
Desserts, coffee and tea; 50/50 Raffle; Member Attendance Drawing



Millie Diefenbach, Editor
107 Mill Road
Lords Valley, PA 18428



BERNT BALCHEN FLYER

Bernt Balchen, Polar Explorer

JULY 2015