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January / February

WINTER

2023

VINTER

januar / februar

Greetings Lodge Members!

Our lodge has really kicked off the New Year with lots of fun activities starting with last weekend's Kincaid/Wooden Ski Classic. Sport Director Martin Hansen and Marti Pausback have built a strong partnership between our lodge and the Nordic Ski Association. This dynamic duo support this huge community event in many ways and have increased our lodge's presence at the races with a "troll patrol" snarling at racers as they ski under bridges; pine tarring wooden skis; and serving over 200 waffles to hungry and appreciative skiers. Lodge members Anita, Linda, Tina, Marit, Ruth, Marti, and Hanna helped prepare the vafler that were quickly devoured after the race. Tusen takk to all!



This year's board were installed at the January meeting. It goes without saying that this group's contributions are greatly appreciated. We also extend a welcome to Anna Bryant as the new Sunshine Committee Chair. Our lodge is fortunate to have a large membership (400+) that pitch in and volunteer when needed. Everyone has contributed greatly to the success of our lodge.

My New Year's resolution is to support ways to bring younger members into the mix by increasing youth and family activities. Last December Brittany Andrew and her father Tim organized a pop-up Family Christmas Craft Day that was a blast for all the children (and adults) that attended. The legacy of Mickey Andrew lives on in these two!

Coming up next is the Super Bowl Party (See Page 2) followed by Friluftsliv Laskiainen (See Page 5), and a brainstorming session at the Hall to discuss more youth/family activities.

Hope you can join us at some of these events.

*Med Vennlig Hilsen,
Linda Bustamante, President
Bernt Balchen Lodge*

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 (March/April) is February 20th



SONS OF NORWAY SUPER BOWL PARTY @ VIKING HALL

WATCH THE GAME ON BIG SCREEN TV

SUNDAY, FEBRUARY 12TH

DOORS OPEN @ 2 PM

RAFFLE DRAWING HELD DURING GAME ONLY 300 TICKETS SOLD - 20 WINNERS!

TOP PRIZE OF \$1,000!!

Come and Enjoy Lapskaus Stew, Snacks, Liquid Refreshment and Good Company

Free Lapskaus for Raffle Ticket Holders

FRESH LUTEFISK FOR SALE



Do you need some fresh lutfisk for an upcoming family holiday meal?

Bernt Balchen Lodge has you covered!

For a limited time, we have fresh lutfisk for sale for \$15 for a 2 Lb package.

To order:

Call Viking Hall at 907-349-1613 and leave a message or email us at sonacak@gmail.com with your name, phone number and how much lutfisk you'd like. We'll reach back out to you to arrange a pick up time.

Tusen Takk!



SUNSHINE REPORT



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

JANUARY BIRTHDAYS

- | | |
|---------------------|--------------------|
| James Johnson | David P Pederson |
| Marit M Kristiansen | Elizabeth Ann Pool |
| Cyrilla M McDowell | Evelyn C Rush |
| Peter Mjos | Susan F Soby |
| Shirley A. Moe | Allen Ray Thompson |

FEBRUARY BIRTHDAYS

- | | |
|---------------------|---------------------|
| Gayle A. Bjorn-Roli | Stephen W. Indahl |
| Per Bjorn-Roli | Michael A. Morrison |

If you know someone who needs a little sunshine

Contact Anna Bryant at: anna_bryant@hotmail.com



WELCOME NEW LODGE MEMBER!

Gregg S Swanson

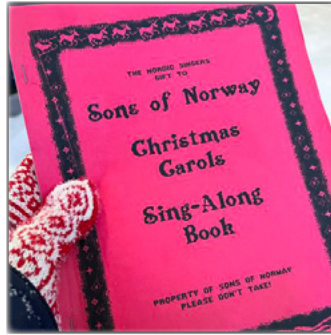
LUCIA CELEBRATION 2022

The Lucia party was held at the Abbott Loop Park Pavilion on Sunday, December 11th.

Thanks to all the volunteers who helped to make this a beautiful and special gathering in our winter wonderland.



2022 Lucia - Luna Olnes



WOODEN SKI & KINCAID CLASSIC

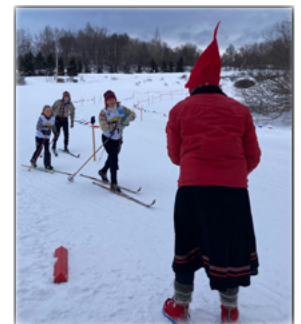


Wow! Mother Nature cooperated and held off on the drizzly weather for a day.

The skiing was fabulous, with amazing costumes, scary trolls and happy participants. Of course we can't forget those delicious waffles (vafler) - *more than 200 consumed by hungry racers.*

Thanks go out to: NSAA, AMH, Skogsbarn, Bernt Balchen Lodge and the many volunteers who made this such an enjoyable event!

Special thanks go to Sports Director Martin "Pine Tar" Hansen and Marti "Queen Troll" Pausback. They coordinated with NSAA and the many volunteers to make sure everything went off with out a hitch! Tusen Takk!



2023 Winter

Friluftsliv Schedule



February 19 Sunday

National Sliding Day / Laskianien (Finnish)

Finland, our Scandinavian neighbor, celebrates sledding before Lent on Laskianien. It is a time to Eat pea soup, cardamom bread with whip cream and slide down hills.

Come join the fun!

This event is co-sponsored by the Anchorage Suomi Finland Club and Sons of Norway. We will sled from 12:00 to 1:30 pm. Afterward we will head to the Finlandia Hall for some warm drinks and food. Bring your sled; and food to share at the club.

When: Sunday February 19 Noon - 1:30 pm

Where: Abbott loop Community Park Sledding hill & Finlandia Hall

NORWAY'S CONSUL GENERAL

Join the World Trade Center Alaska in partnership with The Alaska World Affairs Council to hear from Gry Rabe Henriksen, Consul General for Norway in San Francisco.

About the speaker:

Gry Rabe Henriksen is Consul General for Norway in San Francisco. A political scientist from the University of Oslo, Norway, and the University of New South Wales, Australia, she has served in the Norwegian Foreign Service since 2000, with postings in Buenos Aires and Geneva as well as senior positions in the Ministry of Foreign Affairs in areas such as Trade in Services, bilateral and regional cooperation with East Asia and Oceania, and as Director of the Norwegian Diplomatic Academy. She leads Team Norway on the US West Coast, focusing on bridging our respective efforts in supporting the blue-green economy.

Event Details:

Date: Tuesday, February 14, 2023

Time: 12:00 - 1:00 pm

Where: Sullivan's Steakhouse

Tickets: WTC & AKWorld Members \$40
\$45 general admission (includes lunch)

<https://www.alaskaworldaffairs.org/events/>



SKI FOR LIGHT THANKS



SKI FOR LIGHT, INC.

1455 West Lake Street • Minneapolis, Minnesota 55408-2648
612-827-3232 • www.sfl.org

December 14, 2022

Bernt Balchen Lodge 2-046
Sons of Norway
Linda Bustamante, President
540 Clipper Ship Ct
Anchorage, AK 99515

Dear President Bustamante and Members,

On behalf of the Board and members of Ski for Light (SFL), I sincerely thank you for your recent donation of \$400.00 on behalf of Bernt Balchen Lodge 2-046. This gift shows your commitment to SFL and to sharing the wonderful sport of cross-country skiing with visually and mobility-impaired adults.

Following a recent Ski for Light International week, a first-time blind participant recalls her experience: "I quickly realized that every person I met was welcoming, interesting, diverse in background and interests. I was refreshed by the fact that I could carry on a whole conversation with someone without being aware of whether they had a disability or not, because no one at SFL cares about such superficial things. I learned so much about the sport of cross-country skiing, my body, the way snow and sounds change as temperature fluctuates, and the thrill of gliding and going downhill without falling. Thanks for showing me what an amazing group you all are, how important SFL is to so many, and how exhilarating cross-country skiing is."

The 48th Ski for Light Annual Event will be held from Sunday, January 29 through Sunday, February 5, 2023. We will be skiing at Snow Mountain Ranch in Granby, Colorado. On the grounds of Snow Mountain Ranch is a 100-kilometer cross country trail system that is consistently rated as one of the best Nordic venues in the country. You can learn more about the annual or regional events on our website www.sfl.org or by following SFL on Facebook.

Unless otherwise specified, your financial contributions support our general operation, including guide training, scholarships for first-time blind or mobility-impaired participants and event planning.

We are grateful for your support of the mission and goals of ski for Light!

Sincerely,

Julie Coppens
President

** No goods or services were received in exchange for this charitable donation of \$400.00 received 11/14/2022. Ski for Light, Inc. is a 501(c)(3) tax-deductible organization (ID #51-0175938).

TREASURER'S REPORT

If you are new to the lodge please take a look at the 2023 Calendar of Events which arrived as an insert with the January/February newsletter. Listed are Sons of Norway Officers and Viking Hall Board members. Viking Hall Inc. is a building association formed to manage and maintain the lodge building fondly known as Viking Hall. The board is comprised of the Bernt Balchen lodge president and treasurer along with up to six directors, all Sons of Norway members, which serve 3-year terms.

The lodge held most of the traditional events in 2022. Indoor events included the Super Bowl Party, Norwegian Fish Dinner, and Mother's Day Brunch along with the Fish Boil, Faar-i-Kaal, and Lutefisk dinners. The fall indoor/outdoor Nordic Market, the lodge's biggest fundraiser, featured vendors, a café, bake sale, silent auction, book sale, and knitted items. In December the Lucia Family Christmas Party was held outdoors at a local park. In total these events netted close to \$24,850. The lodge portion of membership dues brought in \$4,000.

The District 2 convention was held in June and the lodge contributed a total of \$2,500 toward travel expenses for the five delegates. Along with awarding a \$750 scholarship in May, donations were made to the Sons of Norway International Foundation (\$250) and Ski for Light (\$400). Ski for Light is a Sons of Norway outreach program whose mission is to enhance the quality of life and independence of visually or mobility-impaired adults through a program of cross-country skiing.

As mentioned earlier Viking Hall Inc. pays all building associated expenses. The total expenses for 2022 were \$31,600. The big ticket items for the year were \$15,500 for utilities and snow removal and \$8,000 for building and liability insurance. To cover these expenses the lodge contributes \$12,500 annually with rental income funding the remainder. The lodge is fortunate to have a long-term tenant renting a portion of the downstairs.

Bernt Balchen Lodge and Viking Hall Inc. were both able to add to their reserve funds at year-end. Thank you to all lodge members who helped make this possible as we look forward to 2023.

Cynthia Olnes, Treasurer

SCHOLARSHIP DEADLINES

Don't miss out on this opportunity! The Scholarship Application is Due by April 30, 2023

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.

TO REQUEST A SCHOLARSHIP PACKET

Send an email to sonanacak@gmail.com – Attn: Scholarship Committee or, call: 907-349-1613, and leave a message.

DISTRICT 2 SCHOLARSHIPS

There are 2 scholarships available from District 2: Washington - Oregon - Idaho - Alaska.

The **Carl Saltveit Scholarship** is awarded to attend the International Summer School at the University of Oslo. To be eligible, you must be a member in District 2 and have completed 1 full year (4 quarters) of college. No age restriction on this scholarship. **Submission Deadline: March 1, 2023.**

The **Sofie Olson Scholarship** is awarded to 3 campers attending the District 2 Youth Camps. Normally 1 scholarship is awarded for each of the 3 camps. **Submission Deadline: April 15, 2023.**

For more detailed information please go to:

<http://www.sonsofnorway2.com/scholarships.html>

SONS OF NORWAY FOUNDATION SCHOLARSHIPS

- Astrid G. Cates
- King Olav V for Norwegian Citizens
- King Olav V Norwegian-American Heritage
- Myrtle Beinhauer Fund
- Nancy Lorraine Jensen Memorial
- Orel and Marie Winjum Memorial
- Dan and Betty Rude Scholarship
- Bernt Anker Scholarship
- Sissel & Roger Espeland Memorial Scholarship Fund
- Elaine Nelson

Due by March 1, 2023

For more information go to:

<https://www.sofn.com/foundation/scholarships/>

WEAVING WORKSHOP

WEAVING PATTERNED BANDS USING THE DOUBLE SLOTTED HEDDLE.

One Day Workshop: Saturday March 4, 2023 10:00 – 4:00

Tutor: Lorri (Haugan) Wright

Link for registration:

<https://www.signupgenius.com/go/20F0E44AEAC2BA1FC1-weaving>



Image from class taught by Susan Foulkes at the 2016 Braids Conference in Tacoma, WA

Learn the technique for weaving a Sami band using a double slotted heddle. This is the same technique that is used to weave other Norwegian bands used on Bunad's in various regions of Norway.

Students will weave a sample band in class using the Sunna double slotted heddle and the Sami Gehpa shuttle. All materials for the class are provided. Each student will take home a Sunna Heddle, Gehpa Shuttle, Woven band, Band lock, Warp Lasso and instructions.

The class will start with each student weaving their band using the prepared heddle. The Sunna heddles will be managed with a rigid heddle loom for classroom use only. The end of the class will include a demonstration of preparing the loom for weaving in the future.

This technique can be used to earn a Cultural Skills pin in Weaving. An overview of the Cultural Skills pin will be provided in class along with an example of the paperwork to complete.

The class assumes the student has no prior knowledge of weaving. The goal is that each student will gain a new understanding of the technique used in some of the bands of Norway and will have confidence to weave one of the many beautiful patterns!

Class Fee – \$68 USD Maximum No. of Participants – 10 Date: Saturday 03/04/2023 Time: 10:00 am – 4:00 pm

Location: Sons of Norway Bernt Balchen Lodge, Viking Hall, 8141 Briarwood St, Anchorage, AK 99518

Payment: Required at registration which can be paid on-line via PayPal to awsgworkshop@gmail.com - (RE: Sami Bandweaving)

Or, checks may be sent to: Anchorage Weavers & Spinners Guild PO Box 244055 Anchorage, AK 99524-4055

Cancellations shall result in the forfeiture of the class fee, unless a replacement can be found, whether from the waiting list or arranged by person cancelling the registration in the workshop. Last day of cancellation without forfeiture is February 25, 2023.

If you have questions, please contact Lorri Wright, (907) 360-0276, lorrihome@live.com.



STRIKKEKAFÉ

To all our fellow knitters and makers out there, we are looking forward to seeing you the 2nd and 4th Wednesday of each month.

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.

Check the E-BLAST for notifications or contact:

Christie 602-0673 or Anita 301-4215



