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January / February

WINTER

2025

VINTER

januar / februar

Greetings Lodge Members and Happy New Year!



Tusen takk Karen and Pete for all of your contributions to our lodge and Nordic Skiing!

We're starting the year with a full slate of officers that are excited to kick off 2025 filled with great events and activities. Our lodge is fortunate to have around 400 members that support and embrace the Scandinavian culture we hold so dear. Tusen takk to alle sammen for all that you do to keep the lodge healthy and vibrant!

Our lodge is once again sponsoring the Nordic Skiing Association of Anchorage (NSAA) Kincaid Classic and Wooden Ski Classic. The Wooden Ski Classic was originally started in the 90's when Karen Ruud (lodge sports director at the time) and Pete Mjos worked with Trond Flagstad, UAA XC ski coach. The three of them laid out the courses, initially at Russian Jack, and then moved to Kincaid. Our Sons of Norway lodge has been involved from the beginning with the sponsorship, waffle brigade, pine tar wax clinic, and spirit. Tusen takk to Karen and Pete for all of their contributions to this event and our lodge, and congratulations to them for the honor of being presented the NSAA lifetime member award!

As you look over the enclosed calendar please know there are many more activities that occur throughout the year such as youth activities and friluftsliv outings. These events are communicated through Eblasts and social media.

Here's to another great year for Bernt Balchen Lodge!

*Med Vennlig Hilsen,
Linda Bustamante, President
Sons of Norway, Bernt Balchen Lodge*



SOLD OUT!

SONS OF NORWAY SUPER BOWL PARTY @ VIKING HALL

SUNDAY, FEBRUARY 9TH

WATCH THE GAME ON BIG SCREEN TV

DOORS OPEN @ 2 PM

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

TOP PRIZE OF \$1,000!!

Come and Enjoy Snacks, Liquid Refreshment and Good Company

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:

newsletter@sofnalaska.com Attn: The Flyer

**Submission deadline for our
March/April 2025 issue is February 20th**

SCHOLARSHIP DEADLINES

Don't miss out on this opportunity! The Scholarship Application is Due by April 30, 2024

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.

Please note: There are specific requirements when applying for our Lodge scholarships. For example, recipient must be a member, or child or grandchild of a member. When choosing a scholarship applicant, the committee looks at involvement in lodge events as a plus!

TO REQUEST A SCHOLARSHIP PACKET

Send an email to sonancak@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 deadline for the **Carl Saltveit Scholarship** has passed.

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.

Deadline is April 15th.

For more detailed information please go to:

<https://www.sonsofnorway2.com/>

SONS OF NORWAY FOUNDATION SCHOLARSHIPS

Astrid G. Cates - Due 2/15

Myrtle Beinbauer Fund - Due 2/15

Nancy Lorraine Jensen Memorial - Due 2/15

Orel and Marie Winjum Memorial - Due 2/15

Dan and Betty Rude Scholarship - Due 2/15

Bernt Anker Scholarship - Due 2/15

Sissel & Roger Espeland Memorial Scholarship Fund - Due 2/15

Elaine Nelson - Due 2/15

For more information go to:

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

UNIVERSITY OF STAVANGER AND KAARE BIRKELAND SCHOLARSHIP

UAA offers students an opportunity to apply for the Kaare Birkeland Scholarship for exchange to the University of Stavanger (UIS) in Stavanger, Norway. Recipients of the scholarship will go on exchange for the full academic year (fall to spring). The Kaare Birkeland scholarship opportunity is competitive.

THE DEADLINE TO APPLY FOR EXCHANGE IS MARCH 1.

Those who wish to be considered for the Kaare Birkeland Scholarship must apply by February 1.

<https://www.uaa.alaska.edu/academics/office-of-academic-affairs/study-abroad/application-forms.cshml>



“Gratulerer med dagen!”

SUNSHINE REPORT

“Happy Birthday!”

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

<u>JANUARY</u>			<u>FEBRUARY</u>	
Charles Dunnagan	Marit M Kristiansen	Susan F Soby	Edward Barrington	Michael A Morrison
James Johnson	Judith Lervaag	Evelyn C Rush	Marcia L Hegna	Gayle A Bjorn-Roli
Ken Privratsky	Allen Ray Thompson	Shirley A Moe	Edward Swearingen III	Stephen W Indahl
Peter Mjos	David P Pederson	Margie Ellen Hall		

If you know someone who needs a little sunshine Contact Anna Bryant at: anna_bryant@hotmail.com

WELCOME NEW MEMBERS! Judith Lervaag • Heather Maidl • Marty Odsather • Lynnea Sims

Sons of Norway Lucia 2024



Past and Present



2024 Lucia, Brooke Robertson



*Photo Courtesy of Mike Cukars

All Photos Courtesy of Anita Persson
**Unless otherwise noted.*

Thank you



HURTIGRUTEN CRUISE!

By Charlene Howe



This Norwegian Adventure aboard the Hurtigruten is called the Original Coastal Express: The World’s Most Beautiful Voyage since 1893” and is NOT the typical super-large cruise ship. The Coastal Express is explained as “Our signature voyages loved since 1893 call on 34 ports up and down the Norwegian coast, stopping day and night for a few minutes or a few hours. Along the way, we drop off and pick up cargo, ingredients, and local passengers. A historic route and authentic experience that offers a rare glimpse into everyday coastal life.”

Charlene Howe and Gayle Mathiesen took this cruise in 2024 and generously shared their experiences with members of the Lodge on October 10th, 2024.

If you were lucky enough to see this presentation, you'll know this is a bucket list trip.

Charlene Howe: You can travel on your own, or you can join the group of us flying over and back together. I will take care of all the little details from start to finish so it will be a very relaxing 10 days together!

If you would like a full-color, printed brochure (over 100 pages), let me know. I have some brochures that feature Hurtigruten options from April 2024 up to March 2025; hopefully new brochures will be available for our August sailing soon. I will provide a link to everyone for the new brochure so you can see on your computer.

When we are on the Hurtigruten, we will have the opportunity to eat meals together in the main restaurant (Torget) OR you can eat independently either in the Torget or optional restaurant, the Kysten, OR you can skip dinner and head to the Multe and gorge yourself on unlimited delicacies from the on-board bakery with smorbrod and ice cream! Of course the food is phenomenal with fresh local food picked up daily along our route.

Unlike the big cruise ships, our MS Richard With (named for the founder of Hurtigruten and completely refurbished in 2023) only carries a few hundred guests at most, for a more intimate experience AND is able to sail closer to the coast through channels, majestic fjords and in waters too shallow for larger ships.

The onboard sauna and gym come with windows so you don’t miss out on the scenery. There are two outdoor hot tubs.

The cabins are NOT huge. The point is not to spend a lot of time in the small cabins but to get outside in the fresh air and treat the cabins as your bedroom and the rest of the ship as your living room and kitchen. The Coastal Experience Team will share their vast knowledge of the local culture, nature, wildlife and history with one-on one visits as well as presentations and lectures.

There are optional excursions in the featured ports that we spend more time at.

Below is a day-by-day proposed itinerary for our time together:

DAY 1-MONDAY, AUGUST 11, 2025

Leave Anchorage together as a group (Flights TBA)

DAY 2-TUESDAY, AUGUST 12, 2025

Arrive in Bergen, Norway. Overnight at hotel across the street from the popular Fish Market

DAY 3-WEDNESDAY, AUGUST 13, 2025

Day to enjoy Bergen (Meals on your own). Group travels from hotel to ship on shuttle (or we are so close, some can walk!)

8:30 p.m. DEPARTURE ON MS RICHARD

Hurtigruten Cruise! Continued on Page 5

HURTIGRUTEN CRUISE!

Continued from Page 4

DAY 4-THURSDAY, AUGUST 14, 2025

Quick 10-15 minute stops in wee hours at Floro, Maloy, Torvik. 9:45 a.m. to 8:00 p.m. in Alesund

Options include walks, hiking, kayaking, open air museum, gondola. Short 30-minute stop in Molde from 10:35 p.m. to 11:05 p.m.

DAY 5-FRIDAY, AUGUST 15, 2025

Look out your window at 2:45 a.m. to see the lights of Kristiansund. 9:45 a.m. to 12:45 p.m. in Trondheim

Options include cycling, kayaking, city walk, cathedral, museum. Rorvik stop for 20 minutes at 9:40 p.m.

DAY 6-SATURDAY, AUGUST 16, 2025

Short 10-minute stops in Bronnoysund, Sandnessjoen, Nesna, (Cross the Arctic Circle) and then Ornes from 10:00-10:10 a.m. 1:05 p.m.-3:20 p.m. in Bodo.

Options include walk, farm visit, brewery, glacier, RIB safari, "Meet the Vikings". Back on ship with next 25 minute stop in Stamsund 7:15-7:40 p.m., Svolvaer from 9:20 p.m. to 10:15 p.m. (Capital of Lofoten)

DAY 7-SUNDAY, AUGUST 17, 2025

Short 10-minute stops in Stokmarknes, Sortland and Risoyhamn early. Arrive Harstad at 7:10 a.m. until 7:45 a.m.

Arrive Finnsnes at 11:00 a.m. until 11:30 a.m. Enjoy Tromso from 2:15 p.m. until 6:15 p.m.

Options include Polar History Walk, The Arctic Capital. ***Anchorage has been a Sister City with Tromso since 1969!***

DAY 8-MONDAY, AUGUST 18, 2025

Short 10-minute stops Oksfjord. Arrive Hammerfest at 5:05 a.m. until 5:45 a.m. Short 15 minutes, Havoysund, 8:30 a.m to 8:45 a.m. Enjoy Honningsvag from 10:55 a.m. until 2:30 p.m.

Options include RIB (Rigid Inflatable Boat) Expedition, birdwatching, Sami Culture, The North Cape Exclusive.

Short 20 minutes in Kjellefjord, Mehamn and 10 minutes in Berlevag.

DAY 9-TUESDAY, AUGUST 19, 2025

Short early morning stops in Batsfjord, Varde and Vadso. 9:00 a.m. Arrival in Kirkenes

Group travels together from ship via short mini bus tour of Kirkenes to airport (20 minutes time from ship to airport)

10:55 a.m. departure on Norwegian Flight #DY311 direct to Oslo. 1:05 p.m. arrive Oslo \$92/person (as of December 1, 2024)

ENJOY OSLO WITH OPTIONS:

Overnight at hotel close to airport; Early bedtime for tomorrow's travels!

DAY 10-WEDNESDAY, AUGUST 20, 2025

Group travels from hotel to airport together. Arrive probably still on Wednesday, August 20 back in Anchorage!

As soon as I can set up hotels and transfers and proposed airline routings, I'll get that information out since we have plenty of time for that.

For now, choosing your specific Hurtigruten cabin and locking that in with a 25% deposit is most important.....AND if you get that done before January 27, you will save an additional 5% off our group rate on the cruise price.

.....and if you change your mind, no problem before Palm Sunday, April 13, 2025 to receive the full 100% refund.

In Remembrance

Just before completing *The Flyer*, we were told of long time member Shirley Iverson's passing.

Shirley came to Alaska as a teenager, and many of our members knew her well.

Funeral arrangements for her are in the process of being made.

Please watch for her obituary for more information, and keep her loved ones in your thoughts.



Upcoming Friluftsliv Events

2025

JANUARY

What: Wooden Ski Classic

Where: Kincaid Park

When: Sunday January 26

How: Go to the NSAA website <https://anchoragenordicski.com/races/amh-anchorage-cup/> Register under AMH race number 3.

Volunteers needed: sign up to help out with the race <https://www.signupgenius.com/go/8050F4FABAB2AA2FC1-53503902-kincaid#/>

Want to make waffles or be on the Troll Patrol? Call or email Marti at 907-351-2379 or martipausback@gmail.com



FEBRUARY

What: Ski For Women

Where: Kincaid Park

When: Sunday February 2

How: Go to the NSAA website and register under Ski for Women <https://anchoragenordicski.com/events/alaska-ski-for-women/>

Register as a part of the Sons of Norway team! Last year we won first place for our costumes in the group costume category. Let's all ski together!

MARCH

What: Kubb Tournament

When: TBA

Where: Kincaid Stadium

APRIL

What: Pliking (hiking and picking up trash)

When: TBA

Where: TBA

History of pliking and plogging: <https://en.wikipedia.org/wiki/Plogging>

MAY

What: Birding

When: TBA

Where: TBA (past birding adventures have been at Potter Marsh and Westchester Lagoon)

AUGUST

What: Mushroom-spotting adventure walk

When: TBA

Where: TBA

Have ideas for other Friluftsliv events? Please call or email Marti at 907-351-2379 or martipausback@gmail.com!

November Friluftsliv ~

REI's Opt Outside Initiative at Kincaid Park!

December Friluftsliv ~

Ullr Festival at the Alaska Zoo!



The monthly Friluftsliv activities are going strong! We have an event scheduled each month. Sign up for the eblast to get a reminder and additional details via email, and watch social media for reminders as well. We had a wonderful coastal hike down to Kincaid Beach in November on Black Friday, and in December we were Trolls and guarded the light tunnel at the Anchorage Zoo's Ullr Festival. Friluftsliv events are always fun and a good way to get outside with friends!

ROYAL HONORS

On the evening of December 5th, 2024, *Officer, Knight First Grade of the Royal Norwegian Order of Merit* was presented by the Norwegian Ambassador to the United States, Anniken Huitfeldt to Lise Kristiansen, Norwegian Honorary Consul for Alaska.

This award is for Lise's outstanding service in the interests of Norway through her work as Honorary Consul for Alaska.

Bernt Balchen Lodge members were in attendance, as well as many Alaskan dignitaries.

Ambassador Huitfeldt spoke of the enduring relationship between Alaska and Norway.

To see the news story on Alaska News Source please go to this link:

<https://www.alaskasnewsresource.com/2024/12/06/norwegian-ambassador-presents-medal-alaska-native/>



2025 DISTRICT 2 SKI EVENTS

Yes, there is an in-person ski race at Trollhaugen on February 1st.

Make your reservations Here is another way to participate! For the whole month of February, please record how many miles you cross-country ski. This event is open to all ages and experience levels.

Send your miles to District Two Sports Director: Alisha Anunson. Be sure to include your full name, age, and the lodge that you are a member of.

The cut-off date for submitting miles is March 15*h. Once all miles have been submitted, they will be tallied, and Laurie Berg will disperse participation awards. Results will be printed in the Dynamic 2.

Miles can be tracked for all skiing, not just miles done at Trollhaugen.

Email mile submissions to alishaanunson@gmail.com



FLYING TO NORWAY!!

In May 2025, SAS will reopen its much missed Seattle-Copenhagen route, offering excellence in safety, sustainability, reliability, comfort, and convenience.

<https://www.flysas.com/us-en/> <https://www.norwegianamerican.com/>

This information was forwarded by long-time member Gordon Severson, after he read about it in the *Norwegian American*, North America's oldest and only Norwegian newspaper. *Tusen Takk Gordon!*

Did you know that our Librarian and Cultural Director, Christie Ericson writes a column for the Norwegian American? Check out *Norsk 101* and learn some Norwegian!



STRIKKEKAFÉ



To all our fellow knitters and makers out there, we are looking forward to seeing you. *Strikkekafe is going strong!*

Strikkekafe means 'knitting cafe' and is popular all over Norway for all 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.



Norwegian Conversation Group

Saturdays from 10 - 11 am via Zoom

All levels welcome

Contact Christie Ericson to register
Christieak@gmail.com

Rosemaling Lessons

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

Amanda Saxton will be teaching this class.

If interested, email the lodge at sonacak@gmail.com and then Amanda will reach out with more information.



