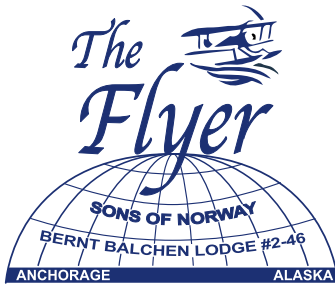


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March / April 2021 mars / april

SONS OF NORWAY BERNT BALCHEN LODGE – PRESIDENT’S MESSAGE

Hip Hip Hurra! I’m very happy to announce our lodge has received a permit from the Municipality so we can once again hold the **Syttende Mai** celebration on the Delaney Park Strip. This special occasion celebrates Norway’s Constitution Day and just as they do in Norway we will have a parade, hot dogs & ice cream, and other fun activities.

Please mark your calendar for May 17th, 6:00 pm, at the Delaney Park Strip.

More good news - Alaska’s first Cycling Without Age trishaw has arrived!



Congratulations to the Horizon House and their residents for being the first senior living home to acquire a trishaw. The Bernt Balchen Lodge is Alaska’s CWA chapter. As such, our goal is to introduce this movement to senior centers and residences and help them acquire and learn how to operate these very unique bikes made in Denmark. We will hold another meeting at the lodge to share more information about this wonderful program but in the meantime, please contact me if you’re interested and visit: <https://cyclingwithoutage.org/>



Our lodge has been fortunate to maintain a steady membership of around 400 members. I’d like to recognize and thank the membership committee, Hanna Persson and Tim Andrew.

They are currently working on a new member welcome kit and will soon be surveying all members to better identify what interests and suggestions you may have for the lodge. Please take a few minutes to complete the survey.

Bernt Balchen Lodge has always been a welcoming place to come together and have an enjoyable time with friends. We are ready to greet and visit with each other again. Please join us on May 17th as we celebrate heritage and family.



To See more photos of Syttende Mai past celebrations, see pages 8 and 9.

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

SONS OF NORWAY MEMBER INTEREST SURVEY



CLICK HERE → <http://bit.ly/2-46membersurvey>



As a fraternal organization we are dedicated to doing things together, whether those are outdoor sports activities, language and cultural activities, family activities or travel activities. This survey will help us get to know what sort of interests you have so we can plan to have opportunities for you to join us and build friendships that will last a lifetime.

Thank you for taking the time to complete this survey, and if you have any questions please feel free to contact us. We look forward to meeting you at a lodge event soon!

Med vennlig hilsen,
 Tim Andrew • Lodge Vice President/Membership
 tandrew.ak@gmail.com
 Hanna Persson • Lodge Membership Secretary
 hannarpersson@gmail.com



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

CULTURAL CORNER

March 25: Vaffeldagen (Waffle Day)

March 25th is International Waffle Day! (And here we thought every day was waffle day!) Whereas here in the U.S. we tend to eat waffles for breakfast, in Scandinavia waffles tend to be more of a treat to be served with strong coffee and shared with good friends. Norwegian waffles (vafler) are thinner than American waffles and are made in a heart-shaped waffle iron (vaffeljern). They are usually topped with jam (syltetøy) and sour cream (rømme) or brown cheese (brunost), but you can also get creative with your own favorite toppings, from sweet to savory.

If you don't already have a favorite family recipe, there are hundreds of waffle variations out there. Here are a few to try:

Sons of Norway Vafler (Waffles) Recipe

https://www.sofn.com/norwegian_culture/recipe_box/baked_goods_breads_and_desserts/vafler_waffles/

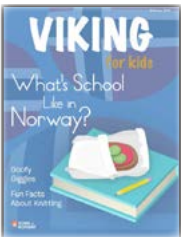
Outside Oslo (Daytona Strong)

<https://outside-oslo.com/great-grandma-josephines-norwegian-waffles/>

Stine Aasland – “The Waffle Queen”

<https://www.tptoriginals.org/relish-stine-aaslands-koselig-inspired-norwegian-waffles/>

Share your Vaffeldagen photos on our Facebook page or post them on Instagram with the hashtag #VaffeldagenAK. Or you can also send your photos to Christie Ericson at christieak@gmail.com and she can share them for you.



New Viking for Kids Magazine, Feb 2021

If you haven't seen the latest Viking for Kids Magazine, be sure to log in and download your copy now. This issue features articles on school in Norway and fun facts about knitting.

Viking for Kids is a quarterly digital publication that includes Scandinavian-inspired articles, quizzes, coloring pages and more! <https://sofn.com/vikingforkids>

Lucia Fun Kits

In December we created a limited number of Lucia Fun Kits for purchase. The kits included a book about the Lucia tradition, several crafts, recipes, songs, a Norwegian vocabulary sheet, and a special treat. Thanks to Marti Pausback and Nikki Mueller who sent in photos! Be sure to follow the E-blast for upcoming information about future kits.



Photo from Nikki Mueller

Tallulah Mueller enjoyed her Lucia activity kit very much!



Lucia Kit



Lucia and Star Boy Alice and Ben Michaelson



Lussekatte

Photos from Marti Pausback

SUPER BOWL RAFFLE TICKET WINNERS!!

Scholarship Fund, Super Bowl Raffle 2021

Due to Covid-19 public health concerns along with mandated indoor gathering limits the Super Bowl Raffle drawing took place this year without the usual ringing of the cowbell announcing raffle winners. A small crew - Amanda Hagan, Jane Moe Newby, John & Cynthia Olnes and David Michaelson—gathered in the library to do the official drawing on Super Bowl Sunday. Cynthia kept us on the up-and-up recording the “official record of drawing” while Jane handled the paperwork associated with notifying raffle winners. ***Congratulations to the big winner—Tina Watts!***

Here are the 2021 winners!

#1	\$200	Marit Kristiansen	#165	\$25	Steve Filch
#7	\$50	Lynn Ann Eng	#180	\$25	Beverly Smith
#13	\$100	Jack Habberstad	#195	\$100	Lisa Sealy
#45	\$50	Shirley Moe	#210	\$50	Hal & Linda Courtice
#66	\$25	Lynn Ann Eng	#225	\$25	Sheila Harris
#75	\$50	Tina Watts	#240	\$100	Kelley Robinson
#90	\$100	Tom Falskow	#250	\$25	Susan Soby
#105	\$25	Sheila Harris	#270	\$50	Shirley Moe
#121	\$50	Christine Mjos	#299	\$250	Dave Gardner
#150	\$200	Susan Garner	#300	\$1,000	Tina Watts



Thank you to all those who supported our Lodge Scholarship Fund by purchasing raffle tickets. 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 awarded each spring. *Tusen Takk*

SUNSHINE REPORT

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

MARCH BIRTHDAYS

Leslie M Hageland	Gordon J. Severson
Louann A. Peterson	<i>Congratulations on 90 years!!</i>
Sigmund H. Restad	Phillip J. Ramstad
<i>Congratulations on 92 years!!</i>	Valanne Glooschenko
Jean C. Haugen	Janice C. Blanchard

APRIL BIRTHDAYS

Ruta Cukurs	Loretta Hodson
Aud B. Severson	Donna M Luiten
Craig O. Ronning	Delores A, Lambert
Leif H. Strand	Arni S. Thomson

If you know someone who needs a little sunshine

Call 696-0725 (cell - 862-1143) or
email Cindy McDowell: ccmcd38@hotmail.com

SCHOLARSHIP OPPORTUNITIES

Don't miss out on this opportunity!

This Application is **Due by April 30, 2021**

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. Scholarship application packets will be available in early 2021.

Send an email to sonacak@gmail.com to request the packet –
Attn: Scholarship Committee. Or, Call: 907-349-1613

APRIL AND MAY EVENTS - CANCELLED

The ***Norwegian Fish Dinner***, tentatively scheduled for April 10th, will not be held this year, but don't worry we'll be back in 2022!

Also postponed until 2022 is the ***Mother's Day Brunch***, which would have been held May 9th. Our first and very special event this year will be the Syttende Mai Celebration on the Park Strip. Read the President's message on the front page of this flyer for more information and go to pages 8 and 9 to see photos of past celebrations!

WOODEN SKI CLASSIC

It was a beautiful day for the Kincaid Classic and Wooden Ski Classic.

Many Thanks • Tusen Takk to:

SONs volunteers at the January 24, '21 Wooden Ski Classic: Bib Pick Up Denise Hanson, Martin Hansen, John Olnes, Ruth Kvernplassen (Who also took terrific photos), John Olnes (Who provided the WSC medallions). Greeter Covid Monitor Merlin Hamre. Stadium and Course Breakdown Chris Tomsen. Bib Washer Annette Iverson. Prizes (and fantastic photography) Marti Pausbeck.

Other volunteers . Wayne Eski, Gregory DuBois, June Takagi, Dan Ruthrauff, Lisa Maurer.

Martin Hansen, Sports Director

Kincaid Classic
Including The Wooden Ski Classic

WHEN
Sunday January 24

WHERE
Kincaid Park

HOW
Register at
anchorageaordicaki.com

Registration closes at 5:00 pm on
Friday January 22nd

BIB PICK-UP
11:30 on Race Day at Kincaid

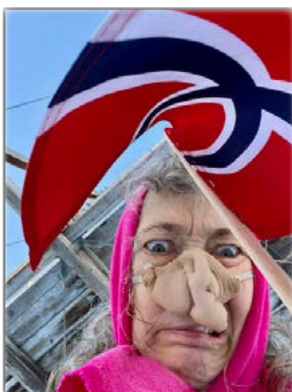
START
Noon

DISTANCE
5k or 3k

Awards for
Traditional costumes &
Top 3 Male and Female
Wooden Ski Distance Finishers

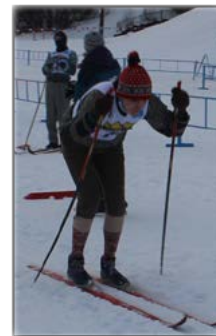
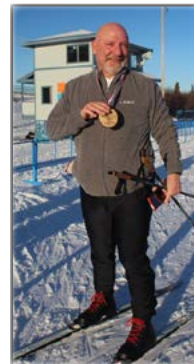


SONS of NORWAY
Special Batches Lodge 2-046



Photos courtesy of Marti Pausback

WOODEN SKI CLASSIC



WOODEN SKI RESULTS



	Place	Bib	First Name	Last Name	Age	Sex	Class	Start	Finish	Total Time
5k Wooden Ski F	1	170	Heidi	Schulz	61	F	5k Wooden Ski	13:00:45.1	13:50:20.9	0:49:35.8
5k Wooden Ski M	1	179	Charlie	Martinez	15	M	5k Wooden Ski	13:00:09.3	13:27:21.6	0:27:12.3
	2	171	Garth	Schulz	26	M	5k Wooden Ski	13:00:27.8	13:27:45.5	0:27:17.7
	3	89	Randy	Hessong	58	M	5k Wooden Ski	13:03:46.9	13:38:57.9	0:35:11.0
	4	111	Bruce	Ross	63	M	5k Wooden Ski	13:02:03.9	13:37:29.8	0:35:25.9
	5	253	Peter	Johnson	68	M	5k Wooden Ski	13:01:39.0	13:37:10.8	0:35:31.8
3k Wooden Ski F	1	3	Sylvie	Kastning	9	F	3k Wooden Ski	12:59:38.0	13:16:39.1	0:17:01.1
	2	240	Patricia	Bielawski	61	F	3k Wooden Ski	13:02:59.3	13:25:38.9	0:22:39.6
	3	246	Liz	Ohlsen	29	F	3k Wooden Ski	13:16:59.1	13:40:03.2	0:23:04.1
	4	4	Svea	Kastning	6	F	3k Wooden Ski	12:59:26.4	13:23:13.9	0:23:47.5
	5	183	Jane	Martinez	49	F	3k Wooden Ski	13:02:39.7	13:29:15.9	0:26:36.2
	6	223	Erin	Hamilton	42	F	3k Wooden Ski	13:25:25.9	13:52:53.6	0:27:27.7
3k Wooden Ski M	1	182	Augie	Martinez	11	M	3k Wooden Ski	13:02:23.2	13:29:08.4	0:26:45.2
	2	261	Mark	Iverson	38	M	3k Wooden Ski	13:25:43.1	13:52:51.8	0:27:08.7
	3	211	Finn	Hamilton-Iverson	5	M	3k Wooden Ski	13:25:15.9	13:52:50.6	0:27:34.7
	4	169	Kenneth	Schulz	59	M	3k Wooden Ski	13:01:15.1	13:30:50.6	0:29:35.5



Photos courtesy of Ruth Kvernplassen

FRA BIBLIOTEKET

New additions. We continue to add new donations to the library. We recently added a few fun middle grade books:

Winterfrost by Michelle Houts



“Christmas has come, and with it a sparkling white winterfrost. When Bettina’s parents are called away unexpectedly, leaving her in charge of the house, the farm, and baby Pia, Bettina neglects to set out the traditional bowl of Christmas rice pudding for the tiny nisse. No one besides her grandfather ever believed the nisse were real, so what harm could there be in forgetting this silly custom? But when baby Pia disappears, the magic of the nisse makes itself known. To find her sister and set things right, Bettina must venture into the miniature world of these usually helpful, but sometimes mischievous, folk.” Recommended for ages 8-12.

Adventures with Waffles by Maria Parr



“Lena is Trille’s best friend, even if she is a girl. And there is never an ordinary day when you’ve got a best friend like Lena. Hardly a day passes without Trille and Lena inventing some kind of adventure that often ends in trouble. Whether it’s coaxing a cow onto a boat or sledding down the steepest and iciest hill with a chicken, there is always a thrill—and sometimes an injury—to be had. Trille loves to share everything with Lena, even Auntie Granny’s waffles. But when Lena has to move away and Auntie Granny leaves the world, it sometimes seems like nothing will ever be right again. The warmth of friendship and the support of family suffuse this lightly illustrated novel, proving that when times are tough, a little taste of sweetness can make all the difference.”

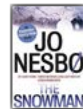
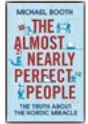
Translated from Norwegian. Recommended for ages 7-10



Vesterheim Bokprat. Vesterheim Norwegian American Museum is continuing its monthly Bokprat (book talk) meetings through Zoom and has scheduled its selections through June. The meetings are free, but you must register to get the Zoom link. We currently have one copy of these titles in our library collection and the Anchorage Public Library also has copies.

April 25: *The Almost Nearly Perfect People: The Truth about the Nordic Miracle* by Michael Booth

<https://folkartschool.vesterheim.org/class/2021-04-25-vesterheim-bokprat-book-club>

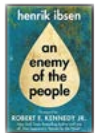


May 19: *The Snowman* by Jo Nesbø

<https://folkartschool.vesterheim.org/class/2021-05-19-vesterheim-bokprat-book-club>

June 16: *An Enemy of the People* by Henrik Ibsen

<https://folkartschool.vesterheim.org/class/2021-06-16-vesterheim-bokprat-book-club>



Although Viking Hall is still closed, Bernt Balchen Lodge members can still check out books – contact Librarian Christie Ericson at 602-0673 or christieak@gmail.com to see what books are available and to arrange for pick-up.

Browse or search our online Library Catalog:

<https://www.librarything.com/catalog/VikingLibrary>

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



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Consul's Corner

Information and Opportunities for Norwegian Alaskans



Anita Persson Appointed as Consular Assistant to the Norwegian Honorary Consulate in Anchorage

This past year has brought many changes, including my engagement to a man who retired from the U.S. Air Force. He received a great opportunity to work in Bremerton, Washington, for the U.S. Navy, and asked me to join him. While living in Washington State and working in Alaska may have seemed too much of a challenge a year ago, we have learned that this is entirely possible now. I will continue my consular work in Alaska and will travel between the two states on a regular basis. The Norwegian Honorary Consulate Office location will not change but will be enhanced by the addition of Anita Persson. Anita Persson was approved by the Norwegian Ministry of Affairs and the U.S. State Department to serve as the Consular Assistant (previously referred to as Honorary Vice Consul) at the Norwegian Consulate in Anchorage, effective 1 April, 2021. Anita will be able to assist Norwegians with their consular needs whenever I am away.

Like myself, Anita Persson was born and raised in Alaska from parents who emigrated from Norway. Anita's father received the King's medal for his service and taught his family Norwegian traditions, language, and love for Norway. Anita graduated with a degree in Scandinavian Studies from Pacific Lutheran University, has taught Norwegian language classes in Alaska, is an officer at the local Sons of Norway Lodge, and frequently travels to Norway with her husband and two children where they have a cabin and many family members.

Anita loves the outdoors, is honest, and has integrity. I trust and have known Anita my entire life and am thrilled to have the opportunity to work with her at the Consulate.

As King Harald said in his New Year's message: "We must be prepared to face a new year with uncertainty and difficulties, but also with good reason for optimism..." While the new year will bring many changes for myself and the world, I am really looking forward to working with Anita and serving Norway with her. Please join me in welcoming Anita Persson as the new Consular Assistant at the Norwegian Honorary Consulate in Anchorage.

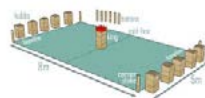


Lise Kristiansen Falskow • Royal Norwegian Honorary Consul, Alaska • Telephone: +1 (907) 440-5473

MARCH FRILUFTSLIV

Learn How to Play Kubb at the Service Ski Stadium!

This month, we will learn how to play "Viking Chess" or Kubb. It is an outdoor game where the goal is to knock down the opponent team's Kubb blocks and win by knocking down the king. Each teammate gets a turn to throw a baton at the other team's blocks.



Remember to bring knackebrod, a tin of mackerel and a thermos of tea. We will play rain or shine or slush. If it is melting, you may need rubber boots. As the Norwegians say: "There is never bad weather, only bad clothing"

Where and When?



We will meet at behind the Little Gym at Service High School at 2:00, Sunday, March 28th.

The game can take 5 minutes to an hour. We may play several games.

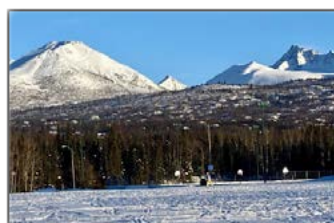
All are welcome!

We will learn how to play together.

Share your photos of your March Friluftsliv adventures. You can post them on the Sons of Norway Bernt Balchen Lodge Facebook page and on Instagram - #friluftslivak.

Why Friluftsliv?

In this time of hunkering down and COVID, one of the best things we can do is get outside and exercise and see our friends at a safe social distance. Our Alaska winters are dark and cold. Let's follow the wisdom of the Norwegian culture and enjoy the free air life. We plan to host a friluftsliv each month.



Do you have a favorite trail or park that you would like to request?

Any questions or ideas give Marti a call at 351-2378.

SYTTENDE MAI CELEBRATIONS - BLAST FROM THE PAST



Photos provided by Christie Ericson, Ruth Kvernplassen

SYTTENDE MAI CELEBRATIONS - BLAST FROM THE PAST



Above photos provided by Christie Ericson, Ruth Kvernplassen.



Petersburg photos (above) provided by Tina Watts.