



VIKING HALL 349-1613  
www.sofnalaska.com

## Summer 2013 sommer



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## Bernt Balchen Lodge President's Message Be Like a Viking: Volunteer for the Lodge

If you come to Sons of Norway events at Viking Hall you will often see the "usual suspects" in the kitchen, serving, or cleaning up. One thing I would like to dispel is that these folks are members of an exclusive inner circle or club within the lodge. They are simply volunteers and you can join them by volunteering yourself for lodge functions and needs. Shirley and Gene Moe have been generous volunteers for years and have done much for the lodge. For example Gene and Shirley tend the multitude of flowers on the south side of Viking Hall. They also pick up paper and trash along Briarwood, the street that runs in front of Viking Hall. Anna Decker

teaches rosemaling to our members and Cindy McDowell organizes wood-working classes. Chuck Dunnagan serves as a "closer" for rental events. And recently two of our younger members, Isabel MacCay and Christie Ericson, constructed a first-ever Facebook page for Bernt Balchen Lodge (go check it out)! These are but a few examples of the jobs and activities that need volunteers if they are going to happen.

I and the Board of Bernt Balchen Lodge want you to feel welcome to take a wider role in the lodge. Volunteering, especially for group events, such as the dinners and lefse-making can be fun. Don't be shy, and if you have a special skill you think will be useful, let us know. If we are

to be a successful Sons of Norway lodge we need the active engagement of our members. Remember the Vikings did not use slaves to row their dragon ships, they rowed as free men—as volunteers. Without their volunteer rowers the Vikings would have gone nowhere and would have been known to history as the "Weaklings." I invite you to join in the true spirit of your ancestors and pick up an "oar" for Bernt Balchen's voyage into the future. We need you!

Please email me at (tedbirkedal@gmail.com) or call (351-6095) if you wish to be put on a volunteer list. Also, let me know if you have some special skill or interest to offer the lodge.

Fraternally,  
Ted "Terje" Birkedal

### Sons of Norway—District 2 Zone Seminar

#### Attention Bernt Balchen Officers and Members!!!



**What:** District 2 Zone Seminar

**Where:** Viking Hall, Anchorage, Alaska

**When:** 9am to 3pm, Saturday, June 15, 2013

**Why:** To better acquaint lodge officers and members about what Sons of Norway is up to in today's world. The theme is "Planting Seeds".

**Who:** Lodge Officers and members (This seminar serves South Central Alaska so Sons of Norway members from Kodiak and Fairbanks have been invited to join us.)

**What About Lunch?** Lunch is provided free of charge! Yes, where else can you get knowledge plus a free lunch.

**Who is Presenting?** Mark Agerter, President, District 2 and Curtis Watkins, District 2 Zone Director.

**Cost:** The Seminar is free of charge.

**How Do You Sign Up?** Call Ted Birkedal, President of Bernt Balchen Lodge at (907) 351-6095 or email him at tedbirkedal@gmail.com. Do not delay, call or email today!

### Bernt Balchen Business Meeting Thursday, June 13



Please come to the Bernt Balchen Lodge Business Meeting at Viking Hall on June 13 at 7:30pm. Business Meetings are open to all and they are a good opportunity to actively participate in the governance of your lodge as a Sons of Norway member.

## Sunshine Report



Greetings are sent to the following members celebrating a birthday in June, July or August who are at least 75 years young.

"Happy Birthday"  
"Gratulerer med dagen!"

### June

Kathryn N. Aarseth  
Martha Andrew  
Dagrun Brotherton  
Sylvi Dix  
Mrs. D. L. Marson  
Cecile Mitchell  
Thordis B. Nelson  
Charles R. Rush  
Colleen Rutledge

### July

Marilyn L. Freitag  
Shirley Iverson  
John L. Maakestad  
Marvin B. Olson  
Paul Roseland  
Donald P. Schulz

### August

Margaret Benson  
Steinar R. Hansen  
Sigurd M. Langnes  
Donald O. Saur  
Ann M. Strother  
E. Frances Vadla

If you know someone who needs a little sunshine, please call Cindy McDowell 696-0725 (cell-862-1143) or email at [ccmcd38@hotmail.com](mailto:ccmcd38@hotmail.com).



## SAVE THE DATE!

The Vikings settled in Jorvik (York)  
And taught the Brits a thing or two.  
And, in turn, they learned to have a  
Nice tea in the afternoon.

Tea at Viking Hall in the Fall  
Saturday, September 7 at 2 pm

Bring a mother or daughter, aunt or  
Cousin, friend or neighbor or even a  
Guy or two.

Proceeds will go to the Sons of  
Norway Foundation



## May 17<sup>th</sup> Celebration

Not so spring-like weather graced the 2013 Syttende Mai parade celebrating Norway's Constitution Day. The 30+ children and adults met downtown on the Park Strip where Norwegian flags were in abundance providing a colorful setting for the event. Due to unseasonal snow that day the hotdogs and ice cream were served at Viking Hall following the parade.

Thanks to Erling Johansen for welcoming those attending and extending greetings from the Norwegian consulate. Marit Kristiansen, Sons of Norway International President, extended greetings from International and provided information about the benefits of belonging to Sons of Norway.

Thanks to those helping with the event—Ted Birkedal, Celeste Hamre, Merlin Hamre, Maria Hanson and Cynthia Olnes.

John Olnes, Chair



## Mother's Day Brunch

We had another successful, busy Mother's Day Brunch at Viking Hall. Traditionally, this event has been put on by the past presidents of Bernt Balchen Lodge. However, this year we encountered problems with travel, aging and illness so we had only six past presidents on tap to do the work.

So – what do we do in times of need??? We go to the lodge board which always comes through! Add a few other non-board members and we had an awesome group to staff the brunch.

Mange tusen takk to Marit Kristiansen, grandsons Erik and Espen Falskow, Sandra Hanson, Wally Smith, Anna Decker, Ed Swearingen and his son Karlin, Susan & Glenn Soby, Tammy Maggard, Ted Birkedal, Ingrid Brastaad, Colin Walker, Cindy McDowell, Ian & Emma Clark, Juliana & Eric Andrew, Isabelle Smith, Sandra & Wayne Johnson and Merlin Hamre.

Thanks to Gene Moe for continuing to sell our commemorative bricks that are placed under our flag poles. See Gene if you want to purchase a brick to honor or remember someone or something special in your life.

Special thanks to Sandra Johnson for making Nuna's special syrup, Colin for prepping ham and doing pancakes and Karlin for cleaning the grill and stove.

And extra special thanks to Cellist Espen Falskow for providing such lovely music during the early part of the brunch.

What a great group of people to work to make a memorable event for our members. Tell them thanks when next you see them. And, we always welcome new members to join us in the kitchen and dining room for events all through the year so call and volunteer if you haven't tried it.

Mickey Andrew, Chair



## 2013 Sons of Norway Scholarships

Congratulations to Sons of Norway, Bernt Balchen Lodge Higher Education Scholarship recipients **Vivian Hansen and Terry Gryting**.

Vivian Hansen, daughter of Bjarne & Jacqueline Hansen and granddaughter of Steinar & Reidun Hanson, is a 2013 High School graduate of Portland Waldorf School in Milwaukie, Oregon. Vivian plans to study either equine sciences or art. She has been accepted at a number of colleges, but has not yet decided which one she will attend. Vivian has participated in the Lucia program for a number of years, volunteered at the Lutefisk and Smoked Cod Dinners, and participated in the Syttende Mai parades.

Terry Gryting, a student at the University of Alaska Anchorage, is pursuing a Civil Engineering degree. Terry, her husband, Dan Lien, and their two children, Kelsey and Tucker, have been involved in lodge activities throughout the years. Terry is presently serving on the Lucia Committee and Terry and Dan coordinated the Syttende Mai parade for a number of years.

## Sons of Norway Bernt Balchen Lodge Now Has a Facebook Page

Sons of Norway Bernt Balchen Lodge has a Facebook page. Join us on Facebook and read the Norwegian Weekly Words of Wisdom, updates on lodge events, pictures of fellow members, and many more interesting links and connections to come. Christie Ericson and I both created this Facebook page at the request of the President and Board of Bernt Balchen Lodge.

How do I access the Sons of Norway's new Facebook page?

Have no fear, I am here to explain the complex new world we call Facebook to those who don't already know.

**The first thing you should know is that without your own personal Facebook page you are unable to access the one for Sons of Norway.** This said, it is very easy to set up your own personal Facebook page. You can use it socially or it is perfectly alright to only use it as a connection to the SON page. I will explain how to create a Facebook page, and use it to fullest extent of your interests.

**Signing up:** Go to Facebook.com and a "Welcome to Facebook" page should appear. On this page you will be asked to give a current and active email and to create a password as well as give your gender and birthday. Once this is completed, hit "sign up", and you're officially a Facebook member. From this point Facebook will ask you if you would like to add 'friends' to your page via your email contacts provided. You have the option to add your contacts allowing you to ask them for access to their page add or you can skip this step. After that you will be asked if you would like to put in some

personal information to be posted on your personal 'wall'/'profile' for your friends to see, but you may also skip this step. The last step will be to add a profile picture so that others seeing your page can recognize you, this is also not required and can be skipped.

**Once you're a member:** Click on your search bar and type *Bernt Balchen Lodge Sons of Norway* and a page should pop up with a painting for a profile picture. Click on this link. You will arrive at the newly created Facebook page for our lodge. From here you are able to 'like' the page (just click on the like button) and you will now be able to be updated on new information posted on this page including pictures, posts, and events.

**Messaging:** You are able to message the administrators (Isabel MacCay and Christie Ericson) of the page if you have any questions, comments, or requests concerning the page. You can do this by clicking on you message tab (upper left hand corner) then 'send a new message' and writing one to us.

**Contributing to the page:** You are welcome to add photos and posts to the page by posting them on the lodge's wall by clicking on the tabs provided once on the page.

Rest assured that any offensive actions made to the page can be removed at the discretion of the administrators of the page.

Please join the page, and I look forward to seeing you all on Facebook.

Isabel MacCay

## Norwegian Language & Culture Class - Fall 2013 through Spring 2014

Norwegian language class will be offered during the Fall of 2013 and the Spring of 2014 at Sons of Norway's Viking Hall at 8141 Briarwood Street. The classes begin in early to mid September 2013, and will run until late May 2014 (The exact date has not been set, but will be announced in late August). The classes will be taught on Sunday evenings.

### Intermediate Beginning Norwegian and Culture:

This class is for those students who have completed Beginning Norwegian I or have some basic knowledge of spoken Norwegian. It will be taught at 6pm on Sunday. Complete beginners are welcome but are encouraged to take the "Catch-up" class described below.

A "Catch-up" class will be offered at 5:30pm each Sunday for those who need to "catch up" on their Norwegian or otherwise would like some extra help with the language in order to profit from the main class.

The yearly fee for each class is \$20 which goes to Sons of Norway, Bernt Balchen Lodge. These classes do not carry academic credit. They are offered so that members of Sons of Norway can re-connect with the

Norwegian language for travel or just for fun. However, you do not have to be a member of Sons of Norway to sign up. Also, attendance at every class is encouraged, but not mandatory. Ages ten and up are welcome.

To sign up send an email to [sonancak@gmail.com](mailto:sonancak@gmail.com) or contact Viking Hall via phone between 9:00 am and 1:00 pm, Tuesday through Friday at (907) 349-1613. Please give your name and the class for which you wish to sign up for. Payment will be collected once the classes start.



**PIG ROAST DINNER**  
Tuesday, August 13

**SAVE THE DATE—Watch for the reminder postcard coming in August!**



Sons of Norway  
8141 Briarwood St.  
Anchorage, AK 99518

907-349-1613

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### June Events

13 Thursday	7:30pm	Business Meeting, all welcome
15 Saturday	9am - 3pm	District 2 Zone Seminar

### August Events

13 Tuesday	6pm	Pig Roast Dinner
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#### FOOD BANK DONATIONS

Our lodge continues to donate canned goods, non-perishable foods and money to the local food bank.

Please bring your food or monetary donation in to Viking Hall.

*All events take place at Viking Hall, 8141 Briarwood St., unless otherwise noted.  
Please send articles or event information for the September newsletter by August 15<sup>th</sup>  
to [sonancak@gmail.com](mailto:sonancak@gmail.com) or call Cynthia at 562-2794 with newsletter questions*