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MAY / SUMMER 2022 mai / sommer

Greetings

I'm happy to report lodge activities are back in full swing as evidenced with over 90 people attending the Norwegian Fish Dinner! Everyone had such a good time seeing and visiting with many members and as promised the dinner was truly a culinary masterpiece thanks to Chefs Merlin Hamre and Wayne Johnson. And tusen takk to the many members that helped prepare, serve, and clean-up afterwards that include Tina Speilberg, Jim Bysham, Robert Denholm, Karen Rudd and Pete Mjos, Jeannie Bustad, Jacqueline Hansen, Anita Persson, and Sandra Johnson, Karin Wanamaker, Patrick McCormick, Annette and Elsa Iverson, Marit Kristiansen, Tim Andrew, Anne McCormick, John and Cynthia Olnes, David Michaelson, Lisa Nelson, and Jacob Mathiesen, Linda Bustamante.



We are looking forward to more events this month starting with Mother's Day Brunch and then on May 17th we will gather at Delaney Park Strip for a parade followed by hot dogs, ice cream and kubb!

Lodge members and friends have been enjoying all of the healthy, active, outdoor fun events organized by Marti Pausback. She has more friluftsliv outings planned for this summer and we also have the annual Fish Boil Dinner to look forward to in August.

The lodge strives to do a great job communicating with membership. Here's a big thanks to three people that make this happen starting with Ruth Kvernplassen for our amazing newsletter; Christie Ericson for building and maintaining the lodge's Facebook page that she keeps fresh with great photos and posts; and Marcus Biastock for managing the very important E-Blast that keeps us up-to-date on current events. Check out the lodge's website for links to all of the above - www.sofnalaska.com

As always, we are looking for volunteers to help plan and staff upcoming events. This is the best way to get involved with the lodge, build friendships and truly experience our wonderful Scandinavian culture. Here's wishing you all a great (warm) summer!

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

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**Attention:
Classifieds for Vikings**

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"Gratulerer med dagen!"



SUNSHINE REPORT



"Happy Birthday!"

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

MAY BIRTHDAYS

Gordon D Homme	Darrell E Bagley
Marianne L Storms	Joan W Nunn
Hal E Ingalls	Mimzy Wellberg
Leo Bustad	Donna L Libal
Margaret J Edwards	David W Haugen

JUNE BIRTHDAYS

Denis M Allen	Sigrun C Robertson
Andrea L Monsen	John T Jensen
Michael E Ellingboe	Terje G Birkedal
Colleen Markley Rutledge	Wayne C Johnson
Sandra L Johnson	Esteline Moe is 99!

JULY BIRTHDAYS

Marilyn B Lee	Shirley Jean Iverson
Carol Ericson	Alice L Sears
Marilyn L Freitag	Pauline Schallock
Sigrid S Bryant	Shirley Marie Luedke
David G Hanson	

AUGUST BIRTHDAYS

Pia Pirkko Meyer	Stephen Michael Ellis
Diane R Pederson	Penny Brunsvold
Diane Thomas	Kathryn A Morgenthaler
Sigurd M Langness	

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

Cindy, thank you for all the years of bringing sunshine to the membership, and a big welcome to Anna Bryant!

CORRECTION: Gordon J. Severson's name was misspelled, and his age was listed incorrectly in the March/April Flyer. He turned 92 on March 5!

SCHEDULE OF UPCOMING EVENTS

MAY

Mother's Day Brunch

8-Sunday 10:00 am - 1:30 pm



Strikkekafe

11-Wednesday 7:00 - 9:00 pm

Board/Membership Meeting

12-Thursday 7:00 pm

Syttende Mai Parade and Celebration

Delaney Park Rose Garden

17-Tuesday 6:00 pm



JUNE

Board/Membership Meeting

9-Thursday 7:00 pm

JULY

July 4th Parade

Corner of 8th & G

4-Monday 10:00 am



AUGUST

Fish Boil at the Lodge

15-Thursday 4:00 pm Fish Boil
6:00 pm Dinner

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 (September/October) is August 15th

Mother's Day Brunch

at Viking Hall

Sunday, May 8th 10:00 am to 1:30 pm

The menu includes:

Walter's sourdough pancakes,
Nuna's apple cinnamon syrup, ham,
reindeer sausage, eggs, mixed fruit and
beverages.

Adults - \$15

Ages 12 to 16 - \$10

Ages 5 to 11 - \$5

Under 5 years FREE

Thanks Mom!



The Mother's Day Brunch committee is hoping some of our Lodge Youth are available to help with serving during the Brunch on Sunday, May 8th between 10:00 am & 1:30 pm.

We are looking at 2-hour shifts, however even an hour would be greatly appreciated.

**Help
Needed!**

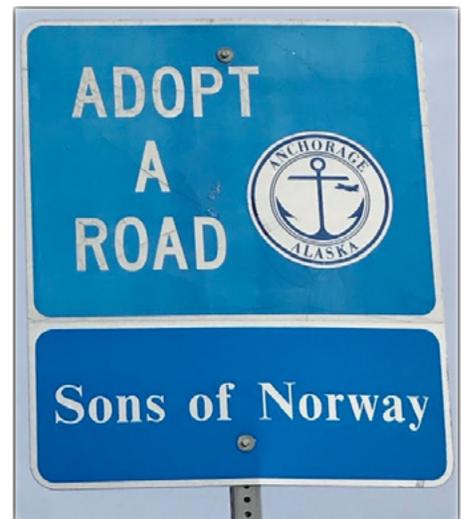
Please contact John Olnes (907-748-0704) or leave a message at the Viking Hall office (907-349-1613) to let the committee know what times you are available to help.

SPRING CLEAN-UP AT VIKING HALL

Please join us on Saturday, May 21st between 10:00 am and noon for outdoor clean-up around Viking Hall and street clean-up along Briarwood and East 80th. Bring shovels, rakes, and gloves. We have a few trash grabbers/pickers but bring your own if you have one.

Please call John Olnes at 907-748-0704 if you have questions.

Perhaps you have noticed "Sons of Norway" on the Adopt-a-Road sign along Briarwood Street. Our Lodge has participated in this program for many years. Organizations or individuals that participate in Adopt-a-Road agree to perform a minimum of three cleanings of the area adjacent to the roadway during the non-snow months. Although we haven't officially "adopted" East 80th Avenue we include a portion of this road as part of the clean-up. Everyone is welcome to help with this Lodge undertaking, so if you find yourself with some free time please stop by and pick-the-litter!





Meet us for the SYTTENDE MAI PARADE & CELEBRATION

Tuesday, May 17 6:00 pm

Join us in celebration of Norway's Constitution Day for a traditional parade on Tuesday, May 17th at 6:00 pm in downtown Anchorage.

We will meet outdoors at Delaney Park in the open space west of "N" Street on the north side of the Rose Garden between 9th and 10th Avenues.

We encourage you to wear your bunads or Norwegian sweaters and red and blue ribbons as we carry Norwegian flags and the Bernt Balchen Lodge banner around the block. We will have flags on hand – or bring your own.

A short program will precede the parade and hotdogs and ice cream will follow. We encourage all ages to share favorite 17 Mai memories.

If you missed the March Friluftsliv Kubb games there will be another chance to join the fun on May 17. "Viking Chess" or Kubb is an outdoor game where the goal is to knock down the opposing 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. The plan is to set up a Kubb game in the open area west of the Rose Garden after the parade.



This event takes place rain or shine!

If you would like to help or have questions please contact John Olnes at 907-748-0704.

DISTRICT 2 - ZONE 6 UPDATE



Greetings from your Zone 6 Director! Zone 6 comprises the six Sons of Norway lodges in Alaska, and as Zone Director, I serve as the liaison between the Alaska lodges and the District 2 Board. (District 2 includes lodges in AK, WA, OR, and ID.)

Since my last report in Fall 2021, many of the Alaska lodges have gradually begun resuming in-person monthly meetings and events. Several of the smaller lodges are still struggling, however, and have had limited or no activity. Everyone continues to do the best that they can under the circumstances.

Some of the alternative ideas that were tried out the past few years were so successful that lodges are incorporating them into their regular activities. Outdoor activities have been popular with many lodges throughout the winter and will likely increase as the weather improves and members continue to embrace the concept of friluftsliv. Some of the lodges have become more active on social media, and it's been fun to see photos of their activities. Arctic Viking, Svalbard, Fedrelandet, and Bernt Balchen are all on Facebook, and Bernt Balchen is also on Instagram.

ZONE 6 LODGE UPDATES/NEWS:

Fedrelandet Lodge 2-23 (Petersburg): Fedrelandet started up their popular Bingo nights again and some of the fun events that their creative members have held include the Christmas Bazaar (December), Wine and Rosemaling (February), the Meatball Palooza Potluck (February), and the Harvest Potluck (March). Preparations are also underway for the Little Norway Festival in celebration of 17 mai.

Midnatsol 2-32 (Ketchikan): It's been a challenging time for Midnatsol the past few years as they have not been able to gather due to COVID, but they recently began holding in-person meetings again. They've even signed up three new members! Gratulerer, Midnatsol!

Svalbard Lodge 2-33 (Juneau): In December Svalbard Lodge held a Nordic Film Weekend in partnership with Juneau's Gold Town Theater at their temporary drive-in theater. They showed the films Riders of Justice (Danish) and Amundsen: The Greatest Expedition (Norwegian). Their Knitting Circle met twice weekly via Zoom for knitting and company, but recently began meeting in person again as COVID restrictions lifted.

They also held their annual membership dinner at a local restaurant in February and members met for a ski/snowshoe/walk and an outdoor picnic at a local campground in March.

Bernt Balchen Lodge 2-46 (Anchorage): Bernt Balchen Lodge has continued to be active, with a combination of in person, outdoor, and Zoom events. In October they held their annual Nordic Market/Scandinavian Bazaar, which is their biggest fundraiser of the year. This year's hybrid indoor/outdoor event was very successful – "one of their best ever." The annual Lutefisk & Meatball Dinner was held as take-out only in November. The annual Lucia Christmas program was held outdoors at a local park. The temperature was minus 2 degrees, but members had a festive time, and the Lucia family was very appreciative. Lodge members continue to organize monthly outdoor Friluftsliv events, and in March they held the first Jaysen Mathiesen Memorial Kubb Tournament in the snow. Also in March, members brought their Norwegian flags and cheered on Iditarod Race mushers (particularly those with Scandinavian ties) during the ceremonial start in Anchorage. The very next day, members dressed up as trolls (the Troll Patrol) and met on a local bridge to cheer on skiers in the Tour of Anchorage Ski Race. The Strikkekafé knitting group continues to meet bi-weekly in-person, and the Norwegian conversation group meets weekly via Zoom.

Arctic Viking Lodge 2-117 (Fairbanks): Arctic Viking Lodge also continues to be active and has resumed in-person monthly meetings and cultural presentations. In November their cultural program speaker was a university student whose family herds reindeer on St Michael Island in western Alaska. At the March cultural meeting, they learned about kicksledding and afterward got to try out kicksleds from Kicksled Alaska. "Sooooo much fun!!!!" The Lodge held its Santa Lucia Celebration in December and the Lutefisk and Swedish Meatball Dinner in January. In March they held their annual Fastelavn Festival at a local lake, with kicksledding races, ice fishing, and burgers and brats on the grill. They entered two of their photos from the event in the Fairbanks Daily Newsminer's ice fishing photo contest. Their photos won first place in the Youth category and second place in the Adult category! Gratulerer Arctic Viking!

Island Viking Lodge 2-145 (Kodiak): Island Viking Lodge continues to struggle. Members have still not been able to meet, but they keep in touch with each other as best they can. I have been working with past officers to help identify new leadership and revitalize interest.

Christie Ericson, District 2 Zone 6 Director
christieak@gmail.com 907-602-0673

Friluftsliv Fun!

Everyone needs a good "Troll Stick"!

The April 24th Friluftsliv group hiked from the Kincaid Chalet down to the beach. Troll sticks were in good supply and the Trolls-in-Training did their part to keep our park clean by picking up trash. Way to go!



2022 Summer

Friluftsliv Schedule



May 5/15

Bird watching at Potters Marsh Led by Martin Hansen. This year it will be much warmer and there will be more birds to see

When: Sunday May 15 2:00 - 4:00

Where: Meet at Potter's Marsh (2999 East 154th Ave.) at the start of the Boardwalk

June 6/26

Super Secret Rabbit Creek Bridge Trail

When: Sunday June 26 2:00 - 4:00

Where: Meet at the Cul De Sac by the basketball hoop (left of Echo Canyon Rd) Go to Upper Dearmoun Rd then – Right on Canyon Rd – Right on Echo Canyon Rd. Echo Canyon is the last road on the Right as you head up towards the south side of Flat Top trailhead.



July 7/24

Summer Kubb Tournament on the Park Strip

When: Sunday July 24 2:00 - 4:00

Where: We will meet at the far end of the Parkstrip, by the Rose garden.

Bring: Friends, a Kubb set and be ready for fun

August 8/28

Pick Blueberries in Bear Valley

When: Sunday August 28 2:00 - 4:00

Where: Meet at the parking area on the side of the road of Honey Bear lane. We will walk up the road to the trail head



Watch for the eBlast for updates!

FINANCIAL HEALTH FOR MEMBERS

Just a reminder that in these difficulty times with conflicts(war) going on in Ukraine, and our economy fluctuating due to supply chain disruption from Covid-19 pandemic that Sons of Norway remains a solid place to invest your money, or to get reliable protection through Life Insurance products.



Attached are two PDF's that members and non-members can review. The rates quoted in these documents are for a Single Premium Bonus Annuity. This involves a 12 year commitment in allowing the Annuity to do its best work, however after the first year owners can withdraw up to 10% of the value of the annuity without a surrender charge. You can do that each year which allows for some flexibility in your investment.

There are other Sons of Norway Annuities available to fit other investment and savings needs. Please contact me:

Glenn C. Jacob, Fraternal Benefit Counselor
 Sons of Norway
 907-354-6105 or glenn.jacob@mtaonline.net

If you have additional questions about these products. I am most available on Monday, Tuesday, and Thursday at anytime. On Wednesday, Friday, and Saturday, calls work better in the early evening.

Sincerely, Glenn C, Jacob, FBC

Annuity Sell Sheet For Use With Clients

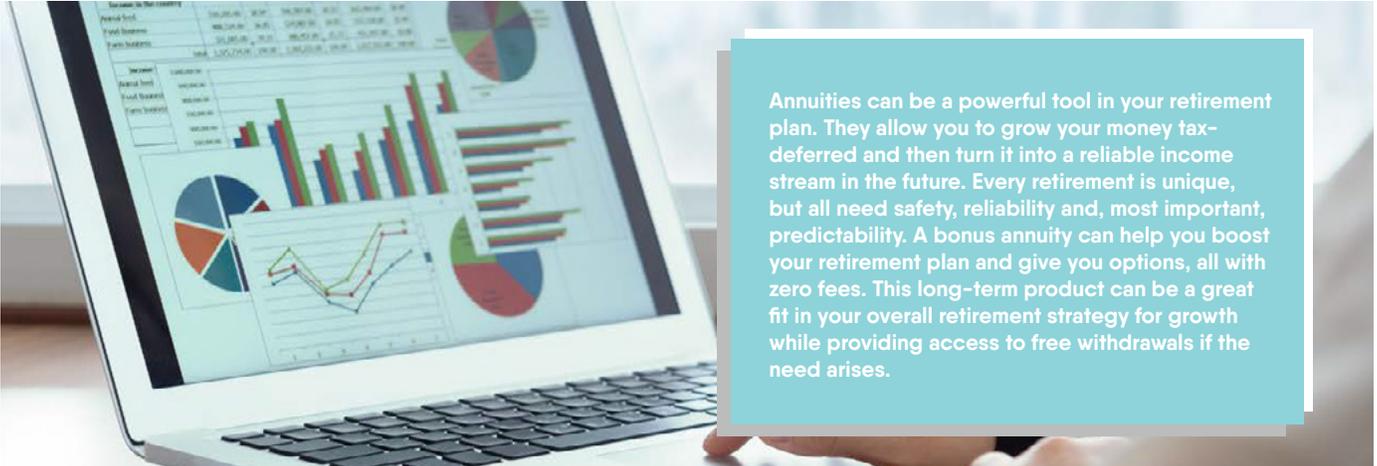


	Flexible Premium Deferred Annuity	Single Premium Deferred Annuity	Single Premium Immediate Annuity	Bonus Annuity
Description	Flexible premium deferred annuity designed to accumulate funds for retirement	Single premium deferred annuity designed to accumulate funds for retirement	Single premium immediate annuity designed to make regular income payments	Single premium deferred annuity. Bonus determined by amount of premium.
Minimum Initial Premium	Qualified plans \$500 Non-Qualified Plans \$2,000	\$10,000	Per Illustration	\$10,000
Issue Ages	0-90	0-90	0-90	0-90
Guaranteed Minimum Interest Rate	1.15%	1.15%		1.15%
First Year Bonus Rate	.50% on premiums above \$10,000	.50% on premiums above \$10,000		4% to 8% Available
Surrender Charges	Year 1 8% Year 2 7% Year 3 6% Year 4 5% Year 5 4% Year 6 3% Year 7 2% Year 8 1% Thereafter 0%	Year 1 8% Year 2 7% Year 3 6% Year 4 4% Year 5 2% Thereafter 0%		Year 1 12% Year 8 4% Year 2 11% Year 9 2% Year 3 10% Year 10 1% Year 4 9% Thereafter 0% Year 5 8% Year 6 7% Year 7 5%
Free Withdrawals	- Up to 10% of account value each year starting year two (withdrawals not taken carry over to next year with a maximum of 50%) - Periodic withdrawals of earned interest starting year one - Required RMD are not subject to surrender charges from day one	- Up to 5% of account value each year starting year two - Required RMD are not subject to surrender charges starting day one		- Up to 10% of account value each year starting year two - Required RMD are not subject to surrender charges starting day one
Riders	Nursing Home Waiver of Surrender Charges (not available in MA, NJ or PA)	Nursing Home Waiver of Surrender Charges (not available in MA, NJ or PA)	None available	Nursing Home Waiver of Surrender Charges (not available in MA, NJ or PA)
Fees	No loads or fees are deducted			

FINANCIAL HEALTH *Continues on Page 8*



Bonus Single Premium Annuity



Annuities can be a powerful tool in your retirement plan. They allow you to grow your money tax-deferred and then turn it into a reliable income stream in the future. Every retirement is unique, but all need safety, reliability and, most important, predictability. A bonus annuity can help you boost your retirement plan and give you options, all with zero fees. This long-term product can be a great fit in your overall retirement strategy for growth while providing access to free withdrawals if the need arises.

One of the biggest concerns in retirement planning is having a secure, steady income to rely on. Sons of Norway annuities offer peace of mind by providing a low-risk option to secure a portion of your retirement dollars.

- ◆ Receive a bonus on your initial premium, which is applied immediately
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- ◆ Take advantage of tax-deferred growth potential
- ◆ Retain options for your income streams
- ◆ Keep pace with inflation
- ◆ Have access to penalty-free withdrawals
- ◆ Access your money penalty-free in the event you enter a nursing home
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Your premium payment is fully credited to the annuity value, with no fees deducted from your premium payment.



FISH DINNER PHOTOS



Thank you to all the volunteers who helped to create a warm and inviting event.

Chefs Merlin Hamre & Wayne Johnson

Kitchen Help – Tina Speilberg, Jim Bysham, Robert Denholm, Karen Rudd & Pete Mjos, Jeannie Bustad,

Food preparation – Jackie Hansen, Anita Perrson, Sandra Johnson,

Servers – Karin Wanamaker, Patrick McCormick, Annette and Elsa Iverson

Greeter – Marit Kristiansen

Check-in – Tim Andrew

Table decorations – Anne McCormick

Linda Bustamante

SKI FOR LIGHT

Did you know that the *Ski For Light Bulletin* is published 3x a year?

Members of our lodge, particularly John and Cynthia Olnes, have been involved with this wonderful organization for many years.

To read more about it:

<https://www.sfl.org/>

<https://www.sfl.org/bulletins/current/>

Skiing. Sharing. Learning.

The mission of Ski for Light is to enhance the quality of life and independence of visually or mobility-impaired adults through a program of cross-country skiing.

Stay informed on plans for Ski for Light 2023



SKI FOR LIGHT, INC.

