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March / April

SPRING 2023 VÅR

mars / april

Greetings Lodge Members!

Happy Spring Everyone! And here's to more sunlight and no more snow.

So, even if the Vikings weren't in the Super Bowl this year our members turned Viking Hall into a super fun Super Bowl Party and Raffle. Who knew how exciting it could be to get a call or text during the game that you were a winner! Big thanks to the crew that puts on this party: John & Cynthia Olnes; Lapskaus Chef Wayne Johnson, Sandra Hanson and Jane Moe. And thanks to everyone that purchased tickets that benefit the lodge's scholarship fund.

Speaking of Viking Hall most of you know that our lodge is the owner and caretaker of this beautiful building. We have a board that oversees the upkeep of the building and grounds and seem to also be the same folks that do the work. If you have time to help out with the annual clean-up (inside & out) please let us know.

And don't forget that in addition to having this wonderful place to hold meetings and events our members can rent the Hall for weddings, anniversary, graduation, and birthday parties. For more information and to take a virtual tour visit this link -



<https://www.sofnalaska.com/viking-hall-rental/>

Sons of Norway International recently recognized and awarded our lodge \$125.00 for reaching membership recruitment goals for 2022. Building membership is an ongoing goal as well as keeping members involved with lodge activities. Our lodge offers a huge variety of cultural activities starting with the monthly knitting café; Norwegian conversation group; lefse making; year-round friluftsliv outings that include bird watching, a Kubb tournament, berry picking; and more! We want to make sure that our new members are in the loop with all that our lodge offers and will be holding a new member welcome at Viking Hall on Saturday, April 22nd. An email invitation will be sent soon.

Hope to see you at the many events right around the corner!

Med Vennlig Hilsen,

Linda Bustamante, President, Bernt Balchen Lodge

CLASSIFIEDS FOR VIKINGS

AD SIZE:

2 x 3.5 inches
(business card size)
\$10.00 per issue.

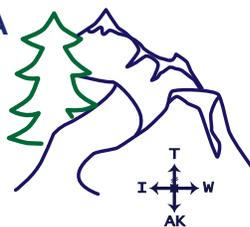
Email a scan or digital image of your business card; or contact the Flyer Editor to discuss other options to: kvern66@gmail.com

Attention:
Classifieds for Vikings



INTO THE WOODS ALASKA

After School Programs
Inservice & School Break Days
Courses for Home School
Mountain Bike Training
(All ages)



For information, and to sign up:
<https://intothewoodsalaska.com/>

**AFFORDABLE
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www.kincaidconsult.net
email:
CL-Kitty.Kincaid@outlook.com



SUNSHINE REPORT



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

MARCH BIRTHDAYS

Valanne Glooschenko
Leslie M Hageland
Louann A Peterson
Phillip J Ramstad

Sigmund H Restad
94 Years old
Gordon J Severson
93 years old

APRIL BIRTHDAYS

Ruta Cukurs
Richard Dunning
Berit Flora
Loretta Hodson
Delores A Lambert

James H Larsen
Craig O Ronning
Aud B Severson
90 Years old
Arni S Thomson

“Gratulerer med dagen!”

If you know someone who needs a little sunshine

Contact Anna Bryant at:

anna_bryant@hotmail.com

“Happy Birthday!”

SCHEDULE OF UPCOMING LODGE EVENTS

Watch for the eBlast and Postcard for more information on all upcoming events!

APRIL

Strikkekafe

12 - Wednesday
7:00 - 9:00 pm

Board/Membership Meeting

13 -Thursday
7:00 pm

Norwegian Fish Dinner

Reservations Required
15 - Saturday
5:30 pm

Strikkekafe

26 - Wednesday
7:00 - 9:00 pm

MAY



Lodge Spring Clean-up

6 - Saturday
10:00 am - 12:00 pm



Mother’s Day Brunch

14 - Sunday
10 am - 1:30 pm



Syttende Mai

Parade & Celebration

West End of Delaney Park
17 - Wednesday
6:00 pm

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 (May/Summer) is April 30th

GROWING THE COMMUNITY OF CYCLING WITHOUT AGE

By Theresa Gleason and Lindsey Bukle, Providence Horizon House
Linda Bustamante, Sons of Norway



A new activity to keep Alaska seniors vibrant and healthy has arrived at the Providence Horizon House. Remember when learning to ride a bike as a kid was a big accomplishment and it was so much fun to cruise around the neighborhood with the wind blowing your hair? Those special moments in time are now being relived as residents climb aboard our new trishaw and once again feel the wind in their hair as they ride around Folker Park and nearby trails.

Cycling Without Age is a movement started in 2012 in Denmark by Ole Kassow. An avid cyclist, Ole frequently rode by a nursing center noticing the many residents sitting outside watching all of the activity going on. He wanted them to be able to participate so he had the perfect bike built – a two-seater trishaw. The first senior he gave a ride to was filled with so much joy and elation that the next day the senior center called Ole asking what he'd done!

It's a heartwarming story that can be listened to at this YouTube link:
https://www.youtube.com/watch?v=O6Ti4qUa-OU

When our team at Providence Horizon House heard about this wonderful activity, we worked with the newly created chapter of Cycling Without Age sponsored by Sons of Norway Bernt Balchen Lodge. Thanks to generous donors to Providence Alaska Foundation, we were then able to purchase our first trishaw which arrived in 2021.

Horizon House residents are excited about this new activity and are ready for more rides this summer. Wanda Sanborn says, "I just love it! I wish I could have gone for a longer ride."

Currently only a few staff members are trained as pilots to peddle seniors outdoors in the trishaw, but the opportunity is here to grow in numbers and share the outdoor beauty of Alaska with more of our seniors. If you are interested in volunteering an application can be submitted through Volunteer Services at Providence. Application and information available at Volunteers.AK@providence.org

CWA information available at https://cyclingwithoutage.com/chapters-usa/

We hope others will be interested in getting their own trishaw so we can have a community of avid cyclists and elders enjoying our beautiful Alaskan summers.



ART SHOW OPENING - THE SAINTS I KNOW

Artist and Sons of Norway Member Deborah Hansen has been working on her show for the last year and features 51 different saints with faces of regular people.

Her instagram site, DLHansenArtist has videos and background information on how she made the pieces in the show.

The Saints I Know

by Deborah Hansen

BFA Thesis Paintings and Ceramic Sculpture

Opening Reception

April 24, 2023 5:00 to 7:00 PM; Kimura Gallery

UAA Fine Arts Building, 2nd floor

Free Parking is located only in the Fine Arts, East Lot during the opening reception.

Exhibition Dates

April 24 - May 5, 2023

Kimura Gallery Hours: Weekdays 10:00 am -5:00 pm



Instagram: DLHansenArtist

DLHansen.com

Martin Hansen 907-980-5333

SCHOLARSHIP FUND, SUPER BOWL RAFFLE 2023

An enthusiastic crowd was on hand for the Sons of Norway Super Bowl Party on Sunday, February 12. Wayne’s wonderful Lapskaus was back and enjoyed by all along with other snacks and beverages.

The game was shown on three big TV screens—one being the HDTV in the kitchen. Marit Kristiansen kept us on the up-and-up recording the “official record of drawing” and announced winners with the ringing of the cowbell. Jane Moe Newby handled the paperwork associated with notifying raffle winners. Thank you also to Tim Andrew, Sandra Johnson, Cynthia Olnes and David Nord for helping with the drawing.

Congratulations to the big winner – Loretta Dale!

#1	\$200	Ryan Andrew
#7	\$50	Kelly Goode
#13	\$100	John Olnes
#45	\$50	Wally Smith
#66	\$25	Jane Moe Newby
#75	\$50	Jane Moe Newby
#90	\$100	Gene Backus
#105	\$25	Diane Pederson
#121	\$50	Karl Moe
#150	\$200	Kelly Goode



#165	\$25	Mary Girard
#180	\$25	Shirley Moe
#195	\$100	Kari Ellsworth
#210	\$50	Linda Bustamante
#225	\$25	Chuck Zimmer
#240	\$100	Sigrun Robertson
#250	\$25	Cynthia Olnes
#270	\$50	Kiersten Russell
#299	\$250	Brittany Francis
#300	\$1,000	Loretta Dale

Thank you to everyone 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.

Tusen Takk from the Raffle Committee—Wayne Johnson, John Olnes, Sandra Hanson and Jane Moe Newby

⤵ **Please see BELOW for scholarship application information.** ⤴

SCHOLARSHIP DEADLINES

BERNT BALCHEN SCHOLARSHIP

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 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 **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>

2023 Spring

Friluftsliv Schedule



April 16 Sunday

Trolling for trash and troll sticks at the Kincaid Beach

Let's help clean up a wonderful part of our city, and find your perfect troll stick at the same time!

When: Sunday April 16 2:00 - 4:00 pm

Where: Meet at Pluto by the Kincaid Chalet and bring a bag or two for trash.

May 20 Saturday

Potter's Marsh Bird Watch

Welcome the birds back to Potter's Marsh with an early Saturday morning guided tour by Martin and Audubon.

When: Saturday May 21 from 9:00 - 11:00 am

Where: We will meet at Potters Marsh by the entrance to the boardwalk. Bring binoculars and all of your bird identifications knowledge.



Friluftsliv Fun!

3rd Annual Jaysen Mathiesen Kubb Tournament

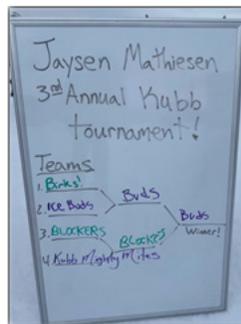
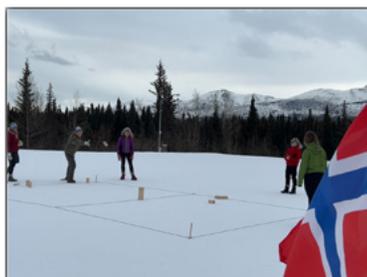


Photo Credit: Marti Pausback



Photo Credit: Marti Pausback



Photos Credit: Anita Persson, except where noted.

In Remembrance

Betty Irene Rockne

Jan 16, 1925 - Nov 11, 2022

Betty Irene (Spear) Rockne passed away quietly at her home surrounded by her family in Anchorage, Alaska on Nov. 11, 2022 at the age of 97.

Betty was born on Jan. 16, 1925 in Yankton, S.D. She was the youngest of five children born to Ora and Eleanor (Madsen) Spear. Betty graduated from Yankton High School in 1943. Soon after graduation she moved to Oakland, Calif. to join her older sister Faye. She began working at the Naval Supply Depot as a billing clerk. After three years, Betty moved back to Yankton, where she began working in the classified advertising department of the Yankton Press & Dakotan.

Soon after arriving back in Yankton, Betty met her future husband, Wayne Rockne, who had recently served overseas in the Marine Corp. After helping Wayne recover from a lengthy bout of polio, they married on June 12, 1948.

The first years of their marriage produced two sons, Thomas Wayne and Douglas Gene. Wayne's job took them to Jamestown, North Dakota, where they had two more children, David Alan and Barbara Lynn. A job transfer took the family to Bismarck, North Dakota, where they had their fifth child, Pamela Jo.

Over the years the family relocated to Sioux City, Iowa, then to Indianola, Iowa. In 1974 Betty, Wayne, Barbara and Pamela moved one last time, to Anchorage, Alaska. Once they settled in Anchorage, Betty became an active member of St. Mark Lutheran Church. She was also involved with the Anchorage chapter of the Sons of Norway. She worked for many years working the polls for state and federal elections at the Rogers Park polling station.

Betty and Wayne retired in Anchorage and lived there for nearly 50 years. Wayne preceded Betty in death on Dec. 21, 2016. Betty is survived by her five children, Tom, Doug (Cindy Corty), Dave (Patty), Barb, and Pam (Keith) Youmans; her two grandchildren, Russell (Sarah) Rockne and Christopher (Portia Hall) Rockne; and her five great-grandchildren, Chloe, Ella, Alex, Annika and Skylar Rockne.

The family asks that donations be made to Sons of Norway- Anchorage in lieu of flowers.

Betty will be missed by her family and her many friends. A celebration of life will be held at a future date.



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

