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September / October

AUTUMN

2026

HØST

september / oktober

Greetings Lodge Members

Welcome Back! The Fish Boil is a wonderful tradition that brings members and friends together after the summer hiatus. Jacob and Jade Mathiesen organized and prepared a delicious smorgasbord featuring sablefish, corn, carrots, and potatoes. With the help of dedicated volunteers, they also served a variety of homemade salads and a delightful homemade Eplekake topped with whipped cream. It was a memorable meal enjoyed by all.

We extend our heartfelt thanks to Wayne and Sandra Johnson for bringing this wonderful Wisconsin fish boil tradition to Bernt Balchen Lodge. They were members who loved to participate and quickly became valued leaders within the lodge. Their dedication and enthusiasm helped make this annual gathering a cherished tradition for our members and friends. Wayne and Sandra recently announced that they will be moving to Texas, and they will be greatly missed. We wish them all the best as they begin this new chapter and thank them for the lasting legacy they leave with our lodge.

This issue of The Flyer highlights many exciting upcoming lodge events, including the Nordic Market, lefse making, and Får-i-kål, to name just a few. These activities celebrate Nordic culture through traditional foods, crafts, and fellowship. They provide opportunities for members of all ages to learn, share, and create lasting memories together.

We welcome you to participate in our events throughout the year and hope you will also consider volunteering. Volunteering is one of the best ways to preserve and pass along cherished traditions—from baking braided cardamom bread and knitting mittens to learning practical skills such as preparing skis for classic or skate skiing. Whether you are sharing a lifelong skill or learning something new, there is a place for everyone at Bernt Balchen Lodge.

We look forward to seeing you at our upcoming events throughout the year. Whether you come to learn, volunteer, lend a hand, or simply enjoy the fellowship, your participation helps keep our Nordic traditions vibrant and thriving. After all, we are better together.

Sincerely and Fraternally yours,

*Amanda Catherine Saxton, President
Sons of Norway, Bernt Balchen Lodge*

FAAR-I-KAAL DINNER – SATURDAY, OCTOBER 24TH!

SAVE THE DATE



Please join us as we enjoy Norway's national dish!

This delicious autumn meal features tender lamb and cabbage, boiled potatoes, carrots, fresh rolls and is topped off with apple cake for dessert. The menu will also offer kid-friendly options, so bring the whole family!

Doors Open: 5:30 PM / Dinner Service: 6:00 PM

Please call the lodge for reservations at (907) 349-1613.

(Dinner prices will be determined after lamb has been ordered)

VIKING HALL 907-349-1613 8141 Briarwood Street • Anchorage, AK 99518



Website: <https://www.sofn.alaska.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
November/December 2026 issue is October 15th**

LEFSE ROLLING TIME AGAIN!

The indoor/outdoor Nordic Market will be held on September 26th

Lefse making for the bake sale starts SOON!

1st Session - September 11 - 13

FRIDAY September 11th • 3:00 - 6:00 pm

Potato preparation and set-up

SATURDAY & SUNDAY September 12th & 13th

• 9:00 am - 6:00 pm

Lefse rolling and packaging

2nd Session - September 18 - 20

FRIDAY September 18th • 3:00 - 6:00 pm

Potato preparation and set-up

SATURDAY & SUNDAY September 19th & 20th • 9:00 am - 6:00 pm

Lefse rolling and packaging



This is a huge fundraiser for the Lodge so we hope to see you on any of the dates/times listed above.

Contact Cynthia at **907-349-1613** or send an email to sonancak@gmail.com if you would like more information or to let us know what time/dates you can help. Or, if you find you have a couple hours to help out – drop by the Hall!

Save the Date(s) *Lefse making for the Lutefisk and Lefse Dinner is Friday, October 30th and Saturday, October 31st*

WATCH FOR EBLASTS FOR MORE INFORMATION!



STRIKKEKAFÉ - Resumes September 9th



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

Strikkekafe means 'knitting café' 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 Resumes October 31!

Saturdays: 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 sonancak@gmail.com and then Amanda will reach out with more information.



In Remembrance

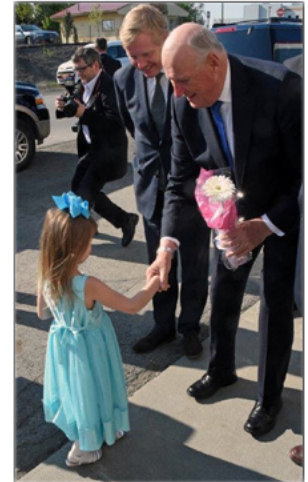
HM King Harald V - February 21 to August 28, 2026

Bernt Balchen Lodge wishes to extend our condolences to the Royal Family, the people of Norway, and all who mourn his loss. We were so honored when he came to Anchorage, and to Viking Hall for a special reception in 2015. Our long-time member, Eva Bilet sat next to King Harald at the reception. As a 5 year old child in Norway she met King Haakon VII; she hosted King Olav for lunch at her home in Anchorage in 1975; and then King Harald at Viking Hall. To read a recent story about her, please go to: <https://www.seniorvoicealaska.com/story/2026/05/01/news/eva-bilet-a-daughter-of-norway-became-an-alaskan/4256.html>

From Sons of Norway, International:

Here are some ways to pay tribute to the memory of King Harald V

- Fly Norwegian flags at half-staff (på halv stang)
- Leave a public message on the royal house website in the kondolanse protokoll – the register of condolences – and read the tributes written by people from all walks of life: <https://www.kongehuset.no/nyheter/kondolanseprotokoll-kong-harald>
- Send a letter of condolences addressed to:
Det kongelige hoff
Det kongelige slott
Postboks 1 Vika
0010 Oslo Norway
- Post a tribute on your lodge's social media or website
- King Harald was compassionate and service-minded, *In that spirit, donate to or volunteer time for a cause you believe in.*
- King Harald was a patron of organizations like the Sons of Norway Foundation. Celebrate his legacy by giving a gift in King Harald's name.



King Harald greets a young member at a reception held at Bernt Balchen Lodge in 2015.

This photo courtesy of Sven Gj. Gjeruldsen, The Royal Court of Norway

SUNSHINE REPORT

"Gratulerer med dagen!" "Happy Birthday!"



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

SEPTEMBER

Norma Link
Marianne G Lang
Sandra S Hanson
John Stabb
Beverly J Smith
Dottie C Hill
Sandra L Christopherson

OCTOBER

Lori Kincaid
John A Olnes
Michael R Yarborough
Valerie Rettmann



Do you know someone who needs a little sunshine?

Contact Anna Bryant at: anna_bryant@hotmail.com

2026 D2 CONVENTION - HOSTED BY POULSBO 2-44

The District 2 Sons of Norway convention, hosted by Poulsbo Lodge 2-44 was a wonderful experience.

It was held at the Kitsap Conference Center, a beautiful waterfront facility in Bremerton, near Poulsbo, Washington.



Poulsbo Lodge



Bernt Balchen Lodge Delegates, L - R:

Marit Kristiansen,
Christie Ericson,
Ruth Kvernplassen,
Linda Bustamante,
Anita Persson

FISH BOIL NEWS



One more FISH Boil for Wayne and Sandra Johnson at Bernt Balchen Lodge!

They brought this tradition to our lodge in 2005, celebrated nearly every August since. They have relocated to Texas, and we wish them well.

Their dedication, fellowship and support of the lodge over the years has been remarkable.

Please join us in thanking them for the many good years we've shared.

Tusen Takk, Sandra and Wayne! You will be missed!



FRA BIBLIOTEKET



New Books

As always, I'd like to thank everyone who has donated books and other materials to our lodge library collection. I'm always pleasantly surprised to see the wide variety of titles we receive. I am in the process of cataloging our new acquisitions and re-organizing the library, so if there is something you need help finding, please let me know. You can also browse or search the catalog online to see what titles we have: <https://www.librarything.com/catalog/VikingLibrary>

Balchen Papers

In May, David Glines, son of Carroll "C.V." Glines (author of Bernt Balchen: Polar Aviator), donated some copies of his father's papers to the lodge. The materials include copies of newspaper clippings, articles, correspondence, reviews, photos, etc. These materials offer a great overview of Bernt Balchen's personal and professional life and will be a great historical addition to our collection. I am currently in the process of organizing the papers and will make them available for display soon.

Library Hours

The library will be open the same nights as our Strikkedkafé and Rosemaling groups – the 2nd & 4th Wednesdays of the month, from 7-9 pm. (Check calendar for holiday closures: <https://www.sofnialaska.com/calendar/>) The library is also generally open during lodge events or by appointment. Lodge members are welcome to check out library materials.

Book Donations

We are 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 Nordic Market, with the funds raised going to purchase more books for the library. You can also donate trade credit to the lodge library at Title Wave—just tell them you would like the credit to go to "Sons of Norway."

Contact Librarian Christie Ericson at 907-602-0673 or christieak@gmail.com for further information.

SYTTENDE MAI PARADE & CELEBRATION



Norway's Ambassador to the U.S.,
Anniken Huitfeldt



Photos courtesy of Anita Persson

Scholarship Award

Linda Bustamante, our Director of Scholarships, awarded our lodge *Language and Heritage Scholarship* to Sidney Kvernplassen at the Syttende Mai Celebration.

This is just one of the benefits of being a member!

Watch for a write-up on his experience in the November/December Flyer!

30th Annual Sons of Norway Nordic Market

You will find important information on the following page (6).

We are pleased to introduce our Nordic Market Chairs. They are tireless in their efforts to bring you a wonderful experience on September 26th.

Please contact them if you can help in any way! Every little bit helps.

Sara Bryan: 907-887-3743 • Anita Persson: 907-301-4215 • Karin Wanamaker: 907-350-6754



Meet your Nordic Market Chairs!
From L to R: Sara Bryan, Anita Persson, and Karin Wanamaker.



Please join us at our 30th Annual Sons of Norway NORDIC MARKET



September 26, 2026 | 10 am – 4 pm Viking Hall 8141 Briarwood Street

The 30th annual Nordic Market will be held both indoors and outdoors featuring Scandinavian cultural demonstrations including traditional rosemaling and Norwegian knitting.

There will be many top-quality Scandinavian items for sale, including:

New & Vintage Norwegian Sweaters
Whimsical Alaskan Focused Art
Oil Paintings
Wooden Gifts & Cribbage Boards
Nordic-themed Door Hangers
Embossed Prints
Handcrafted Jewelry
Norwegian Hygge Candles
Quilted, Felted & Knit Items
Scandinavian & Alaskan Enamel Mugs

Finnish Kicksleds & Accessories
Authors to autograph their Books
Stained Glass and Fused Glass
Swedish Cardamom Buns & Dishcloths
Alaska-inspired KOS Water Kefir
Nordic Home Goods & Food Gifts
Handcrafted Wooden Items
Laser Engraved Art, Maps, Puzzles
Hand-dyed Silk Scarves

Alaskan Wild Berry Jams & Jellies
Handcrafted bird feeders
Fur-Bearded Gnomes
Handcrafted Pillows & Recycled Art
Alaska Wildflowers Pressed on Glass
Handsewn bowl cozies
Handwoven Textiles Finnish/
Ukrainian/Russian handicrafts
Lobben Boots
Fresh Roasted Coffee



The Nordic Café will be serving delicious food throughout the day offering a variety of Scandinavian Foods including Meatballs on a Stick and Polse (Reindeer dog wrapped in lefse). Waffles hot off the iron and Hot Autumn Cider will also be served.

Fresh Lefse and Prepackaged Pastries will be available at the Outdoor Bakery.

Our popular Scandinavian Silent Auction will be open until 3:00 pm.

Join the Crew!

The Nordic Market is a great day at the Lodge, and the Cafe is a popular stop! Join the Nordic Cafe crew as we prepare and sell delicious food in a fun and friendly kitchen. We welcome all ages and will find a job that best suits your talents.

We serve Scandinavian-inspired food with a fresh twist - including Meatballs-on-a-Stick with lingonberry side, Lefse wrapped Polse, Northern Soups, Chowders ... and sweets, like Rice Porridge, Waffles, Krumkake and fresh Oslo Kringle baked hourly.

The Market is our Lodge's main fund raiser. Many helping hands make the day a success.

Please text or call 907-887-3743 so we can plug you into an opening in the Cafe. Or email: saralynnbryan@gmail.com

SILENT AUCTION ITEMS AND BAKED GOODS NEEDED FOR THE NORDIC MARKET!

We are still accepting donated Scandinavian/Nordic items for the Silent Auction, to be held during the Nordic Market on September 26th.

Gently used sweaters or bunads, candle holders, linens, knitwear, artwork, Christmas decorations and rosemaling are all items that have done well in previous years.

Contact the Lodge by phone message at 907-349-1613 or by email at sonancak@gmail.com. We will arrange a time for you to either drop off your items, or we will pick them up.

Thank you for your support!



Bakers, if you would like to donate homemade cookies, cakes or breads, please bring them to the Nordic Market on Saturday, September 26th between 9 am and 2 pm.



All items must be packaged and ready to sell.

We will have labels there if you need them and can help with the pricing. This is the largest annual fund-raiser for our lodge, please help us make it a success!

Hint - Chocolate is VERY popular!

For more information call Anita @ 301-4215

Upcoming Friluftsliv Events

Høst (Fall) 2026

Meet us for fresh air, good company and exploring the outdoors in Anchorage! Friluftsliv means “open-air living”, and reflects the Norwegian value of spending time outdoors. Sons of Norway Friluftsliv events are held in rain, snow, and sunshine. There is never bad weather, just bad gear!

Keep your eye on lodge social media and eblasts for reminders and more details.

Events brought to you by your adventure-loving Friluftsliv Committee: Annette Iverson, Heidi Hill, Martin Hansen, Marti Pausback.

NEW Way to CONTACT us: Please RSVP to anchorage.friluftsliv@gmail.com

SEPTEMBER

What: Mushroom Appreciation Walk

Where: TBD - Watch for our Eblast

When: Sunday September 27th
2:00-4:00 pm



OCTOBER

What: Leaf Peeping Walk

Where: Little Campbell Lake

When: Sunday October 11
2:00-4:00 pm



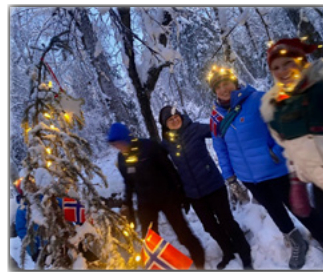
NOVEMBER

What: Welcome Winter Wool Walk

Where: Prospect Heights trailhead

When: Sunday November 15
2:00-4:00 pm

Wear your favorite Norwegian sweater!



DECEMBER

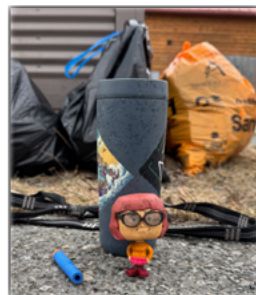
What: Dark Twinkle Light Caroling Walk

Where: Abbott Loop Community Park

When: Sunday December 20
4:00-6:00 pm (note the later time)

Fun Photos From Our Adventures

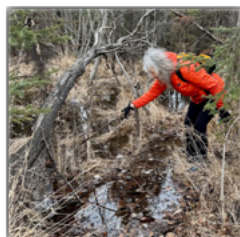
April Friluftsliv Dugnad - Trash in Parks Pick up



September Friluftsliv Sand Lake Regatta



Charlene Howe Photos



Marti Pausback Photos



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kvern66@gmail.com

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