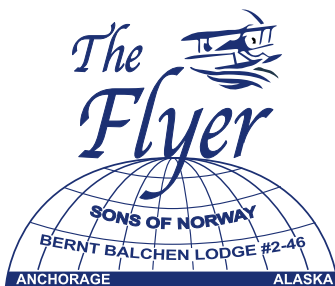


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May ~ Summer 2020 mai ~ sommer

## SONS OF NORWAY BERNT BALCHEN LODGE – PRESIDENT’S MESSAGE

I trust that this message finds you in good health and spirits as we move forward in a world that is quite different from what we were all accustomed to. It is nice to see spring finally has arrived and we can spend more time outside. We have cancelled all events through May, but as things start to open up again we will look for opportunities to engage and we will use our online tools like the eBlast, Facebook and Instagram to keep you informed of anything we might plan. While we will not be hosting any large gatherings for the 17th of May, perhaps if the day is nice you can take a stroll outside, reminding yourself of the natural beauty that surrounds us here that is not unlike the natural beauty in Norway. Carry a Norwegian flag with you that day and it might spark some interesting conversations with those you interact with and use it as an opening to tell them about Sons of Norway.

*Please remember, Sons is here to help out when you need it and I am heartened by the number of members who have already contacted me and are ready to help out those of you that are in need. We have several members that are willing to assist with shopping and bringing things to your home for those of you that either cannot get out or do not feel comfortable getting out yet. We also have one member that is willing to help with tutoring kids with some of their school work, including Spanish for anyone that has a child working on that language. Or perhaps you just know someone that could use a slight lift in their spirits and we could deliver some spring flowers or some baked goods to their door and brighten their day. Please let me know if you could use some assistance and I will find someone to help out. Again, contact me at lise@gci.net or 222-5320 if you are interested in helping out or if you are in need of some assistance.*

And while we cannot offer any social events right now, we do have the makings to help you have your own. Yes, that's right, we still have a bit of lutefisk left and we are offering it at a bargain price of \$5 a pound. This is lovely fresh frozen lutefisk and for those that know how good it was this past year, there are still a few pounds left for purchase at this bargain price! I've heard rumors that lutefisk can help fight off this virus... Who knows, but it could be worth the try.

***This month's Flyer is not being sent out in the mail but is available online in full color.*** The cancellation of the Fish Dinner, the Mother's Day Brunch and 17th of May events means we have no income these past couple of months and are looking to cut costs a bit by making this edition of the Flyer online only as we have no upcoming events to advertise. If you like it that way, let me know as we can remove you from the future mailing list and instead you will get notification through the eBlast when each new Flyer is published online. All previous editions are also available online at our website.

Stay safe and healthy and find time to get outside and enjoy some of the beauty our state has to offer this time of year. And please find some way to celebrate the 17th of May, perhaps indulging in the Norwegian tradition of eating hot dogs and ice cream is one way to get your party started! We will let you know once we can resume our traditional set of social activities as we are all excited about being able to see one another once again. Upcoming events on the calendar if things go as planned are the 4th of July parade and the Fish Boil in August. Stay tuned for updates on these and other opportunities to engage as we move through this brave new world together.

*Fraternally yours,  
Tom Falskow, President  
Sons of Norway, Bernt Balchen Lodge*



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

Website: <https://www.sofnalaska.com> Facebook: [www.facebook.com/BerntBalchen](https://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](mailto:Kvern66@gmail.com) Attn: The Flyer



## **DISTRICT 2 – ZONE 6 NEWS**



*Greetings from your Zone 6 Director! Zone 6 comprises the seven 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.)*

Like Bernt Balchen Lodge, most of the Zone 6 lodges were busy this past fall and winter with holiday bazaars, lutefisk dinners, and Lucia/Christmas celebrations. As a result of the coronavirus outbreak this spring, many Alaska lodges, like most other lodges in the district, have cancelled meetings, rentals, and events. Increased social distancing measures have led lodges to reach out to their members in various ways to check up on them, with offers to run shopping errands, or just providing some much-needed social interaction over the phone. Other members have been busy making face masks, including our District 2 Counselor Sally Dwyer at Fedrelandet Lodge in Petersburg, who has personally made over 200 masks!

Unfortunately the coronavirus outbreak has also led to the cancellation/postponement of the 2020 Sons of Norway conventions. As you may know, Bernt Balchen Lodge in Anchorage was originally slated to host the district convention in 2022. However, given that Grieg Lodge, the host of the 2020 District 2 convention in Portland, has already done so much work, they have agreed to host the next convention in 2022. The Anchorage convention planning committee wholeheartedly supports Portland's decision to host the convention in 2022, and we are prepared to offer any support or assistance that they might need. It is too soon yet to know if Anchorage will host the 2024 convention or if other plans will be made.

As Zone Director, I hope to visit more of the Alaska lodges once travel restrictions let up in the state. I was very disheartened to learn that Island Viking Lodge in Kodiak is struggling with dwindling membership numbers and is in danger of disbanding, so if you know of anyone in Kodiak who might be interested in learning more about their Norwegian heritage, please encourage them to become a member or take on a leadership role! We've also heard from some potential new members in Nome, who are interested in possibly starting up a lodge there.

Please join me in celebrating milestones for two Zone 6 lodges. This year marks the 85th anniversary of Svalbard Lodge 2-33 in Juneau (1/4/1935) and the 30th anniversary of Island Viking Lodge 2-145 in Kodiak (4/28/1990). Congratulations to Svalbard and Island Viking!

It's also not too early to start thinking about Zone Seminars for 2021 and brainstorming topics of interest to members. Fedrelandet Lodge in Petersburg has tentatively expressed interest in hosting a Zone Seminar, as it's been a number of years since one was held in SE Alaska.

Please feel free to contact me if you have any questions. I'm looking forward to continuing to work with the lodges in Zone 6, and I'd like to wish everyone a safe and wonderful summer!

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

## HIPP HIPP HURRA! IT'S A VIRTUAL SYTTENDE MAI CELEBRATION!

The 17th of May, Norway's Constitution Day, is fast approaching! Even though our May activities have been cancelled this year, we can still celebrate our Norwegian heritage and our connections to family and community.

This year Sons of Norway lodge members around the world will be celebrating Syttende Mai from their homes. So put on your bunad or favorite Norwegian gear, get out your Norwegian flags, and take a photo or video of yourself celebrating.

Watch for our Syttende Mai post on our Facebook and Instagram pages as we get closer to May 17th and you will be able to add your photos as comments so we can create our virtual parade. Or if you're not on social media, email your photos along with a message to Cultural Director Christie Ericson at [christieak@gmail.com](mailto:christieak@gmail.com). You can even send photos from previous Syttende Mai celebrations and share your memories with your fellow members.



**Need some inspirational ideas? Check out the Sons of Norway Blog:**

**Celebrate Syttende Mai at Home: <https://bit.ly/2SIU00P>**

## NORWEGIAN LANGUAGE & CULTURE CLASS

Unfortunately our Norwegian language classes were cut short this spring due to coronavirus precautions, but we're already making plans for this fall! We will be offering two classes for 2020/21: one for Beginners with little to no Norwegian knowledge and one for Intermediate/Advanced students.

The classes will tentatively run from the beginning of October until mid-May, but further information will be sent out later this summer, once the schedule is finalized. Please note: our course plans will also be contingent on any state or municipal coronavirus restrictions and will be revised as necessary.

**Classes will be held on Sunday evenings in the Viking Hall Library, 8141 Briarwood St**  
**Beginners - 5:45-6:45pm (taught by Christie Ericson), recommended for ages 10 and up**  
**Intermediate/Advanced- 7:00-8:00pm (taught by Lillian Anderson)**

The total cost of the 8-month class will be \$20.00 for Sons of Norway members and \$40.00 for non-members (checks payable to the Sons of Norway). You are welcome to sign up for both classes for no additional cost.

The textbooks we will be using are *Sett i gang 1 & 2 (2nd ed)*. Students will need to purchase their own copy, which is available through Amazon in either the print (\$59.99) or Kindle (\$39.99) editions. Used copies are also sometimes available on Amazon. There is also a free online companion site to the textbooks which has lots of great resources if you want to get a head start: <https://settigang.com/>

### Required textbook for Beginner Class

*Sett i gang 1: An Introductory Norwegian Curriculum* by Kari Lie Dorer & Nancy Aarsvold, 2nd edition, 2016. ISBN-13: 978-1530276004; ISBN-10: 1530276004. <https://amzn.to/35CVhvv>

### Required textbook for Intermediate/Advanced Class

*Sett i gang 2: An Introductory Norwegian Curriculum* by Kari Lie Dorer & Nancy Aarsvold, 2nd edition, 2016. ISBN-13: 978-1540745712; ISBN-10: 1540745716. <https://amzn.to/2SFXYYb>

If you have questions or are interested in taking a class, please call or email Christie Ericson at 602-0673 or [christieak@gmail.com](mailto:christieak@gmail.com).





## FRA BIBLIOTEKET



I'd like to say a big tusen takk to everyone who has been donating books to the Bernt Balchen Lodge Viking Library. You can search our online catalog to see what's been added recently: <https://www.librarything.com/catalog/VikingLibrary>

In October 2019 I had the opportunity to attend the Frankfurt Book Fair in Germany. The Fair is the world's largest trade fair for books and has a history dating back more than 500 years. Every year the Fair names a Country "Guest of Honour" and for 2019 the country selected was Norway. Selection as a guest of honour offers a unique opportunity for a country to highlight its literature and culture to a German-speaking audience, as well as to the world. NORLA, Norwegian Literature Abroad, was the



organization responsible for organizing the 2019 Norway guest of honour program. Financed by the Norwegian Ministry of Culture and supported by the Norwegian Ministry of Foreign Affairs, NORLA disseminates information about Norwegian books and authors to other countries and promotes the export of Norwegian literature as well as the translation of Norwegian books.

Norway's slogan as guest of honour was "The Dream We Carry," or "Der Traum in uns," in German. The slogan was inspired by the poem "Det er den draumen" ("It is that dream") by Norwegian poet Olav H. Hauge (1908-1994). In 2016, Hauge's poem was voted the greatest Norwegian poem of all time by readers and viewers of the Norwegian Broadcasting Corporation (NRK). The majority of the events that related to Norway took place in the Norway Pavilion, a special exhibition hall dedicated to the guest of honour. NORLA also planned an extensive cultural program, carried out in collaboration with Norwegian Arts Abroad and other Norwegian cultural institutions. During the fair, over 200 events associated with Norwegian literature, art, and culture took place in Frankfurt.



Over 100 writers from Norway participated in the Fair, including authors of fiction, non-fiction, Sámi literature, children and young adult literature, and crime fiction. There were approximately 120 events in the Norway Pavilion, and it's estimated that more than 100,000 people visited the pavilion over the five days of the fair.



SEE MORE FRA BIBLIOTEKET – Page 5



## FRA BIBLIOTEKET continues from Page 4



As a librarian and Norwegian language learner, I was beyond thrilled to get to see so many Norwegian authors and translators, such as Karl Ove Knausgård, Herbjørg Wassmo, Maja Lunde, Jo Nesbø, Dag Solstad, Maria Parr, Erika Fatland, Jon Fosse, Karin Fossum, Gro Dahle, Hanne Ørstavik, Roy Jacobsen, Gunnar Staalesen, Lars Saabye Christensen, Unni Lindell, Per Petterson, and many, many more.

I learned so much about the Norwegian literary landscape at the Frankfurt Book Fair, and I'm looking forward to tackling my new reading list, which is now about a mile long! You can read more about my experience at the Fair in the November 13, 2019 issue of The Norwegian American newspaper:

"The Dream We Carry" by Christie Ericson <https://www.norwegianamerican.com/the-dream-we-carry/>

*Photos courtesy of Christie Ericson*



## SUPPORT YOUR NORWEGIAN AMERICAN NEWSPAPER!

### **Be a part of The Norwegian American:**

We want to hear what your Norwegian-American community is up to! There are a number of ways you can support The Norwegian American.

### **Support us with your donation**

It takes money to publish a quality newspaper every two weeks. Here at The Norwegian American, we are always grateful for your donations to help us keep the oldest and only Norwegian newspaper in North America alive.

### **Calendar of Events**

We will list your events in our Calendar of Events at no charge. Please submit events by email to [naw@na-weekly.com](mailto:naw@na-weekly.com) with the subject line: Calendar of Events. Only events submitted at least one month ahead of time will be considered for publication.

**Please use this format:** Event • Date • City, State • 3 – 4 sentences detailing the event, including contact information, costs, and/or links.

### **Advertise with us**

Connect with our vibrant community of readers to market your business, product, or services by advertising in The Norwegian American! Check out our rates by visiting our Advertise page.

### **Photo of the Week**

Submit your photo for consideration in our "Photo of the Week" feature! Send your photo, with photo credit and caption, to [naw@na-weekly.com](mailto:naw@na-weekly.com).

### **Birthdays**

We print birthdays in our Birthday Calendar at no charge. Submit your birthday one month in advance by emailing [naw@na-weekly.com](mailto:naw@na-weekly.com) with your name, birthday, and city of residence.

Did you see a birthday on the calendar of someone who has passed away? Please notify us through email or by phone.

### **Community Connections**

For just \$50, you can print a photo and up to 10 lines of text to celebrate life's milestones with the Norwegian-American community. Commemorate birthdays, engagements, weddings, anniversaries, baptisms, birth announcements, and more! We will send you up to 5 copies to share with family and friends.

### **Write for us**

We accept unsolicited articles for consideration, provided the subject matter includes topics of interest to Norwegian Americans. Please email Editor-in-chief Lori Ann Reinhall at [loriann@na-weekly.com](mailto:loriann@na-weekly.com) for more information about writing for us.

### **Send us a news tip**

Do you know of an important story coming up? Please let us know by emailing Assistant Editor Andy Meyer at [andy@na-weekly.com](mailto:andy@na-weekly.com).

### **SUBSCRIBE**

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## KROKBRAGD WEAVING STUDY GROUP, JANUARY 25 - MARCH 5, 2020

Earlier this winter Lorri Wright conducted a six-week workshop on the Krokbragd weaving style at Viking Hall. Lorri is a member of both Bernt Balchen Lodge and the Anchorage Weavers and Spinners Guild, and this is the fourth weaving workshop she has taught or organized at Viking Hall over the past few years. Krokbragd, Norwegian for “crooked path,” is also sometimes called Norwegian Telemarksteppe. It falls under the “boundweave” style of weaving and is typically used in weaving rugs and coverlets.

Participants completed a half-day instruction session to learn the basics of Krokbragd weaving and then practiced weaving samples of seven different patterns over the next six weeks. Pre-warped table looms and thick rug yarn as well as most of the other supplies needed were provided to attendees. The workshop followed the book “Krokbragd: How to Design and Weave” by Debby Greenlaw. Although the weaving technique is fairly simple, a multitude of designs can be achieved by changing the color sequence and participants had fun experimenting with a variety of colors. Lorri is hoping to organize several more weaving workshops this fall/winter, so stay tuned.



*Photos courtesy of Christie Ericson*



# SUNSHINE REPORT

MAY - AUGUST BIRTHDAYS



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

## MAY

Margaret J. Edwards  
Reidun Hansen  
Darrell E. Korman  
Gordon D Homme  
Marianne L. Storms  
Judith A. Bagley  
David W. Haugen  
Donna L. Libal  
Joan W. Nunn

## JUNE

Esteline Moe  
Colleen Markley  
Rutledge  
Nancy Gay Wagster  
John T. Jensen  
Wayne C. Johnson  
H Lee Pederson  
Sandra L. Johnson  
Sigrun C. Robertson  
Denis M. Allen  
Andrea L. Monsen  
William Michael Stanton



## JULY

Marvin B. Olson  
Marilyn L. Freitag  
Marilu L. Martinson  
Monte K. Weaver  
Shirley Marie Luedke  
Pauline Schallock  
Shirley Jean Iverson  
Alice L. Sears  
Caroline K. Saur  
Marilyn B. Lee  
Sigrid S. Bryant

## AUGUST

Margaret Benson  
Nicholas M. Derenoff  
Steinar R. Hansen  
Sigurd M Langness  
Donald O Seur  
Diane R. Pederson  
Kathryn A. Morgenthaler

***"Gratulerer med dagen!"***

***"Happy Birthday!"***

**If you know someone who needs a little sunshine**

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

## == == == == == **MEMBERSHIP NEWS!** == == == == ==

**Welcome to our new member, Bruce E Eliassen!**

Sons of Norway continues to maintain its dedication to the personal and financial well-being of its members. For 125 years that devotion is the heart and soul of the organization and fuels a collective passion for personal and cultural enrichment.

***A BIG Thank You to current members for paying your dues!***

## NEWSLETTER SERVICE: PANDEMIC SUPPLEMENT

### LODGE MEETINGS AND IN-PERSON EVENTS

Sons of Norway has been following the COVID-19 (coronavirus) pandemic closely. In light of the declaration of a national emergency in the United States, and the CDC's recommendation to avoid in-person gatherings, we strongly recommend that all Sons of Norway lodge meetings and in-person events be postponed through at least May 31. We will continue to communicate updates as the situation evolves.



We recognize the difficulty this poses to all of us, but it is important that we work together as an organization to respond to this crisis responsibly. Please continue to follow all state and local guidelines as you make decisions for your lodge. If we can help in any way, don't hesitate to contact the Fraternal department at [fraternal@sofn.com](mailto:fraternal@sofn.com).

### VIDEO CONFERENCE OPTIONS FOR MEETINGS

As you look for new ways to stay connected in this time of social distancing, here are a few free or low-cost video conferencing options that you can use to hold lodge meetings and other gatherings.

1. GoToMeeting
2. Zoom
3. Skype
4. Amazon Chime
5. Google Hangouts
6. FaceTime (limited to smaller groups; this option requires each participant to use an Apple product such as an iPhone, iPad or Macbook)

Although we are not able to distribute video conferencing software directly to lodges, we encourage you to explore these options for holding virtual meetings and social events. After an initial download, you will be given a quick set of instructions to get connected. It's fairly simple to have several people participate at once.

### SONS OF NORWAY REMAINS STRONG

*As we enter into this uncertain time in history, I want to assure you that Sons of Norway remains strong and dedicated to its members and insurance policy holders. From the spread of COVID-19 to unforeseen market volatility and natural disasters, we are living through unique times.*

*The world is changing at an extraordinary pace, and I want you to know Sons of Norway is well prepared for the current economic environment. Established in 1895 by 18 Norwegian immigrants with the mission to protect each other and their families, that mission has never been truer than it is today.*

*We have enacted our disaster plan to ensure that we can continue our day-to-day operations, provide service to our clients, and keep our employees safe. We have transitioned most of our employees to work remotely, with limited staff onsite to maintain the day-to-day functions of the home office. We have the systems and safeguards in place to continue to provide you and your families the protection and support you expect from us.*

*The financial markets have never seen conditions like we are experiencing now, but rest assured your insurance is safe—both life insurance and annuities. We make very conservative long-term investments designed to weather these “perfect storm” conditions. We do not make short-term high-risk bets; as we always have done, we are protecting our members and clients by taking a conservative approach.*

*Our solvency remains extremely strong, which means our ability to pay claims and annuity income streams remains unchanged amid today's uncertain circumstances. We want to thank you for being part of Sons of Norway and let you know we remain true to our mission of protecting our members, policy holders and employees.*

*Fraternally, Chris Pinkerton, CEO*

SEE MORE PANDEMIC SUPPLEMENT – Page 9



## PANDEMIC SUPPLEMENT continues from Page 8

### FREQUENTLY ASKED QUESTIONS

Here are answers to some of the most frequently asked questions we've received as a result of the COVID-19 crisis.

#### **Why did Sons of Norway postpone the International and District Conventions?**

The Charter & Constitution gives the International Board of Directors authority to suspend or postpone the international convention for one meeting in case of a national emergency. Due to the national emergency declared in the United States, and the guidance for group gatherings issued by the Centers for Disease Control and Prevention, the Board of Directors determined that the most responsible course of action was to postpone the international convention until 2022.

#### **How can my lodge take part in the recent food shelf program offer?**

To be eligible for this donation-matching program, lodges must notify Sons of Norway headquarters of their plans to participate and send receipts to: Matt Roedel 1455 W. Lake Street Minneapolis, MN 55408. Please include a brief description of the aid given, including donation amount and the name and contact information of the recipient organization.

#### **Is Sons of Norway still selling financial products and recruiting members during this time?**

Yes, Sons of Norway remains strong during this time and is continuing to both sell financial products and recruit new members.

What about the event we have planned?

If you have an event planned for the next few weeks, we strongly recommend that you reschedule it. Most importantly, please follow all state and local guidelines as you consider holding in-person gatherings of any kind.

#### **Can I still earn a Cultural Skills pin or work toward a Sports Medal?**

Members are encouraged to work toward Cultural Skills pins and Sports Medals during this time. Send completed Cultural Skills reports to [culturalskills@sonf.com](mailto:culturalskills@sonf.com), or mail hard copies to Sons of Norway headquarters. Sports Directors may order pins for lodge members by e-mailing [sportsmedals@sofn.com](mailto:sportsmedals@sofn.com), calling 612-821-4642, or mailing order forms to headquarters. Medals and pins will be mailed to lodge officers as staff scheduling allows.

#### **Can I still reach people at Sons of Norway Headquarters if I have questions?**

Yes. We are still operating during our regular business hours, with most of our employees working from home. Each department is fully operational and able to assist you as needed.

#### **Can I still reach my insurance professional?**

Yes. If you have any questions or if issues arise, please don't hesitate to reach out to your Insurance Professional by phone or email. They will be happy to serve you during this time.

#### **Will I still receive my Viking magazine?**

Yes! We will continue to print and ship Viking magazine though depending on where you live, your delivery may be delayed due to temporary shipping restrictions. We encourage you to view the digital version of the magazine online if delivery to your area is delayed.

## DISTRICT 2 YOUTH CAMPS CANCELLED

Your District 2 Youth Camp Staff has worked hard all year to make each camp a success. That is why it is with heavy hearts, and out of an abundance of caution with our current environment, we are announcing that we will not be holding the 2020 camp session.

The dates for 2021 are: · Trollhaugen June 27 – July 10

· Nidaros July 11 – July 24

· Normanna: July 25 – August 7

As always, we want our campers and staff to be safe and we cannot guarantee that at this time. We will be sending the campers that are currently registered information in the next few months to keep the spirit of camp alive. Thank you for your support of our camp program.

*Fraternally, Seth Tufteland  
Committee Chair  
District 2 Youth Camp Committee*

## WE'LL MEET AGAIN

We'll meet again  
Don't know where  
Don't know when  
But I know we'll meet again some sunny day  
Keep smiling through  
Just like you always do  
'Till the blue skies drive the dark clouds far away  
So will you please say hello  
To the folks that I know  
Tell them I won't be long  
They'll be happy to know  
That as you saw me go  
I was singing this song  
We'll meet again  
Don't know where  
Don't know when  
But I know we'll meet again some sunny day  
We'll meet again  
Don't know where  
Don't know when  
But I know we'll meet again some sunny day  
Keep smiling through  
Just like you always do  
'Til the blue skies  
Drive the dark clouds far away

So will you please say hello  
To the folks that I know  
Tell them it won't be long  
They'll be happy to know  
That as you saw me go  
I was singin' this song  
We'll meet again  
Don't know where  
Don't know when  
But I know we'll meet again some sunny day

*Songwriters: Hughie Charles / Ross Parker*

