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JANUARY / FEBRUARY 2022 januar / februar

SONS OF NORWAY BERNT BALCHEN LODGE – PRESIDENT’S MESSAGE



Greetings Lodge Members and Happy New Year!

As we kick off this new year it feels like the best is yet to come. Our lodge accomplished so many great events in 2021 and now we are set up for an even better year starting with the Kincaid Classic and Wooden Ski Classic. Many of our members embrace this winter wonderland we get to call home and will be participating in the ski races. Please join us on January 23rd at Kincaid Park to cheer on the skiers and enjoy fellowship with members (see [page 6](#) for details). We have a new event “Laskiainen” to look forward to on February 27th. This is an annual Finnish celebration kicking off the arrival of spring with a sledding party and other festivities. The Finnish Club has asked us to join them after sledding back at Finlandia Hall for Finnish split pea soup and Finnish baked desserts. We are hoping this will be the start of an annual tradition with our Scandinavian neighbors! A huge tusen takk to Sports Directors Marti Pausback and Martin Hansen for bringing these great events to our lodge. (E-blast with details will be sent soon).

As you look over the enclosed calendar of events please think about one or more that you'd like to help with. The best way to get to know members and learn more about our wonderful Scandinavian culture is to get involved!

Looking forward to reconnecting and meeting our new members at the March New Member Welcome.

Med vennlig hilsen, Linda

Documentary: *The Way North* Free for Sons of Norway Members!

Now through February 7: Watch *The Way North*, free with membership!

Sons of Norway members can enjoy this documentary about Norwegian-American Norm Midthun's incredible post-war experiences, piloting Crown Prince Olav on his 1945 Post-WWII goodwill tour of Norway.

<http://ow.ly/u8Yj50Ho1xS>



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Sons of Norway International: <https://www.sofn.com>

Submit Articles for The Flyer: kvern66@gmail.com Attn: The Flyer

TREASURER'S REPORT FOR 2021

As in 2020, covid impacted Bernt Balchen lodge and Viking Hall Inc. in 2021. Fortunately both organizations began the year fiscally sound with sufficient funds in reserve.

If you are new to the lodge please take a look at the enclosed 2022 Calendar of Events. Listed are Sons of Norway Officers and the Viking Hall Board. As with most Sons of Norway lodges that own a building a separate building association is formed to manage and maintain the building - in this case Viking Hall Inc. The Viking Hall Inc. board is comprised of the Bernt Balchen lodge president and treasurer along with six directors, all Sons of Norway members, which serve 3-year terms.

Starting in August event chairs came up with ways to hold traditional events. The Fish Boil was held in mid-August and was well attended. The Faar-i-Kaal dinner was held in September (in-house and takeout) with the Norwegian ambassador in attendance. In early October the indoor/outdoor Nordic Market featured vendors, a café, bake sale, silent auction, book sale, and knitted items. In November the Lutefisk & Meatball dinner was takeout only. The Lucia Family Christmas party was held outdoors at the Abbott Loop Community Park pavilion. These events netted close to \$16,000 in total. The lodge portion of membership dues brought in \$3,990.

The lodge also looked at ways to save money - The Flyer newsletter was mailed out twice, January-February and September-October, while others issues were online-only.

In 2021 the lodge was able to continue its charitable giving. The lodge donated \$250 to the Sons of Norway International foundation and \$400 to Ski for Light as well as awarding two \$1,000 scholarships. Thanks to everyone who supported lodge fundraising efforts—scholarship fund super bowl raffle, silent auction items, and scholarship fund event tips.

As mentioned earlier Viking Hall Inc. has the responsibility of paying all building associated expenses. Rentals provide the bulk of the income to cover these costs. The lodge is fortunate to have a long-term tenant renting a portion of the downstairs. This tenant, Dry Dock, offers space for AA and NA meetings. There were also some upstairs rentals throughout the year. The part-time office position remains unfilled.

Despite the challenges of 2021 Bernt Balchen Lodge and Viking Hall Inc. ended the year on the positive side financially. Thank you to all lodge members who helped make this possible as we move forward in to 2022.

Cynthia Olnes, Treasurer

FINANCIAL HEALTH FOR THE COMING YEAR, AND BEYOND

Hello members and friends of Sons of Norway Lodge in Anchorage. I hope you all had a wonderful Christmas and after surviving our early first of the month Chill and high winds that you are off to a good start on a Great New Year.

One way to assure many consecutive Great New Years is to be on top of your finances. Last year at this time I gave you an outline to help check over your financial health. I will recommend that again and emphasize that one of your many benefits of being a Sons of Norway member is a free financial analysis. Not many of you have taken advantage of that since I started with the Lodge 8 years ago. I know that many of you are at an age where you are done investing for your retirement, and likely are enjoying the fruits of you labors. That does not mean taking a vacation from doing an update on your Financials, once or twice a year. Just like seeing your doctor for a major health issue, it does not hurt to get a second opinion. I can help you with that at no cost to you, just some time meeting at your house, the lodge or over the telephone. I can even arrange a Zoom meeting if that is what would work best for you.

ATTENTION: PARENTS, GRANDPARENTS, AND GREAT GRAND PARENTS:

You can give your children, grandchildren, or Great Grandchildren a great start to financial security by gifting Viking Voyager Term Life Insurance. It has a very low cost premium, \$50 per year, or you can pay a single premium of \$475 that will cover your loved ones from birth through age 26, with \$25,000 or Coverage. At age 26 your loved one, being a young adult will have to increase their term coverage, or convert to some permanent Life Insurance such as Whole Life. However, having been a member already for a good period of time, they can apply for new coverage without having to take a paramedical exam, even if there have been serious medical issues that have developed during that time.

None of us plan to die at an early age, this product is cost effective, and provides a huge benefit moving into adulthood and having families by having the conversion benefit. Please give me a call if you have questions about this product. I would be glad to discuss it further with you.

Financial Health *Continued on Page 7*

MEMBERSHIP REPORT FOR 2021

In 2021, we adjusted our lodge activities based on COVID-19's activity in our community. We were able to offer many in-person events such as our Syttende Mai celebration at the Downtown Parkstrip, our summer picnic and Kubb tournament, the August Fish Boil dinner and the tremendously successful Nordic Market. We also offered drive-up / take-out versions of our Får i Kål (Lamb & Cabbage--also in-person) and Lutefisk & Meatball dinners while safely continuing our tradition of in-person lefse rolling through masking and social distancing. Our weekly Norwegian language & culture classes and our monthly membership meetings are continuing online through Zoom. Being a member at our lodge is truly something special, providing a place to celebrate Norwegian/Scandinavian culture while making friendships that last a lifetime.

Our lodge continues to grow with current membership of 379 members! Thanks to amazing members like you, we are able to continue building community in our lodge and giving back to the people of Anchorage. To recognize and welcome our new members from 2021 and early 2022, we plan to have our New Member Welcome event at Viking Hall on Thursday, March 10 at 7:00 pm. All are welcome!

For more information, be sure to check out our website and follow our social media pages:

Web: www.sofnalaska.com

Facebook: Bernt Balchen Lodge Sons of Norway

Instagram: [@sonsofnorwayanchorage](https://www.instagram.com/sonsofnorwayanchorage)

Your Sons of Norway membership comes with many great benefits including the monthly Viking Magazine from Sons of Norway International and our local newsletter, The Flyer. Members also receive access to financial guidance and insurance products, as well as reduced prices on some lodge events. Signing up is easy! If you know someone interested in joining our lodge, have them visit <http://www.sofn.com>, click the "Join/Renew" button at the top of the page, then follow the simple steps to select and join our Bernt Balchen Lodge 2-46! *Tusen Takk!*



SUNSHINE REPORT



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

JANUARY BIRTHDAYS

David Pederson	Evelyn C. Rush
Janice M. Halvorson	Shirley A. Moe
Susan F. Soby	Allen Ray Thompson
Marit M. Kristiansen	Peter Mjos
Elizabeth Ann Pool	Janette P. Adasiak

FEBRUARY BIRTHDAYS

Gayle A. Bjorn-Roli	Stephen W. Indahl
Per Bjorn-Roli	Michael A. Morrison

If you know someone who needs a little sunshine

Call 696-0725 (cell - 862-1143) or email Cindy McDowell:

ccmcd38@hotmail.com

Cindy is retiring from her Sunshine duties and we need someone to carry on this important lodge tradition.

The duties are light, the reward great! Contact Cindy to find out how to bring Sunshine to our members!

WELCOME NEW MEMBERS!

Alison E Eshenower, Aaron Williamson

Michael-Jacob Folkestad, Quinlan Folkestad, Talia Folkestad



2022

SUPER BOWL RAFFLE SCHOLARSHIP FUNDRAISER

Super Bowl Raffle Tickets Still Available!

If you haven't had the opportunity to purchase raffle tickets please reach out to a committee member, John - 907-748-0704 or Jane - 907-227-2735, and they will arrange getting tickets to you. Tickets are also available through the Viking Hall office at 907-349-1613 (please leave a message).

The raffle is the primary source of funds for the Sons of Norway Bernt Balchen Lodge No. 2-046 Language/ Heritage/ Higher Education Scholarships. The Raffle will again have 20 winners with a top prize of \$1,000. Only 300 tickets are sold so the chance to win is very generous, one in fifteen. Tickets are selling for \$25 each or a special deal of 5-for-\$100.

At this time it is unknown if we will be able to hold our traditional Sons of Norway Super Bowl party due to COVID-19 public health concerns. However, the drawing will take place as planned on Sunday, February 13, 2022, during the airing of Super Bowl LVI.

If we are able to once again enjoy the excitement of the Super Bowl game together doors will open early--pregame ceremonies begin at 2 pm. Party fare will include Lapskaus (Norwegian stew), snacks and beverages!

An E-blast will be sent out announcing whether the party will be held. Note: To receive E-blasts you must subscribe to the email list. Instructions on how to be added to the list are available on the Lodge website www.sofnalaska.com.

LUCIA CELEBRATION

What a wonderful way to celebrate Lucia. It was a beautiful way to share the joy of the season. Thanks to all who participated, coordinated and volunteered to make this a memorable event. Held at the pavillion in the Abbot Loop Community Park. Special thanks to Lucia, Brooke Robertson, and her family. Photos courtesy of Christie Ericson.



Learn about our Lucia, Brooke Robertson, on Page 5.

BERNT BALCHEN LUCIA, BROOKE ROBERTSON

Brooke is the daughter of lodge members Christoffer and Jennifer Robertson and sister to Paige. Granddaughter to Claud and Linda Garrett and lodge member Sigrun Robertson. She started in Lucia program when she was 4 years old. She is now 17 and a senior at Socratic Focus.

Brooke's passions include: cats, writing, poetry, video games, speleology (study of caves) and cryptobiology (Study of mythological creatures and cryptids). She lives with three cats. Her cat is named Loki after the Norse god of trickery. Her love for writing not only includes poetry, but fantasy and science fiction. While cryptobiology has been an interest since she was little, she recently discovered speleology and has become very interested, very quickly.

She looks forward to attending university to discover her future career. She's toured APU and is looking forward to touring UAA before settling on a university.

She is very honored to represent Bernt Balchen Lodge as the 2021 Lucia.



Brooke is third from the left.



STRIKKEKAFE

Happy New Year knitters and makers!

Please join us on Wednesday evenings for a few hours of knitting, socializing and treats. Strikkekafe means 'knitting café' 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. Coffee and tea will be served, feel free to bring a treat to share.

The hall is nice and spacious, giving us plenty of room to spread out and give each other space. Remember to bring your finished projects for Show and Tell! It will be so fun to see what everyone has been up to.

Strikkekafe meets on the 2nd and 4th Wednesdays of the month, January-May and September-December 7:00 pm - 9:00 pm

*January 12th is our first meeting for 2022

Meeting dates are posted on the calendar.

125 Scarves for 125 Years!

To celebrate the 125th anniversary of Sons of Norway, Strikkekafé has pledged to make 125 scarves to donate to charity. If you'd like to help out, feel free to join us at Strikkekafé or knit on your own and drop off your finished items. Crocheted and loom knitted items are also welcome. If you'd prefer to make hats or mittens, we'd love those, too! We'd also welcome donations of yarn.

Contacts: Christie 602-0673 or Anita 301-4215



Friluftsliv Fun

January Friluftsliv Kincaid Classic / The Wooden Ski Classic

Saturday 1/22 - Make Costumes, and Sunday 1/23 - race and volunteer

Volunteer and join the Troll Patrol, or Race in you favorite wool sweater and wood skis!



Troll Patrol Costume Creation: Come over to Marti's house on Saturday 1/22 from 1:30 to 4:00 to make your Troll nose and ears or Nisse hat.

Email Marti for directions: Martipausback@gmail.com or text at 907-351-2378.

Our goal is to have a Troll or Nisse under every bridge or culvert at the Nordic Ski Associations AMH Wooden ski classic this Sunday 1/23 at 11:00. We need your help!



To volunteer for the race on Sunday 1/23 from 11:00 to 3:00: <https://www.signupgenius.com/go/8050f4fabab2aa2fc1-wooden>

To help call Martin at 907-980-5333, or Marti at 907-351-2378

Register to race: <https://www.anchoragenordicski.com/amh-anchorage-cup-series/>

Wooden Ski Race Finishers, male and female, 3 and 6K will receive a certificate for pine-tarring their Skis. I'll apply the Pine Tar.

Best Authentic Costume winners will also receive a certificate.

Martin Hansen and Marti Pausback



Save the date!

**February Friluftsliv Sunday 2/27
from 12:00 - 3:00 pm**

*Celebrate Laskiainen (National Sliding Day)
with the Finnish Club*

Sledding at Abbott loop Community park
12:00 - 1:30

Join the Finnish Club for pea soup and Finnish baked desserts.

As we get closer to the event, We will send out an eblast with more specific details.

Marti Pausback



December 2021 Friluftsliv Fun

We trekked through the dark forest with candles and found a single dark tree that we lit with lights and sang carols in Norwegian.



SKI FOR LIGHT 2022

On January 29th, I was scheduled to travel to Snow Mountain Ranch in Colorado. This was to be my 24th consecutive year as a Ski for Light attendee. Unfortunately, due to the recent surge in covid cases the event has been cancelled. Please see the message below sent out by Ski for Light president, Tim McCordle.

John Olnes



The 2022 Ski for Light International Event
January 7, 2022



John and Mo at the
2018 Ski for Light

Dear Ski for Light friends,

Last night the SFL Board of Directors made the difficult decision to cancel our upcoming 2022 International Event in Granby, Colorado, due to changing conditions of the COVID-19 pandemic.

After lengthy discussions with members of the Event Planning Committee, our hosts at Snow Mountain Ranch, our own Dr. Carl Heine and other health advisers, the Board concluded that it would be unsafe to host a large group event at a time when the highly contagious Omicron variant is straining medical facilities across the United States, while disrupting travel and other services for many. One case among our group could quickly snowball into an unmanageable situation for our volunteers. We concluded that the increased uncertainty caused by the Omicron surge heightens the risk for event participants, and that it would not be responsible for our organization to take on those added risk, nor would it be responsible for us to ask participants to take them on.

Ski for Light will issue full refunds of event fees paid to date. Also in the coming weeks, we will be announcing plans for some virtual programming to keep our community active and inspired this winter season.

Thank you for your support for Ski for Light and for your patience and understanding in these trying times.

Best wishes for a safe and healthy 2022,

Tim McCordle, President, Ski for Light

FINANCIAL HEALTH

Continued from Page 2

ALSO FOR SENIORS, AGE 50 UP TO AGE 79 LONG TERM CARE INSURANCE

It is documented that by age 65 most of our population will have had at least one disabling accident or medical disease causing the need for in-home or assisted living, or Nursing home care. These types of events can blitz through your emergency savings (if you have something like that set up), through your retirement saving, and in a worst case scenario, cause a forced sale of your home. Long Term Care Insurance gives you the security that when an event like this comes up you will not have to go through the stress and strain of forced sales, having to live with your kids or relatives because you lost your house. It also assures you that in this type of event you will have insurance to pay for good care, so when your children or relatives come to visit they can do the loving things like take you on walk, or go out to eat, or see a movie, instead of having to do the laundry, vacuum or mop the floor, or other daily chores that you may not be able to do. What this does is protect your estate so it does not get dissolved into a ton of medical care bills that never seem to stop.

I have seen this with both my parents. My dad got very ill before we talked about Long Term care so when he got sick it was too late take out any coverage. With my mom, we were able to get some reasonably good coverage which paid for her to be in assisted living for 36 months, with in 10 days of her death. She paid out \$20,000 in LTCI premiums over a 10 year period. That created a big enough benefit to pay her \$3,000 per month Assisted Living cost for 36 months, a sum of \$108,000. That was in 2007-2010 and I know costs are higher now. Cost is not the issue, securing coverage is, so that you will not have to worry about care or be a burden on you family as you reach your Golden Years.

There are alot of ins and outs to long term care. Give me a call so that we can arrange a time to talk about this. I am happy to meet with you at your residence, at the Lodge, or via Telephone or Zoom meeting if you have a computer to facilitate this.

Glenn C. Jacob, Fraternal Benefit Counselor, Sons of Norway 907-354-6105



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food bank.

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Hall. Please consider helping
those who are less fortunate.




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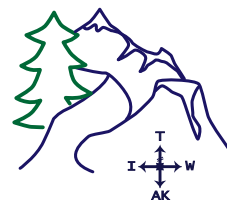
502 W. 58th Ave, Unit J, Anchorage, AK 99518

Hours by appointment only.

Follow us on Facebook & Instagram @kicksledalaska

INTO THE WOODS ALASKA

After school programs for
elementary age children are
currently at Inlet View, Chugach
Optional and Rilke Schule.



Early Summer Camp sign up starts on November 26th.

Discounts available for early registration.

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