

Sunshine Report.....2
 New Members - Hurrah!.....2
 Upcoming Events2
 Mother's Day Brunch.....3
 Silent Auction Items Needed.....3



Syttende Mai Celebration4
 Friluftsliv.....5
 Cycling without Age5
 Clean-up Time.....5
 Fish Dinner Photos.....6

May / Summer

SUMMER 2023 SOMMER

mai / sommer

Greetings Lodge Members!

Our first big event of the year, the Norwegian Fish Dinner, was another amazing culinary delight! The meal included, oysters on the half shell, stuffed mushrooms, marinated anchovies, and gravlax, and those were just the appetizers. Compliments were flowing over the selection and unique flavors of every item on the menu. A big thank you to the Chairs Merlin Hamre and Wayne Johnson, and their dedicated crew of 21 volunteers.

I'm very happy to announce Brittany Andrew, Sara Bryan, and Annette Iverson are the lodge's new youth directors. They are excited to bring more youth activities to the lodge and summer friluftslivs. Stay tuned for E-Blasts announcing pop-up family events. To subscribe for E-Blast notifications go to our website – www.sofnalaska.com - and click on "join our email list".

Coming up this month is the very popular Mother's Day Brunch and then on May 17th we will gather at the Delaney Park Strip (rain, shine, or snow) to celebrate Syttende Mai/Norway's Constitution Day. There will be a parade, hot dogs & ice cream, and Kubb! And we're very excited that Alaska's Honorary Norwegian Consulate, Lise Kristiansen will be joining us.

After this month we can look forward to friluftsliv gatherings until we meet again in August for the Fish Boil Dinner.

Wishing you all a wonderful summer with lots of family time.

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



Introducing Bernt Balchen Lodge's New Youth Directors!
 Brittany Andrew, Sara Bryan, and Annette Iverson

CLASSIFIEDS FOR VIKINGS

AD SIZE:

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

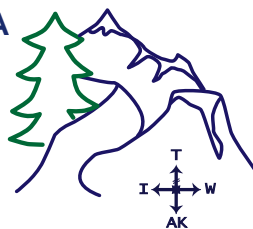
Email a scan or digital image of your business card; or contact the Flyer Editor to discuss other options to: kvern66@gmail.com

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 MEDICAL COVERAGE

Individual or Business
 HealthShare or ERISA programs

Lower cost than COBRA

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

"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

Judith Bagley
 Leo Bustad
 Margaret J Edwards
 David W Haugen
 Gordon D Homme
 Eric Johnson
 Darrell E Korman
 Donna L Libal
 Joan W Nunn
 James S Strandberg
 Mimzy Wellberg

JUNE BIRTHDAYS

Denis M Allen
 Terje G Birkedal
 Michael E Ellingboe
 John T Jensen
 Sandra L Johnson
 Wayne C Johnson
 Fred Larson
 Esteline Moe is 101!
 Andrea L Monsen
 Sigrun C Robertson
 Colleen Markley Rutledge

JULY BIRTHDAYS

Sigrid S Bryant
 Carol Ericson
 Marilyn L Freitag is 93!
 David G Hanson
 Shirley Jean Iverson
 Marilyn B Lee
 Shirley Marie Luedke
 Pauline Schallock
 Alice L Sears

AUGUST BIRTHDAYS

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

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

Welcome to our new members for 2023 - January through April!

January: Gregg S Swanson; Charis, Curtis, Joshua, Kristi, Nathan Ivanoff; Lily, Matthew Krueger;

March: Samantha Blanquart, Karson Schaf, Heidi Hill; April: Matthew Stavick

SCHEDULE OF UPCOMING LODGE EVENTS

MAY

Strikkekafe
 10 - Thursday
 7:00 - 9:00 pm

Board/Membership Meeting
 11 - Thursday
 7:00 pm



Mother's Day Brunch
 14 - Sunday
 10:00 am - 1:30 pm



Syttende Mai Parade & Celebration
 West End of Delaney Park
 17 - Wednesday
 6:00 pm

Friluftsliv
 Potter Marsh Boardwalk
 Bird Watch with Audubon
 20 - Saturday
 9:00 am - 11:00 am

Lodge Spring Clean-up
 20 - Saturday
 10:00 am - 12:00 pm



JUNE

Board/Membership Meeting
 8 - Thursday
 7:00 pm

JULY July 4th Parade
 4 - Tuesday
 10:00 am



AUGUST
Fish Boil
 14 - Monday
 6:00 pm

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

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 20th

Mother's Day Brunch

at Viking Hall

Sunday, May 14th 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 - \$18

Ages 12 to 16 - \$10

Ages 5 to 11 - \$5

Under 5 years FREE

Thanks Mom!



**Help
Needed!**

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 14th between 10:00 am and 1:30 pm.

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

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; or email sonacak@gmail.com to let us know the time you are available to help.

SILENT AUCTION DONATIONS - FOR THE NORDIC MARKET IN OCTOBER

Did You Know?

The lodge accepts Silent Auction donations all year for the auction held during the fall indoor/outdoor Nordic Market; the lodge's biggest fundraiser.

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

If you have items you would like to donate contact the lodge by phone message (907-349-1613) or email (sonacak@gmail.com).

Thank you for supporting lodge fundraising efforts!





Meet us for the SYTTENDE MAI PARADE & CELEBRATION

Wednesday, May 17 6:00 pm

Join us in celebration of Norway's Constitution Day for a traditional parade on Wednesday, 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.



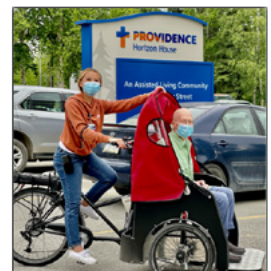
The plan is to set up a Kubb game in the open area west of the Rose Garden after the parade.

This event takes place rain or shine!

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

One more thing....

We are hoping to have the *Cycling Without Age Trishaw* sponsored by Bernt Balchen Lodge and Providence Horizon House at this event!



2023 Spring

Friluftsliv Schedule

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: Meet at Potters Marsh by the entrance to the boardwalk. Bring binoculars and your bird identifications knowledge.

Watch for the eBlast to find out about upcoming Friluftsliv Events, including those planned by our Youth Directors: Brittany Andrew, Sara Bryan, and Annette Iverson



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.

SPRING CLEAN-UP AT VIKING HALL

Please join us on Saturday, May 20th 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.

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!



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

NORWEGIAN FISH DINNER



Photos of this WONDERFUL event courtesy of Christie Ericson

