SONS of NORWAY DISTRICT 7 in BEAUTIFUL BRITISH COLUMBIA

leiflette

December 2020





Merry Christmas

as we hope for a safe year to come in 2021!

From family to family & Lodge to Lodge, Stay Safe, Stay Calm & Stay Connected

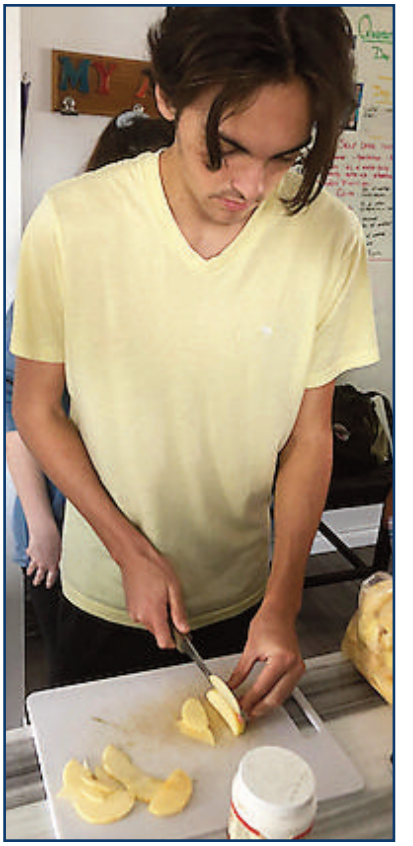
Shirley Grayston, of Dawson Creek Lodge is the **proud Great Grandma** of **Braelynn Patenaude** & baby brother, **Noah Patenaude**, the children of granddaughter Megan & husband Jordan. The children are 5th generation.

See the other 4 generations on page 6 &7.





Elsa Aase, Rondane Lodge President, about 5 years old. A little prayer seems very appropriate now.



Wesley Britt slicing apples as part of the **Varden Lodge**. **Zoom Cooking Class**

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SONS of NORWAY

District 7

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Sharon Coles
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Sleipner 8, Varden 19, Viking 81, Golden Ears 137, Trollheimen 157

Gloria Benazic
Zone 3 Director
Rondane 71, Dawson Creek 79
Skjonne Dal 142

Susan Strang
Zone 4 Director
Nordic 76, Hardanger 109, Heimdal 141

Editor's Note

I wish you all a safe, happy Christmas with your family. We have all heard by now that there are a couple of vaccines that look very promising so perhaps sometime next year we can all relax and see each other again. What a gift that would be!!

You have made my job easier by your very thoughtful and interesting submissions. It shows District 7 SON has a lot of spirit & is very much alive, which is a great thing.

Please take note that there is no Leiflette in January so the next deadline is **January 10, 2021** for the **February 2021** issue.



Merry Christmas everyone & let's hope that in 2021 we will have our happy ending!

Unni Hadden, Editor
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President's Message

On behalf of the Board of District 7, we wish you GOD JUL! We expect that Julenissen will visit each of your homes even with the restrictions of travel and gatherings! Enjoy the blessed season and hopefully you are able to connect with family members even if it is not in person. Everyone loves to get a phone call, a FaceTime, a Zoom or a note so remember to take a moment and touch those near and dear.

The District 7 Board Fall meeting took place on Zoom on October 17th. It went very well and many reports covered innovative ideas our Lodges are coming up with. Viking Lodge has been happy with their executive and general meetings on Zoom and some of the older members reported having no problems joining the meeting as a newbie to Zoom. Give it a try with your family and friends during the holidays by goggling Zoom.us, set up a meeting, and send out the invitation. Any 40 minute 'meeting' is free and you may set up several free ones.

Last month, I was delighted to update everyone on the Lodges who had met their goal of 5% new members for 2020. This month, it is not so rosy. Our reported membership for October is down to 1150 adult members, which is a drop of 35 members. I hope the Lodge Vice Presidents are calling those members overdue on their membership fees as reported by Home Office each month. A quick phone call is often a great reminder for those who may have gotten a renewal notice but tucked it away for later and then forgot about it. Please consider if there are family members or friends who you might Christmas gift a membership to this year.

Each Lodge received a 125th Anniversary Gift Challenge letter and I am hoping the members will consider recognizing this landmark anniversary of Sons of Norway by giving a gift to the Sons of Norway Foundation in Canada. The District 7 Board of Directors contributed $925 to begin the challenge and I am sure we will see our membership meet or beat that total in new gifts. If you need more information, you will find it on the District web Page and Facebook page.

May your holidays be peaceful and the new year more settled than 2020. A quote I love by Mother Teresa: 'I alone cannot change the world, but I can cast a stone across the waters to create many ripples.' We all have been concerned, confused and annoyed with the events of this past year but we have also found many ways or caused many ripples that allowed us to do things differently while keeping our humanity, our generousity, and often our humour.

GOD JUL!! GODT NYTT ÅR!

Hilsen, Gloria

Check out: Sons of Norway www.sofn.com ; District 7 webpage www.sofn7.com ; Facebook "**Sons of Norway District 7**" and "**Official Sons of Norway Facebook Group**"

The Sons of Norway Foundation in Canada accept tax deductible donations from Sons of Norway members and others living in Canada.

Please check out our new web site:
treasurer@sonfic.ca. for more information including donation and application forms for scholarships, bursaries and grants.

Please make cheques out to:
SONS OF NORWAY FOUNDATION IN CANADA
and mail to C/O 32412 Ptarmigan Drive,

Lodge Updates

Sleipner Lodge 8
Vancouver, B.C.



Here's a picture of a design on a t-shirt. It is of Headless before he lost his head. It was designed by Monica Weston. Monica passed away a couple of years ago.

We held a Zoom Lodge Meeting. There were 33 plus attendees. Board Officers Appointed as of January 1, 2021 for a one year term: Gary Carr - President, Ross Haugland -Vice-President, Holly Nickiforek-Treasurer. June Ruzas to remain a third term as secretary.

Due to Covid 19 the board agreed to extend their term by one year (a third term) instead of holding an election, normally to be held this year. Extending to a third term follows recommendations made by Sons of Norway International. For transparency, board meetings were held to appoint the members who in November, had offered to stand for election, had we been able to hold them. Board Officers who were unwilling or unable to commit to a third term in their current roles and resigned as of December 31 2020: Linda Conway, resigned as Vice President, (staying on as Membership). Karin Tober, Treasurer (resigned). Marian Snowball has offered her support to ensure the smooth transition of the Officers in their new roles. Assuming the pandemic will end, it is expected that usual election process will be in place next year. We have had great interest from members willing to join the board in various roles and those have also been appointed. New opportunities will open in the new year. All were welcomed and thanked for their contributions.

Salmon has been spawning in the creek at Hatzic. That's quite a sight. Park volunteers have been removing invasive plants within the park. Repairs on the park water system are getting wrapped up. A tree service has been removing unsafe and nuisance trees within the park in preparation for winter storms. The park has a winter caretaker, Nick Johnson. We are still looking for a permanent park manager.

Best wishes & Happy Holidays. Stay safe.

Larry Brawn, Publicity



Sleipner is looking for a new Park Manager for our Country Club at Hatzic near Mission.

Please submit resume to
hiringsleipner8@gmail.com



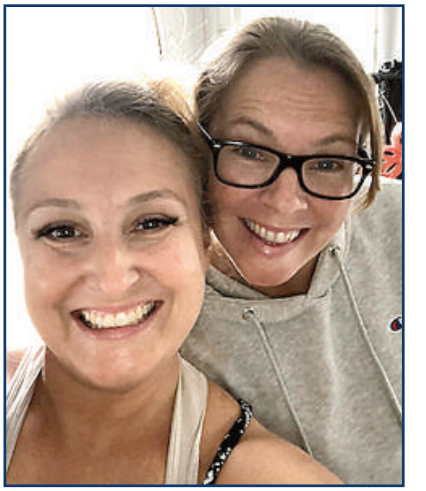
Nerissa Beeby of Varden Lodge making Norwegian meatballs

Varden Lodge 19
New Westminster, B.C.

Susan had her Cooking class on November 11, with meatballs. Her classes are very sucessful.

Best Wishes and Good Health to all Sons of Norway members**.** No Varden members have been hit by the Pandemic. Hope this continues.

Varden donated $500. to the foundation, and also donated to the Food Bank. Salvation Army and the Union Gospel Hall.



Edina Beeby & Shauna Britt Varden Lodge in the Norwgian Cooking Class team



Enid Britt from Varden Lodge shows off her Heritage Camp t-shirt 'blanket'

November is Election month, although there won't be a formal installation. We elected Susan Strang - President, Bruce Strang - Financial Officer, and Leslie Erickson - Secretary. all other officer will continue as is. A Very Merry Christmas & a Happy & Healthy New Year to all.

Vivian Bates, Publicity



Eidsvold members, Cathy Wetton, Don Walkey, & Alice & Kelvin Kedves enjoy lunch at Gyro Park in September after a hike through Mystic Vale.

Eidsvold Lodge 53
Victoria, B.C.

At Eidsvold Lodge, we've been continuing forward on our Covid Journey, working to feel healthy and connected with one another. We've been cleaning and organizing our lodge so that, when we can meet again, it's ready to welcome us through the doors.

Our Eidsvold Walkers and Leikarring members have been meeting monthly. Members of the former group have been finding new routes to explore and visiting old favourites. The latter hosted a movie night for its members in early November. The audience enjoyed fresh buttered popcorn while watching "The Blinding Sea," with the link provided by our international organization.

Tuesday Drop-In sessions continue, with hot coffee or tea and packaged treats for those who miss seeing their friends. These are open from noon to about three in the afternoon. People are welcome to bring their own lunches if they'd like to enjoy something more substantial than a treat or two.

Perhaps the biggest "new thing" is a fundraising take-away dinner that we're organizing for early December. While not our Autumnal Lutefisk dinner – and there are many who will miss that – we'll be featuring meatballs with veggies, lefse, and a serving of cake for dessert. So far, the response has been enthusiastic. We can tell that people are missing their Eidsvold connection. We're considering another fundraiser closer to Christmas, and hope that the enthusiasm carries over into the New Year, too. Monthly take-out lunches might be on the menu, people!

Still, we're being cautious. We've had good news about being able to slightly increase numbers of visitors, as long as they remain in their pods of no-more-than-six, and more options about what foods we can offer our guests.

While we're still dealing with a pandemic, it looks as though there's a light at the end of the tunnel.

Broderlig,
Carolyn Ingbritson

"Want a book lover's delight with a twist?"

Try Norwegian Literature

Read everything from Henrik Ibsen to Jo Nesbo.

Join us to begin a Book Club, and earn a Sons of Norway Cultural Medal too.

Contact Krista Solie at **604-540-2376**
or **Susan Strang** at **604-291-1664 or**
email: sstrang@gmail.com

North Star Lodge 63
Nanaimo, B.C.

God Jul og et Godt Nyttår from North Star Lodge in Nanaimo. We have been following Dr. Henry's directives of no large gatherings. We do not meet but we keep in touch with the telephone, newsletters and emails. We think of past events especially as we approach Christmas. We always had a delicious Christmas dinner and a delectable lutefisk supper! Those who had bunads enjoyed wearing them on these special occasions. We spent the evenings visiting and laughing around the dinner tables laddened with Norwegian decorations! Kaffe followed with Norwegian cakes and cookies. We all miss that but I hope next Christmas will be better. In the mean time, we want to stay safe by following the Covid 19 regulations.

The article below is a true account of a Christmas in Norway in 1959. I hope you enjoy it. Keep your memories close to your heart!

Christmas in Norway, 1959

My family and I arrived in Norway by ship in October, 1959. This was my first wonderful taste of my father's homeland.

From the coast we boarded a train to go inland. We were welcomed into his family's home in Seljord, Telemark.

The snowy days of December were cool and so short; the nights were long and so very dark.

I remember cuddling into my fluffy feather quilt in a dark upstairs bedroom heated by a cast iron stove fed with birch wood. The fire glowed through the tiny stove window and danced in mid air to its own crackle. Such a hypnotising yet comforting feeling!

The smell was unforgettable. The home we shared with my two



aunts, an uncle and my bestemor suddenly was full of merriment as Christmas was coming! My aunts spent days in the kitchen baking and cooking; sending out the most delightful smells. Can you remember the delicious smells of krumkaker, goro, sandkaker, pepperkaker, kardemommebrød, Julekaker and bløtkake? How exciting for an 8 year old!

My uncle, who was home from his tree felling camp in the mountains, cut wood and hauled it into the house daily. He sat in his easy chair tap-tapping his pipe onto the porcelain ash tray with a moulded figure of Lassie on it. I brought this from Canada as a special gift for him and was so very pleased that he loved it so much! You could tell by the smile on his face and the twinkle in his eyes that he was thoroughly enjoying the hustle and bustle of the women in the kitchen.



The fir evergreen was ushered into the house and decorated with vintage glass balls and bells. Candles were balanced on the branches. The top was adorned with a precious colored glass steeple. Excitement was in the air!

The long table was next to be prepared. A crisp white tablecloth, along with the other fineries of Norwegian porcelain and Telemark silver were lovingly placed

just right on the table. Candles were positioned down the center. Once again delicious smells drifted out of the kitchen; this time it was the aroma of roast pork and cooked vegetables. The crystal goblets were filled with home-made tomtebrygg (a type of beer). Skål! Oh, what a feast we had!

Wonderful gifts were handed out. I remember with fondness the beautiful Norwegian sweater and solje I received. (I still have them)! The day ended with "night" coffee. Bestemor would go around to each of us and with a nutcracker, crack pieces of hard brown crystal sugar for our coffee. Such sweetness!

This delightful Christmas childhood memory remains with me and I will treasure it always.

Linda Garvik Harvey

Rondane Lodge 71

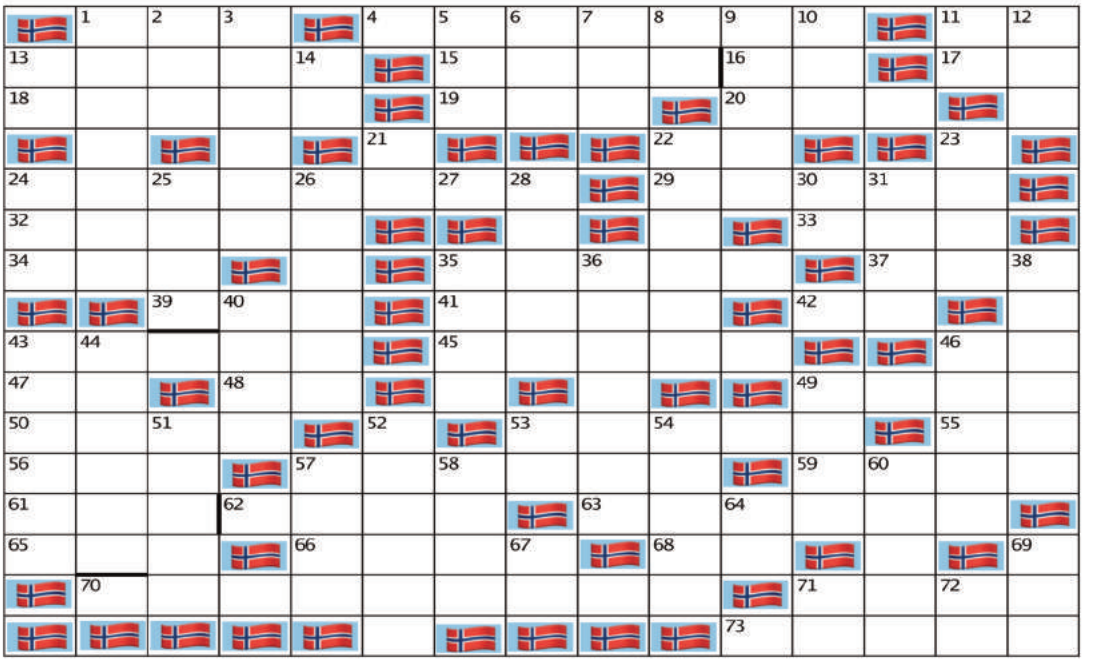
Prince George, B.C.

Since I have no lodge activities to report from since last Leiflette, I decided to make a crossword this time;

Many of the words have to do with Sons of Norway, District 7, or with Norwegian words. The ones that require an English spelled solution, I have marked with an E after the clue word, and the ones that need a Norwegian word, are marked with a N. My daughter, Christine Sullivan, got the idea to replace the normally black squares between the words, with a tiny, Norwegian flag, which is nicer. Those of you who may not be too familiar with Norwegian, can use this opportunity to phone someone who may be, and have a nice chat with him or her. (That is how we are supposed to visit these days with the Corona Virus plague around).

On behalf of Rondane members, I send our best wishes to all Sons of Norway "sisters and brothers" and wish you a nice Christmas season. Be happy and stay healthy, until we can get together again.

Hilsen from Rondane
Elsa Aase, President & Publicity Director



ACROSS

1. Popular Food Fish (E)
2. SN Lodge or Mountain Chain (N)
11. Look (N)
13. Festive Outfit (N)
15. Not Sweet (E)
16. About (N)
17. Albert (Abbreviated)
18. Alone (N)
19. Pair (E)
20. Floor Cover (E)
22. Two Letters Alike
24. Norwegian Delicacy (N) (Smelly)
29. Norwegian Pastry (N)
32. Fairy Tale Creature (N)
33. Sweet Potato (E)
34. Looks (N)
35. SN Executive (E)
37. Highway Measure (N)
39. Your Past Spouse (N)
41. Our Editor
42. Invite (N)
43. Winter Sled (N)
45. Auto Type (E)
46. En (E)
47. Per Ellingsen (Initials)
48. Two Alike
49. Popular Food Fish (N)
50. Asian Country (N)
53. Hot Crime (E)
55. Laughed (N)
56. 3 Letters Alike
57. Popular Late King (N)
59. Unlocked (E)
61. Sad (N)
62. Religious Symbol (N)
63. Scandinavian Country (E)
65. Than (N)
66. Not Real (E)
68. Peace and Quiet (N)
70. Club Newsletter
71. Place to Sit (N)
73. Exhausted (E)

DOWN

1. Arts & Crafts (E)
2. Not Many (E)
3. Man's Name
5. Milk Product (N)
6. At Present (E)
7. Two (E)
8. Land Measure (N)
9. Scandinavian Country (N)
10. Bird from Australia (E)
11. Said (N)
12. Forest Creature (N)
13. Prayed (N)
14. They (N)
21. We (N)
22. Our President
23. Highway Truck
24. Long Term Support (Abbrev,)
25. Foundation Head
26. Beer Holder (N)
28. Norwegian Currency (N)
30. Bad Kid! (N)
31. Norwegian Native (N)
35. Other Name for Forest (E)
36. Fireplace Log Holder (E)
38. Large English City
40. Creature (N)
43. Play (N)
44. The Gem (N)
46. Lane (E)
49. Winter Forecast (E)
51. Skirt Style (E)
52. Present Norwegian King
53. Alaska (Initials)
54. Midnight Sound (E)
57. Royal Assistants (N)
58. Fire Remnants (N)
60. Writing Material (E)
64. Row (A Boat) (N)
67. Extra Terrestial (Abbreviated)
69. Color (E)
71. Say (N)
72. Hot Beverage (N)



Nordic Lodge 76

Castlegar, B.C.

Taking precautions means not physically getting together, however, behind the scenes, there have been some Sons of Norway Nordic Lodge 76 activity. With recent warm autumn weather, President Ida Price and Secretary Ingeborg Leavell visited the studio of Andrew Raney, the metal sculptor who designed and built the Nordic Lodge's beautiful Viking ship garden bench. The three shields will be completed soon to grace the back. It was exciting to visit the artist's studio and see his different works in progress.

Nordic Lodge 76 is kicking off its sixtieth year with plans for the unveiling of the Viking ship garden bench to coincide with the anniversary in September 2021. A visit to Historian Sandra Gundersen's home in Castlegar provided the writer with a glimpse into the milestones and community achievements the Lodge has experienced. The original Charter held 54 Members, a robust group that had the spirit to create a community home in the West Kootenay for those of Nordic descent. Monthly dinners and dances were highly sought after by everyone in the community, not just those of Norwegian heritage. A shout-out to Sandra for keeping track of photographs, people, and memorabilia for Nordic Lodge 76!

The Sons of Norway Nordic Lodge #76 Members will hold their December meeting at the home of Ben Thor-Larsen in Castlegar, British Columbia. Members are asked to come 'dressed to the nines' in their Norwegian sweaters for a group photograph. Following the meeting at 5 p.m., Members plan a 'koselig' gift exchange and are also asked to bring a small tray of appetizers and Christmas goodies along with a refreshment of their choice. May peace and harmony prevail for everyone!

Ingeborg Leavell,
Publicity



President Ida Price & Secretary, Ingeborg Leavell, visiting the Viking ship garden bench in October 2020



Nordic Publicist, Ingeborg Leavell, raking leaves in her backyard on November 8, 2020. Two days later, 4 inches of snow!



A reminder! There is no Leiflette in January. The next deadline is January 10, 2021 for the February 2021 issue.



Dawson Creek Lodge #79

Dawson Creek, B.C.

Hello, once again from our Dawson Creek Lodge. We are already into November, still under covid-19 watch, and staying close to home. Christmas will be here soon, but I'm afraid, it will be a very quiet holiday season, everything is put on hold pretty much. Our family gatherings will be smaller and the distance travelling will also be affected. We will be thankful for what will be, to enjoy it. We have snow and cold, so staying inside isn't as much of a hard ship November 11, a day to remember, is only 1 day away. We remember and are thankful for the sacrifices made on our behalf for the country we now live in. We remember those past and present, and particularly the ones who lost their lives, to preserve ours. Lest We Forget!

Since the news is so minimal, at this time, I have been digging up some history of our members ancestors and the affiliation to Norway and Canada.

Shirley Grayston a very active and long time member of our lodge, shared with us, her excitement of becoming a Great Grandma for the second time. This lead to a few questions and a little history. Shirley's parents both came to Canada in 1927 from Bagn, Valdres, Norway, landing in Quebec, and then on, by train to Edmonton, Alberta. Both of them secured jobs there and worked on their English skills. On October 11, 1928 they were married in Edmonton and pursued a honeymoon beyond measure. Daring spirits they were, they embarked on a trip, travelling to the Peace River area to file on a homestead and prove it up .Both, once again, found jobs to make it through the win-

ter. Then in the summer of 1929 they worked for a farmer, near Dawson Creek. Their first homestead application was abandoned, but a second one happened about 30 miles west of Dawson Creek (in the Groundbirch area).. This was home and they started work to make it so. Many years of clearing land,,farming, trapping, fishing, hunting and doing whatever to make money to support their family of four. Shirley was number 3. While Dad was away for weeks or months, Mother tended to everything.. So now we are down to the fifth generation, and a proud legacy. I am including some photos of the generations. Shirley's parents wedding picture, Shirley, Shirley's son Rick and his wife Sharon,



Shirley's parents, Olava & Kristian Odden, wedding picture taken in Edmonton, Alberta, October 11, 1928



Shirley Odden Grayston



Shirley's son, Rick Grayston & wife Sharon



Shirley Grayston & Granddaughter, Megan Patenaude

Granddaughter Megan, (Rick's daughter), with Grandma Shirley and finally the two little sweet greats, Braelynn Patenaude and Noah Patenaude. (on page 1).

I'm sure everyone has a story to tell of their roots, and how they became the person that they are. A life well lived.builds character.

Until next time!
Loretta Pratt--Pubicity



Viking Lodge 81

Surrey, B.C.

Ho, Ho, Holy Mackerel Andy, is Christmas here already? Well it actually seemed like a long slow time due to the Corona-19 Virus.

Even though we cannot have our usual get together, we can still linger in thoughts of Christmas' past, and of better times ahead, next year. So, Merry Xmas to one and all. I wish you all a nice holiday season throughout the month, and the year ahead.

It will be hard for a lot of people to have family and friends over to celebrate throughout this festive season, because of the limited space allowed for each family to get together. One of the many things I like around Xmas time has to be all the delicious assortment of Norwegian (and Scandinavian) sweets and treats. Will there be any for sale this year?

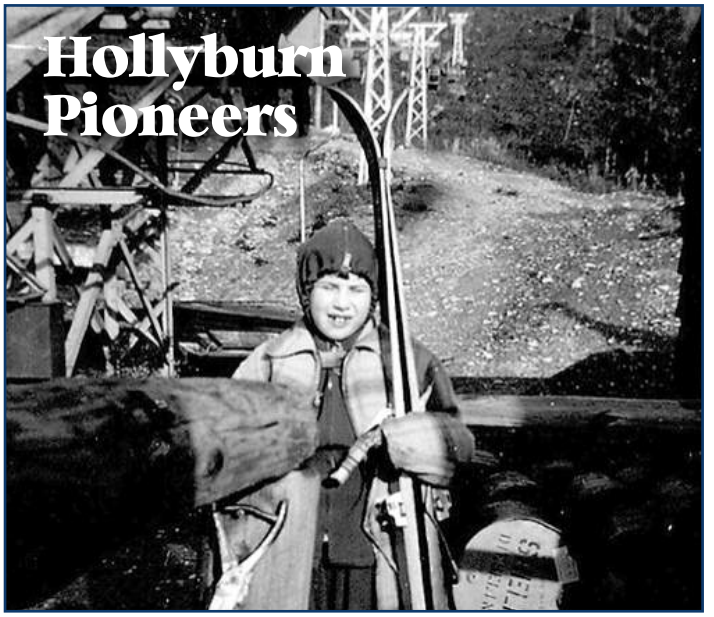
On Thursday, Nov. 5th, our VL #81 Executive Branch called out to try conducting a General Meeting via Zoom. This was a great idea except for some of the Members who could not access the program. Next time, the plan will be more objective, and the members will be more educated about entering 'Zoom-Land'. This is a program all Lodges might try!

We have donated $125.00 to Sofn Foundation in Canada in honour of SofN 125th Anniversarry. We challenge all other District 7 Lodges to do the same.

Changing the subject, Else Bardsnes, one of our long-time members fell and broke her hip. The hip has been fixed but she is stilll in the hospital, with no visitors. We send her our condolences and a good recovery.

I am sorry to inform you that this is my last article to the Leiflette. I have to go in for extended treatment. But - the one who is taking my place is a well-known writer and a marvel to behold. this is Thelma Lysne. I know she will do a wonderful job.

Sincerely & Thanks for the memories. Ken Berge.



Sharon Coles, of Viking Lodge, 8 years old, waiting for the chairlift to cabin on Hollyburn Ridge



President, Lloyd Coltman of Hardanger Lodge 109, Kelowna, BC laying wreath on behalf of the lodge, November 11th, 2020 at the Rutland Cenotaph.

My mom and dad, Chris & Myrna Engh, built our cabin on Hollyburn in 1936. We spent most of our weekends at the cabin in my younger years until about 1963.

My dad is a Hollyburn pioneer. He first went up Hollyburn in 1926. He was one of the early Ski Jumpers, along with **Tom Mobraaten**, **Henry Sotvedt** and **Nordahl Kalldahl**, all from **Kongsberg**, Norway and dad from **Grorud/Oslo**, Norway.

All were championship Ski Jumpers in the Pacific Northwest. Tom was a member of Canada's Olympic Ski Jumping Team in 1936 and 1948.

My mom, a teacher, is also a Hollyburn pioneer. She skiid on Hollyburn in 1928. One winter she took her Grade 5 students up the mountains to learn to ski. As the saying goes, the rest is history! P.S. If you ever visit **Kongsberg**, visit the fantastic **Ski Museum.** Many of **Tom Mobtaaten's** trophies are displayed there.

Sharon Coles

Hardanger Lodge 109 Kelowna, B.C.

Christmas in Ryley

W11 was in its second or third year and we were now living in Camrose, Alberta, after emigrating from Unity, Saskatchewan. Christmas was drawing near and my sister Joyce and I were excited with great anticipation for in one more day we would be journeying to Ryley, Alberta. It was always great to visit with our cousins.

Our Lillo cousins owned a very nice house in Ryley which was large enough to host Christmas dinner for all the relatives that would be able to attend. Grandma and Grandpa Sundlie also lived in Ryley along with Aunt Borghild and her young son, Gordon.

Eventually the day of Christmas Eve arrived for us to journey to Ryley. Dad put blankets, hot water bottles, snow shovels and a set of tire chains into the '36 Chevy car and we headed north. We arrived in Ryley after about 1½ hours of travel. We jumped out of the car, got hugs from the aunts and were off into the snow banks to play with our cousins.

When we finally entered the house we were greeted with the aroma of cigar smoke, dense blue eye-stinging cigar smoke. All the men would be smoking cigars. This must have been a ploy to cover up the penetrating smell of lutefisk. This was the only time of the year my dad smoked cigars. The rest of the time he smoked roll-your-owns.

The main dinner was on Christmas Eve. My Grandma, aunts and mother would have been in the kitchen for hours preparing the meal. Some of the delights were made at home ahead of time and brought to Ryley. The table would be set with all the Norsk dishes imaginable, including a wooden keg of pickled herring my grandfather had ordered from Norway. The dried lutefisk came from Norway in wooden boxes with straw around it. One thing that did not come into the house was Gammelost. It was divided up in the woodshed because my aunt Martha could not stand the smell of it.

About 8 pm Julenisse would come in the back door with presents for all the kids. He had a squeaky voice, (I imagine it was disguised). As you can imagine there was a shortage of sleeping spaces so I slept with my cousin, Milt, and my sister, Joyce, slept with cousin, Fern.



On Christmas Day all the kids stayed indoors to play with their newly acquired toys. Later in the day, after having left overs for lunch and tidying up, big things happened. Musical instruments were 'exhumed' from their black leather 'coffins'- instruments such as banjos, accordions, ukuleles, guitars, violins, a sax and a jews harp. After Christmas carols were sung, my grandparents would start the Dikken song, then all the aunts and uncles would join in, singing in harmony in Norwegian. Music would be played into the wee hours of the morning. We children would go to sleep listening to music of the 1940's

Most all of my Christmas' have been enjoyable but the Ryley ones were the most memorable.

by
Wilf Akerlund,
Hardanger Lodge 109

The next deadline for Leiflette is JANUARY 10th for FEBRUARY 2021 issue.