SONS of NORWAY DISTRICT 7 in BEAUTIFUL BRITISH COLUMBIA

leiflette

February 2023

Next deadline Feb.10. 2024





Maren & **Dahlia Breivik** of **North Star Lodge** greeting & registering people for the **Door Prizes** at **Christmas Party**



Jaxon & Dad **Billy Zaharoff** of **Varden Lodge** enjoy making crafts at the **Christmas party.**



Right; **Mackenzie Gilliatt** of **Dawson Creek Lodge** was **Santa Lucia** for our **pageant**





Varden Treasurer, **Bruce Strang** & **V.P. Edgar Chapman** enjoying a delicious lunch at the **Varden (NHS and SBC) Christmas party.**



Kris Frostad, with wife **Darlene** (center) & L-R), **Tom** & family members, **Kirsten**, **Vonda**, **Karin** & **Garett**, joined friends to celebrate his **90th Birthday** at the **Scandinavian Center.**

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

Lori Barsi
Zone 4 Director
Nordic 76, Hardanger 109, Heimdal 141

Editor's Message

Happy New Year!

Our winter here in the lower mainland lasted for about 3 days. Snow fell for 24 hours straight and almost shut down the whole Fraser Valley. Within 2 to 3 days the snow was gone and now it's quite warm. Skiers didn't have a good season on local mountains this year so I guess global warming is becoming very real. This Leiflette was very crowded so had to leave out some photos but I did include as many as possible!.

I attended Varden's Meatball Dinner last Friday and as usual, the meatballs were delicious as always!

Let's hope that 2024 will be a good year for all!

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"

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President's Message

GODT NYTT ÅR!

A new year to begin meeting and planning with Sons of Norway! Thank you for being part of our great group – sharing our culture and heritage.

I was delighted to have one new, young guest Christmas Eve who enjoyed rømmegrøt and lutefisk!! Offering the foods of our ancestors sometimes seems onerous but in doing so, we offer our younger folks an opportunity to understand a little more of our Nordic history. As well, foods might bring forward memories of our own history as I was reminded of harsh winters on a Peace country farm when roads were filled with snow drifts, fresh products from the store were dwindling, but there were always potatoes in the root cellar, a sack of flour in the pantry and a piece of cured/dried meat that became a great platter of potet klub (large potato dumplings).

I trust you have installed your new Lodge Boards. Welcome! Please make sure that you have submitted your Board names to District Secretary Donna to update our Directory and that you have gone online to Sons of Norway website to update the list there.

Membership is always a topic of most Lodge boards and your Lodge received information on the District 7 Membership Drive Contest. Make sure your Membership Secretary has your new recruits on their lists for submission to our District VP Jim Tore as we will have a draw for the recruiter's prize at our convention in May.

At the beginning of a new year, there are some items that require attention of your Lodge, such as the D17 financial report and the Lodge of the Year submissions to Home Office of Sons of Norway. You can check out the District 7 Annual Calendar for some of the upcoming items that need to be considered. All Lodge members should be thinking about events or discussions that will be of interest for your fellow members and offer to help bring this forward during the next year. 'It takes a village to raise a child' can be paraphrased in Sons of Norway to "It takes all members to raise the Lodge to great heights'. Don't rely only on the officers – you too can help.

Convention 2024 --- in the planning stages to be held in Coquitlam beginning May 30th! More information will be sent out by our District Secretary Donna over the next few months providing updates and deadlines. This is a gentle reminder to begin thinking about delegates and alternates from your lodge to attend the convention as they must be elected by the end of February/first of March depending on your meeting schedule. Also ask your fellow members to consider running for a District Officer position and submit their names for the upcoming elections at the Convention. On sofn7.com, you will find a section on 'Resources' which include items like job descriptions.

Ha det bra, Gloria

Lodge Updates

Sleipner Lodge 8

Vancouver, B.C.

Hi everyone. I am making this report during a rare cold snap in the Vancouver Lower Mainland. Last Friday I went out for a walk and made it halfway across the street before I slowly landed on my butt. I've included a photo of Cascade Falls with ice. It was a balmy Autumn but many of us wanted a Winter. Well we got it in spades!

It looks like the park at Hatzic has survived the Winter so far. But winter isn't actually over in the Fraser Valley until the middle of March. I was at the park a couple of times during the holidays. Very quiet. Normally there would be a report of a Cougar sighting, a deer, bear. racoon, lynx, Badger, Wolverine. They are so common that they don't get mentioned much anymore. With the cold spell the tennis court could have been flooded and turned into a skating rink, except for one problem. The tennis court isn't level. I talked to a guy and he said that the big rollers that pavement companies use are heavy enough to level the surface.

Upcoming are Feb. 16, Zoom Board Meeting .

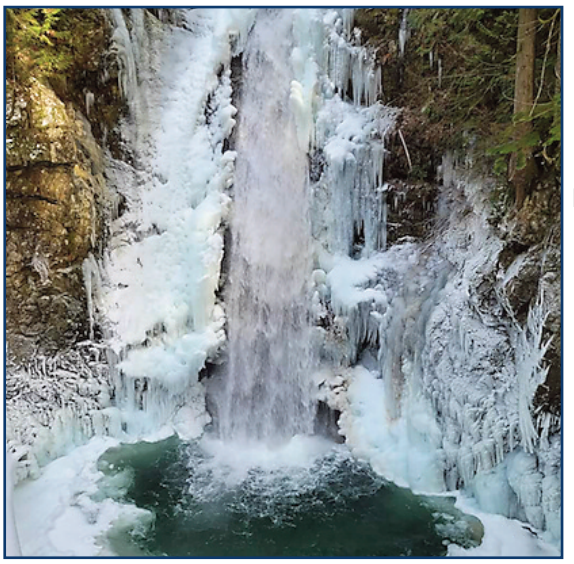
Mar. 21 AGM Zoom

Mar. 17 Border Festival meeting in Bellingham. The meeting is top heavy on American attendees.

Sat. June 29 is the planned date for the Border Festival as it stands. I hope the Border Festival can get back to its regular date at some point.

Happy Holidays,
Larry.





Sleipner Lodge Christmas Party was a big success.

Left is a photo of Cascades Falls near the Heritage Camp during the big freeze we had.

Photo taken by William Olah.

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 website: www.sonfic.ca for more information including donation and application forms for bursaries and grants.

Pease make cheques payable out to:
SONS OF NORWAY FOUNDATION IN CANADA
and mail to C/O 32412 Ptarmigan Drive
Mission, B.C. V2V 5R5

Varden Lodge 19

New Westminster, B.C.

Hello! I hope you had a wonderful Holiday Season. We, at Varden celebrated with a Christmas party on December 10th. However, this year there was a change as we





Above: Edina Beeby & Penelope Schilbach both of Varden Lodge, making lefse.
Left: Terry & Bev Mosdell of Varden Lodge attended the Christmas party with their daughter, Krista Marander, & grandchildren, Hudson & Charlotte.
(below)





Edina Beeby & Rebekkah Stainton of Varden Lodge with a friend , Kayla, making lefse.

joined with the Norwegian House Society and Scandinavian Business Club to put on the festivities. It was lovely to see so many people, especially the children. There were a few new faces such as Leslie-Anne Frostad-Ericksson's grandchildren; Corbin, Amelia and Elliott. Also attending a Christmas party for the first time was Ellie Zaharoff who is still a baby. There were also Connor and Penelope Schilbach, Hudson and Charlotte Marander, and Ellie's older brother Jaxon Zaharoff.



Connor Shilbach receives his gift from Santa. (Ron Stubbings), both of Varden Lodge

I think I have listed all the younger Varden members but if I have forgotten someone I am sorry. It looked to me that the children (and the adults too), were enjoying themselves, whether at the craft table, singing Carols or seeing Santa. I know I had fun.

Varden hosted their annual Meatball Dinner on January 26th. The funds from this dinner will go to the Sons of Norway Foundation in Canada. Not only will delicious Meatballs be served, but also Sur - Kål, potatoes, Salad bar and dessert. I will report about it in the next Leiflette.

The only thing left to report is that Varden's February meeting will be on the 13th

Krista Solie, Publicity.

North Star Lodge 63

Nanaimo, B.C.

Our December monthly meeting was greatly enjoyed by the membership. Maren Breivik was the event leader and she planned some fun games, one being "recognizing a Norwegian word"! Christmas themed prizes were handed out to the winners. I think everyone won a prize! Thanks, Maren and Dahlia too.

Earlier, Linda led a "pinecone nisse" craft. We used long pinecones, painted on a beard, glued on a wooden bead nose and pulled on a red knit hat! So cute for the Christmas tree! Thanks, Liv, for knitting all the hats!

On Dec. 17 at 1:00 p.m., we gathered in our meeting room for an afternoon "Ekte Norsk Coffee Fest", our annual Christmas party. This was new to us as we met in the afternoon. It was great for those who don't like driving in the dark! There was close to 40 people who came out to enjoy a little bit of Norway. The room was decked out in Norwegian decorations and a Norwegian buffet table of sweet and savory items. Door prizes were handed out by Maren and Dahlia. Every so often they



Maren, Luci, Dahlia in North Stars St. Lucia parade

Sofn7 Membership Contest

The contest will end and close at midnight on April 30, 2024. The draw will be made at the District 7 Convention 2024 for a $200.00 prize.

Each new ADULT member that joins Sons of Norway provides one "ticket" in the draw for the person doing the recruitment. Please note that a newly recruited member gets the same rights as any member, so they can also join the contest by recruiting a new member as well.

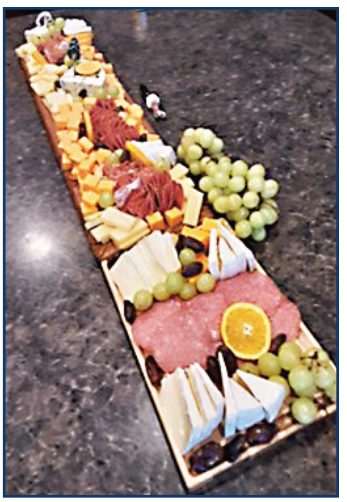
Each Lodge Membership Secretary must keep documentation of names of each member who signed up a new member, with multiple listing of that person if they sign up multiple people, and then submit a final listing to District Vice- President **Jim Tore Breivik.**

Best regards, Jim Tore Breivik,
Publicity Director District 7.
Vice President District 7.

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Christmas table & Charcuterie Board. It all looks very yummy. Below left is a Pinecone Nisse.

would ring an old school handbell and draw a name. I think everyone went home with a Christmas gift!

The afternoon started with the parade of Santa Lucia "girls", bearing candles and special buns in baskets. The history of Santa Lucia was explained to the group.

Linda read a story about her first Christmas in Norway at the age of 9 years. Memories of Christmas in 1959 gave the guests a flavor of the life and times in Norway 65 years ago! The story was set in Seljord, Telemark. Liv Dahl also read an interesting composition of her life in Norway at Christmas time.

A silent auction table was set up for people to bid on some beautiful Norwegian articles.

The buffet table opened and everyone enjoyed food from the 4 foot long charcuterie board filled with cheeses, various cold cuts and fruit with an assortment of crackers, lefse and flatbrød on the side. The next course was the sweet cakes and cookies. Bløtkaker, eplekaker, krumkaker, kransekaker, julekaker and pepperkaker just to name a few. Coffee and tea were served along with Norwegian Brus.

After the buffet, we settled in and sang Norwegian and English Christmas carols. Our pianist was a Norwegian born woman who played every song with gusto! She was our guest for the afternoon fest! God Jul! Our party was a success!

To everyone, we at North Star Lodge, would like to wish you a very Happy New Year. Godt Nyttår !

Godt Nytt År. Linda Havey



Rondane Lodge 71

Prince George, B.C.

It's hard to realize Christmas and New Years Eve is over already. Here in Prince George we had nice, not too cold weather, with just enough snow to give us a White Christmas.

The Sons of Norway Ladies had their Christmas party, in form of a Potluck Luncheon, at the home of Joan Skuggedal on December 7, starting at 1 pm. So many times over the years, our Ladies Christmas party has been held at this home, when Unna and Erling Skuggedal were still with us.



Christine Sullivan won a very nice basket of gifts & goodies; basket donated by Doreen Dery



Joan Skuggedal opens a gift. Joan was the hostess for the Christmas party.

It's nice that the next generation, son Glen with wife, Joan, still offer their home for this occasion, to keep up the old tradition, so to speak.

The meal came first, with a lot of delicious dishes to choose from. Too many, as my plate got full before I had even helped myself to about 1/2 of the goodies! 16 ladies attended the party. As usual, we sang lots of Christmas songs, both in English and Norwegian. The tree had 6 wrapped gifts under it, purchased by the Ladies Auxiliary. Everyone received a number when they first came, and after each song, a number was drawn, and the



Christine Sullivan, Synove DeDreu,& Egil Lindquist get ready for the 50/50 draw.



From left: Kristen Brawn, Carol Schulte, Karin Smale, Edna Rouleau enjoying Rondane's Christmas Party



Marilyn Anderson gained a new pair of mitts

winner went up to the tree & selected one of the parcels. In the meantime, we also had a Silent Auction going in another room , with a lot of interesting items to bid on.

One of our members, Doreen Dery, donated a huge basket full of all kinds of items with a total value of $125.00. She felt it should be raffled off, taking in more money for the club that way. So we all bought tickets, which took in $ 114.00 and the lucky winner was Christine Sullivan! Christine was pleased when she saw all the stuff in the basket. Just to mention a few of the items: A super soft blanket, a book, Jarlsberg Cheese, as well as other edible goodies.

The Silent Auction took in $ 335.00, so its a good way to raise money, so we can continue to donate to various charities every Christmas, as well as to the SN Foundation.

In closing, I want to , on behalf of our Rondane Lodge, wish you all a happy, healthy, 2024 New Year !

Hilsen, Elsa Aase,

Nordic Lodge 76

Castlegar, B.C.

Nordic Lodge 76 honours Conrad Johan Brattebo, the Lodge's last charter member, who passed away on Christmas Eve, December 24, 2023, in his 89th year. Instrumental in helping form the Lodge in September 1961, Conrad was a former President, and Director in many capacities, and a huge supporter of the annual Trollopet, where he dressed as a Viking each year, in conjunction with the Nordic Ski Club.



Conrad Brattebo & Ingeborg Leavell once enjoyed a ski & snowshoe outing at Mud Lake, British Columbia.



Conrad Brattebo & his kransekake.



Conrad Brattebo dressed as the Trollopet Viking

Born at Koppervik, on the island of Karmøy, Norway, Conrad married his childhood sweetheart, Malfrid 'Molly', in Norway before coming to Canada in 1957, settling in Port Alberni, on Vancouver Island and then in Cranbrook, British Columbia.

In 1960, Conrad moved to Castlegar, where he raised a family of three sons, and worked as an electrician. Active in community soccer, Conrad also worked tirelessly with the Nordic Ski Club, and enjoyed many, many hours skiing the back trails. Having just returned from his 7th trip to Karmøy this past summer, he had many stories to share at our meetings, where he shared his Viking culture. He loved to share his traditional kransekaker and often taught at Norwegian cooking classes in times past. Predeceased by his wife, Molly, also a former charter member, Conrad is survived by three sons, seven grandchildren, and six great grandchildren. It is this writer's suggestion that a ski trail be named in his honour in the region as a tribute.

The upcoming Nordic Lodge 76's Annual General Meeting will be held at Glen Axselson's home near Castle-

gar, on September 17, 2024. Members are asked to bring their Norwegian sweaters for a group photo. Following the meeting, Glen will be sharing his Norwegian collection of trolls. Members are asked to bring something Norwegian to share from their collection as well as a small treat to share with coffee.

May peace and harmony prevail in this extremely cold time, a first since January 25, 1950!

Ingeborg Leavell,
Publicity

Dawson Creek 79

Dawson Creek, B.C.

A New Year has arrived and how fast the holiday season is over. We experienced beautiful weather over the holidays and very little snow, but now old man winter has arrived. Many have been sick over Christmas and New Year it seems. We do wish them all well and back to health again.

Our Lodge held a Christmas Party again in December. Sixty-three attended the party and enjoyed a delicious turkey and all the trimmings catered supper. Of course we included the lutefisk, lefse and the usual Scandinavian desserts we have become accustomed to. Santa arrived as usual and we held a silent auction over the evening. The silent auction proceeds amounted to $900, so we divided the sum into 3 and gave it to three food banks in Dawson Creek. Each food bank received $300 from our Lodge which was gratefully accepted, as the need is great. What an awesome feeling to have helped in such a way. Thank You to all who made this possible.



Dawson member, Hanna Gilliatt & her children, Mackenzie, & Oliver Gilliatt, making lefse for our party.



Santa was on the job in Dawson Creek!

Mackensie Gilliatt, who is 14 Years old, played Santa Lucia in our little pageant at the party. Good Job, Mackenzie. We also sold 50/50"s as a fun event.

We held our regular meeting a few days ago to start the New year. So far our afternoon meetings are working well. Regular business was discussed and a plan for the new Year. Our rosemaling workshop was rescheduled to March. A few ideas for our meetings and some entertainment was discussed. Coffee and snacks were enjoyed to make it more homey.

We are all looking forward to the next year and what it brings. We hope all enjoyed a good Christmas with family and friends, and best wishes for the New Year, 2024.

Until Next Time,
Loretta Pratt--Publicity







Dawson Creek President, Randy Carlstad, delivering cheques to representatives of local food banks. Salvation Army, St. Marks, & Networks Ministries

Viking Lodge 81

Surrey, B.C.

I hope that everyone had an opportunity to make some great memories over Christmas 2023 and the New Year. I asked the members what Christmas meant to them this year and this is what one of them had to say:

"I am so grateful for a wonderful Christmas. On Christmas Eve spending it with my daughter & family in North Vancouver. Had Chinese dinner brought in. Played some games and spent quality time together.

Then on Christmas Day we drove to my cousin's in Vancouver, West side, just 12 of us and all being family. They are such gracious hosts, with superb food, wine and good company in abundance.

Always a bit of sadness included as we do miss our departed loved ones. Best wishes to everyone for 2024.

(Name omitted to protect privacy)



Kris Frostad celebrated his 90th Birthday at the Scandinavian Centre



Our first meeting in 2024 was set to take place at Tynehead Hall on Thursday, February 1st, 2024 at NOON but was cancelled due to a lack of members who were not able to attend. If you know of anyone you would like to bring along to a future meeting, please let me know so we can welcome them.

Also, we must not overlook Kris Frostad's 90th birthday. Recently, a wonderful celebration of his special day was held at the Scandinavian Centre in Burnaby, arranged by his family and friends, and I was honoured to represent Viking Lodge on that day.

It was decided at our December meeting that we would not hold our fundraiser Pizza Night & Silent Auction in April at the Scandinavian Centre. We will be thinking of other ways we can support our charities and Adopt-a-School in 2024.

Dolores Fossom, Publicity

Hardanger Lodge 109 Kelowna, B.C.

In October the Viking shield project began with a workshop held outside at the home of Gary Goplen. Eleven members arrived with pallets which were taken apart and glued together to form a square shape. At the second session in November the forms were cut into a circular shape about 28" in diameter. They were then power sanded front and back and a 6" hole cut into the centre which will be covered with a metal dome-shaped piece. To complete the shields more work will be required, such as painting the shields. A Viking style graphic will be painted on the face of each shield.

At our November meeting President Gloria presented the updated lodge by-laws which were approved by those present. A signed copy was sent to Home Office. After the meeting a quiz about Remembrance Day was held. During coffee, Wilf Akerlund was presented with a Black Forest cake in honour of his 90th birthday the previous week. This was enjoyed by everyone present.

Habitat for Humanity of Kelowna sponsored Jingle Bell Build as a fund-raiser in December. Members of the public could pick up a gingerbread house kit and then decorate it. Photos of completed houses were posted on the Habitat for Humanity website and members of the public were invited to vote for their favourite house. Four members of our lodge constructed two gingerbread houses with a Norwegian theme.

Our lodge Christmas dinner was held at Dakoda's Lounge. Over twenty members and guests enjoyed a buffet dinner followed by an exchange of gifts.

When Wilf and Bev Akerlund heard that Santa was going to visit Hawthorn Park Retirement Community they arranged for him to visit lodge member and resident, Grace Gustafsson. She was pleased to show Santa her new suite. Santa is really our lodge member, Lloyd Coltman who has played Santa in Kelowna for the past twenty years. It was in January of 2000 that Wilf



Akerlund began as editor of our lodge newsletter, Hardanger Hyheter. Twenty-three years ago the information he downloaded onto his computer from Sons of Norway Newsletter Service was in black and white and the illustrations were either hand-drawn or computer renderings. Once Wilf had prepared a copy of the newsletter it was then taken to a commercial printer to have copies made. Copies were either distributed at the next meeting or were mailed out to members. It was an expensive and time-consuming procedure. Today the newsletter is done in colour and emailed to members. Now only four members get their newsletters by Canada Post.

Bev Akerlund



Visiting Grace Gustafasson, (sitting), at her Independent living home are; (Standing) Wilf Akerlund, Agnes Coltman, Lloyd Coltman & Bev Akerlund