SONS of NORWAY DISTRICT 7 in BEAUTIFUL BRITISH COLUMBIA

leiflette

March 2024

Next deadline March.10. 2024



North Star Lodge members enjoy their Valentine's Day get together.

Spring starts soon so hopefully we will all enjoy a bright, sunny Easter!



Norwegian Meatball Dinner servers from **Varden Lodge** L-R: **Connor & Karen Schilbach**, **Enid Britt**, **Edina Beeby** & **Leslie-Anne Frostad-Eriksson.**



Helen Mosdell, **Susan Strang** & **Vivian Bates** at **Varden Lodge's Norwegian Meatball Dinner. Vivian Bates** will turn **100 years** on **March 3rd.**



Easter is the last hooray of skiing season in Norway! Apparently so is reading mysteries!



Rondane Lodge Library Meeting at home of **Karin Smale**. L-R: **Synove DeDreu, Joan Lemky** & **Kirsten Brawn**

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SONS of NORWAY

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Anita Eriksen
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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

Many Norwegians read mystery stories during Easter which began about 100 years ago. I wasn't aware of this as I had just learned to read a little before coming to Canada. Viking Magazine wrote about it in Apr/March 2023 edition. The only book I remember reading in Norway was Pippi Langstrømpe. Påske is a major holiday in Norway and many folks head to the mountains to enjoy the season's last opportunity to get some serious skiing in. Some take a mystery book with them to read in the evening after a day on the slopes. We have to hope they have better snow conditions then we've had here in parts of B.C., otherwise they will be doing more reading than skiing.

Happy Easter to 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

GOD PÅSKE!!

As I write this at the beginning of February, wishes for a belated Happy Norwegian Mother's Day on February 11th and a Happy Valentine's Day February 14th, as well Easter is quickly approaching. It is hard to believe we are already a couple months into the New Year!

I trust the Lodge Officers received the SoN Home Office reminder for submitting the D17 -Financial Report, Lodge Achievement Form, Family Lodge of the Year, Volunteer Hours for American Fraternal Alliance due by March 15th. For Lodge property owners there are also the D-64 Property Officer Update and the D-18 Property Reports. These are all very important to maintain our Fraternal status.

Now that Convention Delegates/Alternates plus Resolution proposals have been submitted to District Secretary Donna Hedley, I expect registration and information from our Host Committee of Sleipner Lodge and Varden Lodge will be out to the Lodges soon. For all those members working on items for the Convention Folk Competition, you still have time to finish that project! I look forward to seeing another wonderful selection of your crafts on display. If you are not participating in the competition, maybe look at the crafts offered each year at Heritage Camp in August at Hatzic and plan on learning something new. You will have two years to get your competition items ready for 2026. Maybe this craft knowledge is also something you could take back to your home lodge and teach other members. It is fun to produce cultural items while sharing with our members as well as our children.

There is still time to plan a lodge activity for Easter – maybe family activities such as egg dying, making chocolate easter eggs, baking some hot cross buns or making decorated birch branches and pussy willow vases. The list is endless. By gathering our young people in to participate, you are also helping their mental health. District 7 Facebook page recently carried a report, from research done in Norway, that indicated a decline in the mental health of our youth. We should be looking at ways to engage them in Sons of Norway activities, getting them away from phones and screens, and interacting with people. They have a lot to contribute so just 'ASK THEM'. Also, remember there is a District Membership Drive on until Convention time so maybe advertise these activities to the public and have some membership forms available. You could end up with a cash prize!

Thank you for your continued support of our Sons of Norway lodges. Get involved; provide ideas for activities; help your leaders make it a fun and interesting experience. We all have lots to offer, we just need to share those ideas with everyone.

Fraternally, Gloria

Lodge Updates

Sleipner Lodge 8

Vancouver, B.C.





Left. Monica Morris-Read, John Fenwick & myself, Larry Brawn at Hatzic.
Right, The second is of John Gemwick & Colin Thomson at Hatzic, all of Sleipner Lodge.

Hi everyone.
There was a lodge meeting on Jan. 18 via zoom. There are currently 492 members in the lodge, not bad.

There was a short discussion about when children of members should be on their own membership rather than on their parents.

One of our former lodge members and school friend of mine, Anders Ourum, a lawyer dealing in non-profit organizations was granted a King's Council. Congratulations.

At the end of the meeting attendees were divided into groups to discuss how better the lodge can help the members. One idea was to have a winter workshop for those people at Heritage Camp who took a class and wanted to learn more about a certain topic or try a new topic. New ideas included food of course. How to make Pickled herring, Lefse, Waffles, Open faced sandwiches. Crafts as well. Woodcarving upgrade class, Knitting. Norwegian clothmaking. And history of Norwegian migration as well as the History of Norwegian food and crafts.

The Border Festival was not well attended last year by our lodge. I think we can do better this year. Having a lodge King or Queen would be really nice. Border Festival this year will be in the morning and afternoon of Saturday June 29. The organizational meeting will be at the Heathfire Grill in Bellingham on March 17.

Heritage Camp will be held between August 7-11 at the Sons of Norway Country Club at Hatzic just outside of Mission B.C.

Oh. Our park has new caretakers starting March 01.

All for now,
Larry.

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 Everyone! It is difficult to believe it is still winter with this spring-like weather we are getting now.

I am going to tell you all about Varden Lodge's Dinner on January 26th. We were fortunate to have so many volunteers. Edgar Chapman, Leslie-Anne Frostad-Eriksson and myself were the kitchen crew. Rebekkah Stainton prepared the settings for the tables and took tickets at the front door, while our servers were Connor and Karen Schilbach,



Bruce Strang & Leslie-AnneFrostad-Eriksson count the proceeds at Varden's Norwegian Meatball dinner.



Volunteers for the Norwegian Meatballs dinner take a bow: Rebekkah Stainton, Edgar Chapman, Leslie-Anne Frostad-Eriksson, Susan Strang, Krista Solie & Bruce Strang.



Connor Schilbach serves the buns at the Norwegian Meatball Dinner. Other servers: Enid Britt, Edina Beeby & Leslie-Anne Frostad-Eriksson.

Edina Beeby, Enid Britt and Leslie-Anne Frostad-Eriksson. Bruce Strang was our MC and in charge of the 50/50 Draw, the lucky winner was Helen Mosdell. However, we could not have the success we had without Susan Strang who organized the whole event. Even with the bad weather and crazy traffic on that night, people came out and had a wonderful time. How could they not, the Norwegian Meatballs were fabulous.

Our lodge has a special event in March that we look forward to celebrating. Vivian Bates turns one hundred on March 3rd and we are holding a birthday party for her at the Scandinavian Community Centre. I am sure most of you know Vivian. She has been a Sons of Norway member for more than eighty years and was our lodge President once. She attended so many District Conventions that we have lost count. So, if you can, come out and honour a very special lady.

Lastly, our next lodge meeting is on March 12th and I hope you have a wonderful Easter!

Krista Solie, Editor.

North Star Lodge 63

Nanaimo, B.C.

North Star Lodge started 2024 with an installation ceremony at our January meeting. The installation of our new officers was performed by Donna Hedley from Port Alberni. Even though we had a major snow event, the meeting was well attended. The installation followed our regular business meeting. Thank you to all the members who volunteered to hold office for the next year. Jim Tore Breivik is our new president. Ida Pedersen is the outgoing president, and we would like to thank her for so many dedicated years of service to the Sons of Norway and North Star Lodge. Mange takk. Thank you, too, to Donna Hedley for coming to Nanaimo for this occasion.

February's meeting brought with it a Valentine's theme. We veered from our usual red, white and blue to pinks and reds. Our tables were decorated with all sorts of valentine hearts and glittery decorations. After a few fun and laughable quizzes, we enjoyed an ekte Norsk nattmat and of course chocolates!

Next month we will be celebrating with the Irish! Remember, the Vikings invaded Ireland resulting in many repercussions! We will catch up with the Irish in Oslo through a video presentation. Green coffee, anyone???

I highly recommend the books written by Lars Mytting, a Norwegian author. If you are interested in historical fiction, please read his books. The Bell in the Lake and the Reindeer Hunters are two books in a trilogy about life and times in 1850 Norway. The story begins in Gudbrandsdalen and in time

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.**

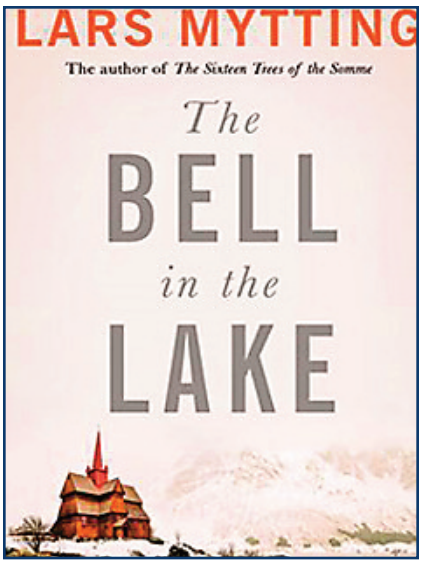
Best regards, Jim Tore Breivik,
Publicity Director District 7.
Vice President District 7.

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North Star Lodger installation ceremony. From left: Einar Thomassen, Sonja Cole, Linda Harvey, Elisabeth Vikran, Rosie Barlak, Jim Tore Breivik, Donna Hedley, Liv Dahl



spreads to Dresden, Germany and into the UK. Most of the story line takes place in a remote valley village in Gudbrandsdalen. Learn how your forefathers lived! I've read them twice now and am waiting for the third in the series to be translated into English. I purchase my books through Amazon.ca. You can see an interview with Lars Mytting on You Tube, The Reindeer Hunters — Book Talk with Lars Mytting & Maren Johnson. The Bell in the Lake also has a video on You Tube.

Enjoy pre-spring! Linda Harvey, Social Director

Rondane Lodge 71 Prince George, B.C.

This year, the January General Meeting was cancelled, due to awful weather. I don't remember if we ever had to do that before. The Women`s Auxiliary on Thursday, February 1 was a nice day and 17 members attended. It was held at the home of Karin Smale. We did not have much on the agenda, as it's too early to plan for our summer activities. Doreen Dery told us that the local Phoenix Transition Centre, is where women who have abusive relationships, flee to with their children, sometimes in the middle of the night or at a moment`s notice. They have no time to bring anything along. (uff da). Therefore, the Centre would appreciate donations of things like toothpaste and tootbrushes, shampoo, etc. Going to the dentist, we usually get a new tooth brush every time, or if staying in motels on a trip, there is often small, new tubes of toothpaste as well as shampoo and other items that you don't really need, that could be donated to this cause. It was nice to see so many members come, and there was no lack of conversation among those present. And as usual the table was laden with lots of goodies to have with our coffee or tea. The door prize was won by Joan Lemky: A Norwegian themed mug, and a Norwegian style cheese slicer.

The following Thursday, Feb.8, we had Library afternoon, again at Karin Smale`s home. Seven members were present and we had a really good time. Karin has all the old Sons of Nor-

Right, Marlace Susut of Rondane Lodge, shows rosemaling that she won as a door prize from Convention 23





Right: Joan Lemky wins a door prize- a nice Norwegian cup and cheese slicer atLadies Aux Meeting



L-R: Rondane members, President, Edna Rouleau, Wencke Angelski, Secretary & Elsa Aase, Publicity, at Ladies



L-R: Synove DeDreu, Kirsten Brawn, Joan Lemky, Ladies Aux. Meeting



Rondane Lodge Christine Sullivan shows needle work info to her mother, Elsa Aase.



L-R: Gerry Pettersen & Joan Skuggedal Ladies Aux Mtg

Nordic Lodge 76

Castlegar, B.C.

Nordic Lodge 76 members recently met at the home of Glen and Eileen Axselson, at Castlegar, for the first gathering of the Lodge in 2024. Six members and a guest (Trish Rasku) sat down to a feast of pizza, surounded by beautiful Norwegian heirlooms, including a grouping of Norwegian trolls that Glen had inherited, not only from his father, Arne, but also from another family member. Beautifully handcrafted, Glen's prize troll is the one that sat on his father's night stand for many years. Further reading on the subject of Norwegian trolls gave this writer a good view of how Norwegian trolls came to be, first appearing at the beginning of Christianity in Norway.

Written about in the Prose Edda in the 13th century, they were depicted as giants and monsters who only came out at night and would turn into stone if they saw daylight. Known as jötunn, Norway has a variety of forest and mountain trolls, and it was thought that if you called a troll by its name, you would die. This writer's own grandmother, Ingeborg, born in 1897 in northern Norway, was so superstitious about trolls that she never went out at night for fear of being turned into a stone, even after emigrating to Canada in 1926. And most folks would recall the wonderful Norwegian folklore tale of the Three Billy Goats Gruff (De tre bukkene Bruse), first published in 1841. Nordic Lodge 76 way albums, plus other books to look at. We have made albums for every year. Rita Austad did them for many years, and after that, I did them for some years, and the last many years, Carol Schulte has been doing them. It's a lot of work, but sure fun to look back at.

The next General meeting will be on February 15, at Carmel restaurant, starting at 1 pm, after the restaurant lunch at noon.

Elsa Aase, Publicity





Nordic Lodge Sweater Night with the Norwegian Trolls. L-R0: Reino & Trish Rasku, Ida Price, Eileen Axselson, Sandra Gunderson, Ingeborg Leavell, & Glen Axselson.





Service Award for Nordic Lodge Historian, Sandra Gunderson, (above) & Treasurer Eileen Axselson, below, Presented by President, Ida Price.



Members donned their Norwegian sweaters for a group photo with the trolls, who seemed to come alive during the sitting. Afterwards, President Ida Price presented a service pin to Sandra Gundersen, Historian for the Lodge, and our longest serving member. Her tireless work into keeping the history of the Lodge intact in such a beautiful way is testament to her efforts. A huge shout-out Sandra!

Newly appointed Treasurer, Eileen Axselson, was presented with an honorary pin for taking on the role during such times. Her presence has rounded out our small Lodge and this writer can speak on behalf of the other Members that we are most grateful to have her take on such an important role, following the retirement of long-standing past-Treasurer, Reino Rasku. His years of service and consistent focus on the Lodges' money matters have been greatly appreciated. Hats off to both for their willingness to serve in the past and for the future of our Lodge.

Following a short meeting, Members began plans for our next meeting in late February, to be held at The Colander, in Trail, British Columbia, for a feast of traditional Italian food. Members are encouraged to bring a friend who may be interested in learning more about their Norwegian culture.

May peace and harmony prevail throughout all of our Lodges across North America and in Norway.

Ingeborg Leavell, Publicity

Dawson Creek 79 Dawson Creek, B.C.

Time once again to say Hello and bring news of our Lodge. It seems that the months are coming around faster and faster, how can this be?

We have been experiencing the nicest winter here, hardly any snow and milder temperatures, out of the norm for us, for sure This is nice to take, but we are worried about the spring and summer, the farmers are concerned about the Spring planting, as are the ranchers and their herds.

The wildfires will be back I'm sure. Our best hope is for lots of Spring rains..

Our lodge is holding the monthly meeting this week. Afternoon meetings seem to be working out quite well. At our last meeting it was discussed about a raffle again this Spring. This meeting will set the project in motion. Selling tickets on money prizes to be drawn at our picnic in June. the same as we have done in the past. Ap-



Joyce Loiselle of Dawson Creek Lodge celebrated her 90th Birthday



Dawson Creek Treasurer, Donna Porada, at our 60th Anniversary Party in September promoting our cookbooks we have for sale.



We decided to turn the Seniors tree into a Norwegian tree for the night

proval is accepted, so we are moving along.

Today one of our members reached a birthday milestone. Joyce Loiselle celebrated her 90th birthday. Her family had a small function for her and it was very nice. Birthday Wishes to Joyce from our Lodge.

A bit of humour to close. Sven recently volunteered to entertain at the local care center. He told jokes and sang songs from his native Norway for a group of residents. As he was leaving, he said "I hope ya all get better." One elderly resident replied, " I hope you get better too."

Until Next Time,
Loretta Pratt--Publicity

Viking Lodge 81

Surrey, B.C.

Some of our members attended the February Meatball Dinner held at the Scandinavian Centre & enjoyed the evening.

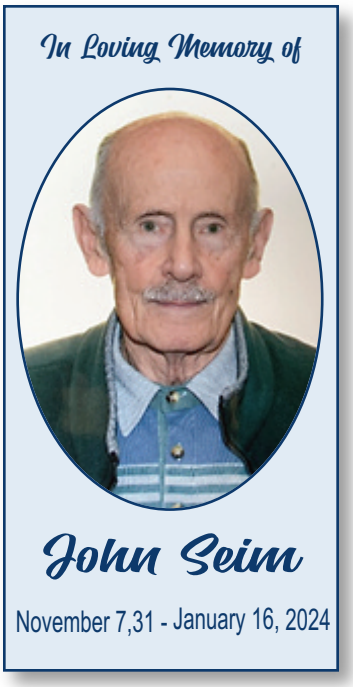
Viking Lodge has lost longtime member, John Seim. A memorial service was held at Trinity Lutheran Church in Delta on February 9. John was born in Norway in a small village with the same name as his last name. He immigrated to Canada becoming a proud Canadian.

He trained as a meat cutter and worked at the Hotel Vancouver and various meat packing plants in the lower mainland before transitioning to landscaping.

John met his wife Betty Ann Seim, nee Selby, through a Norwegian folk dancing group in Penticton. They were married in 1972 and settled in Surrey. He was a proud member of the Sons of Norway for 52 years. John entertained at the Sons of Norway lodges in British Columbia, Washington and Oregon. He is remembered for working in his elegantly maintained garden and cutting his own lawns and trimming his shrubs until the fall of 2023. A lifelong musician John taught himself to play the violin at age 80. He was always ready to bring out his guitar and sing with a big smile on his face. John passed away in January, at age 92.



Viking Lodge members at Varden's Meatball Dinner evening·



No meeting was held in January and we also cancelled our Members Meeting in February because many were not able to attend. We hope that more members come out for our Thursday, March 7th meeting and we'll have some fun, good food, and fellowship.

We want to thank Magnar Bjorsvik for contributing a whole box of stamps to the Lodge and we will endeavour to find someone interested in making a donation for the collection of stamps so that we can add that to our fund for our 2024 contributions to our various charities.

Dolores Fossum,
Publicity

Hardanger Lodge 109

Kelowna, B.C.

It was fun to have trolls visit our January lodge meeting. Several members brought an array of trolls and Wenche Gransjoen presented a troll story. Growing up in a Norwegian household, trolls and troll stories were a part of life – but a scary part. Modern movies have made trolls into much cuter characters.

A donation from our lodge will be sent to the Foundation in memory of Phylis Tostensen. Her husband, Henry, was a charter member of Hardanger Lodge. Longtime members of the lodge fondly remember enjoying the annual June barbecue at their lakeside home in Kelowna. When they relocated to a gated community they continued to host our June barbecue. We will miss them.

Following our meeting in February we will enjoy heart-shaped waffles with tasty topping with our coffee – another tradition of our heritage.

Plans are underway for our participation in a multicultural event to be held in West Kelowna at the end of June. Last year's event had twenty different ethnic groups participating and they hope for more this year. We can have a booth and can display items and information. This will be a great opportunity for folks to learn more about Sons of Norway and to share in our culture.

Bev Akerlund

