SONS of NORWAY DISTRICT 7 in BEAUTIFUL BRITISH COLUMBIA

leiflette

May 2023

Next deadline May 10, 2023

Happy Mother's Day!



May, be nice.

Don't rain on our parade!

Happy Syttende Mai everyone!



North Star members with quilts to be donated. Top:: L-R: **Sonja Cole**, **Liv Dahl**, **Frieda K.**, **Bohdana V.**, **Linda Harvey**, **Terry O**.



Left: **Kids** enjoying the **Easter Egg Hunt** at **Hatzic** on **Easter Sunday.** Although the **sun** wasn't shining it didn't deter them from having lots of fun.



Ellana Flynn, relaxing after handling registration at **Sleipner's Hatzic Leaseholder's** meeting



Hardanger Lodge 109 enjoyed a get-together to celebrate their 49th Year Anniversary

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SONS of NORWAY

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Editor's Message

The next issue of the Leiflette, June, will be the last one before summer break. If you have any plans over the summer that you want people to know about you should mention it in June issue. Dont' forget Heritage Camp August 9-13th at Hatzic.

I enjoyed the Viking Pizza & Silent Auction night. I even got one of 2 items I bid on which was nice. There was a good turnouut so I'm sure there will be more information about in in June issue.

I imagine we are all looking forward to summer with life returning (almot to normal). Hope everyone is keeping up with the vaccinations. I will be getting the 5th one soon.

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

Greetings!! My wishes for a joyful SYTTENDE MAI !!! Hooray! Hooray! Norway's National Day is celebrated each year with community bands, parades, lots of flag waving, singing, food, bunads, and most importantly, family time. It is amazing that Norway has the second oldest active constitution, signed in 1814, and children's parades dating back to 1870! Lots of ice cream for children (adults too) and pølse med lompe (hot dogs on thicker, lefse-type wraps), are always available but other foods are also very acceptable so if you are having a potluck, there really are no wrong foods, especially when "any food you are sharing with friends have no calories"! Lol

Planning games like Kubb in your local park; having a couple 'teams' at the bowling alley; or going for a group walk; all the while dressed in Sons of Norway logo-clothing (many of you have t-shirts from Heritage Camps) or putting up a small Sons of Norway banner might be a great tool to recruit new members this summer. Our local lodge commissioned member name tags with a background of the Norwegian flag, our first names and our Lodge name (a take on the name tags of Rondane Lodge – thank you) and we are asking our members to wear these anytime they are out in groups or volunteering as it will likely raise a question or two about 'what is that for?' and so a conversation begins. We know that many people have taken a keener interest in Vikings following the various Viking series on TV and Netflix. Younger people may be interested in the historical tales of exploration, settlements, and lifestyles of the Vikings. Do you have someone within your lodge who is knowledgeable to provide an interesting and informative presentation on Vikings? Often public libraries have spaces available for educational-type presentations, so check it out. These sessions might also be a good occasion to provide a little tasty treat such as krumkaker and introduce them to some of our great cookies and cakes. mmmm ... a little re-enforcement of "We Meet to Eat" slogan. Always have a membership application or phone access to register those who may be interested in Sons of Norway. Taking immediate steps when interest is indicated often has much greater success than having to get it to them at a later time.

Heritage Camp plans for August are currently well under way so please watch for more information and plan on joining in. A number of our younger SoN members are involved in the planning and I am looking forward to seeing their hard work rewarded by a great turnout of participants. This is a family event so another great opportunity to gather young and old and have a wonderful time!

As I am completing the assembly of a new bunad for second daughter, Lisa, for Syttende Mai 2023, I will get back to the sewing machine. Have a wonderful time welcoming spring flowers and showers and make sure to lend a helping hand to your lodge and your fellow members.

Fraternally, Gloria Benazic

Introducing Jim Tore Breivik, Vice-President & Publicity Director

Hello everyone,
My name is Jim Tore Breivik, and I am your Publicity Director & Vice President this term.



Jim Tore Breivik

I was born and raised in Norway in a small town called Trofors. My dad is a carpenter, so I started early working with him building houses, etc. I spent many years in the Norwegian army, and after a few tours with United Nations to South Lebanon, I moved to Svalbard and started working in an underground coalmine as well as supervising International Airport Security at the local airport. During this time, I studied for and received my Mining Engineering Diploma.

I moved to Canada, Nanaimo, BC, as an adult in 2008 with my spouse Rosie Barlak. We have two kids, Maren (8) & Dahlia Breivik (6). I became a Sons of Norway member in 2006, the first year I visited Canada. I was looking in the local Nanaimo newspaper to check if there were any May 17 celebrations in town, and I found that North Star Lodge was celebrating May 17 in a park, so I decided to attend. I signed up for a membership with North Star Lodge even if I was just visiting, as I was happy to support the lodge. Now many years later I am still a member in the same lodge and have held a few different roles.

I started working for Island Health in 2008 as a Protection Services officer at Nanaimo Regional General Hospital (NRGH), then as a supervisor at Cowichan District Hospital, now I'm back at NRGH working as a Team Leader managing Protection Services at a few different hospitals.

My family loves to be outside, gardening, camping, swimming, traveling, and we all love to attend the Sons of Norway Heritage Camp, hosted by District 7, each year in August.

Best regards, Jim Tore Breivik

Lodge Updates

Sleipner Lodge 8
Vancouver, B.C.

I am very sad to announce the passing of our very special lady, June Ruzas. She was a long time "member in good standing" of Sleipner lodge, a very proud, active and passionate lodge volunteer, serving on the board as president, councillor and recently two terms as our Secretary. She attended and organized a number of district and international conventions including co-hosting the International Convention held in Vancouver in 2006. June also served as secretary for the district board.

She passed away on April the 1st with 2 of her sisters Bonnie and Barb, at her side. We will miss her smile and her wonderful treats she always had for us. She leaves behind her siblings, Barb, Bonnie ,Karen, Bill, Bruce, Ken and numerous, wonderful friends.

Sleipner held a Leaseholders meeting on April 01, a Lodge Meeting via Zoom on April 04 and an Easter Egg Hunt at Hatzic on Easter Sunday.

The Leaseholders meeting was well attended. It looks like this Summer at the park will be a lot of fun. Karen Blewitt gave the Caretaker's report. She blindsided us with a very well thought out and delivery of an April Fools Joke.

There are a number of social events planned, starting with the May Long Weekend but first we have to get the park in order. Thanks again to the volunteers who put in their time and effort to make this possible.



June Ruzas

The park purchased a John Deere Gator for caretaking jobs. There is a contest for picking a name for him or her. The prize is to be a credit at the Candy Store.

Before the Leaseholders meeting a number of members took a dip in the creek. I don't make this stuff up.

Heritage Camp this year will be held from Aug 09 to 13. There will be no Car Rally this year apparently. Stay tuned.

There was talk of finishing repairs to the tennis court surface and setting up a pickleball court. There were concerns about the noise that the game makes so ... My idea of having a go-cart track there is not likely to fly.

The Zoom Lodge meeting was more about lodge business. There was a Ramada and a cabin transfer request as well as a discussion on next year's District 7 Convention. Park rates were discussed but will be dealt with at the Board level.

The Border Festival is back this year. It's its 73 year anniversary. It would have

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 scholarships,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



There was a good turnout at Hatzi for Leaseholder's meeting

been its 76th if it wasn't for Covid. It will be held on July 08. A Saturday this year due to a booking conflict. Sleipner will have to come up with a Border Prince or Princess. Maximum age is 23. It's a really nice way to spend a day, especially if the weather is cooperating. We even have a Crown if we end up with a Border King this year. I suppose a Border Queen could wear it as well.

The Border Festival Organizing Committee is allowing Viking Costumes now although no weaponry will be allowed, real or fake.

The next lodge meeting will be on May 18 at the Scandinavian Center in Burnaby.

There will be a Board Meeting via. Zoom on June 08.

Yours truly,
Larry Brawn

Varden Lodge 19

New Westminster, B.C.

Happy Holidays! I hope you had a lovely Easter. We had our March business meeting on the 14th and found out that 52 people came to our Meatball dinner in late January, giving us a healthy profit to give to the Foundation. A very pleasing prospect. We were also fortunate to have one member, Shauna Britt, attend by Zoom from Brisbane, Australia.

Our next meeting is on April 11th, a day after I submit this article for the Leiflette. I will try to report on it in the next issue.

A few other things to mention. We are lucky to have two athletes in our lodge. Although only six, Connor Schilbach has won a soccer medal. While Nerissa Beeby is representing BC in the National U16 Ringette Championship.



Varden's 6 Year old Connor wins his first soccer medal



Nerissa with her BC Championship Gold Medal

There is not much more to say, we are looking forward to Syttende Mai and several other events such as the Midsummer Festival, the Border Festival and Heritage Camp. Happily, for the first time in three years, the Border Festival where Canadian lodges and American lodges meet at Peace Arch Park for a picnic happens this July 8th.



Congratulations Nerissa!

Varden Lodge member, Nerissa Beeby, was named **All Star 1st String** in the **Canadian Ringette Competition. The first time ever for a player from B.C.**

U16
Association:DRA
Jersey number: 8
Position: Defense

RINGETTE



A presentation by the Burnaby RCMP at the Seniors Lunch (Scandinavian Centre). Vivian Bates, Enid Britt, Helen Mosdell, Susan Strang & Leslie-Anne Frostad-Eriksson of Varden Lodge, are pictured with Corporal David Kitter & others.

nally, I hope you have a wonderful spring and have many events to look forward to in the Summer.

Krista Solie, Publicity

North Star Lodge 63 Nanaimo, B.C.

Our March meeting went well. We had an unusual "Kaffe Mat" called "Fisk og Smultringer". Everyone enjoyed the skewer of cheese, tomato and smoked salmon with Norwegian rye bread. Topping this off was an array of donuts and iced fruit buns! After lunch we enjoyed the second half of a video about Norway. Thanks, Liv for showing us the video

At our last meeting in April, we celebrated a Norwegian Easter. Here are some facts about Easter in Norway. Many people in Norway take the entire week off to travel to their hytte. What do Norwegians eat at Easter? Lamb, a symbol of Christianity, is often eaten along with potatoes and vegetables. Oranges are also consumed in large quantities during Easter. Every skier takes oranges along to enjoy for a snack in the glorious winter sunshine. For those who enjoy beer, påskeøl is served. Every morning, eggs are prepared. During Easter, it was recorded that Norwegians ate over 35 million eggs. They love eggs! Chocolate eggs are enjoyed too! The most famous chocolate bar in Norway, Kvikk Lunsj, is always eaten during the Easter break. In 2014, 1,900 tons of Kvikk Lunsj were sold in Norway. Oranges, eggs and Kvikk Lunsj are part of the Norwegian Easter tradition. Fond memories like these are engrained in the minds of children and are carried through from generation to generation.



North Star's Easter food table

For our Easter lunch at coffee time, we replicated what is eaten in Norway during Easter. We had oranges, chocolate bars, hard boiled eggs, rye bread and herring. It was topped off by a tasty sussesskake.

We had a wonderful speaker at the meeting too. It was our honor to invite a young Ukrainian woman to speak to us about Easter in the Ukraine. She went into detail about the traditions she followed during Easter week. Easter is a sacred time in the Ukraine and what she said confirmed that. She knows a couple of Ukrainian refugee families from the Ukraine who moved to Nanaimo. The lodge in conjunction with Hope Lutheran Church Quilters presented 7 quilts to her to distribute to these families. It felt good to help.

Money was raised through "grab bags" to support the program "Toonies for Tummies". This program is supported by Grocery stores



Fisk og Smultringer: L-R. Linda Harvey, Randi Johansen, Sonja Cole, Maren Breivik, Rosie Barlak, Dahlia Breivik, Liv Dahl

across Canada and in your own community. Toonies 4 Tummies contribute to the Student Nutrition Programs in your area. 100% of the contributions go to the Student Programs. Below is a quote from Tonnies 4 Tummies.
"1 IN 3 CHILDREN ARE AT RISK OF GOING TO SCHOOL ON AN EMPTY STOMACH*. HELP US FEED THEM"

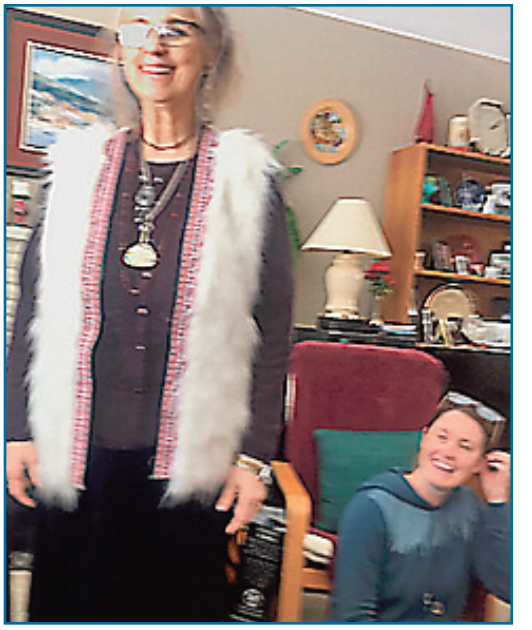
We will continue to help feed local children through food donations to a school we are affiliated with. Our plan is to bring food to each meeting to help young students who come to school hungry.

Soon, we will be preparing for our 17 May celebrations. More news on that at a later date.

Linda Harvey
Social Director



John Martinsen celebrates his 87th Birthday



Kirsten Brawn liked her vest in Rondane Gift exchange



Valerie Ward with daughter, enjoyed the Ladies Aux. Meeting.



Joan Skuggedal with a serving bowl at Rondane's Gift Exchanfge. Diane McLeod behind.

Rondane Lodge 71
Prince George,B.C.

Our General meeting on Thursday March 25 at Lunch time, had 16 members present. It was new President, Anna Mytting-Horrocks first meeting, and she did a very good job. It also happened to be the 87th Birthday of long time member, John Martinsen. John`s wife, Doreen, had called the restaurant to see if they would mind if she brought a cake as well as disposable plates to the meeting held in the room downstairs. They said to go ahead, so after the business meeting we sang Happy Birthday to John, while Doreen cut the cake that everyone got a slice of. And was it ever delicious! John has been a Sons of Norway member for 70 years, first at Sleipner Lodge, when his dad enrolled the whole family as newcomers to Canada. Much later, when moving to Prince George, he transferred to Rondane Lodge, and has been an active member ever since!

Eleven ladies were present at Women`s Auxiliary meeting on April 6, at the home of Karin Smale, The snow was the reason for cancelling this meeting last time, but now the streets were all clear and dry. But passing all the houses on the way there, big pyramid shaped piles of snow were sitting on every front lawn along the way. But by now its probably gone, as we have had several days of nice, warm weather. It was an enjoyable, fun meeting, where we all bring a wrapped gift, that we in turn can steal from each other. (I will not at this time go in detail about this game, as we have it every year, and I have told about it every time before.)

Tore Pettersen and family have just come back from a trip to Japan, where daughter-in-law, Jaqueline Pettersen, and Rondane Member, ran in another marathon. So I asked Tore if he would report on that event, as he knows all the details about it.

I hope all Sons of Norway members everywhere had a nice Easter.

Tore's report

On February 25th, six of our members flew to Tokyo for a brief holiday and a special occasion, the 2023 Tokyo Marathon. This Pettersen group included Jacqui, our Marathon Runner, and Kevin, Kai, Max, Gerry and Tore.

This was a special milestone for Jacqui as this would complete her goal of running



Jaqueline Pettersen completes all six world marathons & receives Six Star Medal.

all six world marathon majors and to be awarded with the coveted Six Star Medal. This passion for Marathon running started with the New York City Marathon in 2015, followed by Boston, Chicago, Berlin and London in the years following. Kevin also ran in the London Marathon last October and he ran "mini-marathons" in New York, Boston and Chicago.

After spending a few days of sightseeing and adjusting to the time change, Jacqui was ready. On Sunday morning, March 5th, she joined 37,500 other runners at the start points in Shinjuku section of Tokyo and ran the 42 km course, finishing near the Imperial Palace. We stationed ourselves at a spot near the finish where we could see Jacqui running one way and about fifteen minutes later the other way. Here, we were able to cheer her on and she heard and saw us. Jacqui's running time was 3:05:46 which resulted in 9th place in her age category of over 1600 women runners!

Before and after the Marathon, we saw many sights in Tokyo, including both Disney Parks, followed by a three-day trip to Kyoto where we also saw many interesting sights. We returned home on March 11th with great memories.

Hilsen, Elsa Aase,
Publicity Director

Dawson Creek Lodge 79

Dawson Creek ,B.C.

Happy Belated Easter to Everyone. We hope you all shared a good holiday with family and friends.

Our next meeting is slated for April 11, so there is not much happening at our Lodge these days. We do have a few upcoming events this year, that will be addressed at the meeting. Looking forward to Spring and Summer. This will bring on BBQ's, picnics, music festivals and rodeo's to name a few events. May 17th, our summer picnic, raffle draw and of course our 60th anniversary party are all on our agenda.

At our last meeting our Cultural and Sports/Rec. Director, Karen, presented a short presentation about Easter in Norway and the Norwegian Kit Kat, Kvikk Luns, as known in Norway. She shared a little kit kat snack bar with all of us.. This was very interesting and we thank Karen for her contributions. She also monitors exercise activities of our group, if anyone is interested, and keeps records of these. At the meeting she presented medals to President Randy Carlstad Idrettsmerke, for general fitness Silver and Gold, and to Janice Trent Gangmerke--walking silver. Ron Johnson was absent from the meeting, but will receive Idrettsmerke--general fitness Bronze, Silver & Gold and Ron Johnson Skimerke--Skiing Bronze and Silver--Ron Johnson Gange-marke--walking Mem!


President Randy Carlstad and Janice Trent receiving their sports medals for general fitness & walking. General fitness--silver & gold for Randy. Janice a silver for walking.

As always we recognize those that are dealing with medical issues and our sympathies to those that have had losses. We share in everyone's hurts.

We still have Cookbooks for sale!

In closing a little humour.

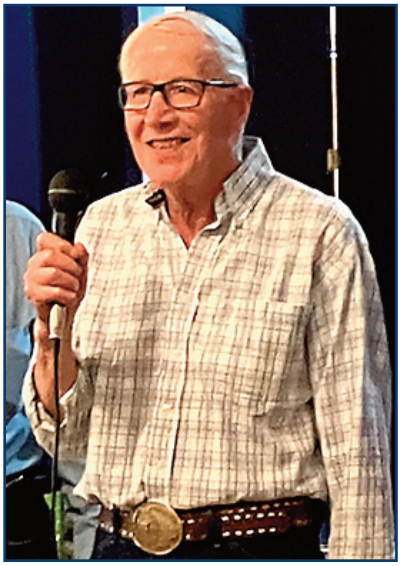
The clerk asked Lena, "cash, check or change?"after ringing up her purchases.

As Lena fumbled for her wallet, the clerk noticed a TV remote control in her purse. *"Do you always carry your TV remote with you?"* the clerk asked.

"No", Lena replied. *"But my husband Ole refused tew come vit me today so I figured I'd do dis to teach him a lesson!"*

Another point to ponder--just once I wish the prompt for Username and Password would say, **"Close enough."**




Jim Lawrence says a few words of thanks at his 90th Birthday Party

Until Next time
Loretta Pratt

Viking Lodge 81

Surrey, B.C.

We started our April 6 th meeting with a hot buffet lunch of a variety of dishes including some delicious Cabbage Rolls and scrumptious desserts. While enjoying our lunch we viewed some videos of Norwegian singing and Norway today. We are able to do this now since member,



Viking Lodge members modeling their Easter Hats

Lars Poulsen, is very good with the technical side of things.

Sharon Coles, our Vice-President, unfortunately wasn't able to attend our meeting as she injured her leg in an accident at home. Although she is doing okay, she needed time to recover from the black and blue bruises she was blessed with, so in Sharon's absence, our former President, Gerry Jensen, kindly acted as chairman at our April meeting.

As a tribute to Easter, some of us donned our Easter bonnets and hats (see photo in this month's Leiflette). We also had a good 50/50 draw and lots of door prizes this time.

We are on the "home stretch" of our planning for our fundraiser on April 28 th at the Scandinavian Centre. The Silent Auction gifts have been bought and/or donated and we look forward to sharing them with the Scandinavian and other community members at the Pizza Night as it is our only fundraiser.

Marg Kirsebom has been getting a steady flow of stamps from folks who reside at her residence at Oceana Park and we are grateful for this contribution. Sharon Coles has been diligently making sure they are cut to the right size and then after delivering them to our agent, we will, hopefully, have them sold within a reasonable length of time so that the SON Foundation in Canada can benefit and in turn, supply some wonderful grants to qualified students wishing to complete or add to their education.

From a cultural aspect, for some time now we've been trying to get permission from the Municipality of Surrey to remove and restore a plaque dedicated to relatives of Norwegian settlers in the area known as Brownsville. Tannery Park at 10761 Dyke Rd., is where the plaque is located. We are hopeful that the municipality will contact us soon and that Myrna Latval and Gordon Lande will be able to complete this worthwhile heritage project.

I hope you enjoyed reading our Lodge's April submission in the Leiflette about the Norwegians who escaped during the war on a fishing boat and ended up in BC.

It was rather unsettling to read that the Head Office of SON is cutting back on some of the services they have provided to our Lodges in BC. As they say, "times they are a changing" and I just hope it doesn't have too great an impact on the members.

It won't be long until May 17 th and we'll be planning to do something in recognition of the day at our next meeting.

Members Sonja Jones, Ruth Mielke and Joyce Herrick all had birthdays in April. We wish them a Happy Birthday.

May the warmth of the spring sunshine and the color and smell of the flowers give you joy!

Dolorus Fossum,
Publicity

our new name tags were distributed.

Members were saddened to hear of the death of charter member, Henry Tostenson. Henry was one of the 109 members who signed up when Hardanger Lodge #109 was formed in 1974 – 49 years ago. For many years Henry and his wife, Phylis hosted our June St. Hans Fest at their lakeside home. We always enjoyed the barbecue out on their lawn. Henry also donated money for a bursary to be given to a high school student going onto university who was interested in Norwegian culture. A donation to the Foundation will be made in memory of Henry.

Reading crime novels at Easter break seems to date back to the early 1920's in some regions of Norway. For the April meeting members are encouraged to wrap a book that they wish to share and there will be random draw for them to take home a new book. We celebrated our 49th Anniversary with a special cake.

Bev Akerlund,
Publicity

Hardanger Lodge 109

Kelowna,B.C.

Our March meeting was held in a new location – Kelowna Riding Club. The club house was a former schoolhouse that was moved onto the rural property years ago. We will see how this venue works for our lodge meetings. There is certainly no problem with parking!

Members wore green and following the meeting enjoyed a presentation by treasurer, Gary Goplen on the historical connection between Vikings and Ireland. At this meeting



Hardanger's 49th. Anniversary Cake

