SONS of NORWAY DISTRICT 7 in BEAUTIFUL BRITISH COLUMBIA

leiflette

November 2023

Next deadline November 10, 2023



Dawson Creek President, Randy Carlstad, left, cutting cake with **Vern Braaten**, our first President.



Right: **Karin Nilsen** of **Viking lodge**, celebrated her **90th Birthday** in October.





Helen Mosdell & **Vivian Bates** of **Varden Lodge** met a new couple (**Mike & Diana**), from **Russia** at **Sleipner Lodge's Seterskveld**



Kristian & **Darlene Frostad** at **Viking's Halloween Party.**

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SONS of NORWAY

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Anita Eriksen
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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

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

Editor's Message

December is the last issue of the Leiflette until February 2024. If you have anything happening early next year it should be mentioned in the December issue.

I found the following quote from poet, Emily Dickinson. I'm not sure if it's meant in a good way or not? She never travelled to Norway, or even out of the USA, so it's hard to know why she thought of Norway as the comparison.

'November always seems to me the Norway of the year.' *Emily Dickinson*

Next deadline November 10th, 2023

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! I trust all Lodges are back to regular meetings and it is great to see members we might not have encountered during the summer break. It is also time for Lodge members to be thinking of ways to bring more families into the Lodge – maybe there was a Halloween party, or gathering a group to attend Remembrance Day events in your community, or an upcoming Christmas party or dinner. We often find that events are the easiest way to get people to participate. While talking with another Lodge member who said they recently found out that some things they were doing at Lodge meetings were not rigid, set in stone-type routines. Most of us know the rigidness of yore when mandates like the outer guard, a password, an inner guard in vogue! Those ended some time ago but some Lodges have retained other rigid aspects that might be turning attendees away. One can keep those aspects that your Lodge feel are important – might be flying the flags of all three countries and singing the anthem- is great, but if you have a longer activity planned for that evening, maybe you only sing one anthem, hold a brief meeting to keep the members informed of what has happened and what will happen, and then get on to the fun part of the evening. Most things are optional with the exception of spending money which requires the membership to approve motions to do so. See how innovative your group is in coming up with new activities and fun projects for your meetings and then do a write up for the Leiflette to let others know what you did.

Lodges who hold elections this year will now have a nomination list of candidates and will be voting. Thank you to any outgoing officers and welcome to the new ones. I would like to encourage all our members to consider allowing their name or putting forth recommendations for the District 7 Board for elections in May. It is important to have board members from throughout our entire District on the board as it often brings a larger variety of input to all the discussions. Every position on the board is open for candidates, even if the incumbent is thinking of running again. Wouldn't it be wonderful to have elections again where there might be 3…4 people running for each position!!! If you need more information, please get in touch with me.

Along with great meetings with activities, another way to retain your members is to recognize them. A birthday greeting from your phoning committee is always a wonderful way to connect. Acknowledging a group or committee following their project's completion is appreciated and also encourages one to volunteer in the future. Sons of Norway has a lapel pin program to recognize anniversaries of one's membership and I can attest to the joy of having your lodge recognize your years of commitment to Sons of Norway and the Lodge. When I was a member of Rondane Lodge, it was a very important event each year to announce who had made the next 5-year increment of their membership and received a pin. There are also certificates available from Sons of Norway to download and fill in that can be used for acknowledging your members.

Ha det bra,
Gloria

Introducing Gloria Benazic, District #7 President

Hi. My name is Gloria Benazic from Kelowna, B.C.

As President of District 7, I thank all the members for their commitment and work to keep Sons of Norway Lodges prospering. Sons of Norway has been part of my life since 1967 when my mother signed me up to Rondane Lodge in Prince George. As a teenager, I was not too active but I attended meetings and events. Many times in my married life I did not live in communities that had a Lodge but whenever we were visiting Prince George, we tried to join in their events.

My education background is accounting and office management. Through years of volunteer work, I developed skills in fundraising and event planning as well as holding many board positions and/or committee chairs. A new university was being built in Prince George and I decided to leave the accounting field and took on the role of Development Officer (fundraiser) and Event Planner in 1992. It was pretty amazing to come into an office with an empty desk and an empty computer and begin everything from scratch. Part of my role was to establish the first advertising brochures for fundraising and templates for donor agreements as they established awards for our future students. After ten years at UNBC's Development Office which included organizing the official opening with Queen Elizabeth II in attendance, raising $25 million for scholarships, bursaries and projects, planning donor receptions and events, and travelling to many cities/communities to meet potential and actual donors, I changed roles to Student Services where I recruited and worked with student tutors, held job fairs for outside entities and students, and organized student workshops. Three years later, a position, which I held for ten years, became vacant in Financial Aid where I assisted students with government loans, assessed applications for scholarship and bursary awards, and counselled and held lectures for students on managing their finances. During these years I continued to volunteer in the community as well as an official for Skate Canada, reaching certification for International level competitions and Canadian level board member. My husband and I also owned an electrical consulting company where my duties were primarily producing computer generated blueprints and managing the office. I retired from the university when we decided to accept a contract in Oslo, Norway to manage the electrical installation in the new USA Embassy being built with North American electrical standards.

Volunteer roles over the past fifty years included school projects (and substitute teaching); the arts and music; sports such as figure skating, hockey, t-ball, soccer, golf; B.C. Winter/Summer /Seniors Games; Salvation Army, Volunteer B.C., Mardi Gras, ALS, Folk Festivals. In Sons of Norway, I have held committee positions as well as lodge Vice President and Presidents, District Vice President and two different terms as District President, and International Director. At the District level, I have been on the organizing committee of three conventions and chair of one; instructor at Heritage Camp and Sno Fun Days. At the International level, I have chaired or been a member of a number of committees and served as District President's Council Chair and twice as the Council's secretary. For the Sons of Norway Foundation in Canada, I have served as the Awards Director for a few years. Our children and grandchildren are all members of Sons of Norway and we encourage them to actively participate.

Gloria

Lodge Updates

Sleipner Lodge 8

Vancouver, B.C.

Hi everyone. There is not much to report this month. The Board Meeting of Oct 12 was postponed to Oct 26. There is a lot happening behind the scenes though, in preparation for **Welcome to Norway on Nov. 5** at the Scandinavian Center. Our Bursary Youth Recognition Award and Donation committees are putting together reports.

Cleanup weekend will be on **Nov 11. Lodge meeting Nov 16** at the SC and **Christmas Dinner Nov. 30** at the SC. The Christmas Dinner will be a potluck, I believe, with Lutefisk supplied by the lodge. So, there is lots to look forward to before the end of the year.

It looks like the work in the creek is going ahead. The salmon will be transported around where the dredging work is being done.

We will likely have Temporary winter park supervisors this winter to keep an eye on the park while we look for a more permanent solution.

Yours truly,
Larry Brawn,



Ellana Flynn, (who took the photo), is back with us with, albeit, a bit of a limp, after dealing with her serious leg injury. The picture shows Colin Thomson, Monica Morris-Reade & three engineers from Associated Engineering standing by the burn pile. (perhaps the chair gives Ellana a place to sit & rest her leg when necessary.)

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.

Greetings! I hope you had a wonderful Thanksgiving complete with a turkey dinner and pumpkin pie. I am writing this a couple of days after Varden's Oct. 10th meeting. We are planning several events for the next few months.

We booked a lane at Zone Bowling in Coquitlam on Oct. 17th. It was a fun night. Plus there was pizza.

Another event is our Christmas party. That will be either on Dec.10 or 17th. At this point in time we are not exactly sure where we will be holding it, but I do know that there will be lots of crafts. It was so popular last year that we are bringing it back, each table will have a table cloth you can colour on. Furthermore, we are going to have gingerbread cookies you can decorate with yummy treats. Of course there will be singing around the Christmas tree and a visit from everyone's favourite guy - Santa Claus.





The Sanders family (left), are new members of Varden Lodge & they joined in the fun for the lodge Bowling & pizza night.

Next year, there will be our Meatball dinner on Jan. 26th at the Scandinavian Community Centre. We will have entertainment but the stars of the show will be the meatballs. Please bring your appetite and remember proceeds will go to the Sons of Norway Foundation in Canada.

I hope you will think of joining us in our celebrations. Next issue I will give you more details about these events. Lastly, Varden's next lodge meeting will be on Nov. 14th. I wish you all a happy rest of autumn.

Krista Solie,
Publicity

Sofn7 Membership Contest starting November 1, 2023

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 listings of that person if they sign up multiple people, and then submit a final listing to District Vice- President **Jim Tore Breivik.**

Contest will close at midnight on April 30, 2024 and the Lodge Membership Secretary must submit the final list to Jim Tore Breivik on May 1, 2024 midnight.

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

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Several North Star members entered the dance floor to learn a Norwegian Folkdance



Carol Helland wins the door prize made by Unni Madsen. Ladies Aux meeting Oct/23

North Star Lodge 63 Nanaimo, B.C.

We hope that all the lodges had a wonderful Thanksgiving. One of the things we are thankful for is "being Norwegian"!

North Star Lodge has redesigned our meeting times. We are now meeting at 5:30 p.m. to ready ourselves for our business meeting at 6:00 p.m. We seem to have more time afterwards for our social and kaffe mat!

To encourage our members to get more involved in the planning and implementing of social events every month, I had them pick a month out of a hat. Each member has a month they are responsible for. Another list went out for our "Kaffe Mat" . Two members a month volunteered to bring lunch. The Social and Cultural Directors wrote a guideline for those taking on the role as event leader and Coffee Mat leader. Now, all is explained for those volunteering!!~

To help with the environmental crisis we are experiencing, our lodge has decided to use our own mugs and now, our own cutlery. Plastic cutlery is no longer available. Now we must remember to bring them!!

In Oct., we had Brian and Helen Grosseth stepping up to provide an activity. We all learned a Norwegian folkdance. That was fun! It would be fun to learn more dances.

We are planning a Christmas gathering on the afternoon of December 17th in our meeting room. This will be our annual Christmas Party. Norwegian cakes and coffee will be served. Norwegian Christmas music will be provided along with a sing song. The plans are in the works. Further information will follow.

At our November meeting, I will be displaying my wood carving and giving some information about the art of woodcarving. I enrolled in the Cultural Skills Program offered by the Sons of Norway (Woodcarving) and completed the requirements necessary to get my woodcarving medals. One of the prerequisites is to show your finished products to a group of people.

Soon, the lodges will be having nominations for the various positions within the lodge. Please, when called, say "yes"!

Linda Harvey,
Social Director

Rondane Lodge 71 Prince George, B.C.

The September General meeting, was held September 21, starting after lunch at Carmel Restaurant,with 14 members present. The main discussion was about having Sons of Norway Christmas party, which we always had for years and years. But with everyone getting older, we could not get any volunteers to be in charge of it, so it was cancelled for this year.

The October meeting of Rondane`s Womens Auxiliary was held at the home of Unni Madsen, on Thursday, the 5th, starting at 1:30 pm. with 11 members present. Our yearly donations to various charities were discussed. Since we did not have a the income from a Garden Party this year, the members were reminded, that to make funds for these donations, we will instead have a Silent Auction at the October General meeting, held at Carmel Restaurant, starting at Noon on October 19. So, everyone was encouraged to bring some item for the auction. As usual, the table was laden with delicious food the ladies had brought, and with a lively conversation, everyone enjoyed the meeting. The next Ladies meeting will be held at the



Rondane members at General Meeting



From left: Unni Madsen, Doreen Dery, Anna Mytting & Karin Smale at Ladies Aid at Unni's home.



Ingeborg Leavell's arrowhead collection.

home of Kirsten Brawn on November 2, at 1:30.

I feel sad to announce we have lost one of our long time members, Rolf Austad, who recently passed away after a stroke. And also of the widow of Kjell Helsoe, Bernice Helsoe, who passed away on October 5. She was not a member any more, but was for many, many years while Kjell was still with us. May they rest in peace.

Hilsen,
Elsa Aase, Publicity

Nordic Lodge 76

Castlegar, B.C.

In honour of Nordic Lodge 76's 62nd Anniversary in September, Members of the Lodge met at the Maple Murch restaurant near Castlegar, British Columbia to reminisce about history of the Lodge and its many members who spent many hours building such a wonderful cultural legacy in the region. Older Members can recall the many lutefisk dinners, dancing, and festivities over the years. The sole remaining charter member, Conrad Brattebo, regaled Members with stories of the Lodge's 62 years and of his recent 3-month visit to the island of Karmøy in Norway. Welcomed by family during his stay, he mentioned that cash was a thing of the past in Norway, and that his krone were not accepted at many places! Glenn and Eileen Axselson also shared some great stories of their travels to Norway this past summer, that had everyone in stitches! Past President Ole Kristiansen visited from Westbank, near Kelowna, to join in the 62nd celebration and participate in the delicious meal. Everyone enjoyed the evening and loved the desserts presented.



Nordic Lodge 76's 62nd Anniversary, from left to right (front row): Michael Elliott, Sandra Gunderson, Trish & Reino Rasku, Eileen Axselson, Ole Kristiansen, & Conrad Brattebo; (back row): President Ida Price, Secretary, Ingeborg Leavell, & Glenn Axselson.

Some exciting archaeological news from Norway made September headlines when archaeologists in Norway made a discovery of an arrow that had been trapped in ice, high up on Mount Lauvhøe, in the Lom Municipality. Situated at just over 6,500 feet, and dating to over 4,000 years, during the Stone Age, the arrow was likely used by hunters stalking reindeer. Many arrowheads, flint, and projectile points have been found in the West Kootenay region of British Columbia, near the confluence of the Columbia and Kootenay Rivers near Castlegar. Ingeborg Leavell, Secretary for the Lodge, spent her childhood along the banks of the Kootenay River and found many artifacts over the years (see photograph from her collection).

On November 14, 2023, Members will get together at Café Michael, near Trail, British Columbia, for a dinner meeting to go over plans for the upcoming 2023/2024 season. May peace and harmony prevail!

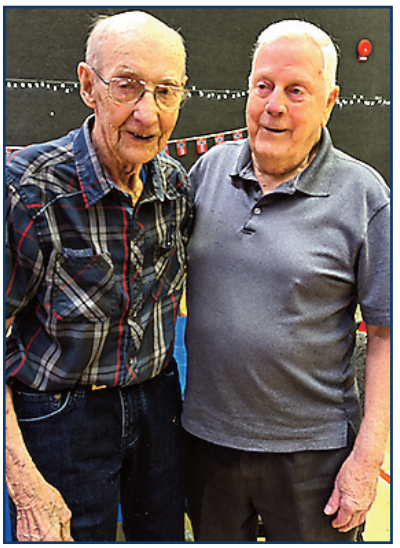
Ingeborg Leavell, Publicity

Dawson Creek Lodge 79

Dawson Creek ,B.C.

August 10th, 1963, was an important date in our history. On that date Dawson Creek Lodge #79 became a Chartered Lodge. On September 23rd, 2023 we celebrated our 60th anniversary as a lodge. It was a very nice evening with a catered supper, special cake, power point, displays, acknowledgement of years and pins, 50/50 draw and door prizes.. We were honored with the presence of Gloria Benazic, District 7 President, and her husband, Cal, travelling from Kelowna for our celebration. Mike Bernier, our MLA and his wife joined us for the evening as well. It was a





Vern Bratten has always been our Lodge musician & he played a few tunes at our party. On right he is with Lawrence Napen, Charter Member



10 Year pin presented to Bill & Lorraine Lawrence by Randy Carlstad & Gloria Benazic

very good evening. About 45 attended, which included our first President, Vern Braaten, and Lawrence Napen, a charter member. We have an upcoming regular meeting next week. Our afternoon meetings seem to be working out well. We will discuss our anniversary party and will make plans for our Christmas Party. We love parties.

We are nearing the end of fall and heading into Winter. Our Fall here has been beautiful, weather wise. The evenings are getting shorter and days are cooler but the colorful leaves are beautiful.. Most of the leaves have since fallen making us aware of what is coming.

After Christmas, our lodge is not as active, but we try to maintain our meetings and necessary things. Our treasurer has turned in our Foundation money. We pass around our little foundation container at each meeting, members always have a chance to contribute.

Until Next Time,
Loretta Pratt, publicity

Viking Lodge 81

Surrey, B.C.

A number of our members were away at the time we held our hot lunch meal in October. Surprisingly, there were still plenty of choices both for the meal and dessert. Kudos to Mari Ann Jensen who made some delicious chocolate cupcakes with butter icing and a cherry on the top! There were 15 in attendance: 14 members together with guest, Norma Simonsen, along with her husband, Kore Simonsen, who has been a long time member of Viking Lodge.

The theme of our meeting was "Thanksgiving and Halloween" since they both fall in October. Darlene Frostad topped the costume list in her "Witch" Halloween costume.

We were glad to see Gerry Jensen again and thank him for his help in assisting the So cial Committee with set up/take down of tables and chairs. Many of our members



Some Viking members celebrate Karin Nilsen's 90th Birthday Party in October.



L-R: Darlene & Kristian Frostad, Dolores Fossum, Gerry Jensen & M. Walsh at Viking's Halloween. Darlene's costume is quite bewitching!



Viking members, Gwen MacDowell,(R:) & Dolores Fossum at Cliffs of Moher, Ireland

are having health issues and are now entering the next decade of life (the '90's') so it is becoming harder to get the help we need for our meetings. We hope next month some others will be there to assist.

We are going to be in contact with our Adopt-A-School, Hjorth Road Elementary, to see what sports or music equipment they purchased in the past year with funds our Lodge provided through a grant from Sons of Norway and what they continue to need. It is such an amazing school with many, many new immigrant children, or children born in Canada of immigrant parents.

In September Gwen MacDowell from our Lodge and myself went to Norway and then took a bus and train tour of Ireland for a week. The trip to Norway was to attend to some personal business near Drammen of my family. Because Gwen and I had been there several times before, we weren't in Norway for long, however, I can report that Norway is still beautiful and the people so kind and helpful. Our tour of Ireland was fantastic and, yes, it is as "green" as they say and the scenery spectacular especially around the Ring of Kerry and the Cliffs of Moher as well as the Aran Islands and not to forget Belfast and the wonderful museum built like the passenger liner the "Titanic". Of course, we went to Blarney Castle also. We can't say enough about the happy, friendly Irish people we met and our tour guides who helped us along the way. We hope the following members had very Happy Birthdays on the following dates in October Karin Nilsen and Susan Stacey on Oct 1st, Andy Anderson and Lars Poulsen on October 2nd, and Marsha Walsh on October 12th. Both Karin and Andy, who have been friends for a very long time, celebrated their 90th!

Dolores Fossum,
Publicity

Hardanger Lodge #109, Kelowna, B.C.

Syttende Mai celebrations were held at the home of Wenche Gransjoen again this year. We have enjoyed many 17th of May celebrations at Wenche's home over the years. Lodge members and guests arrived at her lovely backyard bearing delicious salads and desserts. European wieners and lumpe were served long with coffee, tea and members enjoyed lively convrsations after dinner.

Celebration of the 110th anniversary of Solglyt Lodge #143 of Edmonton was attended by Cal and Gloria Benazic. They enjoyed meeting fellow Sons of Norway members and the evening entertainment of "Swans of Winter Project" by Janina and partner, John. They displayed a wonderful collection of Nordic musical instruments. Gloria reported that Janine and John do reenactments that include music, history and stories of the Viking era with authentic clothing, utensils, shields and axes.

Cal Benazic got a gem at the silent auction at the Solglyt Lodge celebration. He bid on a pewter drinking horn which was crafted in Norway and got the item. He says that it is selling for $125 to $255. He says that it is wise to check on line to be aware of the monetary value of any old treasures you may have.

Our Midtsommer fest was an early afternoon event at the home of Gary and Nancy Goplen. After enjoying appetizers, open-face sandwiches and drinks members were invited to play kubb. President, Gloria Benazic sat on the sidelines and directed the players and their moves.

The lodge is still searching for a permanent meeting place. Although the location and cost was favourable for the room at the CNC Centre where we held our September meeting, it was cold, the sound was poor and no food can be served. It was also decided to move our meeting night back to the third Wednesday of the month.

Gary Goplen is organizing a workshop at his home for members who are interested in building a Viking ship shield. Those interested need to locate a pallet and take it apart. Gary will order the necessary materials for construction of the shields. At the September meeting a number of members indicated an interest in this project.

On a sad note we report that members Astrid Boe and Mary Hall have died. Astrid was a longtime lodge member who passed away in July at the age of 85. Astrid moved to Calgary last year to be closer to her family. Mary Hall was a new member of the lodge and died in July after a short illness. Mary was 89. A donation was sent to the Foundation in memory of Astrid and Mary.

On a happy note, longtime Sons of Norway member, Karen Moen, celebrated her 102nd birthday in September. Karen and her late husband, Conrad were our folk dancing instructors for a number of years.

The German Canadian Harmony Club will be the location of our October meeting. Perhaps this location will become our permanent home. A showing of The Lutefisk Wars will be shown following a short meeting.

Bev Akerlund,
Publicity

