



Eager diners, including 101 year old **Vivian Bates**, enjoy a lavish feast of **Norwegian Meatballs** with lots of trimmings during **Varden Lodge's fundraiser**.

**Varden's** oldest member, **Vivian**, & the youngest, **Penelope Shilbach**, share a hug.



**Louise Bailey**, of **Sleipner Lodge**, turned **97** on March 15th. Much of the gardening in the park at Hatzic can be attributed to her, her daughters & grandchildren.  
**Happy Birthday Louise!**



**Michael & Bruce Strang** count up the proceeds of **Varden Lodge's Meatball Fundraiser**.



**Wencke Angelski (L) & Carol Helland** at **Rondane Lodge Lady's Auxiliary Meeting**



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**SONS of  
NORWAY**  
**District 7**

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Viking 81,  
Golden Ears 137  
Trollheimen 157

**Randy Carlstad**, Zone 3,  
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## President's Message

**God Paskel** Easter and Spring signal hope and renewal. Christians observe Christ's resurrection from the dead and a new beginning. Spring is a time to find flowers blooming, trees leafing, and the arrival of many baby animals. In Norway, yellow is a key colour, possibly from the daffodils and tulips that are bountiful. This is also time for many families to head to the mountains for that last ski trip of the winter but this year, Easter being the end of April might prevent a lot of skiing. But don't worry, another Norwegian Easter tradition – reading crime stories – will fill many hours at the cabin. A favourite meal usually consists of some type of lamb dish and Norwegians eat a lot of oranges during Easter. For Canadians, Easter might bring to mind egg colouring, egg hunts and of course lots of chocolate Easter eggs!!

The eight District Presidents held a meeting with Dan Seyfried, Sons of Norway CEO and Luella Grangaard, International Board Chair at the first of March. It was productive and encouraging to hear that our new CEO wishes to move to more fraternal work in Sons of Norway. Product sales is important for every insurance company like Sons of Norway but historically we saw culture and heritage as a major part of our membership. As individual members, it is important that we read the information sent out from Home Office as well as utilize all the fraternal resource materials available on the website at [www.sofn.com](http://www.sofn.com). Of the current 49,559 members in Sons of Norway, 32,941 members are social and 16,618 are product holders. In Canadian lodges, we have a limited number of product holders as Sons of Norway cannot sell products in Canada. In order to keep our membership numbers viable in our District, it is important to provide a reason to come out to meetings/events and when everyone takes an active role, enthusiasm and desire become synonymous with Sons of Norway.

Lodge leaders have prepared events for the upcoming year in Sons of Norway and I hope you will take advantage and plan on attending. It is a great time of the year to encourage your friends and family to come out and join in. It is also a great time to share some craft or presentation with your lodge members, so speak with your lodge leaders and set a date. An active Lodge is a healthy lodge.

In the event you need some suggestions for your Easter dinner, I recently came across the Fruit and Vegetable Information Office of Norway at [www.frukt.no](http://www.frukt.no). They provide a variety of recipes in Norwegian but if you set your computer to translate Norwegian to English, you will find some 'modern day' dishes to try.

*Fraternally, Gloria*

## Editor's Message

**Spring is always a good time of year!** There has been more rain than necessary, at least here in the lower mainland, but I imagine skiers are out enjoying what is still snow coming down in the mountains. .

Have you encouraged your kids or grandkids to draw & colour a picture for the drawing contest? It will be interesting to see what they come up with. I remember doing a drawing when they had a contest for a new Canadian flag. I remember drawing a Maple leaf so at least I had the right idea.

June will be the last Leiflette before October so mention any summer get togethers you plan in the June issue.

## Have a nice Easter!

Check out: Sons of Norway [www.sofn.com](http://www.sofn.com); District 7 webpage [www.sofn7.com](http://www.sofn7.com); Facebook "Sons of Norway District 7" and "Official Sons of Norway Facebook Group"

**Unni Hadden**, Editor

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**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](http://www.sonfic.ca) for more information including donation and application forms for bursaries and grants.

Please make cheques payable out to:

**SONS OF NORWAY FOUNDATION IN CANADA**  
and mail to: 40 Brazeau Crescent SW, Calgary, AB  
T2W 072 or see online donation info for e-transfers



District 7 is holding a contest for anyone under the age of eighteen who is a member, or a child, or grandchild of a District 7 member. There will be prizes, the top being \$100. We'd like the picture to have a **Norwegian theme**. The picture must be no larger than 8X11 inches, coloured with crayons or paints. If you are under the age of 8 you could draw a picture of a troll or troll's home? If you are between eight and thirteen you could draw a picture of a Norse God or monster? If between the ages of thirteen and eighteen you could draw something to do with Leif Erickson and his journeys?

After you have finished your drawing, email it to me at **krista36@infinet.net** or snail mail me to **403-425 Carnarvon St., New Westminster, B.C., V3L 1C3**, to submit the drawing. Include your name and age, which lodge you belong to, and who you are related to in District 7. Also, I need to be able to contact you, either your home phone or e-mail address and the subject of your drawing. If you send me this by April 15, 2025, we can use the winning drawing on the cover of the June issue of the Leiflette.

*Krista Solie, District 7, Publicity Director.*

### Lodge Updates



My sister, Kirsten, of Rondane Lodge & myself, Larry Brawn, in Mexico. We were on a boat tour of 7 bays.

### Sleipner Lodge 8 Vancouver, B.C

**Hi everyone. Welcome to Spring.** I hope you guys got things done over the winter months so you can enjoy the rest of the year at a leisurely pace.

I slacked off for two weeks when I went to Mexico with my Sister, Kirsten. I got caught up once I got back.

The trio of Ollie, Colin and Monica have been working on redecorating the washrooms at the club house at the park in Mission this winter. It's going to look

great. There are other improvements in the park that are being done as well.

Rick and Tania hosted a board Meeting/Brainstorming Session at their house in February. It was well attended and a number of issues were addressed. Thank you Rick and Tania for your hospitality.

The lodge has a new addition. William and Emily Wright have a brand new baby daughter, Delilah. Congratulations you two. I see a future Border Princess here.

The Border Festival will



Our lodge had a Board Meeting & brainstorm session hosted by our lodge Social Directors, Rick & Tania Jacobsen.





Congratulations to William & Emily Wright, (& Roxxy), of Sleipner Lodge who recently welcomed a baby girl, Delilah.

be held on the regular date this year. The second Sunday in July. Who will represent our lodge this year as our Lodge Prince or Princess?

There has been a cougar in the park. Caretaker Kayla and the dog, Bruce, ran into it one day while going out for a stroll. Ollie took a picture of a paw print in the snow.

Snow removal this winter went well. The new tractor worked well dealing with the snow apparently. I was in Mexico at the time so I wasn't there on a first hand basis to observe this.

Our AGM is to be held on March 20th. at the Scandinavian Center this year. It will be nice to have a traditional Lodge Meeting for a change.

There is an Easter Leaseholder's meeting on April 12 and Lodge meetings on April 24 and May 22, both by zoom.

*Your's truly, Larry Brawn.*

## Varden Lodge 18

New Westminster, B.C.

**Hello, Spring is beginning as flowers are blooming and the grass is growing.** We, here at Varden Lodge had a busy winter culminating in our January Meatball Dinner.

Although the turn out was lower than we expected it was still a lovely celebration.

Headed by our President, Susan Strang, we cooked up a storm. There were the usual potatoes, salad bar plus our beautiful meatballs. Thanks to Leslie-Anne Frostad Eriksson, Edgar Chapman and myself for lending Susan a hand. There were other volunteers as well.

Bruce Strang, with the help of his son, Michael, took care of the 50/50 and Bruce also was the MC for the evening. Jayden Britt and Felix Hunter with a little help



Susan Strang, Varden President & Meatball Chef, greets guests at the Norwegian Meatball Fundraiser.



Jayden Britt, Felix Hunter & Edgar Chapman serve hungry guests at Varden Lodge's Norwegian Meatball Dinner.



from Edgar Chapman were our servers while the entertainer for the evening was the singer Danny Balen.

The evening ended with an unexpected twist during the 50/50

draw. We asked Jakob Tengs to draw a name out of a hat and to everyone's surprise he drew his own. Congratulations Jakob!

Our lodge decided to postpone our Officers' Brunch to the end of March. We also decided not to meet in February but instead have a business-meeting on March 11th. How-

Vivian Bates, celebrates her 101 Birthday surrounded by family. Her great-niece, Rebekkah Stainton (Varden's Trustee) presents her with a cake.



we hope to have a social meeting on April 8th celebrating Easter. Leslie-Anne and myself are going to the Border Festival meeting on March 16th. The actual Border Festival Picnic is on July 13th. Also in the plans is a Lodge Picnic in July or August to celebrate the Lodge's 112th Anniversary.

Lastly, as District Publicity Director, I want to remind everyone about the Kids' Drawing contest. I would love to see your beautiful artwork!

*Krista Solie, Editor Publicity*

## North Star Lodge 63 Nanaimo, B.C.

**We are back celebrating Norway.** Last month, we had to cancel our meeting because of the snowy weather and treacherous roads. It felt good to be back in the lodge! Spring is on its way.

We acknowledged Valentines Day in March with red and pink decorations, and a story about the importance of hearts in Scandinavia. Most of you will have articles with heart designs. This Norwegian icon represents a happy and loving country.

Plans are proceeding for the 17 May. It will be fun to have a wonderful party on that day.

Next month, one of our members will do a presentation on the border between Norway and Sweden and enjoy the history of the emer-

gence of Christianity in Norway with the story of Trondheim being a central part of that path from paganism to Christianity. I understand that it is seeping with history! It is very beneficial to learn about this history, after all, that is what broadens our Norwegian knowledge base.

Our "Getting to Know Norway" program exposes the knowledge that our members have regarding Norway. Our members are our treasure chests, just ready to be opened. Ask around your lodge, I'm sure you have many treasure chests too!!

Our toonie box was circulated again at the meeting. As I mentioned before, we support a local inner-city school by donating money for their breakfast and lunch program. A fact: 1 in every 3 children in Canada go to school hungry. We consider this a very worthwhile endeavour, and it would be a great project for all the lodges in Canada. With the economic climate changing in Canada, it will become more difficult to feed a family. We, who have, should step up and help feed the little children of our communities.



Enjoy the emergence of spring: the flowers, budding trees, warmer days, longer days and calling birds! Lent and Easter will be here soon. Make yourself "feather branches", a tradition in Norway.

*Linda Harvey,  
Social Director*

## Rondane Lodge 71 Prince George, B.C.

**In a past issue, (March 21, 2021), of the Leiflette I wrote about the Birchleg race we held in Prince George.** I wrote a poem as well so thought I would put it in now. The race was always held in March and was a very popular event in Prince George for many years.

We held a Ladies Aux. meeting on February 6th, but otherwise it has been a quiet time since Christmas. We will soon be getting busy planning for Syttende Mai.

*Happy Easter & spring  
Elsa Aase, Publicity*



Rondane's Executive for 2025

## Do you believe in Folklore??

**This year's SON Heritage camp theme is Norwegian folklore.** We have a variety of classes for ages 4-15-only \$30 for members/\$40 for non-members. There are sports, swimming, art, and dancing available. For adults, you can choose Hardangersom, cooking, rosemaling, woodcarving, weaving or folk dancing for \$50 for members/\$60 for non-members. The camp runs from Wednesday evening to Sunday morning August 6-10 at SON country Club near Mission, BC. This camp also includes evening activities such as horseshoes and Saturday afternoon clan olympics and soccer! (GoRAVENS, ELVES and TROLLS!!!). Don't forget to enter our famous lip sync and dance.

*Invite your Friends!*

Here is the link for registering for camp:

<https://form.jotform.com/sonheritagecamp/heritage-camp-2019-registration-form>



Above, Elsa Aase, right with guest at Rondane's Ladys Aux Mtg Feb 6/25.



Left, Kirsten Brawn of Rondane Lodge wins the yearly prize, a hat and a Mug at the Lodge Meeting.

Below, Elsa & Mons Aase in the days of the Birchleg skiing race in Prince George.



## THE BIRCHLEG RACE

I thought I was in pretty good shape  
The day I joined the Birchleg race  
The trail was smooth with powdery snow  
I said to my kids: lets go, go, go

But all of a sudden we started to pant  
The trail seemed to take an awful slant  
We peeled off our sweaters, mitts and what~not,  
But even so, we were steaming hot.

We climbed and climbed, no end to that hill  
I thought for a while we were standing still,  
After, what seemed like a week to me,  
we finally skied past the very last tree.

The view below was worth a rest,  
with scenery grand, from east to west  
At Troll Lake we got a refreshing drink,  
It helped pull us back from an exhausting brink.

Our blisters got treated, our bindings adjusted,  
Most people so cheerful, it made me disgusted  
I pulled on my mittens and straightened my back  
and headed right down to the downhill track

Skiers were lying all over the place, in crazy positions,  
and snow on their face. "Its always like this" I said with a  
frown, "hard to climb up, but worse to get down"

We all made it down in our own funny way,  
I'm sure our bruises are here to stay.

But no use yet to cheer or smile, the trail contiued for mile  
after mile! My legs became numb, no longer seemed mine,  
but seemed to belong to a Robot machine. Chug, chug, and to  
glide for miles over snow, The skiers like zombies, all in a row.

But, just as the day got darker and chill,  
the lodge appeared just past the last hill!  
With painful legs we left the gloom, and  
stumbled in to the cheerful room

Hot drink in hand we received our crest  
and pinned it proudly on our chest  
We all professed in a voice, now clear:  
" Can't wait to do this again next year" !

Written by Elsa Aase of Rondane Lodge 71 in  
the 1980's.





Member Linda LaFluer displays her door prize winning at our Christmas party 2024



Roar Hegge at the Christmas Party supper. The Best ever- Plate of Lutefisk

## Dawson Creek 79 Dawson Creek, B.C.

**It's time for the leiflette again as the New Year begins.** It is hard to believe that we are already into April.

We held our January meeting as usual with a small attendance. Regular business was attended to and we discussed some changes that were happening. Some members decided to step down from executive positions after many many years of service to our lodge. They will stay on in the Lodge, but wish for a change. We thank them for their service and keeping us on top of our game.

We are always looking for new members, but that is hard to do it seems. The loss of a few long time members has been sad over the past several months. It appears that the younger generation are not very interested. At our February meeting, regular business and our usual discussion over things took place. We will try for a rose-maling course in the near future depending on interest. Movie night was moved to the March meeting and we will have one in the afternoon in conjunction with our meet-

ing, something different. So in a couple weeks we will hold a short meeting and finish with a Norwegian movie.

Winter, cold and snow leaves us with many inside days. We enjoy reminiscing and recalling the good old days. A local community hosts a morning coffee every Thursday. This is thoroughly enjoyed by all. It is a stress free couple of hours. We enjoy birthday cake day, hot dog day, soup day. It is also a little fundraiser for the community. It is all good. I think

I speak for everyone, when I say we are looking forward to Spring.

*Loretta Pratt, Publicity*

## Viking Lodge 81 Surrey, B.C.

**The spring equinox marks the official start of Spring on March 20th.** I don't know about you, but I always look forward to Spring with all the newness it brings. The gardens, or pot plants' start to bloom and give us the miracle of how those "onion

looking" bulbs become such beautiful, and colorful, flowers.

Our first Members Meeting of 2025 was held on the 6th of March at Tynehead Hall in Surrey. Guests from Varden and Sleipner Lodges were welcomed. It was great to see 23 members and guests attend our first meeting for 2025 since we traditionally don't meet in January, and our February meeting was cancelled due to "snow".

Ron Stubbings, assisted with the installation of some of the Officers of our Lodge for 2025. Over the years I have seen many changes of Officers in our Lodge. When I think back to the contributions of those Officers, from the past, and those who continue to serve, as best they can, I am truly thankful. As well, we enjoyed a delicious lunch and heard a report on the following.

Attendance at the recent Mexican Night held at the Scandinavian Centre was a full house, and I was fortunate enough to attend and enjoy the wonderful tacos with so many toppings, and as always, desserts galore. The Piñatas for the kids, the coin toss, and the generosity of the winner of the 50-50 draw who graciously donated back to



Ron Stubbings, of Varden Lodge, installing some of the Officers of Viking Lodge

From left: Myrna Latval (Musician/Cultural), Lars Poulsen, (Treasurer), Dolores Fossum (President/Secretary), Else Veia, (Trustee), John Kaland (Tech Support for Musician & Other Officers)





A great turnout for Viking Lodge's meeting on March 6, celebrating St. Patrick's Day

the Scandinavian Centre, was special.

The enthusiasm of Norway House Society, ("NHS") as one of five Houses of the Scandinavian Centre, with its many activities, including the bursary program, its language classes, its library, and its involvement in the running of the centre alongside the other 4 houses, is inspiring. There is always something going on.

It won't be long now until the next Midsummer Festival. It is scheduled to take place on Saturday, June 24 th and Sunday, June 25 th at the Scandinavian Centre. Please make sure your families and friends are aware of this vital cultural experience. A member of our Lodge will be working with other NHS members at the "Troll making booth," a big hit with the kids, and their parents, who are looking for something interesting for their kids and grandkids to do, and even themselves.

This year there have been some different experiences at the Centre for members to enjoy, including the recent Mexican Night and the Concert held on February 28th, as a fundraiser for the Viking Ship "Munin," which is near and dear to our Lodge because some of our members involvement in the Munin's construction as a replica of a Viking ship.

Our Cultural Director, Myrna Latval, told us of some of the plans for the Crossings 200 celebrations coming up

and also the emigration of Norwegians to North America.

*Dolores Fossum, Publicity*

### **Hardanger Lodge** **109 Kelowna, B.C.**

**Fortunately the weather cooperated and we were able to meet in January.** We began with a short meeting followed by coffee and treats. Members enjoyed two rounds of Left, Right and Centre before heading home. Due to rather poor road conditions we chose to cancel our February meeting. The heart-shaped waffles made on site that we were going to serve with coffee will be served at our March meeting.

Our most senior lodge member, Grace Gustafsson, turned 94 on March 2. Following a hip injury in mid-February, Grace was recovering at Cottonwoods Care Centre. Her friends, Jim and Britt organized a birthday party for her in one of the activity rooms. Grace was pleased to receive cards and flowers. Tea was served along with a delicious tres leche cake made by Britt.

Editor, Wilf Akerlund continues to prepare and send out a lodge newsletter, Nyheter. He uses the Sons of Norway ews letter service for items of interest to our members and also look forward to the Ole and Lena jokes that he shares.

*Bev Akerlund, Publicity*



The Heimdal Dancers - Erin, Bonnie, Lori & Jes at Seniors Village in Kamloops

### **Heimdal Lodge 141** **Kamloops , B.C.**

**The Heimdal dancers were joined by their dancing friends for an afternoon of fun entertainment at a local senior's residence just before Christmas.**

Anywhere from 10 to 20 dancers of different cultures

come together every six months to show off their skills to seniors around the Kamloops area. The various dances performed are from Norway, Sweden, Scotland, Polynesia, China, Ukraine, Lebanon in addition to belly dancing, tap, and the lindy hop.

*Submitted by Lori Barsi*

