



Sleipner President, Gary Carr, was emcee at Seterskveld



Penelope Schilbach (3) with cousin Charlotte Marander, (2), both of Varden Lodge, at Welcome to Norway.



Ron Johnson brought his mother, Annabelle, for Dawson Creek's Game Night

A Merry Christmas to all!



Sleipner Lodge Seterskveld had a good turnout & everyone had a great time!

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Randy Carlstad, Zone 3,
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Lori Barsi, Zone 4,
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President's Message

God Jul!!

Velkommen ! to members who ran for election on their Lodge Boards.

We look forward to hearing about your Lodge plans during the upcoming term of office. For those Lodge board members retiring, please accept our deepest thanks and I am sure you will continue to grow your lodge through assisting with events and leading training sessions for the newbies. Volunteering can be so much fun if the work is spread around many people rather than leaving it to one or two members to carry the load. To help understand your new role, check out your lodge bylaws and ask long time members who have served in your position. We all need help from time to time so 'ask'. There are also resources on the D7 website – the Resource Book and the ByLaws, Policies & Procedures, Officers Mandate book that has information that might be helpful.

May your Jul Season ahead be filled with Family and Friends and Fellowship! Participate in your lodge's gathering or begin a tradition of having members join together for coffee and sweets. It doesn't take too much time and effort, and it can be a lot of fun. A number of lodges host a family event with singing around the Christmas tree at a local church or meeting place while others plan a festive dinner. Whatever your group chooses, make it lively and fun and make sure to have a nisse to hand out treats to the little ones – you will be rewarded with huge smiles!! At my lodge, a member family have invited us to their home at Silver Star Ski Hill where we will share a potluck and the wonder of deep snow-laden trees and brightly decorated houses/cabins.

Christmas is also a time for helping our communities – the Salvation Army Christmas Kettle Campaign; preparing food hampers for struggling families; adopting a community family and shopping for gifts and treats; or maybe helping someone with personal assistance or even a visit – the lists are endless. There are lots of opportunities so check out your community newsletters or event sites and see how you can make someone's Christmas a little brighter. And in return, helping others often fills our hearts and minds with contentment.

I wish you all a healthy 2025!! Stay safe, be happy! I always look forward to hearing how our lodges are doing so get your stories and pictures in for the Leiflette.

Hilsen, Gloria

Editor's Message

I hope everyone is looking forward to Christmas and

another new year! Time seems to go so fast. I remember it seemed like forever to turn 21, but after that it really sped up! I wish you all a very happy time with family and friends over the holidays!

I saw this cheese on Google while looking for something else & it brought back memories. I was on the Seter in Heidal when my older cousins were making Gjetost. After the cooking was done the mixture was put into carved wooden boxes that were snapped together. When hardened, the wood sides were removed & it looked very much like this. In fact this cheese has Heidal on it.



Anne Hov has been credited for 'inventing' Gjetost made on Solbråsetra in Gubransdal. Just type her name on Google to read about her.

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"

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 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

Introduction to Randy Carlstad, Vice-President District 7



Randy Carlstad

Hello. My name is Randy Carlstad from Dawson Creek, BC.

As the new vice-president of District 7, I would like to take this opportunity to properly introduce myself to all of the hard-working and committed members of our lodges.

Sons of Norway has been part of my life since I signed up as a member of the Solglyt Lodge in Edmonton while attending university there in 1983. At the time I was completing a Bachelor of Arts degree with a major in Scandinavian Studies and a minor in History at the University of Alberta. Upon completion of this degree in 1985, I transferred into the Bachelor of Education program and fully completed my degree in 1988. While attending school in Edmonton, I was active in the university Scandinavian club and took part in the lodge's Folk Dancing group. I also met my wife, Janina, in Edmonton. We were married in 1985 and later in the summer of 1986 spent our honeymoon working on a farm in western Norway and travelling all around the beautiful country. It was a great opportunity to further my knowledge of the Norwegian language and culture and to get to know our numerous relatives who lived there.

I grew up in a small Alberta farming community called Bear Canyon which was situated about 80 km north-east of Dawson Creek. In 1987 we were fortunate enough to find employment as teachers in the Bear Canyon area, and we lived there until 2005. I held a number of teaching and principal positions in Bear Canyon and Cleardale. Our children, Bjorn and Anders, were born, raised and schooled in this area. They are also proud members of the Sons of Norway. During this time, we transferred our membership to the Dawson Creek lodge where my parents were members.

We moved to Dawson Creek in 2005 and took teaching positions in nearby Bonanza, Alberta. I accepted the principal position there in 2008 and worked in this role until my retirement in 2017. I took on various part-time contracts for five years working with special needs children and the Hutterite Colony schools in our Division until my final retirement in 2022. Currently I am working casually as a substitute teacher in the Dawson Creek and surrounding areas. In 2017, I felt I had the time to get more involved in Lodge meetings and activities by becoming president. As president, I have attended all of the District Conventions and became interested in furthering my involvement with the District. At the 2024 Convention in Coquitlam, it was my honor to be elected vice-president of District 7.

As your vice-president, I have two major goals. The first one is to attract new members to our lodges and work hard at keeping the ones we currently have on board. The second goal is to gain knowledge about the policies, procedures, geography, and history of the British Columbian lodges. I look forward to getting to know you all and will be asking for your guidance and help in achieving these goals.

Ha det bra, Randy

Lodge Updates

Sleipner Lodge 8 Vancouver, B.C

Hi everyone. Our lodge had a successful Fall schedule with good turnouts.

Seterskveld was amazing. It was a great social event with lots of people catching up with old friends.

There was a Fall Leaseholder's meeting followed by a park cleanup event. At the Leaseholder's meeting issues such as: Connecting up to

municipal water, the work done in the creek, working on the surface water drainage issue by the clubhouse among other things.

The work on the creek has been completed. It looked really nice, for about two weeks, until an Atmospheric

River came around and basically undid much of the work that was done.

There was much good that was done such as planting thousands of Willow Stakes, extraditing Knotweed and removing thousands of cubic yards of gravel from the creek. On an interesting note. The contractor did not have to pay for disposing of the gravel. Local property owners were happy to find uses for it. Maybe next year some more work will get done on the creek.

Welcome to Norway was held at the Scandinavian Center. Ralph Haugland reported that it went very well.

Members attending the Hatzic Park Fall Leaseholder's meeting.





Louise Baillie, Helen Mosdell & Vivien Bates at Seterskveld.



The two ladies doing the registration for Fall Leaseholder's meeting are Paula Ellis & Diane Dolinski.

Varden Lodge 19

New Westminster, B.C.

Season's Greetings! I am writing this in the beginning of November, and will give you an update for the past two months.

Starting in October, our lodge's meeting was a social one. We actually played Bingo over Zoom. Susan Strang was our Bingo caller and we played five games, two of which I won. I received as an award a Tim Horton's gift card. So you will see me there eating my Honey Cruller donut. Yipee!

We haven't had our November meeting yet, it will be on the 12th. What is wonderful is that Normanna is letting us back in so now we

can have our meetings in person. To celebrate we will have a Chinese food diner. Then we will get down to business and plan our upcoming events.

The first event is our Christmas party on Dec. 15th. I don't know all the details but for certain Santa will be there. There be singing around the tree plus wonderful treats. Speaking of treats our annual Meatball dinner will be on Jan. 24th and we know how tasty they are. Everyone is invited and there will be entertainment so bring your dancing shoes!

The New Year is upon us and it's hard to believe but our first meeting of 2025 will be on January 14th.

Krista Solie, Publicity



Connor & Penelope Schilbach with their great-grandmother, Helen Mosdell, showing off their new Norwegian bunads. (All from Varden Lodge).

All that is left for this year is the Christmas Dinner on Dec 07. I hope that we can arrange to have Lutefisk. Man. I miss that stuff.

There has been a large bear in the park. The fish are spawning, Coho mostly. Coyotes have been heard yipping in the middle of the night.

Aurora Borealis has been seen in the Northern sky at night. Don't forget the Dec. 07 Christmas Dinner at the Scandinavian Center in Burnaby. I don't know the details

but. If it's going to be like previous years it will be potluck with a lodge supplied entry like ham or ham and Lutefisk if Lutefisk is available. The more organizing that goes into this event the more memorable it will be.

Your's truly, Larry



North Star Lodge 63

Nanaimo, B.C.

Happy Viking month. North Star members had a very interesting presentation on the age of the Vikings. Many thanks to Judy for the many hours of prep work for this talk. Also, she went to a lot of work preparing Viking draw gifts which she made herself. Many questions about the Vikings were asked by the presenter in hopes that members could answer them. Once the answer was given, it was expanded on by the presenter. This was an interesting way to instill facts about Viking life. Seventeen gifts were handed out, we were so lucky!

We were to go on a trip to Alaska on the Alaska Highway at our Nov. meeting! Unfortunately, my projector malfunctioned, and the talk had to be delayed to another evening. Liv was to speak to us about her adventures with her daughter as they travelled the Alaska Highway several years ago. Her daughter was on an information gathering mission and interviewing people along the way was instrumental in her search. More about this interesting talk and slide show at a later date. My apologies to the members present.

Our lodge has been invited to celebrate Christmas with the Danish Club in Nanaimo. On November 30, there will be a "Dine and Dance" Christmas party at the local yacht club. We will celebrate with authentic Danish cuisine and dance to a live band. We will be able to add some Norwegian touches to the decorations. Many of us will wear our Norwegian bunads. This will be a wonderful opportunity to socialize



Pat & Judy who did the presentation about the "Vikings". Note the gifts Judy made as prizes.

with our fellow Scandinavians.

I have always had an affinity for pinecones! My Norwegian genes must be responsible. I've noted that Norwegians decorate their hytte and homes at Christmas with a variety of natural elements. Pinecones seem to be one of the most popular elements used.

The simplicity of Scandinavian design is refreshing and hygge. The cozy feeling one gets by gathering natural flora and fauna from the forest and then putting it together with items within your home is soothing for one's soul. I'm concentrating on pinecones in this article but other natural elements could include: branches, pine, rocks, moss, forest and garden flowers, bark, leaves or whatever lies on the forest floor. Use what you have! Decorate your home in the Scandinavian style this year. We have crafted with pine cones at North Star Lodge. Simple and quick. Fill a basket with pinecones. Add ribbons and a Nisse to create a jovial atmosphere.

Another quick yet effective table centre! Your footed glass bowl can be filled with smaller pinecones and Christmas balls. Accent the base

with pine snippets. If you have a large pinecone, hot glue or glue moss to the top, add a bird, then some dried flowers or tiny cones. Glue a ribbon on the top sides to hang wherever you want. Or, hot glue silk Christmas flowers to the top. (Not natural elements, but effective).

Save a quart pickle jar for the next creation. Tie white lace around the top. Glue a couple of pinecones and a snowflake to the rim on the outside of the jar. Fill the jar 1/3 full of Epsom salt. Add a tea light candle. I had some "snow in a jar" and painted it along the rim and onto the pinecones for a snowy look.

In BC, we have many evergreen trees. I prune them in late fall and use the greens to fill a basket. Along with them, I add holly and boxwood. Add pinecones and possibly a ribbon and presto, you have a wonderful arrangement. You can alter the pinecones. Use a white acrylic paint di

luted with water and paint your pinecones white. Some people use bleach! A good way to create the snowy, icy look on pinecones is to coat them with glue and sprinkle Epsom salt over them. You can add silver sprinkles too if you want.

I hope these tips and suggestions ignite your creative thoughts and that your home will have a Scandinavian feeling when Christmas comes. Easy, simple and fun!! I would enjoy hearing how you use pinecones

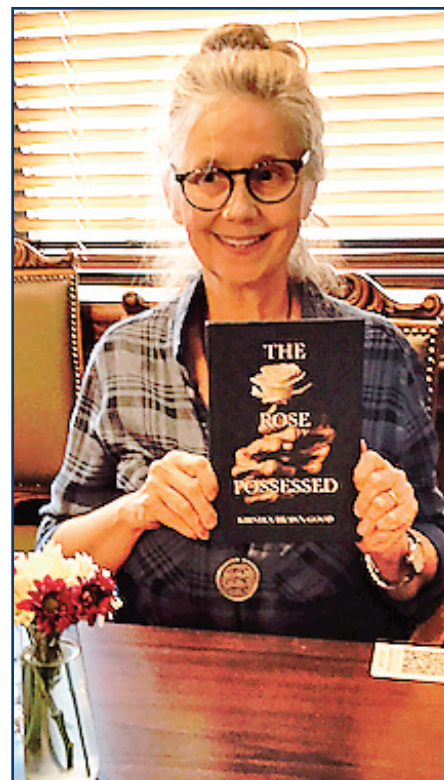
God Jul from North Star Lodge, Nanaimo.

Linda Harvey, Social Director

Rondane Lodge 71

Prince George, B.C.

The October Womens Auxiliary meeting was held at the home of Christine Sullivan with 10 members present.



Congratulations to Kirsten Brawn of Rondane Lodge, who has written a book of poetry.



Unni Madsen, Long time Rondane member, died recently, not long after this photo was taken. It shows Unni standing in front of the beautiful rockery she kept.

As usual, the lunch table was loaded with many delicious items which members, as well as the hostess, had provided, that it was hard to not overeat!

The General Meetings for both September and October were held at Carmel Restaurant at noon, with the meeting in their big, downstairs room after lunch. As Sons of Norway was started on July 4, 1825, which next year will be 200 years ago, a discussion was held on how to celebrate that.

As we have no Lutefisk Dinner this year, it was suggested we have it maybe next year.

I'm sad to announce that long time member, Unni Madsen, recently passed away at age 89. She was predeceased by her Danish husband, Svend, in 2005. She leaves behind her 3 children, Finn, Ralph and Susan, and

their families. Finn and Ralph live in Canada, Susan is married and living in Norway. But there has been a lot of visits to and from Norway.

Unni and Svend had a farm near Prince George. But as Svend did not like snow and cold, they drove down to Belize in British Honduras every fall. There they had bought 20 acres, on which they grew Oranges and Limes, which they sold at the local village market. The people there were very poor, so Unni and Svend would bring them used clothing and other items from here. I remember one time I donated a big bag of clothing we no longer needed. So they were much loved by the villagers. Unni was also one of the greatest knitters around, and knitted Norwegian Sweaters (for a fee, of course) for many people here in Prince George.

After Svend passed away,



Rondane Lodge Meeting, L -R Anna Mytting, President, Marilyn Anderson, Recruitment, & Secretary, Karin Smale

Unni moved into a suite in her son Ralph's house, where Ralph lived with his wife and family. We had a Ladies Aux. meeting there a few years ago, and now, last June, our annual Garden Party was held there. We were told that the big beautiful sloped rock garden was all Unni's work. So I took a picture of her in her nice Bunad, standing in front of the garden. She looked so well. It was therefore a shock when I heard she was suddenly moved to Rotary Hos-

pice House, and even more shocked when I was told she passed away that same evening! Ralph told me the Memorial will be held at the end of November. No date set yet. May She Rest In Peace.

Elsa Aase, Publicity

Dawson Creek 79

Dawson Creek, B.C.

We are entering into the month of November and winter again. Our lodge is getting started with the New



Clay Drouin, restaurant owner operator, displays his new beer, with our president Randy Carlstad. The beer is named Zero City in reference to our city, mile 0 of the Alaska Highway

Year and our AGM in October. Few positions have changed, but we are waiting to fill a couple positions. Our treasurer is wanting to leave her position and our financial secretary would also like to step down. We are in the process of replacements to these positions. Thanks, Donna and Shirley, for the oh so many years you have committed to these positions. Hard shoes to fill.

In September we usually have a member appreciation dinner. This year was no dif-

ferent. We try to move around to different restaurants in Dawson Creek. This time we were really surprised when we were taken to the social room in the restaurant, Post & Row. We discovered an in house brewery. It is a beginning for them, and we were surprised to find Dawson Creek had a brewery. After a delicious supper, we were invited to a tour of the small business. This is totally new to Dawson and just getting off the ground. What a nice surprise, enjoyed by all.



L to R Members Charlene Dokken, Lisa Ward, Shirley Grayston, Janice Trent enjoying a game of Crockinole



Dawson Creek members enjoying our September dinner night out at the Post & Row. The old Rolla Pub sign is a salvage icon from the old place in Rolla. Just a little history.



On October 29, in the evening, our lodge held its first games night. It turned out well. In November, we are hoping to hold a movie night and a rosemaking workshop before Christmas. Our Christmas party plans are underway.

On the lighter side ...

Halloween is the beginning of the holiday shopping season. That's for women. The beginning of the holiday shopping season for men is Christmas Eve."

We wish everyone a Merry Christmas and All the Best in the New Year!

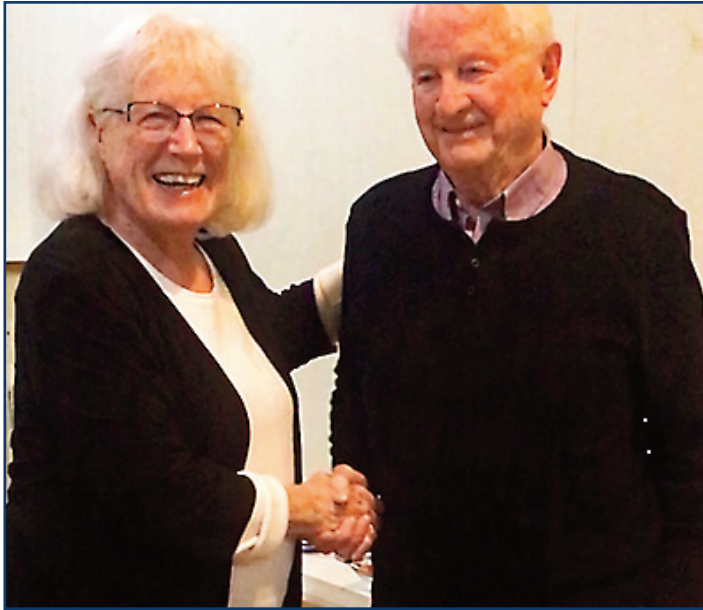
Until next time!
Loretta Pratt

Viking Lodge 81 Surrey, B.C.

On October 3rd and Nov. 7th we held our Lodge Members meetings. At the October meeting there was a hot lunch which was enjoyed by those who attended. Due to a family matter, the President was not able to attend the October meeting so thanks to our Treasurer, Lars Poulsen, who graciously chaired it. Our Social Director, Marsha Walsh, dressed for the occasion of



Viking Treasurer, Lars Poulsen, chaired Viking meeting & Social Director, Marsha Walsh, dressed for the Halloween/ Thanksgiving occasion.



Andy Anderson, above, receives 50 Year Pin from President Dolores Fossum. Else Bardsnes, right receives 55 yr pin & John Kaland, below, receives pin from SON Foundation for his donation.

Halloween/Thanksgiving .

At our November meeting Anniversary Pins were announced and given out to those members in attendance who have attained 50 or more years of membership in Sons of Norway.

On Dec. 5, we plan to hold our Lodge Xmas Party at Chartwell Camellia retirement residence in Surrey. As you may know, one of our members, Kristian Frostad, was the lead in having the Munin Viking Ship built. We were glad to hear

that it was a successful addition to the Midsummer Festival in 2024. The new committee caring for the Munin is called the Munin Preservation Committee. The new site at the Scandinavian Centre is great and the ship is being protected with tents. New metal cradles will be placed to support her and cosmetic repairs will maintain her (as she can never sail again).

At this time I would like to wish you all a God Jul og Godt Nyttar.



Dolores Fossum, Publicity

Left: The Munin Viking Ship in the process of being restored

