



SONS of NORWAY DISTRICT 7 in BEAUTIFUL BRITISH COLUMBIA

# Leiflette

February 2025

Next deadline March 5, 2025



Viking Lodge members enjoying their Christmas Celebration



John Hegge is Dawson Creek-Lodge faithful Lutefisk cooker



## Happy 2025!



*Happy Birthday Dorothy!*

**Dorothy Peterson**, who turned 101 in January, received her 60th Year Anniversary Pin from Viking Lodge President, Dolores Fossum



L-R Karin Smale, Anita De Dreu, Elsa Aase, Christine Sullivan, Edna Rouleau, Anna Mytting in their beautiful Bunads at Rondane's Family Christmas Party



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# SONS of NORWAY

## District 7

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North Star 63

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Viking 81,  
Golden Ears 137  
Trollheimen 157

**Randy Carlstad**, Zone 3,  
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Dawson Creek 7,  
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## President's Message

### Happy New Year!

I recently read a quote that I will share with you – 'we all get the same 365 days – the only difference is what we do with them'. So what is your plan for the next 365 days? Sometimes we must take it day by day to

ensure we move forward as too many long-range plans can overwhelm us, but some projects need more planning and therefore an early start helps the final outcome. A very helpful tool in our Sons of Norway Lodges is to prepare an annual outline of what we would like to see happen; recruit leaders and helpers to take on one or more of these projects; provide guidance and support to see it through. What can you do to help? The Sons of Norway Foundation in Canada grants for teaching Nordic crafts may be a resource for some funding to help cover some of the costs like teaching rosemaling, hardangersøm, wood carving, etc. Applications must be submitted to [Sonfic.ca](http://Sonfic.ca) before March 1st.

The new International Board of Sons of Norway was recently announced from Home Office. Thank you to Ron Stubblings, past International Chair and to Erik Brochmann, past International Director for District 7 for your service. An online meeting with the International Board will take place at the end of January and I look forward to hearing the plans and projects the new Board will present. I had the opportunity to meet our new CEO Dan Seyfried in November and he expressed some ideas about the direction he would like to see Sons of Norway go so I am anticipating a new strategic plan to move forward.

Membership is always an ongoing topic for our organization – how to recruit, how to inspire people to join, how to keep those members for the long term. The first point is ASK. But, we have to provide reasons for people to want to come out and that takes us back to making monthly plans. One tool that I loved when I relocated and joined a new lodge was a paper bookmark that outlined the year's meeting dates, time and location but also indicated key items for the meetings – things like February would be Valentine's Day and decorating sugar cookies; March was a presentation from a member traveller who had visited Norway; April was a demo of a craft and members bringing their other crafts to display; and so on. This little piece of paper kept me mindful of upcoming activities but also was an indication of the opportunities to get involved. People may not be so interested to attend just to hear your financial report but are more likely to come for a Harvest potluck, or an activity, or games.

Have a wonderful start to 2025! I look forward to hearing about your activities and plans for the next twelve months!

*Fraternally, Gloria*

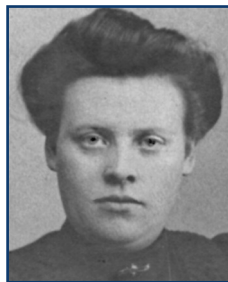
## Editor's Message

### Happy New Year!

We are into the new year and I'm sure we all hope it'll be a good one. It's like having a book with only a few pages written isn't it?

I had a very quiet but nice Christmas. John's older daughter is a very enthusiastic cook so dinner was excellent.

I'm including a little photo that is the only one I have of my grandmother, Othelia, on my dad's side. She died before I was born. I'd put in my other grandmother, (Oline), but she died before I was born as well & no one has ever found a photo of her.



Othelia

**For Auld lang Syne**

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

# Hey kids, do you like drawing?



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](mailto: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

### Sleipner Lodge 8 Vancouver, B.C

**Hi everyone.** Our Lodge's Christmas Dinner was a huge success. Between the lodge and lodge members the dinner was excellent. The lodge supplied the Lutefisk amongst other dishes.

Eric Haugen's former partner, Lena Therese Lihaug, has been at the park during New Years. Lena lives in Oppdal, Norway. I believe that she teaches Yoga and she enjoys bathing in ice cold



Sleipner Lodge celebrates Christmas.



Erik Brochmann serving Lutefisk at Sleipner Christmas Dinner.



Carmen Perrett, Lena Therese Lihaug & Ollie Higgs enjoying some fresh air at the park at Hatzic

creeks.

At Hatzic there has not only been bear sightings, but a cougar sighting. That and the salmon, the eagles, coyotes and other wildlife. It's like nature is making a come-back.

Apologies to Louise Bailey for spelling her last name wrong in my last article.

Coming up, Board Meeting. Feb. 20/25 at 7pm. Lodge Meeting. Mar. 20/25 at 7pm.

Vaughn Hagen, The Treasurer of the Border Festival Organizing Committee, has been able to secure our traditional date for the Border Festival. The Second Sunday in July, July 13 to be exact. Good going Vaughn.

*Yours truly,  
Larry*





The Lind family, John, Kristie, Lodge Queen Kassie & Emy hanging out with Santa ( Terry Mosdell) at Varden Lodge Christmas Party.

## Varden Lodge 18

New Westminster, B.C.

**Greetings! I hope you had a wonderful Holiday Season.** Varden Lodge celebrated by holding a Christmas party on Dec.15th. We held it at Normanna this year and we had a lovely turnout,

people of all generations were there. The children delighted in making ornaments or coloring on the special table cloths provided. Also many of us enjoyed getting our faces painted. We also sang around the tree. But the real reason we were there was to see Santa. This year he had our Lodge Queen, Kassandra



Above, Connor Schilbach receives his gift from Santa & on left Charlotte chooses a design for face painting with her mother Krista Marander.

Lind, as a helper. The children were delighted to see him and we all had a good time. Thanks to Karen Schilbach who arranged all the details.

Our next event is our Officer's Brunch on Jan.12th. The Lodge is holding it at Earl's in Port Coquitlam and we hope to have a good turnout.

Our next event is even bigger --- The Annual Meatball Dinner. Yes, it's back and we hope that everyone will attend. The Dinner will be held on Jan.24th at the Scandinavian Community Centre in Burnaby. Not only meatballs are being served but there will be a salad bar and several other Norwegian dishes. The same as in previous years, we are donating part of the dinner's proceeds to the Sons of Norway Foundation in Canada.

All of the above is being written in early January before our two next lodge meetings, one on January 14th and that will probably be a business meeting, and one on

Penelope Schilbach gets a present from Santa, ( Terry Mosdell), & goodies from Lodge Queen Kassie Lind. Bev Mosdell is Santa's helper.

February 11th, probably a social, celebrating Valentine's Day.

*Krista Solie,  
Publicity*

## North Star Lodge 63

Nanaimo, B.C.

**Happy New Year everyone!** I hope that 2025 will be a year of fun, good health and peace for all.

The Sons of Norway in Nanaimo was invited to the Danish Christmas Party at the end of November. We were thrilled to attend. our members enjoyed the good Danish food, decorations and comradery of the evening. A few of us were decked out in our Norwegian bunads much to the delight of our hosts. This addition of color and heritage enriched the evening. We enjoyed a traditional Danish Christmas meal. The tables had to sing for their supper "so to say," as the ones that sang could line up for the buffet! Later on we all danced and sang around the Christmas tree, a tradition in both Denmark and Norway. Carols were sung also. Dancing began with a live band. The music was wonderful, not often are we treated to a live





Rubi's grandmother, left, & new mom, Rebecca. Linda Harvey in background, at shower for baby Rubi.

dance band. these days!

Raffle prizes were handed out to many of the lucky ticket holders. The evening was delightful. The chance to celebrate together encouraged us to plan more events together. It was a wonderful opportunity to co-

celebrate the traditional Scandinavian traditions.

At our December meeting we hosted a baby shower for one of our newer members who had a baby girl in November. It was a thrill to welcome such a wee baby into our ranks! Rebecca and Rubi



Little Rubi, held by Maren Breivik with sister Dahlia & mom Rosie of North Star Lodge look on. Above is 1 year old Jaxton, Elsa Aase's great-grandson, of Rondane Lodge, who seems to be a little unnerved by Santa. In a year Jaxton will likely be smiling on Santa's knee & little Rubi may be in Jaxton's situation. What a difference a year makes!

were showered with baby gifts and good wishes for the future. The decorations included a Christmas tree/baby girl tree combined. The decorations on the tree were pink with baby socks hanging from some branches. A large sign saying "It is a girl!" peeked out from the branches along side pink ribbons and pink tinsel. The tables were decked out in pink tablecloths. We played some baby shower games, opened gifts and enjoyed a wonderful lunch. Everyone enjoyed our evening. We also had a short business meeting!

In January, we have our installation night. More to come later on about that evening and the officers appointed.

*Godt Nytt År,  
Linda Harvey*

## Rondane Lodge 71

Prince George, B.C.

**Christmas and New Years came and went so quickly this year!** But, come to think of it, the same happens every year.

Our November General



L-R: Karin Smale, (winner of Travel Blanket at Festival of Trees), Joan Lemky, Art Cardinal, Synove De Dreu, all of Rondane Lodge.







Kids waiting their turn to see Santa at Rondane Christmas Party,

members present. It was a Potluck party, starting at 11:30 am. We enjoyed singing Christmas Carols, while drawing names for the gifts we had bought for the occasion. The table, as usual, was loaded with so much food, and it was difficult not to taste absolutely everything.

We wish you all, a Happy, Healthy New Year!

*Hilsen fra Elsa Aase,  
Publicity*

## Dawson Creek 79

Dawson Creek, B.C.

**Once again we begin a New Year.** We hope everyone enjoyed a wonderful Christmas. Best Wishes for 2025. We are looking forward to another year. Our

meeting was small, with only 8 members present. So instead of our annual election of new officers, everyone kindly agreed to stay one more year in the positions they were currently in.

Since Covid time, we did not have a family Christmas Party for several years. The S.N. children really missed these parties, so we decided to do one this year. Christine Sullivan took charge of the details, and on Sunday, December 8 we had almost 70 people coming to the place we have had it, namely in the basement of Our Saviours Lutheran church. We have held it there ever since we sold our big Log hall at 6 - Mile Lake many years ago.

We had enough people for two rings around the Christmas tree. Everyone loves to sing the lovely, old Christmas Carols, but most of all, the children enjoy the ones where you pretend to "wash your clothes, rinse your clothes, and hang up your clothes." And also the ones where you: go i Trampeland, Hoppeland, Pekeland, etc, all in Norwegian. That way they also use up some of their energy!

Everyone brought something for the food table, as well as a gift for each of their own children. (We have a price limit on the gifts, just so that all the kids will get a

present of approximately the same value}. Haakon Sullivan was again our Santa this year. He is really good in that job, as he does not Ho~Ho so loud, which sometimes scares the little ones. Only my great~grandson, Jaxton, 1 year old, started to cry a little on Santa's lap.

Tore Pettersen told me, that on the weekend of Nov. 2 & 3, 2024, his son Kevin's family, was in New York for a Marathon. It was Kevin, his wife Jacquie, and their sons, Max and Kai. The main Marathon was 42 km., and the mini one 5 km. Jacquie, Max and Kai ran the Mini one. Max, 13 years old, came in #7 in his age group, 5 minutes before his mother! Well done. Congratulations to them all! They are all Sons of

Norway members.

The Ladies Auxiliary Christmas Party was held on December 12, at the home of Christine Sullivan, with 14



Lesley, the caterer, announces supper is served



Dawson Creek Executive at Christmas Party. L to R Shirley Grayston, Donna Porada, Lorraine Lawrence, Loretta Pratt, Santa, Lisa Ward, Charlene Dokken, Karen Frederickson.



monthly meeting will let us hash over our Christmas party and the events of the last year. Plans for the upcoming year will be discussed as well. I came across this cute little Christmas note.

What did the wise men say after giving gifts of gold and frankincense? But wait--there's myrrh!

Our Lodge celebrated Christmas with a fun filled Christmas Party. Sixty members and friends gathered for a delicious turkey supper. We added lefse and lutefisk to complete the supper. The ladies all brought baking treats, both Norwegian and regular. This was a great delight to all of us. Our silent auction is always a highlight and a crowd mixer. Funds raised at the auction were donated to the local Salvation Army in our community, for their Christmas Program. Santa paid us a visit to close out the evening. This brings out the kid in us for sure.

Good health and safety to all. Take Care and have a good New Year.

*Until next time!*  
Loretta Pratt

## Viking Lodge 81 Surrey, B.C.

### Godt Nyttar /Happy New Year everyone!

When you receive this Leiflette it will already be February 2025. I hope your Christmas and New Year's have left you with some good memories.

We did something different this year for our December get together. Kris & Darlene Frostad had moved to Chartwell Camellia Residences in Surrey, and the Chartwell organization were kind enough to provide those Lodge members who attended with a delicious Xmas Lunch, as well as the entertainer, Ed Wahl and his wife, Diane. The members were asked to bring along a dessert

and we were not disappointed as there was a variety of both Norwegian and other baking for us to enjoy. A gift basket was presented to the Frostads, in appreciation for their hosting the Xmas Party.

Another highlight of the Xmas Party was to honour several members with their Anniversary Pins. (see photos in this issue).

Dorothy Peterson, who reached the milestone of 101 years old in January 2025, was able to be present to receive her 60 year pin.

We also were pleased to see Kelly Meade and his wife, Solfrid Meade, who live out of town, come and join us and receive their 55 year pins.

At our November meeting, Myrna Latval had received her 65 year anniversary pin, and so it was wonderful that her sister, Bette Stubelt, was able to attend the Xmas party to receive her 65 year pin as well. I know in

doing this sort of thing, someone may seem to have been left out, but not intentionally. We will endeavour to make sure that those who have memberships of more than 50 years, receive their pins.



Viking Lodge Christmas Celebration from the other end of the table than on front page. Looks like they had a really good turnout!



Myrna Latval receiving her 65 yr. Anniversary pin in Nov. 2024.



Bette Stubelt received her 65 year pin



Kelly & Sofrid Meade receive their 55 Yr. Anniversary Pins

There will be a meeting at Tynehead Hall on Thursday, Feb. 6th, 2025, at Noon and at that time we will be discussing, amongst other things, our plans for donating in 2025 to our Adopt-A-School, Hjorth Road Elementary. It will be good to see everyone who is able attend.

We hope that 2025 will be a year full of positive, and fun filled times, for those of us who are part of Sons of Norway.

*Dolores Fossum,  
Publicity*



## Hardanger Lodge 109 Kelowna, B.C.

Our November meeting featured an interesting presentation by Gary Goplen about the Norwegian athletes who won medals at the Paris Olympics. Gary mentioned that he and the family were on vacation in England at the time of the Olympics but he was ill with COVID so he spent much of his time in his hotel room watching the Olympics!

On Remembrance Day Lloyd Coltman laid a wreath at the Rutland cenotaph on behalf of Hardanger Lodge. Lloyd has done this for the past ten years.



Nancy Goplen on Santa's, (AKA Lloyd Coltman) knee.

A Christmas gathering of twelve members and 7 guests was held in mid-December at the home of Gary and Nancy Goplen at Silver Star Ski Resort. Snow was falling as we arrived and from the living room window we saw skiers enjoying their runs down the mountain. After a delicious potluck lunch we had our photos taken with Santa as Lloyd Coltman had arrived dressed as Santa along with his daughter, Janice dressed as an Elf. She helped Santa distribute gifts to all in attendance.



"Members & friends of Heimdal Lodge (Kamloops) meet for a Christmas luncheon."

Viking shields constructed by members last fall have been sanded and are ready for painting and decorating. Members picked up their shields and it is hoped that all will have their shields ready for display at our Syttende Mai gathering.

Member, Gary Goplen has received a 11th century Viking Ax head and is doing research on its background. He plans to give a presentation on Viking history at our January meeting.

Before Christmas, Clea Haugo and her 6 year-old daughter, Svea, visited the home of Bev and Wilf Akerlund for a lefse making session. Clea remembers making them with her grandmother and wanted to share the experience with her daughter. Svea did a fine job of rolling and baking them. Before long we all had a taste of freshly baked lefse with butter, sugar and cinnamon. Wilf and Bev visited member, Grace Gustafsson at Hawthorn Park and she was pleased to receive a package of freshly baked lefse along with the visit.

*Bev Akerlund, Publicity*

## Heimdal Lodge 141 Kamloops, B.C.

**It has been many years since Heimdal Lodge (Kamloops) has submitted something to the Leiflette.** We have been putting in extra effort to find ways to reconnect after our time apart during covid.

In September we participated for the first time at the third annual Tapestry Festival, a community gathering for all things culture. We received entries for a Norwegian flag prize which helped us connect with new people in the community who are interested in cultural classes like weaving and carving. At the festival, we met a gentleman from the main sponsor, (Kamloops Immigrant Services), who has helped us find free space to hold meetings and classes. We have been fortunate to also find a free space in the library to hold our lunch meetings and long-running knitting/crafting group. Our Christmas luncheon was held at the library, and although we may have had a few too many people for the size of the room, everyone had a great time.



"Heimdal members Lori and Jes manning the booth at the recent Tapestry Festival in Kamloops".

*Submitted by Lori Barsi*

Don't forget your Valentine!

