



Fenrir by Elyse Tiamzon  
12 years



Rangarok by  
Victoria Tiamzon  
Age:15 years,

Far left, The subject of Elyse's drawing is Fenrir bound by the Gods. He is Loki's son and it was said that when he breaks free, it is the start of Ragnarok (the supposed end of THIS world).

Ranarok, Left. The second drawing depicts the final battle, with Heimdall's horn which he uses to call all the gods and soldiers. The last part is the new beginning, after the carnage of the battle, the world is made anew and populated by 2 surviving mortals.

**Valhalla lodge members in Calgary march to their Lodge to Celebrate Syttende Mai!**



*Have a wonderful summer!*

Children all enjoyed the Easter Egg hunt at Hatzic Park.

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# SONS of NORWAY

## District 7

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## Editor's Message

I wish you all a very happy and safe summer. This is the last Leiflette until October so the next deadline will be September 5.

I'm sorry I'm a little late with this one. There was a lot to put in and sometimes it's a little more complicated than others. I hope you all had a good Convention in Nanaimo.

I thought the drawing of Fenrir was (and Ranarok) interesting so I looked it up and has to do with Norse Mythology. It was quite interesting and goes to show you can learn something new everyday. *Have a nice summer break!*

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

**Unni Hadden**, Editor

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## President's Message

### Welcome to Spring and God Páske!

Vårfølelse = springfulness. The transition season from winter to spring; the birth of lambs and chicks, colourful flora and sunshine, providing more energy and social activities. Weather can change with-

out warning so you may find you need a parka one day and sunscreen lotion the next day. We are seeing garlic rising out of the ground in some areas but in others, temperatures might fluctuate between a negative to a positive in the same day!

This might be a great time to invigorate new people to join Sons of Norway by planning activities that share our Norwegian heritage, especially Norwegian Easter. A final ski trip in the mountains or a walk along the river/lake/ocean to check out what is budding are a couple great group activities to share. Maybe potential members would like to join in a cooking or BBQ session. There are lots of Norwegian options such as vaffels, or lamb stew/roast, or a salmon on the BBQ with lots of butter and dill. Norwegian Easter dinners are often based around lamb – roasted or stewed, and oranges and marzipan are great sweets. Yellow décor is prominent and often pussy willows or birch twigs are on display. Lunches are often open-faced sandwiches with options of eggs, meat, fish and vegetables. A little brunost is always welcome, along with mayo, mustards, lingonberries, cod roe and fried onions. Of course chocolate is a must – eggs or bars like Kvikk Lunsj (similar to KitKat), chocolate with almonds, marzipan or marshmallows. Salted licorice, anyone? Or, Daim bars? Planning an indoor activity around Easter might include making a traditional Norwegian display of pussy willows or birch twigs placed in a jar or flower vase and decorated with blown eggs which are coloured and attached with ribbon to the branches. Norwegian families often do an Easter egg hunt and I know of many children who love doing this outdoors as well as indoors. Maybe your lodge could support a community or school hunt? When you have some downtime, pull out your latest crime mystery novel and find a sunny corner.

I encourage you to make a presentation of a plan to your lodge, board and members, that will help your community embrace vårfølelse. Refresh, Renew, Realign to create something good and uplifting for each other.

*Fraternally,  
Gloria'*



**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

# Heritage Camp Registration

Dear Awesome Campers:

We are very excited to send you our August 5-9 Heritage camp registration link. Our camp will take place in the beautiful Sons of Norway Country Club in Mission BC.

We have some exciting new changes and some familiar events. The theme this year is Viking Games and through this theme we are hoping to give you a taste of Norwegian culture. There will be a new ladies sized t-shirt, a new course with a mixture of activities and 4 new clans working together to create a Saturday presentation!

So, please register early so you don't miss out. We are excited to see you again and please consider sharing this link with friends or family that we missed, so we can keep our camp going for generations to come!

Here is the registration link:

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

## Winners of 2026 Children's Drawing Contest

I'm pleased to say we had many excellent contestants for this year's Drawing Contest. There were so many of different ages and from different lodges that I felt I could not pick just one winner. Congratulations to Elyse Tiamzon of Valhalla Lodge with her drawing of Fenrir, Karl McFadzean of Aspelund Lodge drawing of a Viking Longboat, Maren Breivik of North Star Lodge with her drawing of a Troll and Dalhia Breivik, also of North Star, depiction of Three Billy Goat's Gruff. If you look at all the entries displayed in this Leiflette you will see that my job was difficult. I think all were worthy. I hope that next year there will be another contest and if you did not win this year that you will try again. Even though it involved a difficult choice it was a pleasure to conduct this contest.

Thank you, Krista Solie, District 7  
Publicity Director

## Lodge Updates

### Viking Lodge,

Surrey, B.C

#### Hello to all District 7 Lodges from Viking Lodge.

I will be attending the SON District 7 Convention at the end of May along with member, Gwen MacDowell. We look forward to the Convention as well as the trip it

self. Gwen and I spent a few days in Norway a couple of years ago.

We heard from the SON Foundation that our application for a grant for our adopt-a-school this year was accepted. We hope to have the funds before the end of June so the school can plan what they will spend the funds on this time.

At our May meeting we

were fortunate to have a musical cultural event. There are a few photos included in this issue of the Leiflette of the restored violin and others.

Our members, Gordon and Ruth Lande, brought several guests including 2 gentlemen who were "instrumental", firstly, in finding someone to restore the 125 yr. old violin which originally belonged to Gordon's grandfather. (Gordon had photos

to show that it was played by his grandfather many times at gatherings in Norway). Secondly, it was interesting, first hearing from Gordon's guest, about how he got involved in this by making a connection with a neighbour who he knew did restoration work, and then how Gordon was able to meet with the restorer, who agreed to try and restore the violin. The restorer spoke about how he went about doing the restor-



Viking members enjoyed a lovely hot Lunch Potluck



Viking lodge Dessert Table at Viking Lodge April Meeting



Left, 125 yr. old violin which originally belonged to Gordon's grandfather

lovely "hot lunch" potluck along with many wonderful desserts including a Riskrem pudding with an almond hidden in it! There were several door prizes given out and a 50/50 draw which always is fun.

Thanks to our Social Director, Marsha Walsh, and her volunteer set-up and clean-up crews, I can safely say it was a success.

*Regards,  
Dolores Fossum,  
Publicity*

**Varden Lodge**  
New Westminister, B.C.

**Hello from Varden Lodge! Summer is almost here and there are a lot of upcoming events.**

We are going to celebrate Syttende Mai at the Scandinavian community Center with a dinner and dance. Then on the weekend of June 20th and 21st we participate in the Midsummer Festival again at the Scandinavian Community Center. This involves us manning a sons of Norway booth. I've done it several times and it is always fun, although you have to watch for Vikings trying to steal chocolates.

Other things to notice are the Children's Hobby Horse race and the Wife Carrying test.

Another Summer event is the Border Festival on July 12th. This enjoyable happening is attended by both Canadian and American lodges. We get to picnic at Peace Arch Park, plus play a game or two of Kubb and crown the Festival's Royalty.

This year Varden Lodge celebrates its 115th Anniversary by going to Ryall Park in Queenborough, New Westminister. Yes, it's another wonderful picnic. We will be under a picnic shelter so there is no excuse not to come. The children can play at the nearby water park and we all can join in a game of Kubb know will be helping out at Heritage Camp. Some-



Rebekkah Stainton is 3rd generation Varden Member and a successful therapist. She was a featured speaker on the Women's Wellness stage at the Wellness Show in Vancouver & she was born on the 17th of May!

thing that is important to all of District 7. But the most important event for all the



Viking Original Rosemalings on Lande Violin

ration on the instrument. Many hours of time and skill went into this.

One of the other guests, who was contacted by the restorer, played the restored violin, along with her own violin, on which she treated us to some folk dancing music. It was a very informative, historical and musical afternoon.

Our members enjoyed meeting the guests, and everyone contributed to a



Part of a family with 5 generations of Varden Lodge members: Vivian Bates celebrates her 102 Birthday with great-great niece, Penelope Schilbach, age 4. Vivian's parents, Anfin and Viola Haaheim, were both members of Varden Lodge Sons of Norway.

District is our Convention on May 29th to 31st. Edgar Chapman, Susan and Bruce Strang are representing our Lodge, while I am attending as the District's Publicity Director. I hope to see you at the Convention or at any of the Summer events. Until then,

*Krista Solie,  
Editor & Publicity Director.*

**Rondane Lodge  
Prince George, B.C.**

Now that winter is behind us, we are enjoying the greening of our lawns and tree leaves. Our Lodge activities are also 'turning to outdoors'.

Our March and April Lodge meetings were held at the Bon Voyage Restaurant. As we have done in the past, we begin with a group lunch in the restaurant and move to a spacious banquet room for the meeting.

Our Lodge meetings for May and June will be held 'outdoors' at President Anna's Murch Lake 'paradise'. Our



Gerry Pettersen Displays her recent wood carvings & right, Carol Schulte, winner of door prize at Ladies Aux. Mtg April 2/26



May meeting was moved from our third Thursday to Sunday, May 17. The meeting was followed by a Pot-Luck Supper. June will be of a similar format with our St. Hans – Midsummer celebration at Murch Lake on the June 20th weekend. We all hope for

great outdoors weather! On June 4, the Ladies Auxiliary will meet at Edna Rouleau's spacious sundeck.

We now look forward to a summer with great socializing with families and friends'

*Hilsen, Tore Pettersen*



Anna Mytting (L) congratulates Joan Lemky ( R) on her 97th Birthday!



John Martinsen celebrated his 90th Birthday recently.

*Happy Birthday to both of you!*

## North Star Lodge Nanaimo, B.C.

May is here and with it comes some exciting times for Norwegians. We are happy for the green leaves on trees and beautiful vibrant flowers throughout the neighbourhood.

On May 4th we gathered for our regular meeting. We ignited our "Team Norway Program". Rosie, Maren, Dahlia and Jim presented a program on "Norwegian Hytter". Interesting and informative videos were presented discussing hytter in Norway. Cabins come in all sizes and conditions. Some are modern with electricity and running water and others are off grid with no power or running water. They are located all over Norway, some on the coastline and others in remote mountainous areas. Families flock to their cabins to get away from their busy jobs and cities. Some cabins have been in the family for decades and are handed down from generation to generation. Beautiful memories are made in these retreats that last a lifetime. Hytteliv, a Norwegian word for cabin life.

Rosie presented slides from their various trips to Norway when they spent time at their family cabins. They travelled in both winter and spring. Fishing abounds! Good times.

We reverted to having a pot luck coffee lunch for this meeting. Members brought finger "cabin" food for us to enjoy. This complimented our "Norwegian Hytter" program as we ate food normally eaten in remote cabins throughout Norway. Risgrøt, vaffeler, ost, kake and coffee.

Our 17th May celebrations are in the works. We decided this year we would have the party outside in a picnic shelter in Bowen Park. We will have all the trimmings: hot dogs, buns, cream cake, coffee, soda and ice cream. We are hoping

for nice weather! Our young members are planning the games for the children and for those young at heart. Hurrah 17 Mai!

Our lodge is getting ready for the Sons of Norway convention in Port Alberni on May 29-30. Thank you to the organizers who have spent many hours preparing for this event. See you there.

*Linda Harvey,  
Publicity*

## Solglyt Lodge Edmonton, Alta.

**Solglyt 7-143, Edmonton, is a diligent lodge.** In March, Marla J. delivered beautiful scenery to us via her L'Anse Aux Meadows presentation.

Pins: A knitting cultural skill pin was presented to Kirsten R. and Sandy K. enthusiastically regaled her journey earning cultural skills pins. A 50-year membership pin was presented to Karin J., currently our Sunshine member, with acknowledgement of her dedication to Solglyt.

Our cultural director,



Sue helping with ribbon making



Solglyt's Marla J. made a presentation on L'Anse aux Meadows

Dreena D., presented very interesting Sámi educational pieces on The Sámi Goah, and The People of Eight Seasons.

For Norway's Constitution Day celebrations, Syttende Mai ribbons were crafted by our hastily arranged and fun Solglyt Sunshine Sewing & Glue Gun Club! 'Our' Honorary Norwe-

gian Consul for Northern Alberta, Bjørn Morisbak, will bring greetings from the Kingdom of Norway, in Norwegian! Anthems, flags, parade and hot dogs will complete the day.

Our annual BBQ will be hosted in June and toward the end of July, a field trip is booked for Cronquist House



Solglyt members, Fern, Sylvia and Sandy making ribbons. On left is Karin J's, our current Sunshine member, 50 year Membership Pin for her dedication to Solglyt Lodge.

Norwegian Laft Hus Museum and Ellis Nature Centre; and in August, many Solglyt volunteers will be organizing and manning the Scandinavian tents upon its return to Hawrelak Park for the Edmonton Heritage Festival.

We encourage all to view our new website. [sofnedmonton.ca](http://sofnedmonton.ca) Have a great summer and best wishes for a successful convention!

*Brenda Carlstad, Publicity*

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

**Our March meeting was held at 6 pm prior to the serving of dinner with a St. Patrick's theme.** Our delegate for the upcoming convention will be Darlene Osterlin. Raffle tickets were available for sale with many great prizes offered, many with a Nordic theme. Members with cultural items to be displayed at the convention can arrange to have them taken by our delegate. Following the meeting a dinner of Irish stew and soda bread was enjoyed with coffee and cakes for dessert.

The April meeting was held in the apartment of Erna Johnston as the community room was not available. Following a short meeting those members attending enjoyed a variety of egg snacks including open-face egg salad sandwiches, devilled eggs, custard, lemon pie and lemon custard – a very creative repast on an Easter theme.

For many years our Syttende Mai celebration has been held at Wenche Gransgoen's home. With Wenche now in the process of selling her home our venue for this year will be at the home of members Cal and Erica Benazic. It will be a potluck luncheon held at noon on Sunday May17. Members are encouraged to wear their

bunads. Our editor, Wilf Akerlund has finally had his knee replacement surgery and is progressing well with his physiotherapy. Cultural director, Wenche Gransgoen had a fall in mid-April and is recovering from a hip injury. We wish them both well.

*Publicity,*  
*Bev Akerlund*

**Dawson Creek Lodge**  
Dawson Creek, B.C.

**Spring has finally arrived and this is a busy time for most of us.**

Our lodge has been fairly busy. We have been holding-monthly meetings and keeping up with things. Our 50/50 raffle is in progress and we are busy arranging venues to sell at. Our new positions just filled are working well.

For our March meeting we held a movie afternoon. It was enjoyed by all along with our popcorn and snacks. A nice change for us. The April meeting was very busy. Plans were made for Our May 17th day and June picnic and raffle draw before summer.

We lost one of our long-time members, Bud Porada, this week. Our sympathy goes out to the Family. It is a sad time.

From an old autograph book.  
*This world we're living in*  
*Is mighty hard to beat*  
*We get a thorn with every*  
*rose,*  
*But aren't the roses sweet?*

*Loretta Pratt, Publicity*



Selling Dawson Creek raffle tickets at the local store, Loretta Pratt, Hanna Gilliatt & her daughter Mackenzie and below, the ticket.



**Valhalla Lodge**  
Calgary, Alberta

**Valhalla lodge's Syttende Mai drew a good crowd, about 100 people.** It was a treat seeing so many bunads.

Chris Mylde, honorary consul for Southern Alberta, talked about dugnad (community volunteerism) and brought greetings from the King of Norway. His wife, Sue, organized games that were fun



Valhalla Lodge, Calgary



**Valhalla members and guests all dressed up in their bunads at May 17 Celebration**

house where park issues were discussed. Some items which were on the agenda.

- There will no longer be a fee for Guests use of WiFi at the park.
  - Bin rental for May Long Weekend. Cleanup Weekend.
  - List of projects around the park for volunteers to use to help decide where to focus their energies.
  - Legace Creek. It may need more work. I think the engineers underestimated the water's power.
  - Rewiring for the Gazebo and a Hall Kitchen reno. Several events are planned for this summer at the park.
  - Tusen Takk Day. Volunteer appreciation. June 20.
  - Canada Day and Duck Race on July 04.
  - Heritage Camp Aug 5-9.
  - Western Days. Aug 28-30. Yup. Chicken poop Bingo, or a variation of it, will return.
- There will likely be other events as well such as Piper Down playing in the Gazebo and a Chili Cook Off. Also, an Open Board Meeting will be held at the park on July 25.



Children playing games at Valhalla's May 17th celebration.

for everyone, the participants and those cheering them on.

*Alison Wiigs,  
Publicity*

### **Sleipner Lodge Vancouver, b.c.**

**Hello everyone. When you read this article our park at Hatzic will be open and the Summer season will have begun.**

We had a very successful Easter Egg Hunt. We held a Leaseholder's meet at the club-



**Tucker, the dog, taking time out of holding court to look at the camera.**

*Happy Summer!*



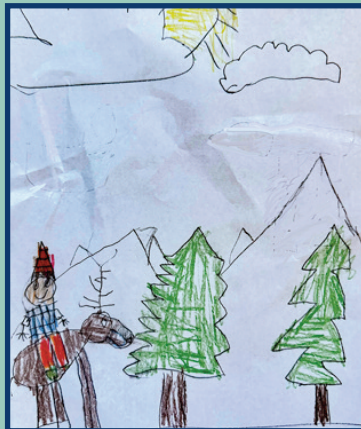


Sleipner Lodge had a very enthusiastic 17 Mai Parade at Hatzic Park

Also don't forget to attend the Border Festival on Jul 12. Let's hope for a below-average Wildfire season.  
*Best wishes, Larry*

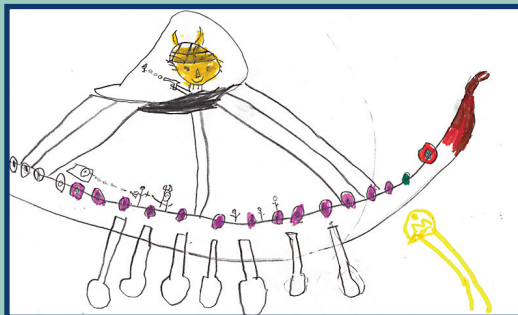
### Kid's drawings

Below, Longboat is by Karl McFadzean, age 6, from Aspelund Lodge in Red Deer, Alberta



Viking helmet, right, by Willard McFadzean, age 8, Aspelund Lodge, Red Deer, Alberta

Left: Norwegian elf riding a reindeer is by Erik Razeau, age 5 from Aspelund lodge, Red Deer, Alberta



Left: Three Billy Goats Gruff by Dalhia Breivik age 8 from North Star Lodge in Nanaimo

Below: Krumkake is by Sonja Razeau, age 7, from Aspelund Lodge, Red Deer, Alberta



Left, Maren Breivik's drawing of a Troll. She is ten years old and belongs to North Star Lodge in Nanaimo.



Left: Norwegian Lighthouse by Nathan McFadzean, age 10. Aspelund Lodge, Red Deer, Alberta



# District 7 HERTIAGE CAMP

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