



Our first contest received several drawings and it was difficult to decide a winner. However, the decision was made and the winner is Dahlia Breivik, 7 years old, of North Star Lodge. Her picture, left, is of 'Trolls in Nature'. Congratulations Dahlia! I also want to mention the children who participated in the contest.

Thank you Penelope and Connor Schilbach of Varden Lodge, also Jaxon Zaharoff of Varden Lodge and Maren Breivik of North Star Lodge. You are all winners and I encourage you to keep on drawing. It has been a pleasure to conduct this contest and perhaps next year we will do this again.

*Thank you! Krista Solie,
District 7
Publicity Director.*



Penelope Shilbach, age 3, Varden Lodge, drew a rainbow ocean with pink circles & clouds in the sky.

Trolls in Nature by Dahlia Breivik of North Star Lodge

Happy summer everyone!

but watch out for the Trolls when you are out enjoying nature in our beautiful Province!



District Officers



**SONS of
NORWAY**

District 7

VICE PRESIDENT Randy Carlstad

PO Box 2464
Dawson Creek, B.C.
V1G 4T9
250-219-1771
carlstar21@gmail.com

SECRETARY

Donna Hedley

2283 Anderson Avenue
Port Alberni, B.C. V9Y 2W9
Home: 250-724-4153
Cell: 250-720-5701
dhedle@telus.net

TREASURER

Lori Barsi

1817 Lodgepole Dr.
Kamloops, B.C. V1S 1X7
250-377-3765
mbarisi@telus.net

CULTURAL DIRECTOR

Anita Eriksen

2330 St Johns Street, Unit 23
Vancouver, B.C. V3H 2A9778
355-6971
scouteranita@gmail.com

RECREATION DIRECTOR

Tania Jacobsen

813 Eildon Street
Port Moody, B.C. V3H 1B2
604-939-2071
1968tjacobsen@gmail.com

PRESIDENT, Gloria Benazic

Apt. 1702, 1191 Sunset Drive,
Kelowna, B.C. V1Y 0J4.
Cell: 1-250-613-9234
gloriabenazic@gmail.com

GENERAL DIRECTOR Rebecca (Rosie) Barlak

6194 Parkwood Drive
Nanaimo, B.C. V9T 6C8
250-758-7576
rbarlak@island.net

PUBLICITY DIRECTOR Krista Solie

403-425 Camarvon Dr.
New Westminster, B.C.
V3L 1C3
604-540-2376
Ksolie36@infinet.net

DISTRICT ZONE DIRECTORS

Donna Hedley, Zone 1.

Nordlys 20, Eidsvold 53,
North Star 63

Tania Jacobsen, Zone 2,

Sleipner 8, Varden 19,
Viking 81,
Golden Ears 137
Trollheimen 157

Randy Carlstad, Zone 3,

Rondane 71,
Dawson Creek 7,
Skjonnedal 142

Lori Barsi, Zone 4,

Nordic 76, Hardanger 109,
Heimdal 141
604-540-2376

President's Message



Greetings!! The days get longer and warmer and the landscape erupts with greenery and flowers – Spring is here! We are thankful for each rain shower as we need the moisture to help prevent

wildfires and support the news that the Okanagan should see a return to a full range of fruits over this summer. It will be wonderful to see some local cherries and stone fruits, like peaches and apricots, again.

The Leiflette will come out after Syttende Mai but I can report I am looking forward to our lodge celebration with a potluck picnic and parade. The celebrations in Oslo are so special – lots of flag-waving families in bunads and bands marching throughout the city streets. This is also common in most small cities and communities throughout the country. I expect we might see a great deal more families out waving flags for Canada Day this year to celebrate and show our pride of being Canadian.

Spring is a time of new beginnings and for many students graduating from High School, it is time to begin a new path into the future. Congratulations to all those who are graduating. If you have a family member beginning an undergraduate degree, a trade, or a certificate, please check out the student awards offered by the Sons of Norway Foundation in Canada and encourage these students to get their applications in before the deadline of August 30th.

District 7's Heritage Camp at Hatzic Lake takes place August 7 to 10. Check it out on the D7 webpage, register, and bring your family to participate in a variety of workshops and cultural sessions as well as lots of social time with members from across our province. I hope to see you there.

Over the summer, lodge meetings are often on hold, but there are opportunities to gather your members at a local park for a picnic or a game of kubb, ball or bocce. Maybe this could be used as an opportunity to recruit people by advertising and including new people in your plans.

Have a good summer!

Fraternally, Gloria

Editor's Message

This is the last Leiflette until October so we can all take a long break! The next deadline will be September 5.

We turned our air conditioner on for the first time yesterday but tonight there was a little rain and the heat will abate a bit. We all remember the heat dome we had a couple of years ago so we must all be careful with any fires we set when camping or having a picnic.

I was a little surprised that a few teens didn't send in drawings. The pictures were all from 3 to 10 year olds - good on them! If Krista decides to do it again next year we must encourage the older kids to take part as well.

Enjoy the summer break!

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

163 - 7790 King George Blvd., Surrey, B.C. V3W 5Y4

Email: uhadden@shaw.ca Ph. 604-596-2383



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

Lodge Updates

Sleipner Lodge 8 Vancouver, B.C

Hi everyone. I hope you all got a head start on your Summer. My goodness. The work that has been on in approving our lodges' park at Hatzic is incredible. I think that our park has gone up at least one star. Congratulations to all of you that were involved. At this time there is an issue with the pool pump again. Drat.



The lodge held it's AGM at the Scandinavian Center in Burnaby. It was well attended. It was nice to have a lodge social event at the center.

The Leaseholders meeting at the Park was well attended as was the Easter Egg

My sister, Gayle, with her first Grandchild, Elise.



Above, Kayla, the other half of Sleipner's Park's caretaking staff, and her sister, Jenn, during a workday at the park. Left, Ollie. In the middle of a crises, another issue with the pool pump.

Hunt at the Park.

There are a number of events planned by the lodge to be held at the park this season. There will be May Long Weekend events. The regalia for our Lodge Queen has been missing for a number of years. Just the other weekend Katrina Snowball found it in the attic of her mom's cabin at Hatzic. Who will be our Border Queen this year?

Tusen Takk Day, Sat. June 21

An event to honor our vol-

unteers. (Always needed!)

Duck Races/ Duck Days. Sun June 29. Organized by Holly Nickiforek. Tickets available by e-transfer.

Canada Day, July 01. Parade and other events.

Border Festival at Peace Arch Park. July 13. Canadian Lodges are looking after the sports this year.

District Heritage Camp August 6-10

Western Weekend Sept. 13. Line Dancing Les-



A big turn out at Sleipner's Spring Leaseholder's meeting.

sons by Ariel. There should be more details to come.

Piper Down & Chili Cook off Sat. July 26

and a few of us are working on having live entertainment for Western Weekend.

*Have a great summer.
Your's truly
Larry Brawn*

Varden Lodge 18

New Westminster, B.C.

Greetings! I said in the Leiflette's February issue Varden was planing to have an Officer's Brunch in March well we did. The Brunch was a lovely affair at the Earl's in Port Coquitlam. We had one of our youngest members, Penelope Schilbach, and one of our oldest, Vivian Bates, attend. Both dressed up for the occasion. Penelope wore a lovely dress and had a cute bow in her hair. While Vivian wore a beautiful Norwegian sweater. Overall it was an enjoyable occasion with good food and company.

Sadly, we had to cancel our Easter Egg hunt but we are going to take part in several events during the late spring and summer. We plan



Most of Varden Lodge officers gathered for a thank you brunch in March.



Lodge Treasurer Bruce Strang & Trustee Shauna Britt at brunch

to celebrate Syttende Mai with our fellow lodges at a dinner at the Scandinavian Community Centre in Burnaby. Then on June 21 our members will be representing Sons of Norway at the Mid-Summer Festival also in Burnaby. We'll have a booth decked out with several Norwegian crafts, Viking Magazines and most importantly a huge map of Norway. We ask the public if they are of Norwegian descent to put a pin on the place their ancestors are from. Last year we had pins going north and south



Counsellor Helen Mosdell & Vice President Edgar Chapman share a joke at Varden Lodge Officers' Brunch at Varden's Officers' Brunch.



Editor Krista Solie, Social Director Leslie-Anne Frostad-Eriksson with Past President Vivian Bates (Varden's oldest member) at Varden's Officers' Brunch.

all the way from Hammerfest to Stavanger.

There are several events in July that Varden will participate in. One is the Border Festival at Peace Arch Park on July 13th. Both American and Canadian lodges attend and we all have fun whether picnicking

or playing Kubb. Also there will be entertainment and the crowning of the Festival's King or Queen.

Another July event is Varden Lodge's celebration of its 112 Anniversary at Ryall Park in New Westminster on July 20. This is a family affair as near to the picnic tables is a children's water park. The picnic will happen whether rain or shine because the picnic tables are



John Lind's parents were Norwegian & Emy came from the Philippines, so twins, Kassie & Kristie, are half Norwegian & half Filipino. The family were at the Lapu Lapu Festival in Vancouver when the vehicle ploughed into the crowd. Kassie & Kristie were unharmed but their mother suffered bruising & their father ended up in hospital with cracked ribs, a ruptured lung & spleen and other injuries. Their trip to Scandinavia has to be postponed until John recovers. These are all members of Varden Lodge & Kassie is our lodge queen.



Above; President of Rondane's Ladies Aux, Edna Rouleau, at May 1/25 meeting.

covered. We will also be playing Kubb and generally enjoying ourselves. Lastly, in August there is Heritage Camp where there will be Varden members teaching crafts. This is a celebration everyone in District 7 knows and enjoys so I hope you will be there.

*Krista Solie,
Editor Publicity*

Rondane Lodge 71 Prince George, B.C.

The Ladies Meeting for May was held on Thursday, May 1st at the home of Joan Skuggedal, with 12 members present. It was decided that May 17 would be celebrated at the Murch property of our President, Anna Mytting Horrock & family. Summer will also be at the same property on

Tore & Gerry Petterson at Hatzic Park. They were visiting from Prince George in order to attend an Ukranian event in Mission.

the June 21 and 22 weekend. Potluck is planned for the Saturday evening.

It was also announced that everyone present is invited to Egil Lindquist's home on June 28, starting about 4 pm, as he turns 95 the day before, on June 27. They plan to have a barbeque for the occasion.

Synnove Lea deDreu and family just recently left for Holland, on the invitation of

her late husband's family who longed to see them again. With Synnove being unwell for a long period of time, we really hope they have a wonderful stay.

It was agreed that, for a change of pace,



Above, Anna Mytting, (Rondane President) wins the door prize at Ladies Aux Mtg May1/25. Here with Karin Smale



Englishman: Do you enjoy Kipling? Norwegian: I don't know, I have never kipped.

How do you get a one armed Norwegian man out of a tree?

You wave to him!



Rondane's Karin Smale with her grandchildren, L-Hayden Smale & R-Annika Smale attend Lodge Mtg. Luncheon.



Dawson Creek Member, Janice Trent, celebrating a birthday with friends

the next Ladies Meeting will be held on Thursday, June 5th, at the restaurant of Prince George Golf and Curling Club, for lunch.

*Wishing you all a
good summer,
Elsa Aase, Publicity*

Dawson Creek Lodge 79

Dawson Creek, B.C.

It is very quiet these days at our Lodge. We are looking forward to May 17th supper and social, and in June our picnic. Our April meeting was very small in numbers, but we did get some business taken care of. Our yearly fundraiser, a raffle,



A little girl Scandinavian outfit shown by one of our members

was set up. We decided on a 50/50 raffle and as always,



the members need to sell, sell, sell. We will be setting up sale days at the local store for a day to sell. This is always a good event for us.

We are all looking forward to summer, gardening, camping, holidays

and just hanging out. There is nothing more relaxing than sitting on the patio, having a coffee with friends and family.

We wish everyone a good summer and we are ready for Fall to continue on with the Lodge.

*Until Next Time;
Loretta Pratt,
Publicity*

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>

Viking Lodge 81

Surrey, B.C.



REMEMBERING KARIN NILSEN

It was with sadness that I announced at our April 3rd, 2025 Members meeting that Karin Nilsen, an original member of Viking Lodge, passed away on March 31st, 2025. At Karin's request there was no service however, we did have a Minute's Silence in her honour at our meeting. She will be missed.

VISIT TO HJORTH ROAD ELEMENTARY SCHOOL

Gerry and Mari-Ann Jensen and myself enjoyed a visit to the EARTH DAY EXHIBIT at our adopt-a-school, Hjorth Rd. Elementary, on April 25th. The principal took us to the gym where on the walls was artwork of the Grades 1 – 7. It was amazing to see the skill of the artwork done by these students as well as the written remarks made by them relating to



Hjorth Rd. School Art Exhibit with Principal (centre) & Viking Lodge members

how they feel about our planet and what they hope everyone will do to improve it.

In the past, and now, this school has many immigrant children, as well as children with disabilities. In addition, with Canada adding over the past several years, families from war torn countries with traumatic mental health issues, this is another layer that our schools are now coping with.

Ms. Reena Parhar Chohan, the Principal, and her staff, are doing an amazing job with the kids. She also showed us their storeroom which, because of our Lodge's generous donation, with the help of the Helping Hands Grant awarded to us by the SON Foundation, is now fully stocked with every conceivable art supply including paper, stockboard, paint, brushes, etc. which we have now seen, in person, at work with their EARTH DAY exhibit. Ms. Chohan said this work is vitally important for children to express their feelings on paper when they are dealing with traumatic experiences and life challenging

disabilities. So thanks to all who are making a difference in the lives of these children.

ELIZABETH (BETTY ANN) SEIM

On April 25th, 2025, I had the pleasure of spending a few hours with one of our members, Elizabeth (Betty Ann) Seim. She greeted me at the door with a "welcome to my home" wearing a traditional summer costume from Trondheim, Norway, where her mother, Martha (aka Marie) Chelde originally came from.

Her father, Eric Howitt Selby, was from England and came to Big Valley, Alberta in 1921. While on her way to Canada, her mother, Marie, worked on a piece in the old style of beige on beige Hardangersom called "cut work". In 1926, her mother arrived in Big Valley, where Eric and Marie met and married. Her Dad went to work for a Meat Market Chain and worked all over the Okanagan Valley.



President, Dolores Fossum presenting Linda Iverson with her 50 year Pin



Elizabeth (Betty Ann) Seim

They eventually moved to Penticton, where Betty Ann was born.

Betty Ann, like her mother before her, has a special gift of creating wonderfully hand worked Hardangersom. She

had been working for Woolco for 26 years when a member of our Lodge told her about an ad for a teacher at the Loving Stitch in the Dell Shopping Centre in Delta, B.C. She was hired and taught classes for the next 20 years and retired from the store at 75. Over the years, approximately 900 people were taught this wonderful skill by her and she told me she "has shared what she loves with every stitch".

*Dolores Fossum,
Publicity*

Hardanger Lodge 109 Kelowna, B.C.

The Viking shields that members constructed last year are nearing completion. Members are to complete the painting of designs so that the shields can be displayed at our Syttende Mai celebration.

Following our March meeting, Darlene Osterlin gave an interesting talk with

photos of her October trip to New Zealand where she joined a small group of hikers and explored several local trails.

Gary Goplen was gifted with an iron Viking axe head and brought it to show and tell. He gave an interesting presentation about the populating of northern Europe up to the Bronze Age.

Our Syttende Mai celebration will be a potluck supper of salads and desserts with polse and lompe being served at the home of Wenche Gransjoen.

*Bev Akerlund
Publicity*

Heimdal Lodge 141 Kamloops, B.C.

Heimdal Lodge is looking forward to the annual Tapestry Festival in Kamloops on September 13th. It is a day of fun and culture where we will be hosting a children's game of "Catch the Cod" ((aka



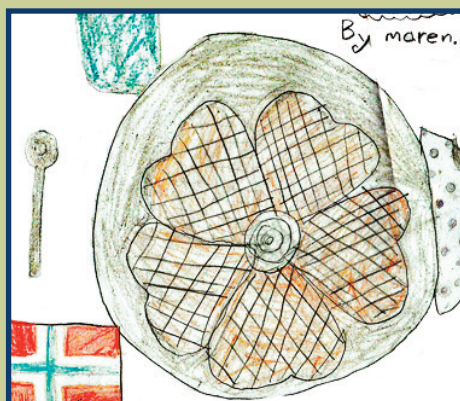
Lori & Jes of Heimdal lodge ready to perform the Oxen Dance in their handknit sweaters."

homemade fishing game) cultural exhibit. that was a big hit last year, Submitted by and of course we will have a Lori Barsi

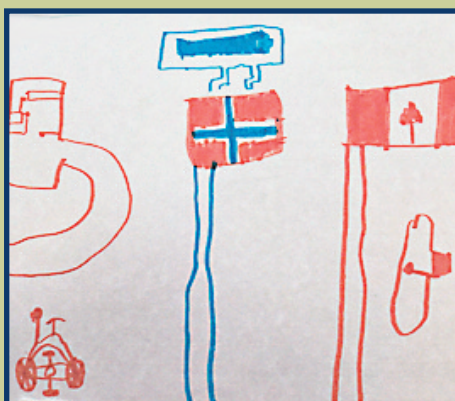


Our artist's Drawings. Penelope Shilbach's drawing is on page 1 as there wasn't enough room for 4 in this space

Jaxon Zaharoff, age 4 of Varden Lodge, drew a picture of him & his Grandpa, Ron Stubbings, raising the flag at Heritage Camp.



Maren Breivik, age 9, of North Star Lodge drew one of her favourite foods, Norwegian Waffles.



Connor Shilbach, 8, of Varden Lodge drew his vision of Heritage Camp

