

SONS of NORWAY

Solglyt Lodge 7-143

March - April 2026

sofnedmonton.ca

Edmonton, AB

President's Message

God dag Solglyt members.

Well, now our thoughts start turning towards spring and fresh blooms.

Our January 11th meeting presentation was by Natalie Van Deusen of the U of A which gave us an insight into Norsk Mythology and how a lot of our past was very eerie and dark sometimes, but very informative and thanks to Natalie for a great presentation. Now when others say that Norwegians are a bit eccentric, we will know why. LOL. See more details in the newsletter.

At our February 8th gathering, we were blessed with Norwegian pannekaker (thin pancakes) which were very tasty and lots of side dishes to go with it. Thanks to those for preparation and others for bringing side dishes. See more details in the newsletter.

Solglyt Lodge 2026 budget was approved at the February meeting.

An historical presentation on L'Anse Aux Meadows in Newfoundland will be held on March 8th. This area was discovered by the Vikings about 500 years before Columbus will be presented.

We look forward to this interesting topic.

Easter will be celebrated at our April 12th meeting.

This year our Syttende Mai will be held on Saturday May 16 since we cannot get janitorial assistance on Sundays. So please mark your calendars accordingly.

We will end our meetings with a BBQ on Sunday June 14th.

An explanation of upcoming meetings is noted elsewhere in the Newsletter.



Arvid and son Jens during Christmas break in Saskatoon.

Trollhaugen Camp is seeking volunteers for the Camp. See more details in the Newsletter.

Please again accept thanks on behalf of the Board to all the amazing and dedicated volunteers that provide their help and assistance in our Lodge activities.

**Takk.
Arvid.**

Executive Officers:

President	Arvid Pederson <i>arvid.pederson@solglyt@gmail.com</i>
Vice President	Sheila Johnson
Treasurer	Jim Colleton
Secretary	Laura Blakley
Membership	Peter Myhre
Counselor	Sylvia Colleton

Program Directors:

Cultural	Dreena Davis
Social	Sharon Bruce
SON Foundation in Canada	Brenda Carlstad

Support Directors:

Trustees	Cliff Norum Wayne Nordstrom
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Historian

Brenda Carlstad
info@sofnedmonton.ca

Sunshine

Karin Jackson
lesandkarin@hotmail.com

Webmaster

Brenda Carlstad

Publicity

Brenda Carlstad
sofn2013@gmail.com

Newsletter

Sandy Jamison
sjamison@greatwest.ca

General Inquiries: info@sofnedmonton.ca

Remembering...

Betty Anderson

Betty Anderson, a former Golden member of Solglyt Lodge, passed away February 9, 2026. She was predeceased by her husband, Inge, and grandson, Taylor. Betty is survived by her sons, Paul (Millicent), Sidney (Tanya), and Allen (Caroline); daughter, Carol (John); grandchildren, Niel (Louise), Jane, Ellis, Joshua (Bailey), Blake (Stefania), Brock, Amy (Josh), and Allison (Ryan); great-grandchildren, Kerrigan, Caroline, Carter, and Brady; and a great-granddaughter expected this summer.

Betty and Inge joined the Sons of Norway in the 1950s and together with their family, became active members of the Scandinavian community in Edmonton. Over the years, they were involved with the Scandinavian Centre, with Solglyt lodge as well as Trollhaugen Language Arts & Cultural Camp.



Cultural Skills Program

The Cultural Skills Program, offered by the Sons of Norway to its members, is an educational framework for learning about traditional and contemporary Norwegian pursuits. There are currently 14 units of study to choose from and three levels of achievement within each unit. Current topics include:

- Traditional Norwegian Cooking
- Reading Norwegian and Norwegian-American Authors
- Collecting Norwegian and North American Stamps
- Norwegian Rosemaling
- Genealogy-Family History
- Hand Knitting
- Norwegian Language and Culture
- Hardanger Embroidery
- Figure Carving
- Weaving
- Ornamental Woodcarving
- Chip Carving
- Folk Dancing
- Music and Musicians of Norway

A youth program is also available which includes:

- Folkdancing
- Figure Carving
- Hand Knitting
- Norwegian and North American Stamps
- Hardanger Embroidery

For those who wish to pursue the program further, there are Mentor and Master of Cultural Skills tracks to follow. The Master of Cultural Skills is for members who have completed several units and it contains three levels of achievement; bronze, silver and gold. A Cultural Skills Mentor earns a Mentor pin by assisting others and this track also contains three levels of achievement.

All Cultural Skills Program information can be found on the Sons of Norway website which contains: background information for each unit of study, pictures, instructions for each unit level, lists of YouTube videos and reference materials, as well as the necessary forms.

If you require assistance or have further questions, please contact Dreena, Solglyt lodge Cultural Director or Sheila, Solglyt lodge VP.



Milestone Memberships

Sons of Norway as of December 2025

5 years:

Janice C-M
Fiona F
May F

10 years:

Laura B
Lois F

15 years:

Emerson B
Lucas B
Charlotte E
Kristin J

20 years:

Jim C
Sylvia C
Luanne C
Lynn D
Sandy J
June K
Cecil L

Wylde M

Joanne M
Lillian R
Carol T
Colleen V

30 years:

Wayne N

35 years:

Janina C

40 years:

Heather B
Helen E
John E

50 years:

Karin J

60 years:

Eleanor A
Allan B

Spread Some Sunshine

Is there a Solglyt Lodge member who needs to be remembered? It could be a Milestone Birthday or Anniversary Greeting, a Get Well Card or support for a loss.

Karin Jackson, Sunshine Director, would like to remind members to email her, please include the full name and nature of the request.

Karin's email: lesandkarin@hotmail.com



**Local artisan
– Les J.
created a
fierce
Viking ship**

The body is made from rebar and the head on this one is from a welder's chipping hammer! He does a lot of beating and shaping to make those heads!! The head is the steel from the chipping hammer. It currently guards the entrance of the Three Vikings Food & Drink located 10713 – 124 St. Edmonton.

- **Brenda C.**



2026 Solglyt Lodge Events

Sunday March 8th, 2026 from 1 to 5

Saturday May 16th, 2026 from 2 to 5

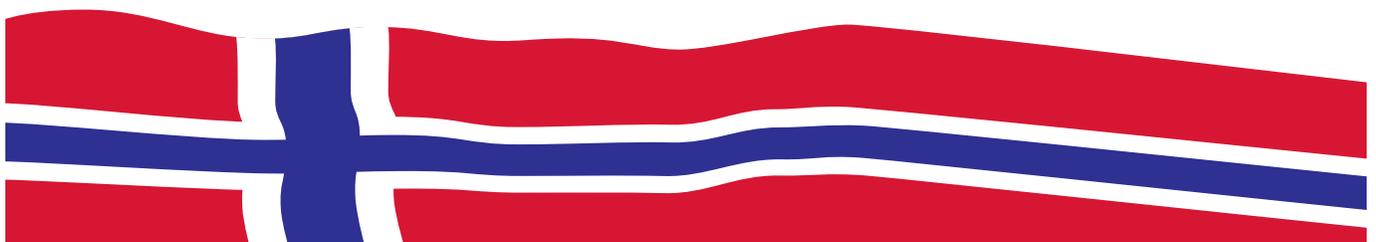
Sunday April 13th, 2026 from 1 to 5

Sunday June 14th, 2026 from 1 to 5

Save the Date - Syttende Mai
is Saturday, May 16th!

Due to facility bookings, our annual celebration will be held on Saturday, May 16th – NOT the 17th. Look for details in our May newsletter keep watch for our emails.

Tentatively, Mix & Mingle @ 2:00 p.m. – Greenfield Hall.





Norse Mythology

Natalie Van Deusen, PhD, Scandinavian Professor, Dept. of Modern Language & Cultural Studies, Uni. of Alberta, (pictured right) adapted her lecture materials and gave us a crash course on Norse Mythology. The course embraced some interesting 'facts' such as the nine distinct realms held by the tree Yggdrasil, battles, gods such as Odin, Thor and Loki, and the impending doom of Ragnarok. Uffda! We are lucky to be here! Thank you Natalie!

(Above) 9 Worlds stained glass created by Alanna E.



Staying Warm!

In February we were treated to a lovely Valentine's Day lunch and a warm display of Norwegian knitting and other winter displays. Thank you very much to Sharon B (pictured right), and her crew.

(Above) Elaine D. at Valentine's lunch.



For more photos of Solglyt Lodge members and events, please visit: <https://www.flickr.com/photos/sonsofnorway/albums/>



The Trollhaugen Experience

One of our Heritage families sent a write-up. Names were removed to protect the privacy of children. - [Solglyt Board]

The family had such a meaningful and joy-filled time at Trollhaugen Norwegian Heritage Camp. This was our third-year attending, and each year it feels more and more like coming home. Trollhaugen is filled with truly amazing, welcoming, and caring people who create a genuine camp family atmosphere that stays with you long after you leave.

D. especially loved woodworking this year and was so proud of what he created. S. & S.'s favourite class was cooking; they had the best time making lefse and baking cookies, connecting with Norwegian traditions in such a hands on and delicious way.

One grandson was completely delighted by all the mischievous things the trolls did around camp the magic made it so memorable for him. He also absolutely loved the zip line, and the family dance. A granddaughter S. enjoyed crafts and nature studies. She had so much fun in her dancing classes.

Having my dad join us made the experience even more special. He enjoyed trying new things and meeting new people, embracing camp right alongside the rest of us. As for me, I loved learning rosemaling although I definitely need more practice! I also had the pleasure of instructing crafts and nature studies for the younger children, which was such a rewarding experience.

Trollhaugen and all the other families hold a special place in our hearts, and we are already looking forward to camp in August 2026.

- Rachel E.

Trollhaugen Language Arts and Culture Camp – Aug 9-15, 2026

Sons of Norway lodges have a long history of support and Trollhaugen was born due to the dedication and passion of Solglyt Lodge members over 50 years ago.

Help Required - Solglyt Assistant Lodge in 2026

The Host and Assistant Host Lodge duties are a wonderful opportunity to attend the week at Camp and see everything that we collectively do to pass our Norwegian heritage down to our future generations. The duties are light for the week, and the fees are covered by Trollhaugen. Solglyt Lodge is next in the lodge rotation for Assistant host lodge, so we are looking for 1 volunteer this year (August 9-15, 2026) as well as 2 volunteers for next year (August 8-14, 2027).

We acknowledge that membership numbers are declining, and it is harder to find volunteers. Trollhaugen is committed to doing what we can to return the support we've seen through the years. We have been actively asking our attendees and families to support their local SofN lodges. We have also been advertising memberships and events in our Newsletter. If there are other ways that we can support, please let us know.

- **President Heidi M.** heidi@trollhaugenalberta.com

For a more complete list of duties, please contact Brenda C. - sofn2013@gmail.com

Trollhaugen Language Arts & Culture Camp

- Sunday Aug. 9 - Sat. Aug. 15, 2026

Registration Deadline: May 15, 2026

Time to get your registrations in for Trollhaugen. Registrations are due by May 15, and fees are due by May 31. This year, the theme is Sports/Olympics. Trollhaugen will be using Google Forms for registration again. A form must be completed for each family member.

Registration form: <https://forms.gle/bWcsu4WV3FoEs4929>



Everything Norway!

A New Stave Church

During the Middle Ages, while builders across Europe were creating cathedrals made of stone and glass, in Norway arose a different type of church. Stave churches were built with wood and named after the post and lintel construction that was used to make them.

It is believed that at one point, there were anywhere from 1,000 – 2,000 of these structures around Norway. Today, fewer than 30 survive. However, one more will be added to the roster by 2030, if all goes to plan. What makes this project unique is that the plan is to create a new stave church using only the tools and methods that would have been originally used. No cranes or power tools, just pure craftsmanship and hard work. This labor of love has a team of over 1,000 people lending their time and talents to bring this vision to life.

The building site is in Setesdal, a valley in Southern Norway. While the area used to have the Hylestad stave church, it was destroyed in 1664. The new stave church will be built near that original site, using the Borgund stave church in Lærdal as its blueprint.

Those working on this passion project soon found out their enthusiasm was contagious, and interest was sparked both in and outside of Norway. The team believes this will ultimately lead to other business opportunities for the area and be an asset to the community.

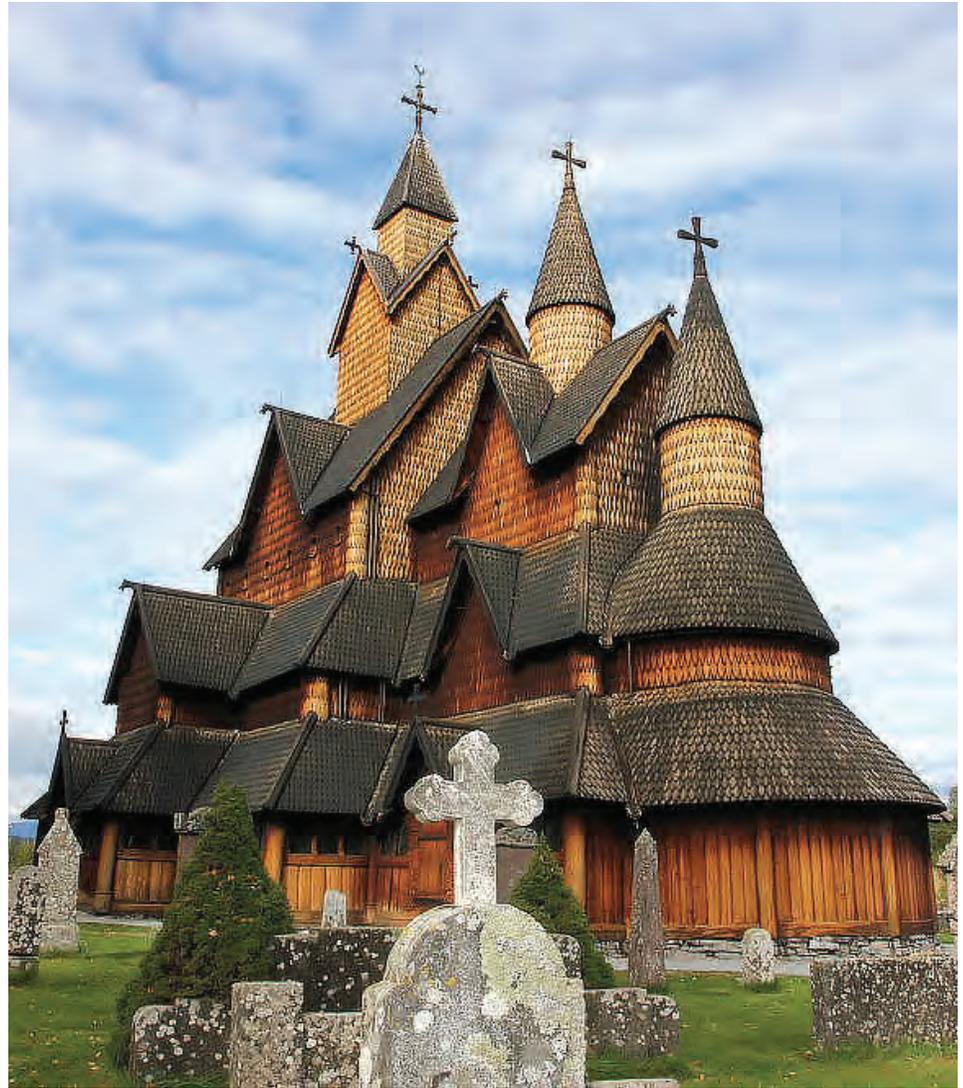


Photo Credit: dokaspar, CC BY-SA 3.0, via Wikimedia Commons



Photo Credit: Johanne Torheim, NIKU, via popsoci.com

Medieval Ring Discovered

A shiny gold ring with a blue gemstone was recently unearthed in Norway's oldest city of Tønsberg. Archeologist Linda Åsheim from the Norwegian Institute for Cultural Heritage was on a dig in the southeastern Norwegian town, which dates back to 871 C.E.

On the day that Åsheim dug up the ring, she happened to be the lone archaeologist on site, so there was no one to compare notes with. She told Popular Science "I was a bit uncertain if it was a genuine medieval ring, but the more I looked at it, the more certain I became."

The ring is in such great shape, it could have been created in modern times. The setting

includes filigree ornamentation and a blue gemstone which has not yet been determined to be sapphire or blue glass.

Åsheim found the jewelry right below another layer of artifacts, which were carbon dated back to 1150-1250. This would place the ring in the medieval period, at about 800 years old.

A single piece of jewelry can reveal a lot about local society and history. A small ring made of lavish materials may have been worn by a woman of considerable wealth. It also tells us that Tønsberg, a town of tradesfolk, may have been more worldly than previously thought and could have had broader connections to Europe.

An Olympic Memory - The Comeback Story

The Olympics are rich with moving tales of overcoming the odds, and setbacks that make athletes better in the end.

You may recall the loud pants that the Norwegian men's curling team rolled out at the Vancouver Olympics in 2010. The story goes that the official Team Norway pants had not arrived in time, so one of the curlers ran out and bought red, white and blue pants, to match their jerseys.

That year, Team Norway landed an Olympic silver medal.

Spectators took note, and the wacky pants even inspired a fan site on Facebook. As long as the team was together under team skip Thomas Ulsrud, they donned all kinds of wild patterns-zigzags, Norwegian flags, argyle, hearts and more.

In 2019, Team Ulsrud disbanded at the end of the season, and the pants tradition went with them. The president of the World Curling Federation called the team "huge ambassadors for the sport," thanks to the visibility the players brought to curling.

Shortly after the 2022 Beijing Olympics, Ulsrud passed away from cancer. At the 2026 Games in Milan, the Norwegian men's curling team broke out the funky pants for one more game, to pay tribute to Thomas Ulsrud's legacy.



Photo Credit: Bjarte Heiland, via Wikimedia Commons

Thomas Ulsrud, Vancouver 2010.



Photo Credit: Photo by Volker Meyer: <https://www.pexels.com>

Free to Ski

Learning to ski at a young age has its benefits. While many Norwegians are "born with skis on their feet," many others might come to learn the sport a little later in life. No matter when you've learned to ski, it can be a lifelong sport and hobby.

Many ski resorts in the US recognize this too and are offering free daily lift passes for skiers of a certain age. The savings add up quickly, being that a daily pass can be anywhere from \$100-\$200+ dollars a day. The tradition is said to have started when Norwegian American ski champion Alf Engen founded Alf Engen Ski School at a resort in Utah. He believed that skiers of all ages should be welcomed on the slopes.

While age requirements for a free pass vary, it is clear that these incentives are widely used by older skiers. When one writer hit the slopes to see how many seniors are out there, he was pleasantly surprised to find a thriving group of senior skiers ranging anywhere from 55 to 100 years old. Junior Bounous, at over 100 years old, is still on the slopes and teaching others his passion, proving you're never too old to ski (for free).

Panoramic Train Ride

The Northern Lights are a phenomenon that is breathtaking to witness. In some places, like Norway, they are a more regular occurrence that people get to enjoy. Typically, between October and March, people in search of this spectacle of nature need to head to a remote area to get the best view of the lights. All that is about to change.

For Aurora Borealis enthusiasts looking to see the lights in style, Norwegian Travel is offering The Northern Lights Train. For around \$150, travelers can enjoy the light show from the comfort of a specially designed and accessible train cabin. The train is powered using the country's hydroelectric grid, making it eco-friendly. Starting in the Arctic town of Narvik, passengers travel along the historic Ofoten railway line East to Katterat to take in nature's fireworks. The train cars are climate-controlled, with a glass roof for unobstructed views. The seats recline, so that passengers can view the sky in comfort. When not gazing up at the sky, travelers can watch an onboard documentary about the Northern Lights.

Once at Katterat, passengers are invited to get off the train to step into the Arctic night and spend some time in nature as they enjoy the Northern Lights. They can also opt to sit by a bonfire with snacks and warm drinks as they take in the luminous sky. The tour guide provides guests with stories about the area, the railway, and life in the Arctic. For an additional sheltering option, travelers can spend some time in a cozy lavvu, or Sámi tent structure, for additional warmth. The English-speaking guide also provides guidance and tips for taking photos of the experience. While in town, tourists visit the old barrack that is home to the Katterat museum. In total, the experience takes about 3 hours.

This incredible Arctic travel opportunity can be booked directly through Norwegian Travel and slots can fill up quickly, especially during peak viewing months. So, if you are planning a winter trip to Norway in the future, plan ahead to add this to your agenda.

Deliciously Nordic

Norwegian Orange Cake

This moist and sweet orange cake is a simple bundt cake with chunks of bittersweet chocolate topped with a light citrus-y icing and preserved orange zest, making it a perfect Easter dessert, and a great kickstart to spring!

Ingredients:

- 3/4 cup (1 1/2 sticks) butter, softened
- 1 cup sugar
- 3 eggs
- Grated zest of 1 orange
- 1/3 cup plus 2 tablespoons orange juice, divided
- 1 1/3 cups (5.7 ounces) flour
- 1 1/2 teaspoons baking powder
- 3 ounces dark chocolate (preferably 70%), finely chopped
- 3/4 cup powdered sugar
- Candied orange peel for garnish

Instructions:

Heat the oven to 350 degrees. In the bowl of a stand mixer using the beater attachment, or in a large bowl using a hand mixer, beat the butter and 1 cup sugar until light and fluffy, 3 to 5 minutes. Add the eggs, one at a time, until thoroughly incorporated. Beat in the orange zest and

one-third cup juice.

In a medium bowl, sift together the flour and baking powder. With the mixer running, slowly add the flour mixture until combined to form the cake batter. Fold in the chopped chocolate.

Place the batter into a greased and floured 9-inch Bundt pan, smoothing the top of the batter. (The batter will come slightly less than halfway up the sides of the pan.)

Bake the cake until puffed and lightly browned on top and a toothpick or cake tester inserted comes out clean, 45 to 55 minutes. Remove from the oven and cool in the pan on a cooling rack, then remove from the pan. The finished cake will be about 3 inches tall in the center.

While the cake is cooling, make the icing: In a medium bowl, sift the powdered sugar. Add the remaining 2 tablespoons orange juice and whisk to form the icing.

Drizzle the icing over the cooled cake, then garnish with the candied orange.

Candied orange peel is generally available



Photo Credit: Michal Robak: <https://www.pexels.com>

at gourmet and cooking supply stores, as well as at select well-stocked markets.

Source: *The LA Times* story: *Foods at the heart of Easter celebrations in Scandinavia*

Lingonberry-Glazed Venison Meatloaf (Viltkjøttpudding)

Serves 6 to 8

For the meatloaf:

- 14 ounces (400 g) minced venison, moose, or elk
- 14 ounces (400 g) minced beef
- 1 medium onion, finely chopped
- 1 large egg, at room temperature, beaten
- 1 cup (large handful) old bread broken into small pieces or breadcrumbs
- 2 1/2 tsp. salt
- 1 tsp. black pepper
- 1 tsp. ground nutmeg
- 1 tsp. dried thyme
- 1 cup (240 ml) milk

For the lingonberry glaze:

- 1 cup (125 g) lingonberries, or chopped cranberries
- 3/4 cup (115 g) brown sugar,

loosely packed

- 1/2 cup (120 ml) apple cider vinegar

Instructions:

Preheat the oven to 350°F (180°C). Butter a 23 x 13 x 6 cm (9x5x3") loaf pan.

In a large bowl, using your hands, thoroughly combine the venison, beef, onion, egg, bread, salt, pepper, nutmeg, thyme and milk. Set aside.

For the glaze, in a small heavy-bottomed saucepan, bring the lingonberries, brown sugar and apple cider to a simmer over medium-high heat, stirring often. Cook for 10 minutes or until the sugar has dissolved and the mixture has thickened and been reduced by half. Pour half of the glaze in the bottom of loaf tin. Gently press the meatloaf mixture on top to form an even shape. Pour the remaining



Photo Credit: Nevada Berg, North Wild Kitchen

glaze over the meatloaf. Bake for 50 to 60 minutes or until the meat is thoroughly cooked through.

Serve with the extra juices from the pan, potatoes, and your favorite vegetables.

Source: <https://northwildkitchen.com/lingonberry-glazed-venison-meatloaf/>



The Translation

Bli mindre stresset med en halvtime i naturen

20 til 30 minutter i kontakt med naturen er den mest effektive lengden for å senke stresshormonene i kroppen, viser ny studie.

Hvis du går en tur eller sitter et sted som får deg til å føle kontakt med naturen i 20 minutter vil det gjøre deg mindre stresset. Det skriver forskere i en ny studie der de hevder å ha funnet den mest effektive lengden for å stresser ned. Forskerne går så langt som å kalle det en «naturpille».

– Vi har visst at tid i naturen reduserer stress, men inntil nå har det vært uklart hvor mye som trengs, hvor ofte og hva slags naturopplevelser som gir disse fordelene, sier hovedforsker av studien, MaryCarol Hunder ved University of Michigan, i en pressemelding.

Studien viser at 20-30 minutter i naturen senker stresshormonene i kroppen mest effektivt.

Urbanisering, innesitting og skjermtitting kan gi negative helseeffekter for mange i dagens samfunn. De 20-30 minuttene kan være en budsjettvennlig og oppnåelig løsning for å bedre disse, ifølge forskerne.

Timeout fra hverdagen

– Den nye studien er interessant, men ikke veldig overraskende, sier Thomas Hansen, forsker ved Velferdsforskningsinstituttet NOVA og OsloMet, til forskning.no.

Det er flere ting som kan bidra til at flere stresser ned i møte med naturen.

– Det gir en helt annen tilstedeværelse der man kan renske tankene, glemme tid og sted og være i pakt med naturen. Det kan føles som en timeout fra hverdagsproblemer, sier Hansen.

Han tror også det kan skyldes et naturgitt behov for å være i kontakt med naturen.

– Naturen har i et historisk og evolusjonært perspektiv alltid vært sentral for mennesket. Å leve i tråd med vår evolusjonære arv kan tenkes å ikke bare styrke de positive sidene ved velværet, men også bidra til å redusere psykisk ubehag og uhelse.

Reduce stress with half an hour in nature

20 to 30 minutes in contact with nature is the most effective length of time to lower stress hormones in the body, a new study shows.

If you go for a walk or sit in a place that makes you feel connected to nature for 20 minutes, it will make you less stressed. This is what researchers write in a new study in which they claim to have found the most effective length of time to reduce stress. The researchers go so far as to call it a “nature pill.”

“We have known that time in nature reduces stress, but until now it has been unclear how much is needed, how often and what kind of nature experiences provide these benefits,” says the lead researcher of the study, MaryCarol Hunder at the University of Michigan, in a press release.

The study shows that 20-30 minutes in nature lowers stress hormones in the body most effectively.

Urbanization, sitting indoors and watching screens can have negative health effects for many in today’s society. The 20-30 minutes could be a budget-friendly and achievable solution to improve these, according to the researchers.

Timeout from everyday life

“The new study is interesting, but not very surprising,” says Thomas Hansen, researcher at the Welfare Research Institute NOVA and OsloMet, to forskning.no.

There are several things that can contribute to more people being less stressed when they encounter nature.

“It provides a completely different presence where you can clear your mind, forget about time and place and be in tune with nature. It can feel like a timeout from everyday problems,” says Hansen.

He also believes that it may be due to a natural need to be in contact with nature.

“From a historical and evolutionary perspective, nature has always been central to humans. Living in line with our evolutionary heritage can be thought of as not only strengthening the positive aspects of well-being but also helping to reduce mental discomfort and ill health.”



Canada Palestine Cultural Association

(Above) A glimpse at the recently held Bazaar in the former 'International Hall'/Dutch Canadian Centre and Home of the Scandinavians. This Centre has undergone major renovations. We are happy the Centre is being using to its potential.

submitted by Brenda C.

2026 Newsletter Submissions

May - Jun. - due by Apr. 30, 2026.

Sep. - Oct. - due by Aug. 28, 2026.

We welcome and encourage your newsletter submissions, including personal stories and photos. Please email submissions to: sjamison@greatwest.ca and indicate SON Newsletter in the subject line.

Early submission of articles, when possible, is appreciated.

Useful Web Links:

- **Sons of Norway Solglyt Lodge #7-143 - Edmonton**
- sofnedmonton.ca
- **Solglyt Lodge on FaceBook**
- <https://www.facebook.com/SonsofNorwayEdmontonSolglytLodge>
- **Sons of Norway Solglyt Lodge #7-143 Photos**
- <https://www.flickr.com/photos/sonsofnorway/albums/>
- **Sons of Norway Valhalla Lodge #7-341 - Calgary**
- <http://www.sofncalgary.ca>
- **Sons of Norway District 7 (British Columbia, Alberta, Saskatchewan)**
- <http://www.sofn7.com>
- **Sons of Norway Foundation in Canada**
- <https://www.sonfic.ca>
- **Sons of Norway International**
- <https://www.sofn.com>
- **Scandinavian Studies Association - Edmonton**
- <https://www.scandinavianstudies.ca>
- **Trollhaugen Language, Arts & Culture Camp**
- <https://www.trollhaugenalberta.com>
- **Torskeklubben of Edmonton** - <https://www.torskeklubben.ca/>
- **Norwegian Laft Hus - Red Deer** - <https://www.norwegianlafthussociety.ca>
- **Welcome to Norway** - <https://www.visitnorway.com>



District 7 Lodges: SK, AB and BC

Sleipner 7-008 – Vancouver

Varden 7-019 – Burnaby/New Westminster

Nordlys 7-020 – Port Alberni

Eidsvold 7-053 – Victoria

North Star 7-063 – Nanaimo

Rondane 7-071 – Prince George

Nordic 7-076 – Castlegar

Dawson Creek 7-079 – Dawson Creek

Viking 7-081 – North Surrey

Hardanger 7-109 – Kelowna

Heimdal 7-141 – Kamloops

Skjønne Dal 7-142 – Bella Coola

Trollheimen 7-157 – North Vancouver

Solglyt 7-143 – Edmonton

Valhalla 7-341 – Calgary

Northern Lights 7-493 – Grande Prairie

Ronning 7-504 – Camrose

Nisse 7-567 – North Battleford

Aspelund 7-571 – Red Deer

Solsyd 7-603 - Lethbridge

