

Issue 1 of "Your Foundation News" was introduced in October, 2014 with opening remarks:

"This Foundation Update will be published quarterly to make, you the member, aware of the opportunities the Foundation offers. The intention is to share with the Lodges and affiliate groups a variety of methods they can use to raise money and make all members aware of the Foundation. We hope to keep this update light and informative."

I hope those initial words have been fulfilled and you have learned more about the Foundation and how we can help you the Sons of Norway Lodge members and how you can help the Foundation through your generosity of giving.

You will note the swan in the heading of this issue. Some of you remember I have played my "Swan Song" twice before and have come back to continue editing the Foundation News. The first "song" was in Issue 16 when after the diagnosis of inoperable Cancer the medication had hospitalized me. I started to feel better and Tore Pettersen asked if I would continue. My second swan song appeared in Issue 18 when my husband Jack was not well. Jack passed away in January, 2019. Tore again approached me to continue reluctantly I agreed.

This third time I will not say yes to Tore. The inoperable fourth go-round with cancer they discovered in 2017 has decided it has been dormant for long enough so woke up to see what other parts of my body it could invade. I have beaten this disease three time previously so am very thankful to have met 10 great-grandchildren and been able to accomplish and do many things.

In this, my last issue I would like to reminisce with a few ideas or articles. Included will be a mixture of a few Fund Raising articles and people who benefited from those donations over the years. Also included are "follow ups" from a few of the Foundation Bursary recipients.

Thelma Lyone, Editor

Tribute to Thelma Lysne,

We were all saddened to receive news that Thelma had passed away.

This followed a valiant struggle with cancer over a four year period.

Our most sincere condolences go to Thelma's three children Shelley, Lorne and Paul and their families.

Rest in Peace Thelma.

Fraternally, Board of Directors



On January 6th we lost a great supporter and contributor to our Foundation.

Foundation News Editor and former National Director Thelma Lysne passed away after a lengthy struggle with Cancer. It is worth noting that Thelma's participation in Sons of Norway activities, with local Lodges, our District Lodge and our Foundation, remained active up until a month before her passing.

Thelma's Sons of Norway activities outside of her home lodge Leif Erickson in Kamloops, began when she was elected to the position of Secretary on the District Board in 1996, a position she held for four years. This was followed by active involvement in District Cultural programs with special emphasis on conducting Hardangersøm workshops at various lodge and district events, including our annual District Heritage Camps.

Thelma joined our Foundation Board of Directors as a National Director in 2014. Her immediate thought was that she wanted to be a working member. This led to establishing our Foundation News. The plan would be to publish the News four times a year and would include information on support and fundraising programs. An important component of each fall issue was inclusion of our Bursary (Scholarship) winners.

When Thelma reached the end of her four year director term, she received news about a progressing cancer. As sad as this would be, she decided that she would continue publishing our Foundation News. By this time, we had produced 15 issues and more were planned. I fully realized Thelma's dedication to the News and suggested that if she thought it possible that she could continue with the News as long as she felt well enough to do it. That she did, and we are very thankful for that.

Mange takk, Thelma for your many contributions to Sons of Norway and Sons of Norway Foundation in Canada.

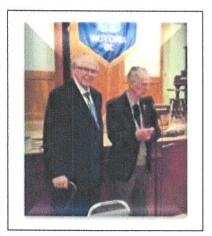
Sincerely and Fraternally, Tore

PLATINUM PLUS RECIPIENT



Many of the Foundation in Canada Issues contain articles on the Pin programme. In Issue 29 I noted that 2 more Platinum Pins were handed out bringing the total to five (5). Three of those pins were earned by Eidsvold Lodge in Victoria. Pictured on the right are two of the recipients – Knut Moeskau and Jack Lysne.

Due to COVID I was unable to receive my Platinum Pin so Past Eidsvold Foundation Director, Jette Dunluck, came to my house and presented me with the pin.



FOLKEHØGSKOLE BURSARY

This is a Bursary I have had a lot of fun researching. It is available from the Sons of Norway Foundation in Canada and offered to all Canadian individuals.

There are 85 Folkehøgskoles in Norway divided in two categories:

1. LIBERAL (51) These Folkehogskols have no particular faith. The core principles are linked to establish values common in Norwegian values and culture. They are owned by foundations, organizations or countries.

2. CHRISTIAN (34) Christian Folkehøgskoles are owned or closely connected with Christian organizations or denominations. Some of these schools may have Christianity as a compulsory subject or will offer voluntary bible study groups and meetings.

These schools have no required curriculum but offer career discovering opportunities. You have graduated from high school and have plans to work or attend college, but are not sure what you want to do. You might consider taking a break from the cycle of study-exam for a while. Consider a Norwegian *folkehoskole* or folk high school as a great way to put studying behind you and set yourself on a path of gaining confidence, creativity, maturity and self-knowledge on your way to your life long career.

These 85 Folk Schools offer over 300 subjects including theater, sports, dance, arts, media, music, outdoor life, travel, language, culture, sustainable environment, rehabilitation and many more. The enrollment each year is approximately 7,500 students with the smallest school having 40 students and the largest around 200. The schools are situated in almost every area of Norway from north to south. Each school has one main *linjefag* or core curriculum. There is also a *fellesfag*, which is a common subject that includes everyone.

Folk high schools are a long-standing institution in Norway, dating back to the late 19th century. They were instituted by a Danish educator, N.F.S. Grundtvig who opposed the routine memorization associated with academies, which he felt had little to do with daily life and future accomplishments.

Thelma Lysne, Editor

A STORY OF SUCCESSFUL ACHIEVEMENTS WITH THE HELP FROM OUR FOUNDATION

I have been a recipient of SONFIC scholarships and bursaries over my post secondary, graduate and post graduate studies. I hold a RN (Camosun College), BSN (UVIc), and Masters of Nursing (USQ) as well as a graduate program at the University of Oslo Summer School in International Health.

I am first generation Canadian from Scandinavian parents and have been a member of Sons of Norway since my youth. My involvement in the organization began in 1980 through folk dancing, sports and culture. I have also held several Officer positions at the local lodge level over the years, including a term as President in 2020.

Additionally, I was the <u>first</u> Canadian to receive a Sons of Norway International bursary to attend the University of Oslo International Summer School 1999 for graduate studies in health care. I had much assistance from Jack Lysne in this regard as the International lodge was reticent to accept my application as I was from 'outside' the US. Ironically, this initial reluctance on their part helped me to win when the issue became heightened news to Canadian lodges as it appeared to make us 'second class' members in the view of the then Int'l organization. Thankfully much has changed since that time.

I have 16 year old son, who is keen on perhaps attending folk high school in Norway, after graduation. I am also engaged to a Norwegian man (& active member of Eidsvold 7-53) – hence Norwegian heritage is a big part of our life at home.

Fraternally yours, Lisa Tandberg

YOUR DONATION DOLLARS AT WORK

Thank-you from Blair Hamilton Bachelor of General Engineering Queens University

Dear Tore Pettersen.

I would like to thank the committee for awarding me a Sons of Norway bursary. I am humbled and grateful as this bursary helps me significantly by offsetting the costs associated with attending Queen's University. So far I have had a strong start to the academic year. I have acclimatized well to Kingston and have involved myself in extracurricular. It is an honour to receive this bursary, and I am truly thankful for the Sons of Norway's contribution.

Sincerely, Blair Hamilton

Thank-you from Anderson Kaiser Bachelor of Arts – Honors University of Waterloo

Dear President Pettersen,

Thank you so much for the Sons of Norway Bursary.

I am absolutely thrilled and so grateful to receive this funding.

University has been a great experience so far, and I am beginning to explore the idea of an exchange to Norway at some point in my studies.

This financial help is greatly appreciated.

Sincerely,

Anderson Kaiser

Thank-you from Pamela Speranza - Paramedic Certification Fanshawe College

Dear Tore Pettersen, and Gloria Benazic

I am very thankful that you chose me as the recipient of the 2021 Sons of Norway Foundation in Canada Apprenticeship Bursary.

Thank you for the bursary of \$600.00. Receiving the bursary has helped me greatly, it has removed financial stress from my family and I. I am studying to become a paramedic at Fanshawe College, having decided to go back to school as a new mom with a daughter who is 7 months old now. I will be graduating in the spring of 2023, from there I will write my EMCA exam to become a paramedic here in Ontario. This bursary has gone directly towards my tuition, the reduction in the tuition relieved our financial stress greatly which allows me to spend better quality time studying and raising my daughter.

I also wanted to thank you for creating this bursary and helping people like myself better our future without having to go into deep financial dept to go back into school. Having to take on large student loans or bank loans can have devastating consequences down the road. Thank you for helping me to avoid such long-term ramifications and for making my experience as a student with a young infant that much more manageable.

Thank you from my family to your family,

Pamela Speranza







The following article appeared in Issue 25. I chose this article because it gave a connection between Norway and Canada:

"Stamps have always played an important part in our lives. Saving those stamps and passing them to your Foundation Director or President of your Lodge is one of the easiest way to help your Foundation. In Issue 25 I would like to take you on a journey back in time about eighty years to the 1940's when the post Office had to deal with getting the mail delivered in Canada from Norway.

During this very traumatic period in History contact and news from relatives and friends in Norway was very important. If you or a relative were living in Norway I would like to relay a little story about your letters.

My father after working as a fisherman and caretaker at Rivers Inlet in the 1920's moved to New Westminster and was hired by the Post Office to deliver mail. During the difficult years of the 1940's on an average of three (3) times a week he would come home with a letter from someone in Norway. This letter was passed to dad by another postman to translate the writing and find the correct person or address. As far as I can remember every letter reached the loved one living in the New Westminster area. I hope every community in Canada had an Elof (Joe) Madsen that was able to keep communication between loved ones in Norway and Canada."

Thelma Lysne, Editor

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