



SONS of NORWAY DISTRICT 7 in BEAUTIFUL BRITISH COLUMBIA

# Leiflette

November 2022

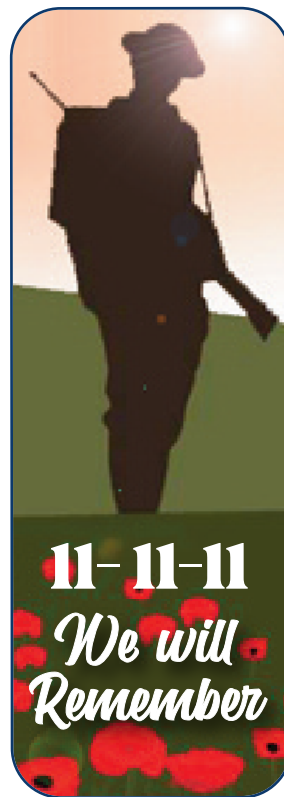
Next deadline Nov. 10, 2022



International President, Ron Stubbings, doing a wonderful job as **Bestefar** to his grandson **Jaxon**, here reading him a story on **Thanksgiving**.



**Marg Kirsebom's 90th Biftrhdya** was Celebrated at **Viking Lodge** meeting..



**Ole Kristiansen** of **Nordic Lodge**, with his sister **Ellen**, in **Frederikstad**, on his recent Trip to **Norway**



**Rondane Lodge** September 22 Lodge Meeting.



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NORWAY**

**District 7**

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Trollheimen 157

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**Lori Barsi**  
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Heimdal 141



## President's Message

### Greetings Sons of Norway Members!

Is Sons of Norway still 'the best kept secret' in your community? I would like to challenge each Lodge to begin increasing your involvement by selecting a community project for the next year. Sons of Norway has a Volunteer Lapel Pin ([sofnlodge.logoshop.com](http://sofnlodge.logoshop.com)) available that could be used by your Lodge as a sign-up incentive for your volunteers as well as an identifying symbol while performing public events.

Check out what is needed in your community and also confirm with the end-user that there is still a need for items you might consider collecting before you start. Some ideas for consideration might be: 1) Recreation therapy activities with Seniors or Adults in Care 2) Collect unused makeup, perfumes for Women's Shelters or Abused Centers 3) Reading programs for those in Seniors Homes, or in Libraries for Children, or for Newcomers 4) Collect hotel samples [you have already paid for the samples in your room costs] of shampoos, soaps, Dollar Store toothbrushes, combs, etc. to make up bags for Homeless Shelters 5) Collect food for the Food Bank 6) Have a Toy Drive to donate to the Salvation Army's Christmas Hamper program 7) Sign up for the Salvation Army's Christmas Kettle campaign 8) Sign up to help the Salvation Army's work bee to put together Christmas Hampers 9) Check with your Animal Shelter and collect old bath towels and blankets; and the list goes on.... A while ago, about twenty members of my extended family went to a restaurant for a Thai dinner and ordered more food than we could possibly finish. We asked for the food in takeout containers, a few forks, and delivered the food to a couple groups living on the streets. It doesn't take much to help but these efforts are certainly important for those who need help.

Ski for Light Canada -- have you thought about getting involved? Ski for Light pairs impaired cross-country skiers with sighted guides to participate in ski races. February 6-12, 2023 at the William Watson Lodge in Kananaskis, Alberta will see a return to this annual event and now is a great time to begin thinking of joining the fun!

This is also a great time to begin planning to host a Family Julebord in your Lodge before the Christmas season is upon us. This is a wonderful opportunity to bring members of all ages together by holding a session to make Nordic decorations like Julekurver (paper baskets) for the tree or baking bees to teach seven kinds of cookies for the holidays. A potluck of coffee and sweets with carols sung around the Christmas tree is always exciting for the children with some carols in English and some in Norwegian and maybe a small 'song book' to help those with unfamiliar carols.

Don't wait for the President or Social Director to make plans for you. Look at what you could offer to lead, make a plan and take it to next meeting. We all can contribute to making Sons of Norway fun and informative with just a little effort from each of us.

*Hilsen,,Gloria*

## Editor's Message

**The rain finally decided to come.** None of us can complain as the drought was presenting its own set of problems. We certainly had an extended summer!

There is no Leiflette in January so if you have anything happening in January 2023 it should be promoted in the December issue.

Hope everyone is doing well and it's nice to see people are getting together again. I am still avoiding large gatherings but hopefully not for long,



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 scholarships, bursaries and grants.

Please make cheques payable out to:

**SONS OF NORWAY FOUNDATION IN CANADA**  
and mail to C/O 32412 Ptarmigan Drive  
Mission, B.C. V2V 5R5



## Lodge Updates

### Sleipner Lodge

8 Vancouver, B.C.

**Hi everyone. I think that we can finally say goodbye to our wonderful summer.**

The pool at Hatzic has stayed open longer than ever this year due to the nice weather. Now the pool is covered and the park managers have taken a nice vacation to Ireland to visit friends and relatives. Just as one of the wheel bearings of the park tractor disintegrated. Never ends.

The lodge is working on a computerised reservation system for the park campground bookings. I hope that will work without a hitch.

I have taken three trips to Prince George this summer helping my sister, Kirsten, get settled into her new house. I forgot how beautiful the Cariboo Country is. I'm looking forward to driving up there again in the Spring.

Tree trimming is about to begin again in the park at Hatzic. BC Hydro is putting in a couple of new power poles.



Kirsten Brawn in front of her new house in Prince George.

The leaves are beginning to fall. The salmon are about to spawn in the creek.

Clean up weekend was held at the end of October and a Halloween party is being talked about for the clubhouse at the time of this writing.

I met Ron Stubbings at a Torskeklubben Dinner at the SCC. I asked him about District 7 becoming an all Canadian District. He said that plans were being discussed on

the international level. So, interesting things to come.

**Welcome to Norway on**

**\*Nov. 06 at SCC.**

**\*Lodge Meeting on Nov 10 at SCC.**

**\* Christmas Dinner on Dec 08 at SCC.**

*Your's truly. Larry Brawn.*

### Varden Lodge 19

New Westminster, B.C.

**I'll probably be repeating myself as not too much has changed from the October news.** Varden is having its bowling party the day after this is submitted (October 11th). I am looking forward to this as I used to bowl for one of Varden's teams in the District league. This takes place at Zone Bowling in Coquitlam at 6pm. I hope the turnout is large as it will be an enjoyable evening complete with pizza for dinner. I will let you know all the games' details in the next Leiflette.

Secondly, Varden will be celebrating the Holidays with its Christmas party on December 10th. Sadly, we cannot hold it at Normanna so it will be at Alan Emmot Hall in Burnaby



Jocelyn Delicato & Penelope Schilbach of Varden Lodge are the oldest & youngest of Bruce & Susan Strang's grandchildren

from 2pm to 4pm. There be crafts, snacks, singing around the tree; and rumour has it, the big man himself, yes Santa, will pay a visit. There will be more information later as our Social Committee still has to work on the details.

Looking into the future, next year we will be holding our Fund Raiser for the Foun



Ron Stubbings at the recent Torskeklubben dinner held at the Scandinavian Community Center in Burnaby. Ron mentioned that work is under way to make Canada all one District. District 7.



Helen Mosdell found this cool device to help her at the bowling social. She got a pretty good score!





Some of the Varden members who enjoyed the bowling & pizza social: Bruce Strang, Edgar Chapman, Enid Britt & Krista Solie.

dation, the annual Meatball dinner on Jan.27th. Unfortunately, inflation even effects this, we may have to charge a little more than we used to but hopefully we can keep costs down. I do know that real home cooked Norwegian meatballs are a thing of beauty.

So, the next time I write there will be more details about these events. I hope you enjoy your Thanksgiving and the lovely fall we are having. Varden Lodge's next meeting will be a business meeting on November 8th.

*Krista Solie,  
Editor.*



Connor & Penelope Schilbach of Varden Lodge found a pumpkin patch with a Viking ship!

## North Star Lodge 63 Nanaimo, B.C.

**We are back in the swing of things here in Nanaimo.** Our lodge met on October 3 for our regular business meeting. After the meeting one of our members presented a talk on Leif Erikson since it is the time of year that we celebrate the famous explorer.

Some very interesting facts surfaced and we all realized what an amazing explorer he was.

A 50 ton statue of Leif Erikson is located near Hallgrimskirkja, a church in Reykjavik, and was a gift of the U.S. to Iceland to commemorate the 1000 year anniversary of Alþingi, the parliament of Iceland. It was erected in 1932. Hallgrimskirkja church had not yet been built: Its construction only started after the war in 1945. This means the statue had been standing in its current location, on a hill in Reykjavik, for 13 years before the construction of Hallgrím-skirkja even began.

Pictured is a photo I took while visiting Reykjavik. In our lodge, we have a program called "Getting to Know Norway". Members volunteer to speak of anything Norwegian. Our members are a good source of firsthand information about Norway. Learning



Leif Erikson is located near Hallgrimskirkja, a church in Reykjavik

is key to "Getting to Know Norway"!

*God Høst alle sammen,  
Social Director  
Linda Harvey, Publicity*



Hallgrimskirkja Church was started in 1945 after the war.



## Rondane Lodge 71 Prince George, B.C.

**Our September General Meeting was held on Thursday 15 after having lunch at Carmel Restaurant, with 14 people present.** After the lunch, we moved to the big room downstairs for the business part of the meeting. A moment of silence was observed for Mons Aase sr, and Gini Sjøhall, who recently passed away.

We were pleased to have Sleipner member, Kirsten Brawn officially transfer to

our Lodge. A discussion was held on the time for future meetings. Should it be lunch time, or in the evening? With winter approaching with darkness and snow, many of our older members prefer the lunch time. But that leaves out possible new young members, who are at work during the day. It was decided we should think about it, and have a vote on it next meeting. Membership Chair, Joan Lemky, handed out Year Pins to several people: Walter Braaten, 65 years, Pat Hoey, 60 years, Tore Pet-



Joan Lemky, on right, presented Year Pins to members. Above, Karin Smale & Tore Pettersen received 55 Pins. Below are 3 more recipients.



Rondane's Ladies Aid held their meeting at Elsa Aase's home and it looks like they had a very lovely dinner! Below is the dessert table from an earlier summer get together.



Unni Madsen, 10 year Pin.



Synove DeDreu, 55 year Pin

tersen, Karin Smale and Synove deDreu, 55 years, Wenche Angelski and Janet Reinsdorf, 15 years, Unni Madsen, Janet Twaites, Jarl Sundve and Haakon Sullivan, 10 years, and Anna Mytting and Katherine Link, 5 years. Congratulations to them all. The door prize, a T shirt with Norwegian Flag, was won by Karin Smale.

The Women's Auxiliary meeting was held at the home of Christine Sullivan on October 6, starting at 1:00 pm. Thirteen ladies were present. At the business part of the meeting, all agreed to give \$50 to our usual local charities for Christmas. We usually donate \$100 to each charity, but with the Garden Party cancelled again in June, we practically had no income



Anna Mytting, 5 year Pin

this year. But \$ 50.00 is better than nothing,

Christine has had, over the years, requests for recipe and demonstration of her delicious Norwegian meat balls in gravy, so that is what she produced. Everyone stood around her in the kitchen watching. She also had a recipe for the meatballs and





Christine Sullivan demonstrates to Rondane members how to make her Norwegian meat balls.



## Dawson Creek Lodge 79

Dawson Creek, B.C.

**Happy belated Thank-giving to all.** Hope everyone was able to enjoy family time and eat the traditional turkey dinner. Our weather has been so great for this time of year, and we were all able to get out and about. The trees are losing most of their leaves, but what a colorful Fall we experienced.

Member, Shirley Grayston-

gravy printed out for the members. After the demonstration, the meatballs in gravy was among all the other goodies the members had brought to the table for us to enjoy. The door prize was won by Syonve deDreu: A nice dispenser of hand soap, and a container of meatballs and gravy for her supper! Synove was delighted, as she said she had not won a doorprize for years. As for the weather, it was a sunny day, like summer. We all had a good time.

*Hilsen, Elsa Aase.  
President &  
Publicity Chairman*



Shirley Grayston with Gudrun Sebastian from Grande Prairie, Alberta



Member, Gunda Napen, & President, Randy Carlstad, displaying our Charter

had a very interesting visit with Gudrun Sebastian, a member from Grande Prairie, AB Sons of Norway Lodge. They attended the same social function, became acquainted and found they had lots of things in common. They both have been to Norway 5 times, she speaks Norwegian, and they both have attended the Hostfest in Minot. Gundrun was looking forward to attending the Hostfest again this year. She is 90 years young and a very vibrant person.

We are having our meeting this evening beginning with a potluck and then onto planning our Christmas Party, this is the first Christmas Party since Covid came on the scene. The members are ready to move on.

Things have been slow at our lodge lately so we are looking forward to activities again. We think of all those that have been sick or are sick. We wish them a speedy recovery. We also think of all those that have lost loved ones, our thoughts and



Member, Scott Hender, & President, Randy Carstad, displaying the flag



prayers go out to all.

May 17th brought out thoughts of our Lodge and how things have changed over the years. I am sending a few pictures of recollection. Reflecting on years past, does everyone remember the autograph book that we used to keep? This brought back memories for me and recently I came across one verse that caught my eye.

*If you can't be a  
highway, be a trail, If you  
can't be the sun, be a star,  
It isn't by the size that you  
win or fail, Be the best of  
whatever you are!*

To close on a humorous  
note:

Larry: I'm taking my two  
week vacation.

Harry: I thought it was just  
one week.

Larry: In a way, it's a two  
week vacation: I take a  
week, and then  
the boss takes a week.

The salesperson<sup>\*\*\*</sup> told me this  
purse was made from alliga-  
tor, but I knew it was a  
crook.

*Until next time,  
Loretta Pratt  
Publicity*

## Viking Lodge 81

Surrey, B.C.

**On October 6, 2022, we held our "Thanksgiving/Halloween" meeting at Tynehead Hall.** There were 20 members who were able to join us. Kudos to Andy Anderson, who is a long time member of Sleipner Lodge. Andy helps us out with the set up of tables and chairs and whatever else he is asked to do. Our potluck buffet was a hot meal this time with many delicious casseroles, salads, etc. There were plenty of desserts which



Marsha Walsh, Social Director, Marg Kirsebom & Else Vea at Thanksgiving / Halloween Theme Meeting in October.



Lilly Ann Poulsen & Dolores Fossum, wearing the cowboy hat for Halloween Theme Meeting.

the members provided and also a birthday cake to celebrate Marg Kirsebom's 90th which was in late Sept. Marsha Walsh, our Social Director & Darlene Frostad her assistant, decorated the tables with lovely fall centre pieces and Halloween decorations here and there, and some of the members donned Halloween attire as well.

Just for your interest, Gordon Lande wanted the members to know that at the Surrey Museum there was a Scandinavian Celebration on Saturday, October 22nd. There was a Viking village and costumed re-enactors. Also at the Museum a Viking Invasion re-enactment will be presented on Feb. 16, 2023.

A new addition to our Lodge's equipment is a projector, the cost for which was assisted by a grant from Sons of Norway Foundation in Canada. Thanks to Lars Poulsen who arranged for its

purchase and set up at the meeting. We were able to sing along to a video of the Canadian and Norwegian National Anthems. We also saw a short video of a young adult Norwegian girl telling us what it's like to be a Norwegian in Norway today. I'm sure in the winter months ahead it will be nice to watch videos on Norwegian culture and other topics.

Our members voted to go ahead with our annual fundraiser which will take place on Friday, April 28, 2023 at the Scandinavian Centre and will be a Pizza Night and Silent Auction. More to come on that in the coming months

One of our members, Ken Berge, passed away peacefully on October 12, 2022, at Rosewood Care Facility in Langley. Up until a year ago, Ken had been very active in our Lodge. He made friends very easily and was always so helpful and always giving of himself. Ken did a wonderful



Ken Berge  
May 2, 1938 - October 12, 2022

job as our Lodge Editor. And, who can forget his wonderful Lefse? Ken was very proud of his Norwegian heritage.

Melvin Anderson, a long time member of Saga Lodge and his late wife Bonnie, attended our Lodge after Saga Lodge was no longer

running. Mel was also a member of Viking Lodge. We are sorry to say that Mel, a decorated Korean War veteran, having served in the Princess Patricia's Canadian Light Infantry Regiment (PPCLI), accomplished metal fabricator and woodworker, and avid collector, passed on October 10th at the age of 91.

Sharon Coles, announced that Cameron McLagan, Else Bardsnes' Grandson, has been given a bursary of \$800 from the SON Foundation in Canada. Cameron is studying for a Bachelor of Science in Software Systems at Simon Fraser University at the Surrey Campus. As Secretary for the SON Foundation in Canada, Sharon Coles told us that over the past several years the Foun-

dation gave out 7 bursaries totaling \$5600 to relatives of members of our Lodge.

We had a good laugh when Marg Kirsebom read out a piece called 12 Commandments for Seniors. We always try and have fun at our meetings and look forward to the next one.

*Dolores Fossum,  
Secretary &  
Publicity/Editor*

## Hardanger Lodge

Kelowna, B.C.

**On September 25 nine members and two guests attended a meeting at the home of Darlene Osterlin.** Gloria Benazic, president of District #7, presented an overview of the District Convention held in Kelowna May 26-29. She

said that feedback from delegates and guests had been very positive. With the postponement of the convention costs were up and there was concern for staying within budget but we were delighted to learn that our lodge did manage to come out ahead.

Gloria Benazic and Darlene Osterlin reported that they had attended the Foundation AGM on ZOOM and mentioned that October is Foundation Month.

The extensive stamp collection that we received in August has now been taken to Mr. Wiig in Calgary by friends of a couple of lodge members.

The group then brainstormed ideas for possible activities for the upcoming months. It was emphasized that each gathering needs to

have an activity with coffee and cookies or a meal every time. Social time is important.

Where to hold our meetings since we don't have access to our senior centre hall anymore was discussed. Our guest said she would check out the local senior residence where her mother resides. Plans are underway to hold a dinner meeting at Wedgewood Condominiums on Wednesday, October 19 with a meeting and activity to follow. A silent auction will be held with proceeds going to the foundation.

*Bev Akerlund,  
Publicity*



# The King's Guard in Oslo 1952

## Ole in the King's Guard in Oslo, doing his national service.

We were issued with I believe 3 sets of uniforms and this one is the parade uniform worn only when on guard at the palace in Oslo and on special occasions like May 17. I had the fortune to be assigned to the anti aircraft platoon which happened to also be the King's Guard's Brass Band.

We were 50 men and came from different parts of Norway and by sheer luck I was accepted to play one of the three bass instruments in the band.

I have heard that women are now in the military, including in the King's Guard.

We spent quite a bit of time practising under the conductor who was a professional musician and full time lieutenant employed by the king's guard.

While we did the military exercises for all members of the guard which included a lot of marching exercises, the operating of a battery of anti aircraft cannons, including the vehicles and trailers to move the weapons around. We also did a lot of practising so that we could be presentable at public events like May 17.

The king's guard in Norway has quite a reputation to this day, consisting of amateur musicians with the odd member being professional musicians.

Not only are they performing concerts in Norway, but in recent years they have also performed abroad in Scotland and in the USA with TV coverage. Their precision marching being of top quality where they have been competing with other military outfits in Europe. We even recorded a concert in the Norwegian Broadcasting Corporation which was quite something!

You can see **The King's Guard Drill Team in Norway** by going to youtube & typing it in. They are so good! (Unni, Editor)



*Ole Kristiansen,  
Nordic Lodge member*

*Regards, Ole*