



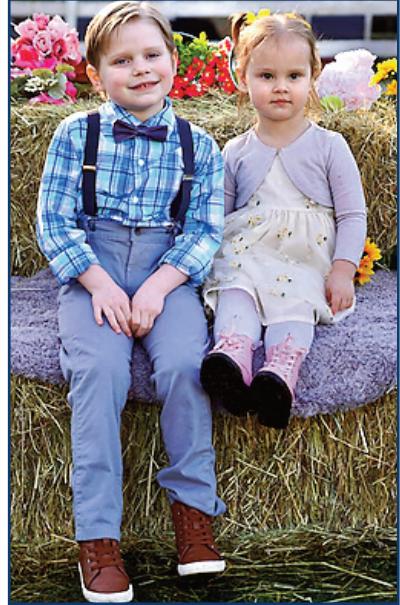
## Have a great Syttende Mai!

May 17, Norway's Constitution Day, signed at Eidsvoll in 1817.

Eidsvollsbygningen, right, is a house full of history, & for Norwegian's, one of the most important national symbols,



Left & Above; Loretta Pratt's great granddaughter Paytn, of Dawson Creek, celebrates her first Easter.



Connor Schilbach, with sister, Penelope, celebrates his 7th Birthday in April. (Connor is an insurance member of Varden Lodge).



The James family at the Easter egg hunt at Hatzic. Jordon & Jackie with their children Julia, Josie & Jessie.



Carol Schulte, Diane McLeod, Joan Lemky & Gerry Pettersen at Rondane's General Meeting

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### Editor's Message

June will be the last issue until fall. If you have any plans happening in July or August it should be in June's issue.

I hope we get enough rain to help stop the fires that are predicted for the summer but of course we all want lots of sunshine too. Let's hope that mother nature gets it right!

Also, don't forget your mom on May 14!!

## Happy Mother's Day!

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"

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## President's Message

HIPP HIPP HURRA!!

*Syttende Mai !!*

Norway's National Day is celebrated each year with community bands, children's parades, flag waving, singing, food, and a sea of colourful bunads. It is amazing that Norway has the second oldest active constitution, signed in 1814, and children's parades dating back to 1870!

Celebrating Syttende Mai – 17<sup>th</sup> of May – also gives our Sons of Norway lodges an opportunity of planning a gathering and inviting new people to join in the fun. A small flag-waving parade in a local park followed by a shared picnic or games is fun for the whole family. It is an excellent time to wear your bunad or Norwegian sweater and wave a Norwegian flag. The "child" within all of us loves a parade. Pølse (hot dogs) and iskrem (ice cream) are easy items to expand our child-like memories.

As we draw closer to the District 7 Convention and Meeting, I am looking forward to seeing members who have attended in the past as well as welcoming those new to our Convention. It is a great time to share stories, ask questions and expand on ideas useful in our home lodges. I hope to see a great display in our Cultural Room Competition. If you are attending, check with your fellow lodge members and maybe bring a variety of items that will be on view for our delegates. There are so many talented people with a wide range of cultural talents that can be shared and maybe they will inspire others to try their hand at a new craft.

I hope spring is bringing lots of wonderful flowers and scents in your neighbourhood. It is wonderful to watch the buds develop and then in a couple days, everything seems to have exploded! I recently saw a picture of the bountiful cherry blossoms in Victoria and imagined the wonderful fragrance wafting through the neighbourhoods. I also saw yesterday that deer had visited our son's home in Kelowna and had nipped all the tops off the tulip plants!! They do love tulips.... but not the stem or leaves... and his attempt to protect them with mesh didn't seem to work.

My wishes for a happy 17<sup>th</sup> Mai filled with family and friends!

*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 C/O 32412 Ptarmigan Drive  
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## Lodge Updates

### Sleipner Lodge 8

Vancouver, B.C.

Hi everyone. Well this year's lodge activities are off to a great start.

I'm going to start with mentioning the Border Festival. It will be held on Sat. June 29. The Borderfest has evolved over the years. Instead of a horseshoe competition people will be learning how to play Kubb.

There will be a Viking group there which will be putting up a shield wall. Viking costumes are being allowed for the royalty contestants. By the way the lodge does not have a King or Queen so far to represent us at the Festival.

This year Canada is lining up the entertainment. Ed Fyre will be playing. Ed Fyre



Leaseholders meeting at the park.

and his band, Valley Fyre played in the Gazebo at Hatzic last summer. In this case he will be playing not rock and roll but music more appropriate to the occasion. This is a great way to spend an afternoon.

On Mar. 29 the lodge held its AGM. Business issues were mainly discussed. Mentioned were that plans are in place for upgrading the

wiring to the Bunkie. Introduction of a \$100.00 annual fee for leaseholder's guests visiting the park. Discussion on Convention planning.

Next was the Leaseholder meeting. This meeting was well attended. Karla, one of our new caretakers, supplied some baked goods. The new caretakers, Ollie and Karla have started their

new job at the park. Ollie is from England. Karla is from Winnipeg where she worked as a baker.

Lots of issues were discussed. Cost of a wheelbarrow of firewood. Accounting of Hatzic Improvement Fund. Overview of park rules and regulations. A talk by me on the importance of attending the Border Festival. Planning for park events. There was

mention of there being Spotted Owls in the park. It looks like this will be a busy summer.

The next day the Easter egg hunt was held. My goodness. Some of those Easter baskets were overflowing. I tried to get a picture of all of the kids together but it didn't happen. Think Herding Cats. I did get a picture of the James family though.



Ollie ready to get to work at the park.



Colin Thomson, John Fenwick, & Monica Morris-Reade at clean-up weekend.

## SON is organizing a summer camp you won't want to miss August 7-11.

Plenty of culture, language, dancing, crafts and Clan activities located in Mission, BC.

For registration and details, click here:

<https://docs.google.com/spreadsheets/d/1TFfcHZFUT3krx4pmZn9WWoex-v9u95FysVIZCSsqNU/edit?usp=sharing>

Easter was another park cleanup weekend. Many people participated and the park is looking great. On April 13 the tarp was removed from the pool. The pool should be open by the May long weekend.

- May 16. Lodge Meeting at the SCC.
- 17th of May celebration at Hatzic on May 19.
- June 20. Board Meeting.
- June 29. Border Festival.
- June 30. Canada Day and Duck Race.
- July 20. Norwegian Pub Night.

*Yours truly, Larry Brawn.*

## Varden Lodge 19

New Westminster, B.C

**Hello! Isn't it lovely now that Spring is finally here?** After Vivian Bates' big party things are now quiet around here. We had our April meeting, yesterday, the day before I wrote this. It was on Zoom and twelve people attended. We are preparing for the District Convention and there is a change. Leslie-Anne Frostad - Eriksson is



Happy Birthday (April 22) to our new Lodge Secretary, Honora Cooper. She is the first secretary Varden has had who lives outside of the Lower Mainland. She lives in Kaslo but can be secretary because of the power of Zoom meetings.

taking Susan Strang's place as a delegate. The Convention is not the only thing we are looking forward to. There is also the Border Festival on



John & Emy Lind with twin daughters Kristie & Kassie, are all members of Varden Lodge. Kassie will be crowned as Varden's queen this spring & will represent the lodge at the Border picnic on June 29.



Congratulations Nadia & Chloe. Chloe has her hand raised & Nadia is in the second row with a bun on top of her head.)

June 29th. As you may know, this is a picnic at Peace Arch Park where both Canadian and American Lodges attend and we are happy to say that

Kassandra Lind will be representing us as our Lodge Queen.

Congratulations to Nadia and Chloe Delicatos of Varden Lodge, whose hip-hop dance routine scored a Distinction (95+) marks and 3rd place overall in the One Dance Experience in Richmond. There were almost a thousand routines.

Sytteende Mai is also coming and a celebration on May 18th where there will be a ribbon cutting ceremony for the Viking ship the Munin at the Scandinavian Community Centre from 1pm-3pm. For further information contact Leslie-Anne Frostad Eriksson at 778-223-7239.

Our next meeting will be May 14th.

*Krista Solie, Publicity*



Family members & friends gathered to celebrate the 75th Birthday of Varden President, Susan Strang.

## North Star Lodge

63 Nanaimo, B.C.

**Regnfulle april bringer blomster i mai. April not only brought showers but an interesting program at the North Star lodge monthly meeting.**

Two long time members refreshed the memories of how the lodge supported our chosen school in Nanaimo (Fairview) for at least 20 years. Sonja Cole and Joan Rogerson spoke on how we help children in their everyday life at school. We financially support the programs at the school as well as physically help with the programs.

They stressed how the students and staff were so very appreciative of all our contributions. Some of the extra programs over the years at the school are growing vegetables, Christmas turkey dinners and Christmas hampers. I think that getting our lodge interested in providing Christmas hampers would be a great project this year. The poster they presented consisted of Thank You cards from students and staff, pictures of our members helping with the students and happy student faces.

The new members now can understand the ongoing commitment to the children and their school. For the last several months, we have passed the collection bucket around at the meetings hoping to collect toonies or paper for this project. The financial crisis that hits so many families is devastating on family life. Food prices alone has crippled so many families. Schools offer snacks, lunches and more

every day to those who come to school hungry. One of three children come to school hungry according to the Canadian stats. We feel that we are helping by just contributing to the purchase of this food at school. The bucket went around again last night at our meeting!

In May, we are having two major events! On our meeting on May 6, we are having two guest speakers speaking on their time near Ellesmere Island frozen into the ice replicating a voyage many years ago of a Norwegian explorer. We have invited our sister lodge from Port Alberni to attend as well as non members. More information in next month's Leiflette!

Of course, the 17th May celebrations are being planned. Food, fun, music and patriotic flags! Hurrah!

*Linda Harvey,  
Social Director*

## Rondane Lodge 71

Prince George, B.C.

**The March General meeting was held at Carmel Restaurant at noon on March 21.**



Tore Pettersens with his grandsons at Rondane Lodge Meeting March 21/24. L- R. Kai, Max & Tore



Rondane Lodge Mtg, Unni Madsen with her daughter who is visiting from Norway

As our President was out of town, Tore Pettersen took over that duty for this meeting. The secretary could not come, so past Secretary,

Christine Sullivan, filled in that spot. Fifteen members were present. It was decided to celebrate Midsummer at Murch Lake on June 22.



Joan Lemky of Rondane Lodge celebrated her 95th Birthday at Ladies' Auxillary



Elsa Aase wins the door prize at Ladies Aux Mtg April 11/24



L-R: Edna Rouleau , Doreen Dery, Christine Sullivan at Ladies' Auxillary Meeting.

John Martinsen was congratulated on his 88 birthday on March 23.

Ladies Auxiliary was held at the home of Christine Sullivan on April 11, with 13 members present. We were told that so many people with children missed not having a Christmas Party in 2023, and we should therefore try to rent a spot for Christmas 2024. They especially liked going around the tree, singing all their favourite Christmas songs.

The Garden Party for members will be held on June 5, from 2 - 4 pm. A special cake was made for Joan Lemky, who turned 95 on April 14! Followed by a lively Happy Birthday song.

The next Ladies meeting will be at the home of Rita Austad, on May 2, starting at 1:30 pm.

Elsa Aase,  
Publicity



New Rondane member, Janet Jones, provides Musical accompaniment at Lodge Mtg Mar. 21/24

## Dawson Creek 79

Dawson Creek, B.C.

**Easter is past for this year and we hope all experienced a good day with family and friends enjoying a delicious meal and social time together.**

We have no snow for this time of year and run off and water is very limited. Wildfires are starting again. It is our biggest wish for a lot of spring rain. Weather has been super and very enjoy-



Ron Johnson,  
President Randy  
Carlstad &  
Shirley Grayston  
of Dawson  
Creek Lodge  
receive medals  
for their  
activities.

Right: Medals  
for Sons of  
Norway events

enjoyable, but uncommon for this time of year.

Our monthly meeting is coming up next week. Can't believe we are into April already. Not much to report at this time. We are busy selling raffle tickets. Last meeting, Dorinda reported on her rose malting class and how it turned out well. There was a good turnout and all enjoyed it. Karen handed out a few sports achievement medals. Shirley Grayson, Ron Johnson and Randy received some for walking, swimming and



other events. So nice to see this among the seniors. President Randy addressed the volunteer hours that each member puts in, and keeps track of the hours monthly and submits to our secretary.

The District Convention is coming up as well, any one interested should submit their name. Our President and Secretary are planning on attending.

Our next meeting will address Syttende Mai celebra-



Dorinda Hegge displaying her Rosemaling in preparation for setting up for the Rosemaling Course

tions, and on into the summer schedule.

As always, our thoughts and prayers are with all who are sick or have lost loved ones.

On the lighter side: Who is the king of the classroom? THE RULER!

Ted:: Hey a train just went by! Fred: How do you know? Ted: Because its tracks are still here.

Words of Wisdom  
"I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel."

*Until next time!  
Loretta Pratt,  
Publicity*

Right: Viking Member, Dolores Fossum's son, had competition to create a display from cans. Leif's store did this School Bus.

## Viking Lodge 81 Surrey B.C.

We held our April meeting on Thursday, the 4th and the 16 members in attendance enjoyed a wonderful buffet of hot dishes, desserts and coffee. It always amazes me when we do our "potluck" lunch that we have such a variety of salads, main course dishes, and a good choice of desserts. But why should that amaze me, we're either Norwegian, related to one or just like them and we all enjoy the food and company!

This year, we are working on helping our Adopt-A-School with a further donation towards The school has indicated to our representative from the Lodge, Gerry Jensen, that they are in need of a lot of items as well as funds to provide the school with presenters, and teaching aids for their presentations, to help the children learn.

At our Lodge May meeting, we will be celebrating



Else Vea presented a talk to Viking Lodge members on her Immigration experience from Norway to Canada.

the 17th May and have asked the members to bring along a personal item to share such as a photo, a piece of artwork or hand-work, etc. that reminds them of the 17th of May and of Norway.

The new playground equipment at the Scandinavian Centre was dedi-



Leif & wife, Andrea & their daughter enjoying winter 2024. Leif is the son of Dolores Fossum of Viking Lodge



cated in April and it is a reminder that a passed member of our Lodge left a legacy to the centre for this purpose and we, and all the Scandinavian community, are grateful to the family for this worthwhile addition to the out-

doors the centre.

We remind our Lodge members and all of SON Lodges to make it known that there are several bursaries still available through the SON Foundation in Canada and to inquire about them through their Lodge so an application can be made in time.

Two of our members will be attending the District Convention to be held May 31/Jun 1 in Coquitlam and are looking forward to it as there is always something to be learned in all areas such as the running of a Lodge, cultural programs and history of SON.

At our April meeting, Else Vea, gave us a very interesting talk on immigrating to Canada when she left Norway and what her experiences were, and that of her family, on that journey. We hope to have other members tell us more of their experience in coming to Canada and of their Norwegian background.

*Dolores Fossum,  
Publicity*

## **Hardanger Lodge 109 Kelowna, B.C**

The guest speaker at our March meeting was Terry Jennings of whom I wrote in the last issue of **Liefflette**. We heard first-hand Terry's interesting story about his family building a Viking ship in Kelowna in the 1960's.

He told how his father was a very skilled boat builder and was fascinated with Viking ships. As a kid Terry spent time with his father and learned woodworking skills. The whole family – father,

mother, sister and brothers were engaged with the gathering of wood and then the building of the Viking ship and the sewing of Viking style clothing and the sails.

The ship took six years to build and when completed was put on a trailer and taken on display to cities in the Pacific Northwest. In the summer of 1971 it was taken by freighter to Norway, launched in Bergen and there a small crew set out to learn how to sail a Viking ship. The plan was to sail to Iceland, Greenland and then to L'Anse au Meadows in Newfoundland. However, this was not to be. First there was some disagreement with officials in Norway and then the weather turned nasty with severe fall storms in the Atlantic. The ship was freighted back to Canada and now sits in a shed on Jennen's lakeside property. Terry's wish is to find a permanent home for his most cherished possession.

Lodge newsletter editor, Wilf Akerlund often chooses interesting stories from the Sons of Norway Newsletter Service to put into Hardanger Nyheter. This month he chose a story about a charming village known as Skudeneshavn. This village has had a rich colour history in respect to their building exteriors. Any maintenance or painting of one's house must be in line with the city's guidelines in a specific colour palette and with the right technique and tools.

The day after sending out the newsletter Wilf received an email from lodge member Jim Alveberg of Vernon who wrote that he was surprised to see this article as the Alveberg family name originated in Skudeneshavn. On a trip to Norway Jim visited this colour-coded village and found the remains of the orig-

inal cemetery and church site. In the local museum he found numerous items related to the family including a stove and a complete set of dishes with the Alveberg name on each piece.

On a sad note, we said good-bye to long-time Sons of Norway member, Karen Moen. The Moen family left Norway in 1957 and came to Canada, settling in Burnaby. Soon after, the Moen family joined Sons of Norway and participated in their many ac-

tivities. After moving to Kelowna, Karen and Konrad helped form the Scandinavian Folkdancers. A private service will be held in Norway during which Karen will be laid to rest with her late husband and parents. Karen was a life member of Sons of Norway with 65 years of membership.

*Bev Akerlund  
Publicity*



**In the first two weeks of March, our Caledonia Nordic Ski Club hosted the Prince George 2024 PARA Biathlon World Championships and Nordic World Cup Finals.**

These two combined events brought nearly 200 athletes and support personnel to Prince George. To this, the Ski Club was able to bring on an equal number of volunteers. Unlike in 2019, when Norway showed up with over twenty athletes and supporters, this year there were only two athletes plus support people. The athletes were Vilde Nilsen,

Free Standing and Thomas Oxaal, Visually Impaired – guided by Geir Lervik. Vilde won all of her three races and Thomas did not reach the medal winner platform but he performed very well.

While Norway was not well represented, Ukraine, Germany, Korea and Japan as well as Canada and USA were the dominant participants. The events went very well and the snow conditions held. Much appreciation was extended to the organizing team – lead by Chairperson Kevin Pettersen.

We are all very proud of Caledonia Nordic Ski Club. They are one of the largest Nordic ski clubs in Canada. The Club owns the Otway Nordic Centre, the home base for over 65 km of groomed ski trails that can be used year around for non-motorized activities.

Of course, we cannot tell this story without pointing out that Caledonia Nordic Ski Club started out in 1957 as the Sons of Norway Ski Club, and auxiliary group of our Rondane Lodge!

*Submitted by Tore Pettersen of Rondane Lodge*