



Heritage Campers display the shields made by the 3 camp clans.



Carolyn Thomas, Christine Thomas, Emily Blacklaws, & Aalslaug Boulier being creative at Art in the Park

Right: Bruce Strang & Krista Solie manning the Varden Table at Mid-Summer Festival



Penelope Shillbach of Varden Lodge models her Heritage Camp T-Shirt.



L- Janet Jones & R- Doreen Dery enjoy Rondane's Garden Party in June



Dawson Creek 79 President, Randy Carlstad, presenting Hanna Giliatt her cheque for \$200. She was drawn, as the winning ticket, at the provincial convention for bringing in new members.

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### Editor's Message

I received about 40 photos as there were many activities over the summer. I chose what I hope is a good selection. It was nice to see everyone having fun, even via photographs!

I had a quiet summer. John got a bad cold/bronchitis in July & when he'd had enough of it he gave it to me. We didn't attend any functions as our presence wouldn't have been appreciated. We are both ok now.

# Happy Thanksgiving!

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

## Welcome Back

I hope you had a great summer. It was wonderful to meet many familiar members as well as new ones at the District 7 Convention and Lodge Meeting in May!! I encourage the Lodge Delegates to report back to your membership on the business of the Meeting.

Heritage Camp at the beginning of August was a lot of fun and another opportunity to meet with members and their families from across our District. There were lots of activities and learning opportunities for all ages. Thank you to all the instructors who come out each year to share their knowledge and plan interesting sessions. For many of the younger participants, taking part in the flag raising and lowering is a highlight of camp. This year, I enjoyed designing a Viking ship for the teens to learn to stitch in Hardangersøm.

What are your plans for lodge meetings this year? What skills or information can you share with others? I encourage you to share some innovative plans to host events, or to teach skills, or even share some kaffe og kake! You have heard the expression – 'we meet to eat' – and it is true that most of us love to get together over a cup of coffee and a cake. Harvesting the fruits of our labour in our gardens can provide some wonderful dishes for a 'thanksgiving or thankful' potluck dinner.

Our District Board has a couple changes for the next two years. "Tusen Takk" to our past director, Jim Tore Breivik, for his long service to District 7 as Vice President and Publicity Director and "Velkommen" to our new Vice President, Randy Carlstad and Rosie Barlak, General Director for standing for election. Kristi Solie has moved from General Director to Publicity Director. Thank you to the directors who are continuing for another term: Donna Hedley, Lori Barsi, Tania Jacobsen and Anita Eriksen. I look forward to working with our board and please feel free to contact any of us with questions or suggestions.

Have fun; join in; share ideas with others!!

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.

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## Lodge Updates

### Sleipner Lodge 8

Vancouver, B.C.

Hi everyone.

It has been a great summer. The first event was the District Convention held by Sleipner and Varden lodges. It was good to spend time with the delegates and the members of other lodges.

The next event was the Border Festival. There has been some issue with securing our traditional date for the event since the pandemic. Maybe next year we'll have it resolved. The turnout was good but not to pre-pandemic levels. The next day the Duck Race was held and there were also kids games and a hot dog BBQ. Many people were involved and helped to make it a big success.

In July Piper Down played in the Gazebo. It was a wonderful evening. Thank you to Colin Thomson and his friends. Soon after we hosted the District Heritage Camp & soon after that a Chili cook off was held followed by the band Valley Fyre playing in the gazebo.



Our new District 7 Officers at the Convention held by Sleipner & Varden Lodges in May

Larry Brown at the Convention on his way to the hot tub when he ran into Sleipner President, Gary Carr, who thought it would be a great time for a photo op at Larry's expense

The week after that, on Labor Day, Tom Aikens DJayed a Western themed dance in the Gazebo which was preceded by a Hamburger dinner for our volunteers. Wow. There was hardly a chance to catch one's breath between events.

The caretakers, Ollie and Kayla have been doing a wonderful job keeping the park

looking good and keeping up on maintenance. Kayla is a baker and her baked goods were, well, delicious.

Work on the creek has started and is progressing rapidly. It's quite amazing what they have been doing. I'm not sure what the ducks will think about it when they race again next year.

The swimming pool has been wonderful as usual. The week after Labor Day a part cracked and the pump had to be shut down. Alas.

The next events are Seterskveld on Oct 18 and Welcome to Norway Nov 13, both held at the Scandinavian Center.

Yours truly,  
Larry



### Varden Lodge 19

New Westminster, B.C.

Hello, I hope you had a wonderful summer filled with many happy events.

Varden lodge members certainly participated in several of them. First, there was the Mid-Summer Festival at the Scandinavian Community Centre in Burnaby. We had a booth representing Sons of Norway hoping to inform the public about our organization. Luckily, many people stopped by and some marked



Erik Haugen & family at Border Festival





Penelope & Connor Schilbach raising the Canadian flag at Heritage Camp



Above: The 4 to 6 year old campers & below a treasure is found at Heritage Camp

where their ancestors came from and wanted to know more about us. I think we were a success and I enjoyed myself.

The week afterwards, the Border Festival was held by both Canadian and American lodges at Peace Arch Park on the border. This year some members of an American lodge dressed as Vikings complete with their own shields. They encouraged us to play Kubb and posed for selfies. One of them was the Border Festival's King and he crowned the incoming Queen, Mikaela Mosdell of

Sleipner lodge. Mikaela is not unknown to Varden members as she is Helen Mosdell's great-niece.

Sadly, we did not have a lodge anniversary picnic this year. We were unable to reserve a park for our 113th Anniversary. Hopefully, we will have better luck next year.

Happily, many Varden members went to Heritage Camp. I'm glad to say there was a great range of ages. Charlotte Marander is two, while her great-aunt Vivian Bates is one hundred and I think by the looks of it both had great fun.

Heritage Camp had many chances to enjoy the outdoors following this year's theme of Norwegian Friluftsliv. One popular event was the Jarrid Mosdell Memorial Soccer Game organized by Varden member, Shauna Britt. Several of Varden's members joined in, including the Lind Family in what was the twentieth anniversary of the game.



Vivian Bates & Helen Mosdell have attended every Heritage Camp since 1985. Helen, with her former husband, Mervin Rogelstad, started the camp & were directors for several years. Vivian taught the children rosemaling until she was nearly 90. They came for the day to greet old friends & watch the kids.

As well, our members taught courses. Karen Stainton taught a cooking class making such dishes as rommegrot. Susan Strang taught crafts and organized games while Krista Marander helped with the younger children. I assume this must make several of our senior members happy. We should thank Helen Mosdell and her late husband, Mervin Rogelstad, who organized the very first Heritage Camp in 1985, as Heritage Camp is approaching its fortieth anniversary and still going



Varden Queen Cassandra Lind with Sleipner Queen Mikaela Mosdell & Cassandra's twin sister Kristie. They met Washington Vikings at Peace Arch Park at the Border Festival.



Ron Stubbings with Max (4) & grandson Jaxon (3)

strong.

Varden's next meeting on the eighth is a social.

*Krista Solie, Editor*

## North Star Lodge Nanaimo, B.C.

**Our fall programming was started with a Velkommen back meeting on Sept. 3rd with a complimentary dinner (kaldt bord) before the meeting !**

pickles, Jarlsberg cheese plus two other types, hard boiled eggs, grapes, tomatoes and cucumbers. Cakes, cookies and coffee followed after a short business meeting. We were entertained by one of our members, Elisabeth, who spoke about education in Norway in the 1940s and beyond. This "Getting to Know Our Members" program gave us new insights on going to school in Norway and the life in Norway during that time. During our dessert time, we were sung to by a member and a guest who belong to the Nanaimo Barbershop chorus, the Tidesmen. Thank you, Ingvil and Glenn.

As I had mentioned before, members chose a month from the yearly list to provide entertainment for the other lodge members. This can range from games, readings, information seminars, crafts, or whatever they chose to do. Of course, Norway must be the common theme. This way, the Social Director is not the only one providing ideas for entertainment. Getting others involved keeps them active in the lodge and promotes comradery within the ranks!! So far, this has been a successful program. Our monthly "Kaffe mat" after the meetings is done this way too. Two people sign up each month to bring lunch for the evening coffee break.

**An interesting idea:** Have a large map of Norway at your next meeting so the members can pin where in Norway they or their family came from. It is interesting to see where the pins are placed, and it does promote discussion about the area or the immigration from that particular area.

It would be fun to share "interesting ideas" from all the lodges. Please consider this in your next news review to the Leiflette.

**An item of interest:** In Sept. the largest Agricultural Fair in Norway once again opened in Seljord, Telemark.

Dyrsku'n first began as an agricultural fair in 1866. Today, it has 800 exhibitors from all over Norway and covers over 40 acres close to the end of the town. This is a meeting place for farmers and consumers, resulting in a strengthening of Norwegian agriculture. It is a meeting place for agricultural exhibitors, food enthusiasts, handcrafters, construction industry exhibitors, artisans and a wonderful meeting place for family and friends.  
<https://www.facebook.com/dyrskun/>

*Linda Harvey,  
Social Director*

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

**May 17 this year was celebrated on May 16, after the lunch at Carmel Restaurant, in the large meeting room downstairs.** 14 people attended. During the meeting, plans for the Midsummer celebration were discussed. It was again held at Murch Lake, at the home of our President Anna and her husband, Brent Horrocks, on weekend of June 22 & 23.

After the meeting, Marilyn and Larry Anderson tried to teach everyone a simple, Norwegian Folk Dance. After that, coffee and a big, delicious ice cream cake was a big hit.

On June 5, our Garden Party was held in the beautiful backyard home of Unni Madsen, where she has a suite in the house of her son, Rolf, and family. She plants and looks after all the flowers in a big rockery, and was it ever spectacular! A nice view of the mountains added to the beautiful setting. It was a lovely afternoon, and a good turnout of members, both men and women, as it was for members only. The tables were filled to the brim with baking, lots for eating now,



Left: Anna Mytting & Brent Horrocks stand in front of a historic home at Murch Lake. They hosted Midsummer in June

a g e s , H a s h Browns, and W h i p p i n g Cream! A good thing that they were playing games afterwards, to use up some of the calories! Two sets of three

flags decorated the property, (Norwegian, Canadian and U.S.A). A nice time was had by all. Thank you Anna and Brent!

The first meeting after the summer for Women's Auxiliary, has always been held at a restaurant. This year we decided on the dining room at hotel "Inn Of The North" which is well known for its good food. Twelve members were present. We did not have a formal business meet-



Elsa celebrates her **90th Birthday** with her sons, Mons, left & Erik on right & daughter Christine between them. Elsa's Birthday cake below. She was 7 years old in the photo.

ing, but enjoyed each others company as well as the food.

It was, however, not long since we had seen each other as my daughter, Christine had arranged a big party for me on Sunday, August 18, the day I turned 90! Lucky it was a nice, sunny, not too hot day, so we were around 50 people enjoying the day outside by our pool. The food was on a big table under the canopy next to the pool. We also had several canopies over tables set around on the lawn, so everyone could sit in the shade if they wished.

The younger guests spent all afternoon going down the slide, or jumping from the roof of the pool's shed, into the water, splashing water all over, and having a great time. The party started at 2 pm, and as people began to leave around 6 pm, we heard one loud thunder clap, and it started to rain! Talk about lucky with the weather! Most people got into their cars without getting wet, and then



it really poured after that. The invitations Christine had mailed to people said : No gifts, please! But I still received a lot of lovely plants as well as cut flowers. With so much going on, I think I missed thanking some people, so I will thank you now, in case I did not do it then. Its hard to get used to the number 90. Just wait and see when it happens to any of you reading this!

*Elsa Aase, Publicity*

## Dawson Creek Lodge 79

Dawson Creek, B.C.

**As I am preparing my leflette article, we are finalizing our September Supper.** It is hard to believe September has arrived and we will soon be on to another

as well as for sale.

Forty three people celebrated Midsummer the weekend of June 22 and 23 at Murch Lake as planned. Fourteen stayed in their trailers, campers, etc. overnight. Supper was eaten outside, while breakfast next morning was served in the Long-House, a big cabin right next to the lake. 14 people came for breakfast, served by Anna and Brent, and I hear that it consisted of the following: Pancakes, Eggs, Bacon, Saus-



L-R: Carol Schulte with guests Merv Angelski & Lynn Wilson



On May 17th our Lodge celebrated the event with a delicious supper & social. We displayed the Norwegian Flag. -L to R Charlene Dokken, Lorraine Lawrence, President, Randy Carlstad, Shirley Grayston, Loretta Pratt, Donna Porada, Joyce Loiselle, Janice Trent, Ruby McBeth,, back row Ruth Veiner, Lisa Ward.

new year at our lodge. We hope everyone enjoyed their summer and were able to spend it with family and friends

In the north, we enjoyed a nice warm dry summer. A few wildfires appeared across BC and some in our area, but not right where we are. We are thankful for that. It is

very dry, where we live and it is concerning for the farmers and ranchers in the area. For the past two years the rain has been so minimal, This has made our water supplies a concern

Celebrated May 17th with a brought in supper for the members We ended in June with a fun BBQ and smorg

picnic Our president, Randy Carlstad, graciously hosted the picnic at his acreage.. The weather was good and at this time we drew the winners of our fundraising raffle. President Randy, shared our awards he brought back from the provincial convention. We were awarded, The Lodge of the Year Certificate. President Randy also presented a cheque for \$200 to our member, Hanna Gilliatt,, for winning the draw at the convention, for bringing in new members.

The summer sped by as it always seems to. The Dawson Creek Fall Fair and Rodeo always fills up a week in August for many. Others enjoyed camping, music festivals, driving holidays, and entertaining company.

Several people have been experiencing medical issues and losses. We would like to acknowledge those at this time. Our thoughts and prayers go out to all.

Our lodge has been pretty low key all summer, but we are looking

forward to the coming year. There are several events we need to plan and we are looking forward to new challenges as a Lodge.

### **Autograph Book Memories**

*Whoever you are, be noble  
Whatever you do, do well  
Whenever you speak, speak  
kindly  
Give Joy wherever you live.*

*Until next  
Loreta Pratt--Publicity*

### **Viking Lodge 81 Surrey, B.C.**

**On Sept. 5th we held our September Lodge Members meeting.** We started with lunch at noon and chose from delicious open faced sandwiches and desserts along with coffee of course!

We discussed the increase in dues to be a member of Sons of Norway which was explained, in detail. Time will tell how this may, or may not, affect our membership. Because of the comradery in our Lodge, I am hopeful that it won't. In fact, I hope it gives the members more energy to seek new members for our Lodge.

As you know, the Border Festival was held on Saturday, June 29th at Peace Arch Park on the Canada/USA border near Blaine, Wa. The Washington State Sons of Norway Lodges have invited the District 7 Lodges to join them almost every year for many years. Viking, Varden and Sleipner Lodges had representatives at this picnic.

As the flags were paraded in to officially mark the event, and along to the music provided, we sang the anthems of Norway, USA and Canada. Then the entrants for "Queen" of the Border Festival, this year were introduced to everyone and the young man, who was "King", for the last year, gave us a speech



At our June Picnic we displayed the award our Lodge was presented ,The Lodge of the Year, at this years convention.  
L to R: Donna Porada, Randy Carlstad, Shirley Grayston, Loretta Pratt, Karen Frederickson, Lisa Ward, Janice Trent



Having received funding from the Helping Hand Grants from SON, a cheque was presented by Viking Lodge's representative, Gerry Jensen, to the Principal & Vice-Principal of Hjorth Road Elementary School.

telling us what it had meant to him to be part of Sons of Norway.

One of the Lodges from Wa. state started a re-enactment group of Vikings including warriors and their women dressed in costume and sporting colorful shields, head gear and weapons. They often attend functions to explain the Viking history to others. There were several of these "special Vikings", along with the "King", who attended the Border Festival to liven the party.

At the Border Festival, we bring our own picnic food but we all share desserts and the host lodge provides refreshments, games, and entertainment. This year the entertainer was a Surrey, BC fellow, who sang a variety of songs and played guitar. He was very good and those in attendance appreciated his talent. There was a hefty 50/50 draw as well.

In today's world, we cannot take for granted our "open" border with the USA and this was a continued opportunity to let those who attended the Border Festival know who "Canadian" Sons of Norway members, are.

On August 10, 2024, as President of Viking Lodge, I attended the District 7 Heritage Camp BBQ. Personally, it was wonderful for me to reunite with my late husband, George's cousins, in particular, Anita Eriksen, who is the Cultural Director for District 7, along with other family members. I really enjoyed the experience and would recommend a visit to next year's Camp.

*Ha det bra!  
Dolores Fossum,  
Publicity*



Viking Battle Shields at Border Festival. Members from Washington all came in full Viking gear



Norwegian House Society play table for children showing samples of Trolls they made at Midsummer Festival June 2024

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

**At our June meeting our lodge delegates Darlene Osterlin and Dale Acott gave a report on the District #7 Convention held at the end of May.** They mentioned that changes to District #7 bylaws were approved and will be distributed with the minutes. They mentioned that the number of issues of Leiflette will be reduced from 9 issues to 5, basically every two months beginning with the first edition October 1.

On Sunday, July 28, four members of the lodge drove to Summerland to experience the 'Old West' on the Kettle Valley Rail Steam Train. It was lovely summer afternoon. The passengers were seated in two vintage closed coaches and two open air cars and enjoyed ten miles of beautiful vista: lush green orchards and vineyards and a spectacular view of Okanagan Lake from Trout Creek Bridge. The sight and sound of the restored 1912 steam locomotive brought the era alive. Upon arrival back at the station the notorious Garnet Valley Gang rode wildly back and forth along side the parked train raising dust and firing off their pistols. Several rustlers came on board to demand funds for local charities. The kids aboard the train were so excited. The event concluded with a full barbecue meal at the station.

*Bev Akerlund, Publicity*



**Have a safe, happy Halloween**