



DISTRICT 7 SONS OF NORWAY

Leiflette

April 2026

Happy Easter!

Next deadline May 5, 2026



Above, Karin, Elaine, Sylvia, Sandy at God Jull Party of Solglyt Lodge, Edmonton, Alta.



Liv, Lillian, Theresa, Einar, Jan, of North Star, Nanaimo B.C., learn how to make a Norwegian Sweater.



The serving crew at Varden Lodge, New Westminister B.C. Norwegian Meatball dinner: Krista Solie, Penelope Schilbach (age 4), Shauna Britt, Susan Strang (the cook), Connor Schilbach, (age 8,) Karen Stainton (mom) & Edgar Chapman.

Left, Dawson Creek, B.C. President, Randy Carlstad, waits his turn to sample the cheese & cutter. Members Loretta & Janice enjoy.



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This issue is a little different. The numbers of the Lodges have been removed so the lodges will now appear in a random order. It may be a little confusing for awhile but it's easier for me to fit lodges in according to length of copy and number of photos etc. instead of the rigid numbering way. And the best thing is that the same lodges won't always be at the front or back..

Hope you all enjoyed Easter and of course we're all happy that Spring has arrived!

Check out: Sons of Norway www.sofn7.com on District 7 webpage Facebook "Sons of Norway District 7" and "Official Sons of Norway Facebook Group"

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President's Message

Welcome to Spring and God Páske!

Vårfølelse = springfulness. The transition season from winter to spring; the birth of lambs and chicks, colourful flora and sunshine, providing more energy and social activities. Weather can change without warning so you may find you need a parka one day and sunscreen lotion the next day. We are seeing garlic rising out of the ground in some areas but into others, temperatures might fluctuate between a negative to a positive in the same day!

This might be a great time to invigorate new people to join Sons of Norway by planning activities that share our Norwegian heritage, especially Norwegian Easter. A final ski trip in the mountains or a walk along the river/lake/ocean to check out what is budding are a couple great group activities to share. Maybe potential members would like to join in a cooking or BBQ session. There are lots of Norwegian options such as vaffels, or lamb stew/roast, or a salmon on the BBQ with lots of butter and dill. Norwegian Easter dinners are often based around lamb – roasted or stewed, and oranges and marzipan are great sweets. Yellow décor is prominent and often pussy willows or birch twigs are on display. Lunches are often open-faced sandwiches with options of eggs, meat, fish and vegetables. A little brunost is always welcome, along with mayo, mustards, lingonberries, cod roe and fried onions. Of course chocolate is a must – eggs or bars like Kvikk Lunsj (similar to KitKat), chocolate with almonds, marzipan or marshmallows. Salted licorice, anyone? Or, Daim bars? Planning an indoor activity around Easter might include making a traditional Norwegian display of pussy willows or birch twigs placed in a jar or flower vase and decorated with blown eggs which are coloured and attached with ribbon to the branches. Norwegian families often do an Easter egg hunt and I know of many children who love doing this outdoors as well as indoors. Maybe your lodge could support a community or school hunt? When you have some downtime, pull out your latest crime mystery novel and find a sunny corn

I encourage you to make a presentation to your lodge, board and members, that will help your community embrace vårfølelse. Refresh, Renew, Realign to create something good and uplifting for each other.

Faternally, 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 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: 40 Brazeau Crescent SW, Calgary, AB T2W 072 or see online donation info for e-transfers

Hey Kids!

**If you like drawing ...
We'd love to see your
Masterpiece!**



District 7 is again holding a contest for anyone under the age of eighteen who is a member, or a child, or grandchild of a District 7 member. We want a color drawing of no more than 8x11 inches. The picture should have a Norwegian theme; whether it's trolls, Loki, Leif Erikson, Lefse or Heritage campor anything else that has to do with Sons of Norway.

When your drawing is ready, would you either e-mail me ksolie36@infinet.net or snail mail me at 403-425 Carnarvon St., New Westminster BC, V3L 1C3 to submit the drawing. Give me such information as your name and age, which lodge you belong to and who you are related to in District 7. Also I need a way to contact you, either your home or e-mail address and the subject of your drawing. "If you can send me this by May 1st, 2026 we can use the winning drawing for the cover of the June issue of the Leiflette, plus you can win a cash prize."



Thanks, Krista. When your drawing is ready, would you either e-mail me, ksolie36@infinet.net or snail mail me at **403-425 Carnarvon St., New Westminster BC, V3L 1C3** to submit

**Varden Lodge
New Westminster, B.C**

Yay! It is almost spring time. The last time I wrote I told you Varden was having it's Meatball dinner. Well here is the report on it. Everything went fairly smoothly. The meatballs weren't the only hit as everyone at Varden worked

as a team and we had two wonderful helpers, Connor and Penelope Schilbach, plus of course their mom, (Karen Stainton) and grandmother (Susan Strang). Connor served the meatballs and Penelope served the buns. They impressed everyone even our District President, Gloria Benazic. One of the reasons there

Left: Gloria Benazic (President of SONFIC) provides information on the Sons of Norway Foundation in Canada at Varden's Lodge's Norwegian Meatball Dinner.



is a Meatball Dinner is that it raises funds for the Sons of Norway Foundation in Canada which Gloria is the President of. I know that everyone had fun for a good cause.

Another, if smaller, event that Gloria presided over was Varden's Installation of Offi-



Bruce Strang (MC) & Susan Strang (cook) at Varden Lodge's Norwegian Meatball Dinner.



Karen Stainton provides instructions to her children, Penelope & Connor, as they serve at Varden's Meatball Dinner. **3**



Happy 102 Birthday Vivian!



Vivian Bates had a lot of well-wishers at her Party!

Solglyt Lodge

Edmonton, Alta.

Our November meeting included a Remembrance tribute by Dreena Davis, Cultural Director. It involved World Wars I & II plus current armed forces deployment.

Solglyt's annual Lefse Bee was November 15. This was done in preparation for our annual Christmas dinner scheduled for November 29.

In January, Natalie Van Deusen, PhD, Scandinavian Professor, Dept. of Modern Language & Cultural Studies, University of Alberta, adapted her lecture materials and gave us a crash course on Norse Mythology. It was very interesting.

In February we enjoyed a Norwegian Crepes lunch including Valentine's Day cookies, and a display of Norwegian knitting.



Ingrid Z. at Solglyt Lefse Workshop



Solglyt's Valentine Celebration with Sharon B.

cers. The only big change in Varden's Board is that Shauna Britt is our new Secretary. Our lodge has also decided on our delegates for the Convention. They are Edgar Chapman, and Bruce and Susan Strang.

Not only are we looking forward to the Convention but the Border Festival Planning meeting on March 15th and the actual picnic on July 12th. Finally, our next lodge meeting is on March 10th and our April meeting is on the 14th.

Krista Solie, Publicity



God Jul Party - John & Helen of Solglyt Lodge

In March 2026 will be the L'Anse aux Meadows presentation and in April an Easter Theme, followed by Syttende Mai festivities.

*Brenda Carlstad
Publicity*

Dawson Creek Lodge

Dawson Creek, B.C

Our condolences go out to the family of Erik Brochmann. Eric was devoted to the Sons of Norway over several decades. We will miss him.

Our lodge is doing well continuing with our meetings and projects. Our plan for the March meeting is a movie night showing a Norwegian movie. We thought we would change things up a bit, kick back, enjoy the movie, and eat snacks. We are looking forward to it.

In January our social time included cheese. Our members brought their cheese cutters and we experienced a cheese break. We used our cutters and cheese samples with our coffee. Then continued our meeting.

Joining the Sons of Norway can be a lifelong event. As I have mentioned previously, two of our members have retired their positions, and now enjoy just coming to the meetings. They are still members. Shirley and Donna Congrats to you both.

On having conversations



All of our Lodge members enjoyed the cheese presentation at the meeting.

with Shirley, her 34 years as a member was a great part of her life and wonderful to meet and work with so many interesting people. She held all positions over the years, attended several District conventions. District 7 organized a cruise to Alaska in 1998, Shirley and her husband joined the various lodges from BC on the cruise. May 17th was celebrated on the

cruise with a parade and singing "Ja Ve Elsker Dette Landet". She enjoyed five trips to Norway.

It is so nice to keep in touch and hear about the other Lodges. We are hoping for Spring soon.

On the lighter side, Aging is like a lifelong game of hide and seek-- You're always trying to find where you left your glasses.



Until next time!
Loretta Pratt--Publicity

Viking Lodge Surrey, B.C.

It was a pleasure for me, as President of our Lodge, to attend the Feb. 1st occasion of the honouring of Kristian Frostad, when he ceremoniously turned over his Frostad Boatworks plans, etc. to the BC Maritime Museum at a gathering at the Scandinavian Centre.

As well, we had our first gathering this year of Lodge members on Feb. 5th and the theme was "Valentines". Some of us wore heart shaped jewellery and, of course, wore red. There were hearts and related items hung all over the hall, and on the tables which were colorfully decorated to honour this special



Hanna Gilliatt, center, presents retirement cake she made, to Shirley Grayston & Donna Poranda at our January meeting.



Viking Members at meeting with hall decorated for St. Patrick's Day



Ruth & Gunther Mielke win a knee warmer

occasion. Food was plentiful and desserts delicious.

Since then, on Mar. 5th we held a "St. Patrick's Day" themed meeting and the Shamrock and wearing of the "green" was evident by members in attendance as you will see from the photos in this issue of the Leiflette. Myrna Latval, entertained us with music on the keyboard as background to the social part of our meeting and we even sang a few Irish songs.

We also talked about how

Marsha Walsh working the 50/50 draw with Viggo and Kathy Svendsen.



we can encourage families, friends and acquaintances to come as guests to the Lodge.

The Lodge has decided to endorse sending a delegate to the District 7 Convention at the end of May and a guest. We look forward to seeing many former and new faces at this event.

We have received approval of a grant for our adopt-a-school from SON Foundation. There are many children of various cultures at the school; many from war torn and other countries. Last year the school was able to outfit several students who were not able to buy their own sports equipment, and for some it was probably the first time

they participated at school. We hope to get a photo of one of the sports teams to which our donation will be given and post it in the June issue of the Leiflette.

Easter begins with Palm Sunday, Mar 29th, then Good Friday, April 3rd, with Easter Sunday, April 5th. I hope each and everyone of you has a blessed Paske this year remembering the wonder of this time and also have an opportunity to spend some time with family and friends.

*Regards,
Dolores Fossum,*

North Star Lodge Nanaimo, B.C.

At our last meeting on March 3, we enjoyed an interesting presentation on knitting a Norwegian sweater as part of our Team Norway program.

Lillian spoke on constructing a sweater, wool types, making a pullover into a cardigan which means sewing down the middle and then cutting through your knitted front. This is frightening for novice knitters. We talked about the correct ways of washing your sweaters and even touched upon swirling your sweater in fluffy, clean snow to clean it as they



Lillian demonstrating, Rosie, Theresa, Einar, Jan, Liv, Jim Tore

way. Very interesting, as they had travelled all over the country.

That turned out to be our last meeting at Carmel Restaurant, as the place was sold not long after that, and we had to find a new place for our meetings. Someone suggested Bon Voyage Restaurant, which also has a nice, big hall for our meetings. And if we buy our lunch there, the



A 67 year old Norwegian sweater

Rondane Lodge Prince George, B.C.

The first meeting of 2026 was held at the Carmel restaurant, with 15 members and one guest attending.

After lunch we all moved to the meeting room downstairs for the General Meeting. The present executive agreed to stay in the same positions for one more year. After the meeting, Marilyn and Larry Anderson showed us slides from their recent trip to Nor-



Lynn Wilson shows off waffles that Karin Smale made

did in ages past! Also discussed were the various patterns and the districts they originated in. Questions were asked and answered. Theresa spoke on the history of Norwegian sweaters. Members were asked to wear their Norwegian sweaters to the meeting. Of course, all varied in design and age. My sweater, which was hand made and bought in Telemark, Norway, is 67 years old and I am still wearing it! We ended the evening with a delicious Norwegian lunch and coffee.

At our meeting before the presentation, we discussed the upcoming convention in Port Alberni in May. Thank you to the organizers.

Once again, our donation was sent around to collect change and paper for the school we support. This is to conquer hunger in the school. The school supplies breakfast, lunch and snacks. I was told that some children come to school without breakfast or food for lunch. I keep adding this to the Leiflette only to encourage other lodges to consider this endeavour for schools in their area.

*Linda Harvey
Publicity*



Marilyn & Larry Anderson present film taken on their trip to Norway.



Rondane Thrift Store Gift Exchange. L-R Carol Schulte, Marlace Susut & Doreen Dery hold item that Doreen made.



The gifts all wrapped up for the Thrift Store Gift Exchange

we can use it for free, same deal as at the Carmel. So that is where our February meeting was held on February 19, with 13 members present. At this meeting we needed to find who were able to attend the Convention, to be held in Port Alberni.

President, Anna Mytting, and Councillor, Tore Pettersen, will be our delegates this year. Elsa Aase, (me) received her 70 year S.N. Membership Pin. (Where did all those years go?)

In our previous Leiflette, an error somehow sneaked in, where I reported on the Ladies Aid X-mas party at Christine Sullivan's home. The Profit for the sale of donated items, was not \$ 5.20. but \$225.50! This money and more, was donated in \$100.00 cheques to the fol-

lowing: St. Vincent dePaul, Hospice House, Child Development Centre, Salvation Army, Phoenix Transition Centre, Sexual Assault Centre.

Our next meeting will be Thursday March 19, at Bon Voyage Restaurant, starting with lunch at noon.

*Hilsen, Elsa Aase
Publicity.*

**Sleipner Lodge
Vancouver, B.C.**

Hello everyone. Once again I'm starting my article with death messages. Erik Brochmann and Kaare Bergenhaus recently passed away. The two of them were of different character, to say the least. But both were loved and even

adored by members of our lodge.

There were issues with Legace Creek a few weeks back. Impressive but nothing new.

The park's opening is scheduled for May 17. Wildlife in the park? Robins!

The Border Festival may be of interest if the new lodges from Alberta and Saskatchewan. Participation on the Northern part of the border seems to be waning.

There will be an Easter Egg hunt at our lodge's Country Club at Hatzic in the morning of April 04.

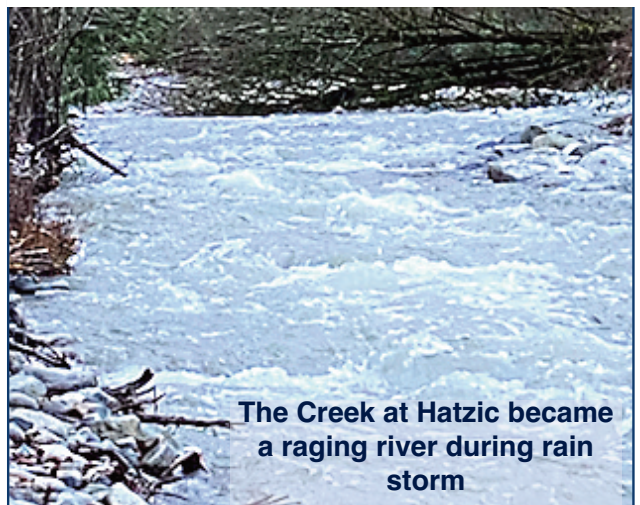
Larry Brawn, Publicity



Marie Cook, celebrated her 100th Birthday in August. Marie is the mother of Iris Gulbransen of Sleipner Lodge.



Larry Brawn with Caretaker working on getting Hatzic Park getting ready for opening.



The Creek at Hatzic became a raging river during rain storm

Hardanger Lodge
Kelowna, B.C.

Our meeting room at Carmel Court, 1450 Bertarm Street is working out well for our lodge meetings. The community room comes with a stove, fridge, dishwasher and dishes. It is convenient when we serve coffee and goodies after our meeting or have a potluck meal. The bonus is that the room is rent free.

Installation of officers was held before our meeting in January with Lloyd Colman as installing officer and Erna Johnston as marshal. The board of directors stays pretty much as it has been in the past two years. Information about the upcoming District 7 convention in Port Alberni was shared. Our lodge will purchase a half page ad in the convention booklet, again featuring Oligopo designed by Wilf Akerlund. Following the meeting Darlene Osterlin gave a presentation about her upcoming train trip in August in Sweden and Norway. Maps were distributed and Darlene asked members to note on the map where their ancestors originated and names of places where members have visited.

Unlike February of 2025 when we had to cancel our meeting because of poor road conditions this year we had bare roads and were able to meet and enjoy heart-shaped waffles with a variety of topping following our meeting.

Our March meeting will follow a supper of Irish stew and soda bread in honour of St. Patrick.

*Bev Akerlund,
Publicity*

Valhalla Lodge
Calgary, Alta.

Their side dishes selected, Wagner family members move on to melted butter, lutefisk, and flatbread being dished up by John, Rosemary, and Thordis. Valhalla lodge hosted lutefisk dinner at the Scan Centre on Saturday February 7th with appetizers, potatoes, meatballs, traditional side dishes, and dessert. It was delicious!

Art Vesterdal's songs about his Norwegian forefathers were a big hit at Valhalla lodge's Lutefisk dinner on February 7th.

Ski for Light participants met at William Watson Lodge in Kananaskis this year. Valhalla lodge rounded up skiers at the airport on January 26th and provided lunch there.



Huge snowfall in the east meant some skiers only arrived Tuesday or Wednesday after weathering flight cancellations and re-booking challenges.

Alison Wiigs,
Publicity

Alison Wiigs,
Publicity



Art Vesterdal sang for us at Valhalla lodge's Lutefisk dinner.



Here we have the always-smiling SFL president, Peter Quaiattini, showing off a three-bedroom cabin to visiting Valhalla members.

The next deadline is May, 5, 2026 for June 2026 Leiflette