



# YOUR FOUNDATION NEWS

December  
2019  
January  
February  
2020

ISSUE 21

Thelma Lysne,  
Editor

Greetings:

Last year in Issue 18 I requested answers to the question "Why do Norwegians bake seven different kinds of cookies for Christmas?"

My "Investigative Reporters" have given me several different options that make perfect sense. I will give you a few options and a full description of #7. 1) There are seven days in a week; 2) Seven Kings of Rome; 3) Joshua walked around the walls of Jericho seven times; 4) Seven wonders of the Ancient world; 5) Seven last words of Jesus on the Cross; 6) Seven years of plenty and seven years of famine; 7) Colors of the Rainbow:

1. **RED** – The color of enthusiasm, passion, anger, energy and security.
2. **ORANGE** – With orange you have endurance, perseverance and strength.
3. **YELLOW** – It symbolizes cheerfulness, energy, orderliness and memory improvement.
4. **GREEN**- Stands for growth, expansion, health, abundance, fertility, sympathy and harmony
5. **BLUE** – This color stands for peace, tranquility, stability, harmony and trust.
6. **INDIGO** increases the energy of blue. Blue is a soothing color, indigo is a sedating color.
7. **VIOLET**- the dark tone of violet stands for sorrow, deep purple signifies high spiritual attainment. Bluish-purple – idealism and pale lilac shows for love towards humanity.

The best option to me is the Seven Sisters Waterfalls in Gerienger Fjord, Norway. Myth tells us that it is seven unmarried sisters dancing to attract the suiter across the Fjord.

Cookie recipes in Norway are handed down from generation to generation. The recipes may vary between the families and there are many cookbooks available with different variations of over 20 cookie recipes. Recipes can also be found on the Sons of Norway website.



## REMEMBER TO SAVE THOSE CHRISTMAS STAMPS



This newsletter I thought we should focus on how the stamps enrich the Foundation funds.

Picture to the left is Gloria Benazic presenting a box of stamps from Hardanger Lodge 7-109 in Kelowna to Tore Pettersen and Ron Reine of Valhalla Lodge 4-341. Ron will take the stamps to Calgary where they will be weighed and processed by Russell Wiigs. A cheque will be sent to the Foundation treasurer and credited to Hardanger Lodge in Kelowna.

In the year 2018, eight (8) Sons of Norway Lodges collected \$366.06 in stamps. Dividing that figure between the eight Lodges comes to \$45.76. We have approximately 25 Canadian Lodges and if every Canadian Lodge collected (in stamps) \$45.76 that would total \$1,144.00.

I do not know when the stamp program started but since its inception the Foundation has realized \$7,636.67 from the stamp's you, the Lodge members, have collected.

This is an easy way for your Lodge to keep your Foundation working for you and your children, grandchildren, great grandchildren, friends and relatives.

## PIZZA PARTY TIME

I am always interested in different ways Lodges hold Fund Raisers and Viking Lodge No. 81 held a "Pizza Party". Other Lodges, organizations, family and friends were invited. The cost was only \$15.00 a very reasonable price for an evening out.

A popular silent auction was held, a game was played and there were door prizes.

Approximately 70 people attended and had a great time mixing and visiting.

Over \$1,000.00 profit was realized from this Fund Raiser with the work load distributed among several people and no cooking A-La-Pot Luck.

*Thelma Lyone, Editor*



**Silent Auction bidding**



**Silent auction items**

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**Visiting**

## CULTURAL GRANT

Nordlys Lodge No. 20 in Port Alberni requested a Cultural Grant from the Foundation to have Hardangersøm lessons.

Their request was granted and I was asked to teach this class.

There were six students with two (2) beginners and four (4) requiring advanced stitches. The class was a success, the ladies worked from 9:00 a.m. to 4:30 p.m. on Saturday and Sunday, everyone had a good time and learned several new stitches.

*Thelma Lyone, Editor*



**The Group**



**"YOU DID WHAT?"  
Beginners Karen and Carol**

## FOUNDATION FUND RAISER OCTOBER 19, 2019

Every year in October Foundation Director Jette Dunluck holds a Foundation Fund Raiser at Norway House in Victoria. Bursary recipients are asked to serve at a sit-down-dinner. Foundation Pins and Bursary cheques are presented.

Members use the old conception of a "coin-a-day" can and the participant's parade shaking their cans. This is still a unique and easy way to support your Foundation.

Please send pictures and information about your Lodge Foundation Fund Raiser.

EIDSVOLD  
LODGE  
No. 53  
VICTORIA



**Sarah Kedves**



**Amelia Dokken**



**Apprentice recipient  
Dalton Oldfield**



# TROLLHAUGEN CAMP 2019



**Trollhaugen group**



**Making a Kransekake**



**Chip Carving**



**Ester on the Hardanger Fiddle**



**Syttende Mai Parade in August at Trollhaugen Camp**



**Children in costume at closing ceremonies**

## HERITAGE CAMP 2019



**Past District Secretary, Patty Schwartz, Nordlys No. 20 at camp with family and friends.**



**Honoring District Vice -president, Jim Tore Breivik who turned 50 years old at Heritage**



**Sleipner No. 8 members at Heritage Camp**



**Showing Viking ships made at Heritage Camp**

# REPORT FROM HARDANGER LODGE NO. 109

## KELOWNA

It is always rewarding for me to have a Lodge report on their activities done "For the Good of the Foundation" and Darlene Osterlin, Hardanger Lodge No. 109 in Kelowna, B.C. reported on their Lodge.

Hardanger is one of the Lodges leading the way in monies donated to the Foundation through stamp collection.

Pictured on the right are a few members taking part in a Silent Auction at their October meeting with proceeds going to the Foundation.

Darlene also reported the Amigos game purchased with a grant from the Foundation is being used in the Norwegian language class. As well, other members are being introduced to the game and to the Norwegian language through participation in the game.



Silent Auction Bidding



Ginny and Mikkel



Ginny and Mikkel

## **EIDSVOLD NO. 53**

### **LEIKARRING**



In past years various Victoria Leikarring members have travelled to Calgary and Red Deer Workshops.

The inspiring events exposed us to Mikkel Thompson and Ginny Lee - gifted dancer/musicians! We were motivated to extend a one day Cultural Exchange invitation that occasioned their first visit to Victoria. The morning and afternoon focused on workshops accompanied by Eric, our island Torader musician.

The evening featured dinner, entertainment with dance and instrumental highlights by Mikkel and Ginny, followed by the Grand March and social dancing. Mikkel and Ginny were thrilled to become acquainted with Leikarringen, and expressed a desire to return.

*Eleanor Sjelsten*

The Eidsvold Lodge Leikarring received a grant from the Foundation in Canada to help with this event.

*Thelma Lysne, Editor*



Patricia, Donna, Mikkel, Ginny, Eleanor

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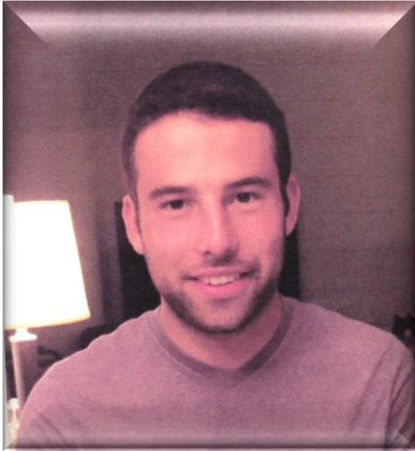


# Sons of Norway Foundation in Canada

Incorporated 1971

## Post-Secondary Scholarship Recipients

### 2019



Matt Blacklaws  
Delta, B.C.  
University of British Columbia  
Bachelor of Kinesiology

Featured on these last two pages of "Your Foundation News" are the recipients of the 2019 Bursary's awarded at the Foundation's Annual General meeting in September 2019.

Eight (8) of the recipients received \$800.00 to help further their post graduate education.

This year Dalton Oldfield was awarded \$600.00 for the Apprenticeship Bursary.

This Bursary is intended for students who will be attending shorter term courses such as trade schools, polytechnic or some college courses where a certificate or ticket will be achieved. Only applications from Canadian residents will be considered.



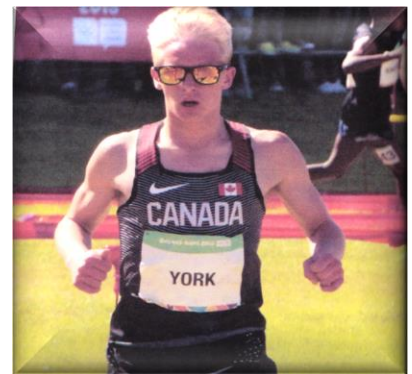
Emily Blacklaws  
Delta, B.C.  
Simon Fraser University  
Bachelor of Science/  
Biomedical Physiology



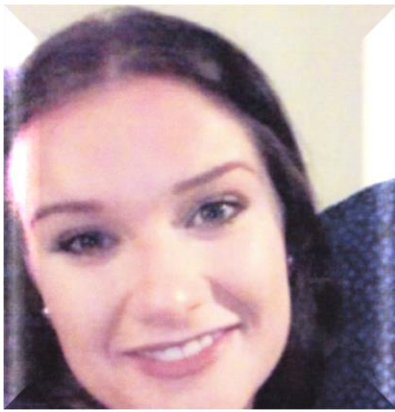
Dylan Viste  
Calgary, Alberta  
University of Calgary  
Bachelor of  
Health Sciences

It is gratifying to be able to have this venue to show you, the Sons of Norway Lodge members, how you are helping the young people of Canada to achieve higher education. It is only through your generosity that your Sons of Norway Foundation of Canada is achieving this goal.

On page 6 there is a Thank-you letter from Amelia Dokken that expresses her appreciation of receiving a bursary. Most of the recipients send a Thank-you letter and although I would like to print them all there is not room in a four page newsletter. Please be assured that all the students are appreciative.



Skyler York  
Calgary, Alberta  
University of Calgary  
Bachelor of  
Mechanical Engineering



Raelynn Swan  
Coldstream, B.C.  
Thompson Rivers University  
Bachelor of Science  
Nursing



Sarah Kedves  
Victoria, B.C.  
University of Victoria  
B.Sc. in Chemistry and  
Indigenous Studies.



Ashlee Pilon  
Courtenay, B.C.  
Queen's University  
Toronto, Ont.  
Bachelor of Nursing Science



Amelia Dokken  
Victoria, B.C.  
University of Victoria  
Bachelor of Science  
Biochem and Microbiology

To the Sons of Norway  
Foundation,  
Thank you so much for choosing  
me as a recipient for the S.O.N.  
bursary / scholarship. I feel  
so honored, and am very  
grateful to be one of this  
year's recipients. Your generosity  
not only helps relieve the  
financial stresses and burdens  
of post secondary schools, but  
allows me to focus on my  
academic endeavours.

This bursary is also of  
immense personal value to me.  
With the recent passing of  
my grandpa- who was his  
Norwegian heritage proud- I  
feel as though this bursary is in  
his honour, and I know just  
how proud he would be of me.  
Thank you so very much.

Kind regards,  
Amelia Dokken



Dalton Oldfield  
Nanaimo, B.C.  
Vancouver Island University  
Foundation Electrical  
Certificate



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FOUNDATION IN  
CANADA  
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AND  
EDITOR**

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