



Installation in 2025 of Officers & Directors of Solgylt Lodge 143, Edmonton, Alta.

Left: Sleipner's Seterskveld Dinner, jointly held at the Scandinavian Center in Burnaby.



Gary & Nancy Goplen of Hardanger Lodge displaying their shields



Vallhalla President, Ron Reine, here as the Calgary griddle master while making Lefse.

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**SONS of
NORWAY**

District 7

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North Star 63

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Golden Ears 137
Trollheimen 157

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President's Message

Greetings District 7 Members!

A historical day – 1st November 2025! All Canadian Sons of Norway Lodges are now part of District 7. I was delighted to have a good response to a “Velkommen” Zoom meeting on November 1st



to welcome the lodges of Alberta and Saskatchewan, as well as give all the lodges of D7 an opportunity to put a face to a name. There is a great deal of work to be done to complete this process by updating all our resource materials, by-laws and policies. But, until that is all completed, please note that any references to “District 7” will hereafter include the lodges of Saskatchewan, Alberta and British Columbia.

The District 7 Board Meeting took place mid-October and was a busy time as we began the process of updating and planning for our additional lodges. We received an update from the Convention Committee and they are working hard to host a great convention on May 29-30 in Port Alberni. The host committee are members of Nordlys 7-20 and North Star 7-63 lodges. I look forward to meeting many of you at the convention. We will be seeking your list of delegates in the new year. Please solicit your ‘crafty’ members to begin planning on getting items ready for the Cultural Competition and Exhibition. Last convention, less submissions were received and it is a wonderful occasion to share some of the creations we can produce. There are different categories for beginner to professional so don't worry if this is your first attempt at a new craft.

Elections are occurring in a number of lodges so please make sure the most current slate of officers with contact information is submitted to Sons of Norway International. You may also send Donna Hedley, D7 Secretary, this information as Donna will be preparing a new District 7 Directory at the beginning of 2026. Elections for the District 7 Board takes place at the May conventions so start looking at members (or yourself) who would be candidates and watch for the nomination form in the new year.

God Jul! It is hard to believe it is time to plan Christmas parties, shop for gifts and plan our festive meals. I got a bit of a jump on lutefisk this year as we were in Prince George on the weekend Rondane Lodge hosted their annual lutefisk dinner at Murch Lake, home of President Anna Mytting-Hor

Editor's Message

There have been lodges from Alberta and Saskatchewan added so you will see some new people in this issue. I received a report from Solglyt lodge in Edmonton and Valhalla lodge in Calgary. I'm sure it will take some time to adjust to the changes but I know we will all welcome them as part of the Scenic 7th. I will have to add addresses for the new additions so will work on that over the next month. There will be a total of 7 more lodges.

I plan to send you all a document with the new additions in the coming days with a little history of each Lodge that was sent to me. It was quite long so don't have enough space in the Leaflette. I imagine that eventually there will be a couple more pages added but time will tell. Have a happy Christmas everyone!

Check out: Sons of Norway www.sofn.com; District 7 webpage 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 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

rocks. It was great to meet the members again; the food was delicious, and the tour of the 'homestead' was a snapshot of the past, touring the original log cabin built by Anna's grandfather who immigrated from Norway in 1910. I hope you will spend time with family and friends, sharing the delights of some traditional treats like krumkaker, lefse, lutefisk (maybe?), rommegrøt.

Have a wonderful festive season and if you have some-

thing to share with those less fortunate in your community, there are a great number of young families who are struggling now with the increases in the cost of food and accommodations. Or, there are many community dinners and the Salvation Army Christmas Kettle campaign that need volunteers. Wear your Norwegian sweater or lodge vest to initiate some great conversations at these events!

Ha det, Gloria

It's that time again - time to be thinking about the 2026 District 7 Convention Cultural Competition

We hope you have been thinking about (and working on) something you can enter in May. We have included photos from the 2024 competition to inspire you.

Please remember that there are many different categories - carving, painting, needlework and more. All categories have different levels so you are competing against people of similar skill. And don't forget that you can bring items simply for exhibit (no judging). Please watch the Leiflette and District 7 website for more information.

District 7 Board

Lodge Updates

Sleipner Lodge 8 Vancouver, B.C.



New Hatzic Caretakers,
David & Kirsten Lario.



Line Dancing lessons at Hatzic

We just held our Fall Leader holders meeting at our Park at Hatzic. We were introduced to our new caretakers. David and Kirsten Lario. They are

from Cranbrook, where they owned a successful motel.

We are sorry to see our previous caretakers, Ollie and Kayla, leave, but, alas, they have new horizons to explore.

The lodge had full social program this year and everything went well. The Line

Dancing lessons for one sticks out. I think that line dancing lessons followed by a live band like Valley Fyre that plays Western themed music would work well rather than have two separate events.

There has been a number of upgrades in the park



Valley Fyre, a western band, plays at Hatzic



Vivian Bates & Helen Mosdell with Helen's granddaughter Brittany Folster.



Rebekkah Stainton and Susan Strang attended the Norwegian Ambassador's reception on board the tall ship, Statsraad Lehmkuhl

this year. From new Tennis/Pickle Ball Court surfacing. New sand in Beach Volleyball court. upgrade on pool fencing. Electrical upgrades in the trailer area. Washroom renovations. The list is long. Kudos to all of those who were involved. Now what are we going to do next year I wonder. Seter-skveld was very successful as well as Welcome to Norway.

The last event for the year is going to be the lodge Christmas dinner on Dec. 06. And yes. We plan to serve Lutefisk to those with advanced palettes... And perhaps a ham for those less adventurous. It will otherwise be a potluck affair. Santa may even show up. We'll see.

Thank you to all those people who made this last year special.

Your's truly. Larry.

Varden Lodge 19 New Westminster, B.C.

Greetings everyone! The Holiday Season is now upon us. Varden Lodge's first event was our October meeting just after Thanksgiving. We celebrated in per-

son at Normanna and had a lovely dinner. Then we played Norwegian Bingo. The lucky winners were Vivian Bates and Helen Mosdell who won gift cards to Tim Horton's.

Our next meeting will be on Remembrance day in the evening. We will be planning our Christmas party. This year we will be holding the party with the Norwegian House Society on the afternoon of Dec.14th at the Scan-



Congratulations to Varden Member, Ryan Mosdell on his wedding to Samantha Taylor, (now Mosdell)

dinavian Community Centre. There will be games for the children, singing around the Christmas tree and of course Santa will visit.

We are also planning our Annual Meatball Dinner. That will be on Jan.23rd at the Scandinavian Community Centre. Not only will there be a delicious diner but we also plan to have live entertainment..

Before I finish I just want to congratulate some of our members. Both Rebekkah Stainton and Susan Strang were fortunate enough to attend the Norwegian Ambassador's Reception on the tall ship, the Statsraad Lehmkuhl. We were also es-

pecially happy to hear that our member, Ryan Mosdell, married the lovely Samantha Taylor, now Mosdell.

It is hard to believe another year is passing us by. Varden Lodge's first meeting in the New Year will be on Jan.13th.

*Krista Solie,
Director & Publicity*

North Star Lodge 63

Nanaimo, B.C.

At our October meeting, we learned about genealogy. Our member, Brian Grosseth, spoke on the many ways we can retrieve family information. We were given handouts which included the web sites of various genealogy search locations. We also filled in our own family tree schedule with the names we knew. Now, armed with this new information, we can go back centuries if we so choose! A door was opened for us to search for and find our long lost relatives! Jan Nilsson also helped compile the information for the presentation.

We ignited our new "Team Norway" program in November. As I revealed in our last article, this endeavour encourages more members to participate in the activities of the lodge. These programs are based on Norwegian heritage and knowledge about Norway today. Three members work together on a chosen topic. The leader can present this topic for 20 minutes, then the other two can each speak for 5 minutes on topics related to speaker one's topic. These presentations can take many forms, from speaking to demonstrating, modeling to dance. The options are limited to your imaginations.

Each member was given a written "Team Norway" framework for this project.

Liv Dahl and her team of Helen Bergstrom and Maren Breivik presented a program on Norwegian dialects and the development of the language throughout Norway. It was capped off with a Norwegian language lesson with Liv, the teacher and Maren, the assistant and the members, the class. It was a fun and informative evening. The kickoff of this program was a success!

The next Team Norway presentation will be at our Dec. meeting with the topic, "Christmas Customs in Norway- past and present".

On a sad note, our past president, Ida Pedersen, passed away in October. We will miss her guidance and friendship. Her commitment to the lodge during her many years as a member and President of our lodge was remembered as well as her kind attributes. A minute silence was acknowledged during our meeting. She will be missed. May her memory be a blessing.

Linda Harvey

Rondane Lodge 71

Prince George, B.C.



Gloria Benazic, District President, paid Rondane Lodge a visit at our Midsomer event. Karin Smale Left.



Egil Lindquist receives a 60 Year Pin from Marilyn Anderson, Membership Secretary. Egil, with his wife and family have held many delightful events in their home.

The November ladies meeting was held at the home of Carol Schulte, with 17 members present.

Winner of the Door Prize of a lovely set of Cream & Body Wash, was Christine Sullivan.

Dates for coming events were set: The December Ladies meeting will be at the home of Christine Sullivan, on Dec 4, Starting at noon. The annual Family Christmas Party will this year be held at the Masonic Hall, at the corner of 4th and Victoria streets, from 1:30 to



I have moved to a new home, summer 2025. I also received my 70 Year Pin. I still miss my home where I lived for 50 years but time marches on, doesn't it? (Elsa)

4pm. We had to find a new place, as the Lutheran Church, whose Banquet Room we used to rent for years, has been sold. For any information about this party, what to bring, etc., call our Aid President, Edna Rouleau, at 250-963-7741. Wishing you all a very happy, peaceful Christmas!

Hilsen, Elsa Aase

Dawson Creek Lodge 79

Dawson Creek, B.C.

Time again for the Leiflette. Our Lodge is keeping up with things as the year closes in on us.

We held our AGM October meeting. We were few in numbers, but we got our business complete. Our elections were simple with most of the members staying on in their original positions. We are sorry to say that our treasurer, Donna, is retiring at this year's end. Donna has held this position for many, many years and has done an excellent job. Thank You so much. Lisa, our secretary, has agreed to take over this position, leaving our secretary position open. She will do both till we get sorted out.

Christmas is fast approaching and we are making plans for our annual party. Next meeting will finish our planning preparations.

Time changes have all happened. Our days are shortening for sure. Halloween has come and gone. After a few days of snow, the weather seems to have straightened out somewhat. We seriously need the moisture in our part of the world.

Remembrance Day is coming up. There are many services held around the country. We appreciate and thank all for their service to protect our country.

We think of all of those among us, who have lost loved ones. Our thoughts and prayers are with the families. Prayers also, for those who are dealing with health issues.

Take Care everyone! Enjoy the Christmas Holidays with family and friends.

Merry Christmas and Happy New Year.

Something new for the holidays.

Cranberry Salad

2 pkgs (85g) cherry jell-O
2 cups hot water
398 ml can cranberry sauce
2 cups sour cream

Dissolve Jell-o in hot water, add cranberry sauce and sour cream, mix well Pour into mould or a pretty bowl.

Quick, easy, and so-o-o-o good with turkey!

Until next time!

Loretta Pratt, Publicity



Members, Hanna Gilliatt, Shirley Grayston, Karen Frederickson set up a display of our Lodge for The Community Registration Night in Dawson Creek on June 4, 2025



Donna Porada, our treasurer for many many years, is retiring at end of 2025. Thank You Donna for all your years of excellence



Viking Lodge 81

Surrey, B.C.

Due to so many being unable to attend, no meeting was held in September. At our Members Meetings in October we had a hot meal which was interesting. It was a potluck which usually works out really well, however this time, we ended up with a lot of meat dishes but no potatoes! We had a good laugh over that. However, the addition of desserts, salads and coffee made the meal complete and we all enjoyed our time together.

Unfortunately, we lost another member, Betty Ann Seim, who passed away on October 7, 2025. I had thankfully, interviewed her for the article which appeared in the Leiflette this past June, and had a photo of her posted as well. We had a good representation of members from Viking Lodge at the Memorial on October 30th. She was a fine lady who loved her needlework and had taught over 900 people to do Hardangersom during her lifetime. She was kind and caring of others and



Gerry Jensen & the Principal of Hjorth Rd. School receiving the donation from Viking Lodge.

will be missed.

It was interesting to watch and read the reports on the travels of the sailing ship, Restauration. We are glad to see that it was a successful journey from Norway to New York City. I was fortunate to see the Norwegian training sailing ship on October 19th, when it docked at the pier in North Vancouver. Lovely to have the Norwegian Flag flying on the mast!

At our November Members meeting, we discussed some ideas of what our Lodge would like to see happen in 2026. As it is our tradition, several of us wore our Norwegian sweaters.

We have applied for another Helping Hands Grant from the Sons of Norway Foundation so hopefully we can continue to support our Adopt-A-School, Hjorth Road Elementary in Surrey.

One of our members and two of his Grandsons will be laying a wreath at the cenotaph in Surrey on November 11 th "lest we forget".

Our Xmas Party is a potluck this year and will be held on December 4th at 11:30 at Tynehead Hall where we hold our Members' meetings. We are fortunate to have reserved Ed Wahl to entertain us with his friend, and fellow instrumentalist.

We hope to see some of those members who don't come out regularly at this event. If you need more information, please contact Dolores Fossum at 604-385-3883 (home) or 672-513-3238 (cell).

Ha det bra!

Dolores Fossum, Publicity

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

Our Syttende Mai potluck supper was again held at the home of Wenche Gransjoen. She has hosted this event in her backyard for many years usually under sunny skies. This year the rain held off until dessert when we were forced to retreat indoors.

The Viking shields that members had constructed the previous year were proudly displayed, now adorned with Viking motifs.

Our September meeting was held on Zoom as president, Gloria Benazic was in Prince George but able to chair the meeting from there. Our Foundation officer, Darlene Osterlin attended the Foundation AGM on Zoom and found it most informative with thanks, in part to chairperson Gloria Benazic and treasurer, Ron Reine. Information about the upcoming 2026 District 7 Convention was shared. A box of syrups and jams from Summerland Sweets will be purchased and sent as our

contribution for the convention raffle.

Erna Johnson, a guest at our May event offered the community room at her complex in downtown Kelowna for our October gathering. We decided to have a Toonie Potluck Supper with funds collected to go to the Foundation. Mem-



Darlene Osterlin & her Viking shield



Cal Benazic Jr. showing his shield along with Wilf & Bev Akerlund's black background shield

bers gathered to enjoy a nice variety of dinner items ending with a dessert of pie and ice cream.

Our November meeting will feature the election of officers and we have been asked to bring five quarters as it will be a games night.

*Merry Christsms!
Bev Akerlund*

**Solglyt
Lodge 143**
Edmonton, AB



Brenda Carlstad presenting Solglyt Lodge President, Arvid Pederson, with a Sons of Norway Foundation in Canada Pin.



From Vallhalla Lodge, Front to back; Anna Calvert, Margit Svee, Elnore Radke, & Kris Head busy making Lefse

Hello from Solglyt Lodge #7-143, Zone 5, from Edmonton, Alberta. We are a lodge of approximately 95 members including a 13-member board of directors/officers.

First organized in 1913, we enjoyed sharing the only international Sons of Norway district. District 4 had encompassed Montana, North Dakota, SK & AB. For the next chapter, we anticipate forging a connection with all BC lodges and learn about their histories.

Annual events include a Norwegian pancake lunch, Syttende Mai, BBQ, Pea Soup Lunch (in support of the Sons of Norway Foundation in Canada), 'husflid', and volunteer opportunities. We have travelled on many field trips to Alberta's Scandinavian regions. Rosemaling, krumkake and lefse funshops / workshops are annual favourites. We continue to recognize Norway's emigration and the impact on our prairie province.

November events include a commemoration of Norwegian and Canadian armed forces, a lefse bee and a God Jul lunch. We continue to explore 'Norsk', traditional Norwegian themes such as genealogy, music, trolls, Norwegian sweaters, etc. and maintain a website and Face-book site.

www.sofnedmonton.ca and a FaceBook
<https://www.facebook.com/SonsofNorwayEdmontonSolglytLodge/>

Most of all, we appreciate our fraternal friendships, shared interests, lunch and a good cup of coffee!

*Brenda Carlstad,
Publicity*

Valhalla lodge 341
Calgary, AB.

Our October fundraising meeting for the Foundation featured pea soup, meatballs in gravy, mashed potatoes, flatbread, and rømmegrøt.

Needless to say, it was delicious. Solglyt lodge had raised \$1,000, giving us a goal to beat. In November we made lefse for the November 9th Christmas Market at the Scandinavian Centre, confirmed our bylaw change to make us part of District 7, and took in the Zoom meeting with Gloria Benazic. What a nice welcome and

'chance to get to know you' from the BC board and lodges!

Just happened - viewing of "A New Kind of Wilderness", the lodge-sponsored Norwegian film in the Calgary European Film Festival.

Coming up - welcoming Ski for Light participants on January 26th, lutefisk dinner February 7th

Alison Wiigs, secretary

