



Happy Thanksgiving!



Ellie and Jaxon Zaharoff in their Heritage Camp shirts



Beau Foote, 5 , brother of Adeline, from Rondane Lodge, shows his Viking Ship



Connor Schilbach & Daliah Breivik show off their Viking ships



Krumkake makers at Heritage Camp



Adeline Foote, 7, from Rondane Lodge, with the krumkake she made

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**SONS of
NORWAY**

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Editor's Message

Hello Everyone, I'd like to suggest a few things to help me get everything in correctly. When you send your report to me would you please put your Lodge name, city and your name in the subject line. This will make it much easier for me to keep track of who's who.

If your photos are sent at the same time then I will know who's picture belongs where. Always include the captions. If you send the photos separately use the same subject line, Lodge, city and your name.

Have a happy Thanksgiving everyone!!

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 back! The season is changing and the wildfires are slowly turning to embers and ashes. Thank goodness as it has been a smoky summer.

People around the world are honouring the memory of King Harald V of Norway. He was a King who loved his people

and was always keen to interact with those from all strata's of life. He will be missed by many Norwegians. King Harald and Queen Sonja's son is now King Haakon VIII and everyone is hopeful that King Haakon will follow in the footprints left by his father. I have sent condolences to the Royal family, Canadian Norwegian Embassy, as well as Consulate Generals in Calgary and Vancouver on behalf of the Sons of Norway members.

Let's take a moment to look back at our achievements and look forward to many exciting events and gatherings. I want to thank you for your dedication that helps keep the fraternal spirit alive in your lodge and your community. Look at new and compelling projects that extend into our communities as this will also raise interest for others that will encourage them to get involved. When was the last time you held an event that was focussed on recruitment? This is not only the work of your Boards to come up with ideas – it is important for all of us to share ideas and help others with fun and interesting projects.

When did you last thank a fellow member for a job well done? A quick note of thanks is always appreciated. Maybe schedule an event to recognize long serving members. And don't forget to take photos and submit to the District Leiflette newsletter and for the Viking magazine (specific digital quality is needed so if in doubt, contact Krista Solie, District Publicity Director).

I want to thank the members of Nordlys and North Star Lodges for a terrific District 7 Convention and Lodge Meeting in May. I also want to thank the delegates who attended and contributed to the meetings. It takes a lot of hands to make the job lighter and without your work, the District 7 Board would not be able to accomplish much with only eight people. Tusen Takk!!



**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

It is with sadness that I share Heimdal 7-141 Lodge has turned in their charter but I am delighted to share that all the members have joined Hardanger 7-109 Lodge as a Satellite lodge – ‘Hardanger-Heimdal’. Like many, trying to find people to run for office is difficult and those long serving board members need to step down at some time. Rather than closing shop and walking away, it is hoped that Hardanger-Heimdal members will continue to plan social and community events in Kamloops and encourage new people to join in. Elections will occur in many lodges this November and I encourage you to consider what role you can play in stepping forward to serve your Lodge. Enjoy the harvest season with wonderful



Members of the District Board. Left to right; Karen Larson, Karen Fredericson, Lori Barsi, Randy Carlstad, Gloria Benazic, Tania Jacobsen, Rosie Barlak, Krista Solie.

food, beautiful fall scenery, and renewed vigour for the months ahead.

Gloria Benazic

Lodge Updates

Varden Lodge New Westminster, B.C.

Hello, I trust you had a happy and productive summer, for us at Varden Lodge it was busy.

The kick-off to summer was the Midsummer Festival in Burnaby on June 21st & 22nd. We manned a large booth representing Sons of Norway. We do this every year and it always fun. Often we get visited by Vikings wanting chocolates, but more importantly we get visited by people interested in Norway. I think this raises awareness of our organization and promotes goodwill. The Festival itself brings people together with a lot of fun events such as the Children's hobby horse race and the adult wife carrying contest. All in all it is a beautiful way to start summer.

Unfortunately, we could

not have our annual picnic at Ryall Park. It seems other people love to picnic on the same weekend that we do, so there was no space for us on the day we wanted.

However, there was the Border Festival on July 12th. Although turn out was a little low we still had a good time.

Susan Strang and I played beanbag toss. Later, joining us were the Beeby, Lind and Schilbach families. Nerissa Beeby, our Lodge Queen did a lovely job of representing us.

Lastly in August, there was Heritage Camp. Varden members participated in many ways. Shauna Britt taught rosemaling, while

Susan Strang with some helpers, cooked a Norwegian meatball dinner so delicious that it will probably repeated next year. A special thanks to Karen Schilbach as she helped Tania Jacobsen of Sleipner Lodge organize the event. Happily, this year, there was an increase in registration so the future looks bright for Heritage Camp.



Look at all the great Viking ship the kids made.



Fifth generation Heritage members, Hudson & Charlotte Marander ensure that **Varden Lodge** has a future! (Their mother, grandparents & great-grandmother are all active members & their great-great grandparents were active members as well.)



King Harald V111



Heritage Camp kids and their Viking ships, (6 to 9 year old class)

Finally, I should mention that Varden Lodge's September meeting was on the 8th, while our October meeting is on the 13th.

*Krista Solie,
Publicity Director*

North Star Lodge Nanaimo, B.C.

Greetings to all from North Star Lodge in Nanaimo. Autumn is here and so is our new lodge year.

In September, the lodge sponsors a free dinner at our regular meeting time. After dinner, we continue with our business meeting. The dinner is always a big hit and this year was no exception. Rather than having Chinese food or pizza, it was decided to have an authentic Norwegian mini smorgasbord. Why not follow the culture?? Served was a meat and cheese tray, candied salmon, deviled eggs, homemade

buns as well as Norwegian rye bread from my kitchen. The garden supplied the cucumbers and tomatoes! A fruit tray was added also. The membership was asked to bring a few sweets for dessert.

Before dinner, we paid a respectful tribute to King Harald V. A memorial table was set up with his picture, flowers, flag and a candle. A short reading about the life of the King was read and then a minute of silence concluded our tribute. We send our condolences to those who feel the loss of King Harald V.

At our meeting we once again spoke of continuing the support of one of the core schools in Nanaimo. At every meeting we send around a donation tin for loose change or paper from wallets. The donations that we give are so very much welcomed by the school as they provide breakfast, lunch and snacks to their pupils. It is very sad to think that children come to school hungry. Other means of support was

discussed; possibly a muffinmania day. Muffins could be brought by our members at one of our meetings and then delivered to the school the next day for their breakfast program. We are open to suggestions. Please consider this project at your lodge. Find a school in need in your area and help out!

Our yearly schedule is in the process of being drawn up. We often ask the membership for activity suggestions. Finding activities which excite the membership helps with the retention of these members. If you have done an activity that was successful, please pass it on to other lodges. Let's share our ideas!!

Special greetings to those we met at the Convention in Port Alberni.

*Have a good fall season.
Linda Harvey,
Social Director*



Dawson Creek Lodge

Dawson Creek, B.C

Dawson Creek Sons of Norway have been busy for most of the year, but took a summer break. Now it is time to resume the rest of the year.

We ended the year with our usual summer picnic and wind up. We all gathered at the home of our President, Randy's home.. It was a cool day but we were able to utilize his garage and be warm. We enjoyed BBQ hamburgers and salads and desserts from our members. Very good as usual. We made our raffle draw and announced the winner of the half of 50/50 monies. It was won locally.

The summer seemed to be busy with many music festivals and family gatherings.

Dawson Creek members meet at Coffee party at restaurant to wish Shirley well.

Shirley enjoys her coffee and cake as she says goodbye to Dawson Creek Lodge members



My husband and I celebrated our 60th Wedding Anniversary in June. Our family planned an open house for us. It was so nice.

Our long standing member, Shirley Grayston, is moving to be near her children so we held a coffee and cake gathering at a local restaurant to say our goodbyes. We will miss her.

The rest of the summer has sped by and we look forward to our appreciation dinner in September and onward from there. We hope that everyone enjoyed a very good summer.

*The Lighter Side:
Remember, a journey
of a
thousand miles
begins with dad
saying,
"I know a shortcut."*

Loretta Pratt,
Publicity



President Randy Carlstad, Treasurer, Lisa Ward & Junior member, Mackenzie Gilliatt drawing the 50/50 winner.



Another gathering of Dawson Creek Lodge members

Eidsvold Lodge

Victoria, B.C.

Thanks to all members, family, and guests for joining in the celebration of Eidsvold Lodge's 80th anniversary as a Sons of Norway member lodge as of May 25, 2026.

Guests included District 7 President Gloria (Cal) Benazic, representatives from the Victoria German and Polish lodges, and Board and executive members from the Victoria Native Friendship Centre



Eidsvold Lodge 80th Anniversary Bunad group



District 7 President Gloria Benazic & Eidsvold Lodge President, MaryElla Gamblin, present 80 year membership Certificate to Lodge Charter member Knut Moeskau

(the purchaser of the Eidsvold Lodge property). The program included highlights from the Lodge's 80 year history and a First Nations Blanket Ceremony presentation to the Eidsvold Board by the Victoria Native Friendship Centre. District President Gloria presented an 80 year membership certificate

to Eidsvold Lodge Charter member, Knut Moeskau and a 50 year membership certificate to Eleanor Gjelsten. There were cultural displays and a group Bunad photo, as well as cake (of course!) and a beautiful kransekake prepared by Doug and Mary Ella Gamblin.

Linda Murray

Rondane Lodge, Prince George, B.C.

I am Anna Mytting- Horrocks, President of Rondane lodge. I attended the Heritage camp again this year with my great granddaughter, Adeline, 7 and great grandson Beau, 5. They had so much fun again this year.

Sons of Norway Heritage Camp gives children and youths the opportunity to build friendships from a young age. Through shared activities, traditions and time together they develop a strong sense of community and belonging.

*Anna Horrocks,
President*



Rita, Adeline, Beau & Max enjoy making new friends at Heritage Camp

Sleipner Lodge Vancouver, B.C.

Hi everyone. Well summer's over and what a summer it was.

Our lodge had a very successful season at our country club near Mission B.C. First there was our Duck Race/Canada Day weekend, which went very well. Many great prizes were given away to the lucky winners.

Then our lodge hosted Heritage Camp. There were many activities to choose from, ranging from Rose-malling and Norwegian Cooking to Felting and Language Lessons. It was nice to see visitors from other lodges throughout our District. Next we had the band Valley Frye play in the Gazebo. This was preceded by a wonderful potluck dinner in the Hall. The best event was the last one of the season. Western Weekend. This was an amazing event Kudos to the organizers who put this on. We all hope Western Weekend will return next year.

The Border Festival was held at Peace Arch Park in July. it was a lot of fun. Again there was a low turnout from Canadian Lodges It would be nice if this trend is reversed in the future.

Our lodge lost a long time member. Ted Moshell passed away. at too young an age. His memorial was held at the park. Our condolences to his friends and family.

Then there was the passing of Norway's King Harald V. Long live the new king. King Haakon VITI.

Board Meeting Oct 14.
Fall Leaseholder's Meeting
Oct 24
Welcome to
Norway Nov 08.
Lodge Meeting Nov18.
Best wishes. Larry.



Everyone loves the pool at Heritage Camp on a hot day!

Viking Lodge, Surrey, B.C.

God Dag all Lodges of District 7! I was pleased to attend the SON District 7 Convention at the end of May in Port Alberni, along with member, Gwen MacDowell on behalf of our Viking Lodge.

The meet and greet on Friday evening was pleasant and a time to meet some of the new Lodge representatives from Alberta.

The talk given by Connie O'Brien a Fraternal representative for SON Head Office, was informative insofar as how SON will be run in the future. I think, like life in general in these turbulent times, it will mean doing things in new and different ways for the sake of preserving this wonderful fraternal organization.

On the Saturday morning the conference included a memorial to all the members we have lost in the past couple of years and was well done, and touching.

The paddles we were given, and use to vote with, were designed by a member of the Pt. Alberni Lodge and were beautiful and very artistic.



Gerry Jensen handing our Adopt-A-School, Hjorth Road Elementary, another cheque for use by the school as outlined by the SON Foundation.

The hotel accommodations were excellent and the comradery was enjoyed by all. The displays of crafts, raffle prizes and historical items, some of which were provided by our Lodge, was fascinating. The Saturday night dinner was delicious and entertainment with a young man displaying his card tricks was fun. Unfortunately, no winner for Viking

Lodge on the raffle tickets we purchased.

We heard from the SON Foundation that our application for a Helping Hands grant for 2025 – 2026 for our adopt-a-school was accepted, and subsequently, the funds were received. Hjorth Road Elementary School, our adopt-a-school, will again benefit from this grant.



Viking Lodge members donned sunglasses for their summer meeting.



President, Dolores Fossum, of Viking Lodge at Scandinavian Festival Norwegian Tent



Viking Social Director Marsha Walsh at Viking Dessert Table

It was nice to see familiar faces once again and catch up on what we did during the summer.

In October, we will continue discussing the future of our Lodge and what we can do to encourage new members as well as ask our

members to put forth their names for nomination as Officers for the Lodge for the next two years at the election to be held at our November meeting.

*Dolores Fossum,
Publicity*

Valhalla Lodge, Calgary, Alberta.

Many pleasant memories from the District Convention in Port Alberni, meeting people who were only names until then, good food, well run meet-

ings, Riita and Ron dancing the hambo, and awards for Valhalla members' entries in drawing and hardanger. Thanks for the pizza cutter in the delegate bag. It works really well!

Our June meeting was a picnic in a lodge member's beautiful backyard.

July marked two celebrations mingling joy and sadness. Friends and family gathered in Cremona to remember Ralph Olson, charter member and lodge officer during the entire existence of the Olds, AB lodge. The other gathering was in a Calgary bar, cheering on the efforts of the Norwegian soccer team.

Coming up: a Taste of Scandinavia event on September 26, raising money for the Scandinavian Centre. And in October, a fundraising supper for SONFIC.

*Alison
Wiigs*



Solglyt Lodge Edmonton

Solglyt members express our condolences on the passing of King Harald V of Norway, concurrently acknowledging and wishing the best for Haakon VIII. Our Northern Alberta Norwegian Honorary Consul, Bjørn Morisbak, presented remarks from the Kingdom of Norway at our Syttende Mai festivities, followed by historical information by our Cultural Director, Dreena D.; traditional hot dogs, desserts, and a parade. We were bursting at the seams!

In June, we gathered for our delicious annual BBQ; and then later in June, Solglyt members demonstrated Swedish weaving and krumkaker at a Millet workshop. Our July bus trip began with a visit to the Norwegian Laft Hus Museum in Red Deer - we enjoyed our own heritage moments. Thank you, Karen Larson, our Zone Director for meeting up with us and ensuring the delivery of several Sons of Norway certificates that were awarded at the D7 convention. We enjoyed a lovely lunch at the restored 1912 Cronquist House. Next stop - Ellis Nature Centre, for bird watching and leisurely strolls. Pie and ice cream sustained us for the remainder of the bus trip. We concluded with a quick wave to the Red Deer cowboy statue. Thank you to Sharon B., Dreena D. and the late Wayne N. for organizing

our tour.

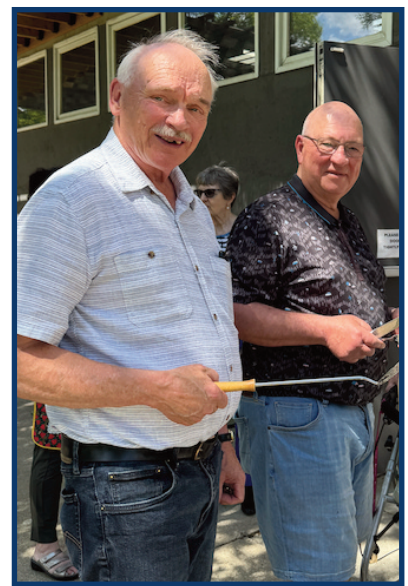
Wind and rain at the annual Heritage Days did not deter our intrepid volunteers, and despite the weather, the Scandinavian Pavilion was a success. Riskrem was a favourite. Future events include our lefse bee, pea soup luncheon, Remembrance Day tribute and a 'God Jul' dinner.

*Submitted by Publicity
Director,
Brenda Carlstad*

Bjorn Morisbak, Northern
Alberta Norwegian
Counsul Honorary



Valhalla Junior Scandinavian Folk Dancers



Cliff N. & Arvid P. manning
the BBQ



Laft Hus Museum - Solglyt group photo

Aspelund Lodge Red Deer, Alberta

On Saturday, June 13, members of the Aspelund lodge manned a booth at the Norwegian Annual Laft Hus festival in Red Deer. In addition to the various booths, attendees were able to enjoy performances by Scandinavian dancers (including some of our Lodge members), watch a viking battle re-enactment, tour the Laft Hus and sample lefse and krumkake. Children and adults enjoyed 'fight the knight', axe throwing, meeting Lundehund dogs and Fjord horses, and spotting the goats on the Laft Hus roof.

Emily Ellis



Emily Ellis and Nathan McFadzean man the Sons of Norway Booth at the Norwegian annual Laft Hus Festival.



Heidi McFadzean trying axe throwing at the Norwegian Annual Laft Hus.



Hello! My name is Karen Frederikson

I am pleased to serve as the new District 7 Youth, Sports & Recreation Director. I have been involved with Sons of Norway for almost ten years and currently serve as the Cultural, Sports and Recreation Director with my local lodge in Dawson Creek.

With a background in education, I have a strong interest in preserving and sharing Norwegian heritage and traditions. I believe Sons of Norway provides an important opportunity to bring generations together, allowing youth and older members to share knowledge, learn from one another, and keep our culture and traditions alive.

I look forward to connecting with lodges across District 7 and learning from the great work already taking place in our communities.

