

# Varden Newsletter

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## **Editorial**

Hi everyone! I want to start off on a happy note. We are finally able to hold a face to face meeting on May 10<sup>th</sup>. Yippie! The meeting will be social at Helen and Vivian's home. We ask that everyone bring a dessert and be ready to play a contest about Syttende mai and some Norwegian bingo. There may even be some prizes. It will be so wonderful to actually be with people again instead of just seeing faces on Zoom. However, if you can't attend in person, you can still attend using Zoom as there will also be a laptop at Helen and Vivian's.

Another wonderful thing is that our lodge will be holding a summer picnic on July 24<sup>th</sup>. Similar to last year's it will be at Ryall Park in Queensborough in New Westminster. We have booked an area with covered picnic tables. The actual picnic will be from 11am to 3pm. Once again, we will have a rousing game of Kubb and, additionally, we will be awarding Sports Medals to the deserving lodge members who qualify. Hopefully, the weather will be fine, but if not, we will still go ahead as we have a picnic shelter. However, we must be aware of COVID restrictions and the fact that this event could be shut down if the disease flares up.

## **A Fun Way of Earning a Sports Medal...**

I think I have found an exciting way to earn a Sports Medal that fits in with the British Columbian lifestyle. It combines exercise and environmentalism via Scandinavian inspiration. Maybe you have heard of it? The sport is called plogging. What is it? The name gives it away, it is the combination of the word "jog" and the Swedish words "plocka upp" meaning pick up. So it's actually a combination of jogging while picking up and disposing garbage. The sport started around 2017 and caught on quickly. There are now more than 200 million practitioners in a hundred different countries.

People not only get exercise they help the planet too. Here, in BC we know about the impact of garbage, especially plastic, on the marine environment. Sometimes, it may seem overwhelming but with plogging you get the joy of doing something that has a healthy impact not only on the planet but also on your own neighbourhood.

There are many sites about plogging on the Internet and Youtube. Some exercise groups are challenging others to see who can collect enough trash and run the farthest. So if you want a new way to earn a Sons of Norway Sports Medal this may be it.

**Please note:** I will be at the District Convention at the end of this month, so I will apologize in advance, if the June newsletter is a little late.

### April Meeting

This meeting was a business meeting.

### May Meeting!

There will be a social meeting on May 10<sup>th</sup>. For more info please see below.

### Education Grant

Varden offers an Educational Grant of \$700 for post-secondary studies to a child or grandchild of a lodge member. **The Deadline for this year is 04/30/2023.** Please send your application to Krista Solie at 604-540-2376.

**PS;** I just wanted to remind you that there are also Foundation in Canada grants and bursaries for students information contact sonfic.ca

### Sunshine Report

I haven't heard anything so let's hope everyone is well.

### Syttende Mai

This is a celebration of Norway's Constitutional Day. Thankfully we can now celebrate together. Even internationally. An example, our International President, Ron Stubbings is Grand Marshall in the Syttende Mai Parade in Brooklyn.

### May Birthdays

17th-Rebeccah Stainton  
28th-Bev Mosdell  
“ Sonja Stubbings

### May Holidays

8th-Mother's Day  
17th-Syttende Mai  
23rd Mother's Day

### Calendar of Events.

1. Varden Lodge's, Tuesday, May 10<sup>th</sup> meeting is at Helen Mosdell and Vivian Bates' home and it will be a social meeting at 7:30pm. We ask everyone to bring a dessert.
2. Sleipner Lodge's next meeting will probably be on May 12<sup>th</sup>.
3. Viking Lodge's next meeting will be on May 3<sup>rd</sup>.
4. There will be a Syttende Mai dinner at the Scandinavian Cultural Centre starting

at 6pm on May17th. Please see the Centre's website for more information.