

MellomVenner



*Brubyen Lodge 4-576, Saskatoon
Saskatchewan, Canada*



December 2020
Newsletter

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GOD JUL

Fra presidenten

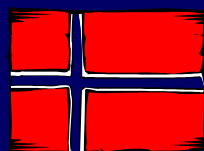
FROM THE PRESIDENT

December 2020

God Jul & Godt Nyttar! How come when you are doing nothing time seems to fly by?? It will be Christmas before we know it. But what kind of Christmas will it be? As of now with households limited to 5 people [if you have 5 kids, which 2 do you kick out? Sorry, that's my sense of humour right now], family Christmas celebrations will be pretty lonesome for a lot of people. Hopefully some improvement in the number of Covid-19 cases will happen before December 17 and those private gatherings will be increased again.

What else will happen in 2020? We have a pandemic out of control; we've already had more snow than we get in an entire winter season and it shows no signs of stopping; deaths due to drug overdoses and suicides are increasing; there are few homes for the homeless; the lowest turnout of voters in provincial and city elections in years. Let's hope that 2021 will be better.

We now haven't seen our grandsons or their parents since September 25 when we had a tailgate party at Dairy Queen for Mason's 7th birthday. There's too much risk in contacting covid-19 either way because of the boys at school and their mother is a teacher. Some of you have enjoyed my stories



The mission of Sons of Norway is to promote and to preserve the heritage and culture of Norway, to celebrate our relationship with other Nordic Countries, and provide quality insurance and financial products to our members.



Gratulerer
med
dagen!



November

5 Danielle Matonovich
9 Karen Fontaine
12 Marilyn Bonstrom
13 Inger Anderson
23 Sandra Hanson

December

18 Phyllis J Byers
20 Graham Begg
20 Caroline Tradal
24 Wayne Guttormson
27 Alice Garvik
27 Holden Willoughby



Fra presidenten continued...

about the boys so here's another one. Jacob, age 9, says "This is the best chicken I've ever had!" "Not chicken", says his mother. "Oh...steak?" "No", says Mom. Mason, age 7, says: "It's very stinky but it's a good stinky!" "That's good", says Mom, "we'll have it again sometime." Note: the meat was pork tenderloin".

The Sons of Norway is having a 125th Anniversary Virtual Party on December 8, 9, 10. You will get an e-mail listing the day's activities. So celebrate along. We had planned to celebrate the 125th last April with a dinner inviting past members and prospective members but the pandemic ended that.

Condolences go out to Kathy Fenton who recently lost a son-in-law. Don Lloyd was married to Kathy's daughter Lois. And to Mildred Norum who is Lois's aunt.

Remember the "Sock It To 'Em" drive for socks last year? District IV lodges gathered 5,444 pairs of socks which were distributed to a variety of organizations whose clients have appreciated having warm feet. The Winner was Vidda 4-663 Crosby, ND whose members collected 1064 socks which went to Social Services.

District IV Lodges have been challenged to collect canned foods or other food items by December 31, 2020 to go to Food Banks. Our Food Bank is currently closed because of the outbreak of Covid-19 amongst staff members. There would also be a logistics problem to gather items from our scattered members. I suggest that Brubyen Lodge take up this challenge when we are able to have meetings as it's never too late to help out.

Our newsletter Editor will forward the Edmonton Solglyt Lodge newsletter to you. It is a masterpiece of news, recipes, cultural history, etc. Also the Valhalla Lodge newsletter is available to read online: <http://www.sofncalgary.ca/news/>.

LODGE BUSINESS

- 1) The November SON Meeting is usually the time for deciding on Lodge Officers for the coming year or two. With no meetings able to be scheduled it has been suggested that the current Officers continue in their positions for another year. If you cannot carry on your officer position please let me know as soon as possible. Otherwise, I need members to phone [306-373-3156] or e-mail me edberg@sasktel.net with your VOTE regarding this issue.
- 2) Currently we do not have a Treasurer or a second signing authority for cheques. I have asked Myrna Kennedy if she is willing to be the second signer. She agreed to help out. Again, please phone or e-mail me [as above] with your VOTE on this issue.
- 3) Brubyen Lodge has usually made a donation to the Sons of Norway Foundation in Canada in October which is Foundation Month. This amount is \$ 250.00. We have the funds available to make this donation for 2020. Again, please phone or e-mail me to vote on this issue. I did not receive any personal donations from members.
Stamps: Yes, we are still collecting stamps. Remember if you are cutting them off the envelopes to leave about ¼ to ½ inch border all



Kalender of events

Unless otherwise indicated,
all events are held at:

Fairfield Senior Citizens
Centre
103 Fairmont Court
Saskatoon

Dead Fish Society
Social Hour
at Buggy's Pub in
Market Mall, 6:45 pm
CANCELLED

Norwegian Whist
CANCELLED

Lodge Monthly Meeting
CANCELLED

Mellom Venner - December 2020



Fra presidenten continued...

around the stamp. When we are able to meet again in person, we will collect the stamps you have saved.

- 4) We are still losing members. Current membership is 45 which includes Heritage, Unge Venner, Adult, and Golden members. I'm sure that our Membership Secretary has been calling and reminding members if they are overdue on their membership dues. We recommend that you write a cheque in Canadian Funds to pay your dues and mail it to SON headquarters. Paying with a credit card means that you will be charged in US\$.
- 5) Thanks to all who ordered the 2021 Heritage Calendars and a BIG thank you to Graham Begg who delivered them to your door steps. There are 3 calendars left for anyone who has been wishing that they had ordered one. They are \$ 10.00 each which was just enough to cover the cost of the calendars.

Graham and Eunice have retreated to their winter home at Victoria, BC. They traded their RV for a much bigger trailer and are looking forward to living in comfort for the winter.

LEFSE

Yew tak just ten big potatoes
Den yew boil dem til dere done
Yew add to dis sum sweet cream
An' by cups it measures vun
Den yew steal tree ounce of butter
An' vit two fingers pinch sum salt
Yew beat dis wery lightly
If it aint gud it is yewr fault
Den you roll dis tin vit flour
An' light brown on stove yew bake
Now call in all Scandihuvians
To try da fine lefse yew make.

I hope you are staying well and safe. May we all be able to celebrate Christmas with at least some family members! Other than that I hope you are able to continue some Norwegian traditions at Christmas – lefse, lutefisk, seven kinds of cookies, etc. Call your friends and relatives just to say “Hi, I was thinking about you!”

Remember the current liturgy “Love Your Neighbours”: wear masks, wash your hands/use hand sanitizer, stay home as much as possible. This will help us survive until a vaccine is available and/or we are able to reduce active cases to a very low number.

Fraternally,

Diane

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Thinking
of you

Condolences
Sympathy extended
to

**GET
WELL!**

Notify Phyllis if
sunshine required
at 306-373-6478



The Origins of Norway's Most Iconic Sweater

It's no wonder Norwegians are known for their sweaters, considering Norway's long, dark winters, culture of outdoorsiness and reputation for quality craftsmanship. Though Nordic sweaters come in many styles and colors, one stands out from the crowd as the most iconic and enduring of all: the Marius sweater.

The classic red, white and navy blue pattern of the Marius sweater echoes the colors of the Norwegian flag, but its ties to Norway run even deeper. The design was adapted from a traditional Norwegian pattern and began its rise to international fame in 1953, when lifelong knitter Unn Søliland Dale created Lillun Sports A/S.

Previously, Dale had been employed as a model and often worked on knitting projects for her friends while waiting on set for photo shoots. As her reputation grew, she received more orders, and before long she left modeling behind to go into business selling knitwear. She also began selling her tradition-inspired patterns to Sandnes Uldvarfabrik, and many of those patterns—most notably Marius—went on to become timeless classics in Norway and around the world.





Board of Directors

Diane Berg
President
306-373-3156
edberg@sasktel.net

Vacant
Vice-President

Vacant
Secretary

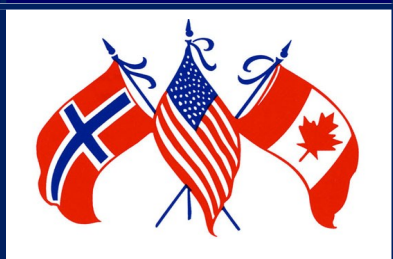
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Phyllis Byers
Membership Secretary
306-373-6478
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Cultural Director
306-373-6478
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Myrna Kennedy
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Kathy Fenton
Sports Director
306-374-4505



Exercise at Work for Better Health

Sitting for long periods of time is taking a toll on people's health. Humans are not made to move so infrequently, and experts recommend breaking up the workday with a bit of exercise—even just a few minutes per day.

Chris MacDonald, a physiologist based in Denmark, has studied exercise as a prevention for Type II diabetes and recommends building movement into our everyday routines. "We can start by thinking about exercise in the workplace," MacDonald says videnskab.dk. "It has to be something we just do, just the same way we eat lunch."

Pain in the Neck

Researchers from the National Research Center for the Working Environment (NFA) in Denmark also studied whether exercises that target the neck, shoulders and back can help stave off pain in those areas.

In trials involving three 20-minute sessions per week, the research team found that using strength training on the shoulders, neck and back resulted in pain reduction, and that employees who worked out together felt more bonded socially.

Sons of Norway members can earn pins through the **Sports Medal Program** by taking short exercise breaks throughout the day. Contact your lodge sports director or visit sonsofnorway.com for details.





Officers

- Ellwood Jones** - Assistant Sports Director
- Mildred Norum** - Counselor
- Phyllis Byers** - Sunshine
- Myrna Kennedy** - Greeter
- Graham Begg** - Foundation
- Vacant** - Historian
- Nancy Iverson** - Librarian
- Myrtle Dixon** - Assistant Librarian
- Vacant** - Assistant Librarian
- Vacant** - Marshall
- Chris Byers** - Marshall
- Natasha Tripp** - Marshall
- Vacant** - Trustee
- Kayla Ingram** - Trustee
- Vacant** - Auditor
- Vacant** - Auditor
- Alfred Hovdestad** - Auditor
- Eunice Begg** - Volunteer Coordinator

Editor

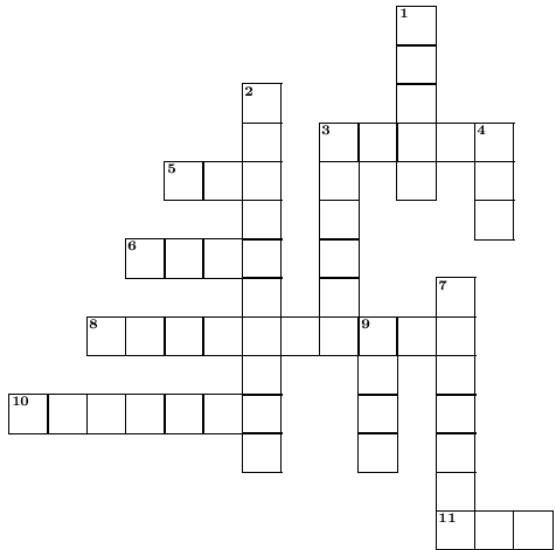
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 alfred.hovdestad@usask.ca
 306-373-6694

Fra redaktøren

Kjære venner,

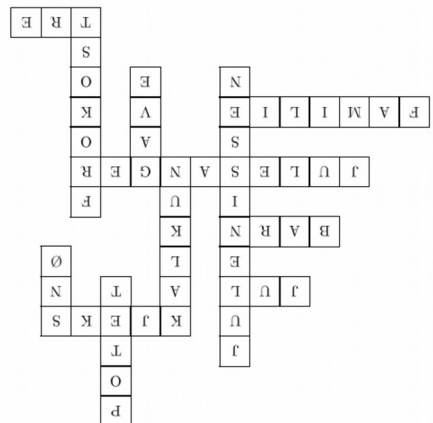
We have a treat this month. Usually the *Litt på nynorsk* articles are in the *bokmål* dialect. The December article is in the *nynorsk* dialect.

I don't know when I will get the next newsletter out so I have included the answer for this month's crossword puzzle. Enjoy!



- Across:
- 3 cookie
 - 5 Christmas
 - 6 children
 - 8 Christmas carols
 - 10 family
 - 11 tree

- Down:
- 1 potato
 - 2 Santa Claus
 - 3 turkey
 - 4 snow
 - 7 breakfast
 - 9 gift



Brubyen Web Site

<http://sofnasaskatoon.wixsite.com/brubyenlodge/>

Fraternally,

Alfred Hovdestad

Deadline for the next newsletter

Jan 4th



Litt på norsk...

Slik trener jeg for å holde hjernen i form

Hjernen er et av organene som får aller mest ut av trening, forteller forskerne oss. Men hvordan trener lege, hjerneforsker og forfatter Kaja Nordengen selv for å holde hjernen sunn og rask?

– Mitt mantra er det ikke spiller så stor rolle hva slags utfordringer du finner for hjernen din, så lenge du utfordrer den, sier hun til forskning.no.

Kajas hjernetreningsprogram

1. Puss tennene eller barber deg med «feil hånd».

Finmotorikken din kan trenes opp i din ikke-dominante hånd, og du kan lære deg til å bruke begge hender når du skal løse en oppgave.

2. Finn frem brettet og spill et parti sjakk.

Sjakk trener deg både i konsentrasjon, problemløsning, mønstergjenkjennelse og strategisk planlegging.

3. Gå av bussen et stopp før eller etter din holdeplass.

Ved å bryte ut av mønsteret og lære deg nye ruter og steder du kan legge til ditt mentale kart, trener du orienteringsevnen din.

4. Gå av og på sykkelen fra «feil» side.

Hvis du bryter med rutinen, utfordrer du hjernen og styrker nervecellekontakter du sjelden bruker.

5. Gjør nye arbeidsoppgaver i hjemmet eller bytt med partneren din.

Bytt om på oppgaver slik at den som for eksempel skifter dekk heller må lære seg å bruke symaskinen, og motsatt. Bor du alene, skift dekk selv, sy i den knappen du vet mangler eller følg en komplisert oppskrift når du lager middag. Det er slik vi får dannet nye nervecellekontakter.

6. Bruk datamusen med «feil» hånd i en dag.

Hjernen har godt av å bli brukt litt utenfor de faste rutinene. Når du trener opp motorikken i motsatt hånd, trener du hjernen og danner nye nervecelle- kontakter og helt nye nervecellebaner.

7. Lær fem nye ord på et språk du ikke kan.

Å lære nye ord setter i gang de samme belønningssystemene som aktiveres av god mat. Hele hjernen samarbeider alltid, men for språkfunksjonen vår er det først og fremst hjernebarken som er viktig.

and a little in English

How I Exercise to Keep My Brain in Shape

The brain is one of the organs that gets the most out of exercise, researchers tell us. But how does doctor, brain researcher and author Kaja Nordengen exercise her brain to keep it healthy and fast?

“My mantra is that it does not so much matter what kind of challenges you find for your brain, as long as you challenge it,” she tells forskning.no.

Kaja's brain exercise program:

1. Brush your teeth or shave with the "wrong hand."

Your fine motor skills can be trained in your non-dominant hand, and you can learn to use both hands when solving a task.

2. Find the board and play a game of chess.

Chess trains you in concentration, problem solving, pattern recognition and strategic planning.

3. Get off the bus one stop before or after your stop.

By breaking out of your usual pattern and learning new routes and places, you add to your mental map, and train your navigational skills.

4. Get on and off the bike from the "wrong" side.

If you stray from your routine, you challenge your brain, strengthening nerve cell contacts that you rarely use.

5. Do new chores at home or swap chores with your partner.

Switch tasks so that the person who, for example, changes spare tires learns to use the sewing machine, and vice versa. If you live alone, change tires yourself, sew on a button you know is missing or follow a complicated recipe when making dinner. This is how we form new nerve cell contacts.

6. Use the computer mouse with the "wrong" hand for a day.

The brain benefits from being used a little outside of regular routines. When you train your motor skills on the opposite hand, you train your brain and form new nerve cell contacts and completely new nerve cell pathways.

7. Learn five new words in a language you do not know.

Learning new words sets in motion the same reward systems that are activated by good food. The whole brain always cooperates, but for our language function it is first and foremost the cerebral cortex that is important.



Litt på nynorsk...

Den unge flammen

Rikard Nordraak er saman med dikteren Bjørnstjerne Bjørnson ansvarleg for at vi alle reinskar halsen og tar sats ved «og den saganatt som senker, senker drømme på vår jord».

Nordraak blir fødd 12. juni 1842 i Christiania. Familien hans har piano i stova, og Rikard byrjar å spele tidleg. I 1850 flyttar søskenbarnet Bjørnstjerne Bjørnson, som er i byen for å studere, inn hos familien. Bjørnson observerer at den unge guten har musikalsk talent.

Ja, vi elsker «Ja, vi elsker»

«Ja, vi elsker» strekk seg over eit unormalt langt tonesprang til å vere allsong. Han er overambisiøs. Mange har nok opplevd å starte så mørkt dei kan, men likevel ende opp med pipestemme ved slutten av songen. Teksten er skriven av Bjørnstjerne Bjørnson. Då diktet skal bli tonesett til Grunnlovsjubileet i 1864, gir Bjørnson sjølv sagt oppdraget til sin kjære fetter. Første offisielle framføring blir under Grunnlovsjubileet 17. mai 1864.

Dirigenten til mannskor har fortalt om den første øvinga at songen «elskedes straks og alle følte: her er vår nasjonalsang kommet!»

Tidspunktet er perfekt. Som Bjørnson seier, tar «Ja, vi elsker» opp i seg pusten til eit heilt folk, nokre tiår før Noreg blir sjølvstendig. «Ja, vi elsker» blir ganske raskt nasjonalsongen i kraft av sin popularitet. 21 år gammal har Rikard Nordraak klart det utrullege.

Dødsleiet

I november 1865 får han lungebetennelse. Etter fem månader med sjukdom, omgitt av legar og husverten, dør Rikard Nordraak 20. mars 1866.

Sjølv om vi i ettertid kan lese alle godorda om Nordraak, glir gravferda hans umerka hen, og vitnar om ein einsam ung mann. To menneske møter opp i gravferda: Husverten og ein ven.

Ny Aktualitet

Utover 1900-talet får Nordraaks idear ny aktualitet når Noreg blir sjølvstendig. Han blir heidra med minnesmerke i Berlin, København og Oslo, før urna hans blir flytta til Vår Frelsers Gravlund i 1925.

I desember 2019 blir «Ja, vi elsker» offisielt stemt fram som Noregs nasjonalsong av Stortinget, etter å ha vore i bruk i over 150 år.

and a little in English

The Young Flame

Rikard Nordraak, together with the poet Bjørnstjerne Bjørnson, is responsible for all of us clearing our throats and belting out "and the saga night that lays, lays dreams upon our earth."

Nordraak was born on June 12, 1842 in Christiania. His family has a piano in the living room, and Rikard starts playing early. In 1850, his cousin Bjørnstjerne Bjørnson, who is in town to study, moves in with his family. Bjørnson observes that the young boy has musical talent.

Yes, We Love «Ja, Vi Elsker»

"Ja, Vi Elsker" extends over an abnormally wide tonal range to be a sing-along. It is overambitious. Many have probably experienced starting as deeply as they can, and still ending up with a squeaky voice at the end of the song. The lyrics are written by Bjørnstjerne Bjørnson. When the poem is to be set to music for the Constitutional Jubilee in 1864, Bjørnson of course gives the assignment to his dear cousin.

The first official performance takes place at the constitutional jubilee, May 17, 1864. The men's choir conductor recounted about the first rehearsal that the song "was immediately beloved and that everyone felt: 'Now, this is our national anthem!'"

The timing is perfect. As Bjørnson says, "Ja, Vi Elsker" inhales the breath of an entire people, a few decades prior to Norway becoming independent.

"Ja, Vi Elsker" quickly becomes the national anthem by virtue of its popularity. At 21 years old, Rikard Nordraak has managed something incredible.

On his deathbed

In November 1865 Nordraak contracts pneumonia. After five months of illness, surrounded by doctors and his landlord, Rikard Nordraak dies on March 20, 1866.

Although we can later read all the praise about Nordraak, his funeral goes unnoticed, and is a testament to a lonely young man. Two people show up at the funeral procession: his landlord and a friend.

New relevance

Beyond the 20th century, Nordraak's ideas gained new relevance when Norway became independent. He is honored with memorials in Berlin, Copenhagen and Oslo, before his urn is moved to The Cemetery of Our Saviour in Oslo in 1925.

In December 2019, "Ja, Vi Elsker" was officially voted Norway's national anthem by the Storting, after having been in use for over 150 years.