

# MellomVenner



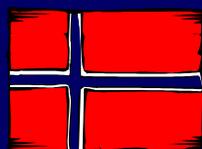
*Brubyen Lodge 4-576, Saskatoon  
Saskatchewan, Canada*



Light at the End of the Tunnel

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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.

## *Fra presidenten*

### FROM THE PRESIDENT

2021 January

Happy New Year! I hope everyone had the best Christmas and New Year's that they were able to have within the SHA guidelines. We were thankful that we moved to our new home in the Luther Care Village in Stonebridge last year as we were able to have a Christmas dinner with new friends. We were also kept in the loop with Zoom calls to watch the annual family lefse making and for gift opening on Christmas morning. It was also noted that this was the first time in 46 years that there was just two of us for the festivities! We were also happy to see Alice Garvik move here as a resident in December.

Now – last newsletter I had asked for some feedback/votes on several items of business and received exactly ONE response. More responses are necessary as a quorum is 8 people. SO – once again here are the questions:



Gratulerer  
med  
dagen!



JANUARY

2 Scott Fenton  
14 Myrtle Dixon  
17 Myrna Kennedy

FEBRUARY

7 Pam Smith  
12 Arne Unseth  
13 Mildred Norum  
17 Nancy Iverson  
20 Erika Dowling  
22 Maureen Johnson  
25 Kathy Fenton



Fra presidenten continued...

- 1) It was suggested that current Officers continue in their positions for another year. Please let me know if you will carry on. A VOTE is needed to approve this motion!
- 2) Second signing authority on cheques. Myrna Kennedy is willing to be second signer. I need a vote on this as the credit union requires a letter with the minutes of the “meeting” where the motion was passed. VOTE please.
- 3) Annual lodge donation to Sons of Norway Foundation in Canada of \$ 250.00. VOTE!  
(We have the funds.)

The D17 Lodge Financial Report is due on March 15 so we will have to have an audit committee meeting sometime in February. There won't be much to report.

The Lodge Achievement Program report form will be available on line. I will complete it and send it in...what there is to report!

The Annual **Heritage Festival**, usually held on the first Sunday in February at the Western Development Museum, is going to a 2-day virtual festival on **March 20-21, 2021**. The theme is “Moving Forward by Looking Back” – about resilience and reflection. They are waiving the usual registration fee and the membership fee for 2021. They will provide a list of member organizations on the 2021 virtual festival website. We could participate in a variety of ways. As an exhibitor there are a variety of things an organization could do but I chose to provide **a link to our website**. Alfred did some updating of information on the website so it is relatively current. Deadline for registration is January 31 so if anyone has other ideas [and can put together an exhibition item] please let me know.

The 2020 Sons of Norway Sports Weekend was cancelled due to the covid-19 pandemic. The Valhalla Lodge Sports Weekend Committee (Calgary lodge) is planning to try for a 2021 event. The **Sports Weekend is scheduled for May 28, 29 & 30, 2021 at High River, AB**. They are hopeful that it can go ahead but will be watching for the factors which would force cancellation. We would receive notification if that happened.

The Heritage Inn Hotel is the event headquarters. The hotel is giving a discounted room rate – mention Sons of Norway. Call 403-652-3834. Other facilities are the Super 8 (403-652-4448); Ramada Hotel (403-603-3138); George Lane Park RV Camp (403-652-2529). Book early.



## Mellom Venner – February 2021



Fra presidenten continued...

Friday will be visiting and Canadian-Norwegian culture.

Saturday will be games day: golf, horseshoes, whist, lawn bowling and shuffleboard plus a walking tour of historic downtown High River.

Registration fee is \$ 80.00.

Unfortunately, I am unable to attend as our daughter is getting married that weekend. I will give the registration form to Kathy Fenton (306-374-4505). New information received will be sent on to our members.

Lastly I hope that you have either gotten the first vaccination or will soon get it. It was the most painless needle I have ever had! At question is whether we get the second needle on time because of the slowdown of available vaccine!! The end of the tunnel is still a long ways away but I am hoping that one of these months we will be able to meet again either at meetings or at the Dead Fish Society. So wear your masks if you go out, wash your hands and stay safe! We will get through this!

Fraternally,  
Diane

306-373-3156      306-230-3666      [edberg@sasktel.net](mailto:edberg@sasktel.net)

*I have included the registration for the Sports weekend as an attachment in the email.* <sup>ed</sup>

### EMAIL Scams

Over the last few days, we've had a number of complaints of what seemed to be spam emails from various district or lodge leaders. These emails would typically seem as if they were coming from a lodge leader and would ask for money, a gift card, etc.

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**



## Condolences

Sympathy extended  
to

**GET  
WELL!**

Notify Phyllis if  
sunshine required  
at 306-373-6478



Fra sekretæren continued...

This is referred to as **spear fishing**. You likely have heard of phishing, which is when a bad actor sends an email asking you to do something (e.g. send gift cards or give out your password). Spear phishing is a more sophisticated type of phishing, which we experienced here, when the bad actor makes the email look more legitimate by using a familiar name and title, and by sending it to people likely to relate (in this case, lodge members).

One of the easiest ways to identify an email as a phishing attempt (which applied here) is that the sender's name and email address do not match. Another big giveaway is that they often come from out of the country and the emails contain broken English.

One reason we are susceptible to these types of phishing attempts is that the contact info for our district and lodge leaders is publicly available on our website. We have decided to temporarily disable this feature as we consider better alternatives. As of today, the Lodge Directory on the public website has been temporarily removed, and the page now redirects to a zip code finder for people looking for a lodge in their area.

We will continue to actively monitor this situation and take necessary steps to safeguard your data, while helping our members find the information they need. Please feel to reach out to me with any further questions or concerns.

Sincerely,  
David Crabb  
Fraternal Engagement Manager



**Board of  
Directors**

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

*Vacant*  
Vice-President

*Vacant*  
Secretary

*Vacant*  
Treasurer

**Phyllis Byers**  
Membership Secretary  
306-373-6478  
jp64@sasktel.net

**Phyllis Byers**  
Cultural Director  
306-373-6478  
jp64@shaw.ca

**Myrna Kennedy**  
Social Director  
myrna.kennedy@sasktel.net

**Kathy Fenton**  
Sports Director  
306-374-4505



**Sunshine**

If there is any hospital, illnesses or deaths, please contact Phyllis Byers Sunshine Person. My email is [jp64@shaw.ca](mailto:jp64@shaw.ca) or phone 306-373-6478 (leave a message).

If your membership is up for renewal please send it in to:  
Sons of Norway  
1455 West Lake Street  
Minneapolis, MN 55408

Individual: \$58.00 and family: \$88.00. There is no longer Unge Venner members (16 to 23) was discontinued on January 1st/2020, so these members pay \$58.00 or if they have the same mailing address as parents then the family \$88.00 would apply. Unge Venner members are treated like an adult membership. Golden membership \$38.00 and family \$62.00. Please pay appropriate dues and sent into address above.

Cards sent:  
Get well: Alfred Hovdestad  
Thor Kleiv  
Sympathy: none

We have 49 members including Heritage members and Golden Members.

I have been working on getting pins and certificates from head office for all members year anniversaries and will be presenting or mailing out of town ones out shortly. Please be patient as head office has changed how things are done now. We now have to order pins from a different company and it's not easy with this pandemic getting things shipped to Canada quickly. I know a few of these are late coming, but I have been working hard on a new system for me to keep track of all of this since I took over as Membership Secretary, I am also working on a new system for cultural skills tracking.

I am also doing a new tracking system for special birthdays and wedding anniversaries as well. Please email me all wedding anniversary dates & years, so I can enter them.

I thank you for all your patience and understanding with me during this process and will be more organized for our lodge future. If I have missed sending out cards, please email or phone me and I will send one out immediately.

Respectfully submitted,  
Phyllis Byers  
Membership Secretary/ Cultural Director/ Sunshine Person



**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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 Saskatoon, SK S7J 4B8  
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 306-373-6694

**First “Godhouse” dedicated to old Norse gods Unearthed in Norway**

In the village of Ose, Norway, archaeologists from the University Museum of Bergen recently uncovered the remains of an eighth-century “godhouse.” In its day, this structure was dedicated to the worship of the



A digital reconstruction of the newly unearthed Norse godhouse (Courtesy of the University Museum of Bergen)

old Norse gods and housed ceremonies such as midsummer or midwinter solstice. This is a particularly special discovery as it is the “first temple of its kind identified in Norway,” according to Smithsonian Magazine. Through digital reconstruction, researchers were able to determine that it resembles similar temples found in southern Sweden and Denmark. In recent excavations, archaeologists have unearthed animal bones and cooking pits; their theory is that the worshippers prepared the food in offering to Thor, Odin and other Norse gods. These religious displays also doubled as feasts where “you would have a good mood, a lot of eating and a lot of drinking,” archaeologist Søren Dīnhoff explains. Researchers are still unclear as to what caused the demise of the godhouse, but they hope to uncover the truth as they continue their efforts.

*Fra redaktøren*

Kjære venner,

I ran out of time and space this month so there is no puzzle in this issue. We have two vaccines approved for Covid-19 and we have received some doses with more on the way so there is light at the end of the tunnel.

Stay safe.

**Brubyen Web Site**

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

Fraternally,

**Alfred Hovdestad**

*Deadline for the next newsletter*

*Feb 27th*



*Litt på norsk...*

*and a little in English*

### **Thorvald Meyer – Oslo filantrop – Motsatt av Scrooge**

Grünerløkkas Far. Se på ham. Hatten. Kinnskjegget. Ser han ikke ut som Ebenezer Scrooge? Dette er Thorvald Meyer, som likheten til tross, er gjerrigknarkens rake motsetning. Skjønt denne karen nærmest ble født i en pengebinge, så er det noe som skiller ham fra Dickens' og Barks' søkkrike skruer. Filantropien. Thorvald var mesén for flere kjente kunstnere (Bjørnson, Kielland, Munch, Hamsun OG Vigeland), delfinansierte Nationaltheateret og gav pengegaver til de fattige skuespillerne hver jul.

Når han gikk ut døra, fylte han lommene med mynter. Vel hjemme igjen var han tomhendt, alt var fordelt til de trengende. Thorvald startet det første offentlige badet i Oslo som en gave til byen, gav penger til flere av statuene vi ser idag, initierte skolefrokost, gav bort jord til Pauluskirken og Birkelunden som alltid må forbli en park i følge Meyers klausul. Og utrustet Fram-ekspedisjonen!

Meyer var en finansieringsinstitusjon med tilsynelatende ganske sosialliberale tendenser. Han var også en forretningsmann av rang, som da han kjøpte Grünerløkka billig og utparsellerte den med 40 gangers fortjeneste. Som takk for investeringen fikk han den sjeldne æren av å få en gate oppkalt etter seg mens han levde!

Nøisomhet er Styrke. Det var hans motto. Og handling var hans credo. Han døde 90 år gammel og like før sa han: Det er ingen Sag at et gammelt Menneske gaar bort, naar jeg dør skal det være Fest.

Egentlig tar jeg det tilbake. Han er akkurat som Scrooge. Etter at han møtte The Ghost of Christmas Yet To Come.

### **Thorvald Meyer – Oslo philanthropist – The Opposite of Scrooge**

Grünerløkka's Father. Look at him. The hat. The mutton chops. Does he not look like Ebenezer Scrooge? This is Thorvald Meyer, who despite the similarity, is the miser's polar opposite. Although this guy was practically born in the lap of luxury, there is something that separates him from Dickens' and Barks' stinking-rich churls. Philanthropy. Thorvald was the patron of several well-known artists (Bjørnson, Kielland, Munch, Hamsun AND Vigeland), co-financed the National Theater and gave monetary gifts to impoverished actors every Christmas.

When he went out the door, he'd fill his pockets with coins. Then, back at home he was empty-handed; everything was distributed to the needy. Thorvald started the first public bath in Oslo as a gift to the city, gave money toward several of the statues we see today, initiated school breakfasts, gave away land for the Pauluskirken [Paulus Church] and Birkelunden [The Birch Grove—a large urban park] which must always remain a park according to Meyer's clause. And outfitted the [Fridtjof Nansen] Fram expedition!

Meyer was a financial institution with seemingly quite social liberal tendencies. He was also a businessman of rank, as when he bought Grünerløkka cheaply and parceled it out with 40 times the profit. As a thank you for the investment, he got the rare honor of having a street named after him while he was alive!

Thrift is Strength. That was his motto. And action was his credo. He died at the age of 90 and just beforehand, he said: "It is no matter that an old man passes away, when I die there will be a party."

Actually, I take it back. He's just like Scrooge. After he met The Ghost of Christmas Yet To Come.



## Litt på norsk...

### **Det er lettere å huske hvor du spiste en sjokoladekake enn en agurk**

Jo mer fett og sukker maten inneholder, jo lettere husker du den.

Bli du glad når du går forbi en kafé hvor det dufter deilig av kanelboller og kaker?

Husker du veldig godt hvor nettopp denne kaféen er hen, når du kommer tilbake til den samme gata?

Det er det god grunn til, ifølge nederlandske forskere.

### **Tomater og karameller**

Forskerne ba 500 mennesker om å gå rundt i et rom der det var åtte forskjellige matstasjoner.

På stasjonene har de plassert ulike typer mat: eple, melon, peanøtter, sjokoladekake, potetgull, agurk, tomat og karameller.

Deltakerne fikk ikke beskjed om at de skulle huske hvor de forskjellige matvarene lå.

De skulle bare se, smake og lukte på maten.

### **Fikk et kart**

Etterpå fikk de et kart. Så ble de bedt om å markere hvor på kartet de fant de forskjellige matvarene.

Forsøket viste noe spennende. Alle deltakerne var nemlig mye flinkere til å huske hvor kakene, peanøttene og den maten med mest kalorier lå. Tomatene og agurkene glemte de lettere.

### **Viktig for oss å huske hvor kaloriene er**

Vi mennesker og dyr har et indre kart i hjernen som hjelper oss å finne fram til steder og ting.

En av de viktigste tingene vi må huske, er hvor vi kan finne mat. Enten det er i skapet på kjøkkenet, ute på byen eller ute på savannen. Forskerne tror at evnen til å finne mat som inneholder mye kalorier, er noe vi har fått med oss fra våre tidlige forfedre.

For de første menneskene var det svært viktig å huske hvor de kunne finne mat som ga dem mye energi. Da ble det lettere å overleve i naturen.

## and a little in English

### **It's easier to remember where you've eaten chocolate cake than cucumber**

The more fat and sugar your food contains, the easier you will remember it.

Do you become happy when you walk past a café where it smells deliciously like cinnamon buns and cakes? Do you easily remember where this café is located, when you return to the same street?

There is a good reason for this, according to Dutch researchers.

### **Tomatoes and caramels**

Researchers asked 500 people to walk around a room where there were eight different food stations.

At the stations, they placed different types of food: apple, melon, peanuts, chocolate cake, potato chips, cucumber, tomato and caramels. The participants were not told to remember where the different foods were. They just had to see, taste and smell the food.

### **Received a map**

Afterwards they received a map. Then they were asked to mark on the map where they'd found the different foods. The experiment showed something exciting. All the participants were much better at remembering where the cakes, peanuts and the food with the most calories were. The tomatoes and cucumbers they forgot more easily.

### **Important for us to remember where the calories are**

We humans and animals have an inner map in our brains that helps us find places and things.

One of the most important things to remember is where to find food. Whether it's in the kitchen cupboard, out on the town or out on the savannah. Researchers believe that the ability to find foods that are high in calories is something we inherited from our early ancestors. For the first humans, it was very important to remember where they could find food that gave them a lot of energy. Then it became easier to survive in nature.