

# MellomVenner



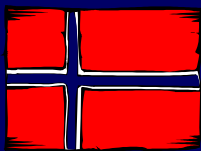
*Brubyen Lodge 4-576, Saskatoon  
Saskatchewan, Canada*



Syttende Mai

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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

May 2022

Another month has gone by in our new “norm” of knowing that Covid is out there. Can we avoid getting it ourselves? I still wear my mask out in public and am grateful when I see that other people are doing the same.

The last communique that I sent out to our members contained several questions that were looking for answers! Exactly THREE (3) members responded! So I don’t know whether most members are just not interested or just don’t care about what happens with our Brubyen Lodge.

The latest Lodge Activity report from HQ shows that we have 29 “active” members and 4 Heritage members. Here is a breakdown of the total membership age-wise: 20’s – 2; 50’s – 2; 60’s – 3; 70’s – 12; 80’s – 4; 90’s – 5; 100 – 1. An average of 10 members regularly attended the 3<sup>rd</sup> Thursday of the month meetings but we haven’t had a meeting since 2020. There are 10 vacant officer positions.



Gratulerer  
med  
dagen!



**May**

11 Finn Fenton  
21 Alice Olson  
25 Margaret Kleiv

**June**

4 Linda Wacker  
9 Thor Kleiv  
16 Chris Byers  
28 Ethan Corriveau

Fra presidenten continued...

Results of meeting survey:

- Have a Lodge planning meeting at a lunch or supper at a restaurant with the Lodge paying
- Tuesday afternoon meetings not good for some
- Evening meetings not good for some
- Have a meeting at another venue on a Thursday afternoon (e.g. Legion Manor)

That was it for responses from members.

Since it is too late to have a May meeting, I am proposing that we meet on **THURSDAY, JUNE 2**. However, we will meet at NOON (12:00) at MANOS Restaurant on 8<sup>th</sup> Street. I will book the small dining room for the meeting.

**PLEASE** let me know if you are able to attend this lunch meeting. **CALL** me at 306-373-3156 OR 306-230-3666 OR e-mail me at [edberg@sasktel.net](mailto:edberg@sasktel.net) **AS SOON AS POSSIBLE**. This is an important meeting and a good attendance is needed.

I wish everyone a happy SYTTENDE MAI on May 17<sup>th</sup> and hope to see you on JUNE 2 at noon!!

Diane Berg                      306-373-3156

[edberg@sasktel.net](mailto:edberg@sasktel.net)

**An Aquarium Experience Beyond the Arctic Circle**

In the northernmost part of Norway tucked near the water's edge in Tromsø you will find an attraction called "Polaria." Upon first glimpse you might think this building has toppled over, but don't be fooled. Inside you will find exhibits unique to the Svalbard region including a simulated permafrost. The aquarium features rare cold-water fish, fascinating marine life and a large pool housing bearded seals. Visitors are invited to an intimate look at these creatures thanks to a viewing bubble inside the tank wall. If you go, don't forget to reserve time to experience the "Arctic Walkway," a panoramic cinema including displays of polar exploration gear.



While the sea life at Polaria is captivating, the building itself has an interesting design that evokes a massive ice floe; the architecture resembles a toppled cascade of blocks of ice. This attraction opened in 1998 and continues to draw visitors every year.

Be sure and save time to visit this wonder while touring Northern Norway.



## 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 Bugsy's Pub in  
Market Mall  
**CANCELLED**

Norwegian Whist  
**CANCELLED**

Monthly Event  
Social/Cultural  
Evening  
**CANCELLED**

Lodge Monthly Meeting  
**CANCELLED**

## Mellom Venner - May 2022



### Lingonberry Cake

This festive cake will put some zip in your Syttende Mai celebration. Tangy-sweet lingonberry jam brings together fluffy cake and crunchy streusel, pairing well with coffee, tea or brunch.

### Ingredients:

#### For the Cake

- Scant 2 cups flour
- 2/3 cup sugar
- 1 Tbsp. baking powder
- Scant 2/3 cup unsalted butter
- 1 egg
- 3/4 cup lingonberry preserves

#### For the Streusel Topping

- 2/3 cup oatmeal
- 3 Tbsp. Butter
- 1/2 cup sugar
- 1 tsp. vanilla sugar (or 1/2 tsp. vanilla extract)



### Instructions:

- Preheat the oven to 400°F.
- Combine flour, sugar, and baking powder then cut in the butter with pastry blender.
- Add the egg and mix well.
- Spread into a greased 8" x 12" pan.
- Spread the preserves over the batter.
- Mix streusel topping together using a pastry cutter or two knives and sprinkle over lingonberry preserves.

Bake 25-30 minutes, until golden. Cool in the pan.



Norwegian Film Nominated for Oscar: "Verdens Verste Menneske"

In October 2021, the Norwegian film "Verdens Verste Menneske" was released in France and Norway. The film, which translates to "The Worst Person in the World," has been a hit and has since been released in the USA in early February 2022. In fact, the film has been nominated for an Oscar in the "Best Foreign Language Film" category by The Academy of Motion Pictures and Sciences in Hollywood.



Photo Credit: NTB Scanpix, via norwaytoday.info

This is not the film's first praise, however. The film has already won "Best Foreign Film" at the New York Film Critics Circle in December, making it the first-ever Norwegian film to win. In the lead role, Renate Reinsve has also been in the spotlight since the film's premiere as she won "Best Actress" at the Cannes Film Festival. The film depicts her character finding her way through life and love.

This is the sixth time Norway has been nominated for an Oscar in that category, however all previous nominations have not been the winners. Sadly, it was not in the cards for "Verdens Verste Menneske" this year. The award went to the film "Drive My Car" from Japan.

Condolences

Sympathy extended to

GET WELL!

Notify Phyllis if  
sunshine required  
at 306-373-6478





Board of  
Directors

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edberg@sasktel.net

*Vacant*  
Vice-President

*Vacant*  
Secretary

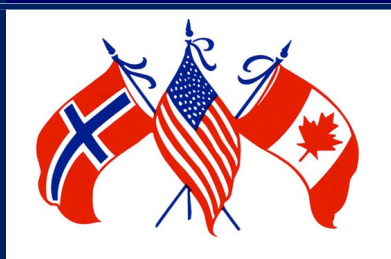
*Vacant*  
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*“Den største forbrytelsen” (“Betrayed”) receives top rating*

A Norwegian historical drama is receiving praise on film review website Rotten Tomatoes, garnering a rare 100% rating. Based on real events and Marte Michelet’s award-winning book with the same title, WW II drama “Den største forbrytelsen” ([The Greatest Crime], distributed in English as “Betrayed”) recounts the fate of the Braude family, working-class Norwegian Jews from Oslo.



Photo Credit: Karl Erik Brøndbo/Fantefilm, via p3.no

Jakob Oftebro stars as boxer Charles Braude, whose tight-knit family is upended by the Nazi takeover, with the men first being imprisoned in Berg concentration camp near Tønsberg, Norway, and then forcibly deported to Auschwitz.

In director Eirik Svensson’s latest vehicle, we see that the “greatest crime”—a painful part of Norwegian history—is carried out not only through the actions of traitorous Norwegians who were part of the fascist puppet regime, but also by ordinary citizens who witness the anguish of their neighbors and do nothing.

The film is available for streaming on Amazon, iTunes, Google Play, and Vudu.



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
- Vacant* - Marshall
- Vacant* - Trustee
- Vacant* - Trustee
- Vacant* - Auditor
- Vacant* - Auditor
- Alfred Hovdestad** - Auditor
- Eunice Begg** - Volunteer Coordinator

**Editor**

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**Preserving the Sámi Language**

February 6 marks the celebration of Sámi National Day. This is the date when the first Sámi congress was held in 1917 in Trondheim, Norway. As part of the celebration for this special day, Gunnar Wilhelmsen, the Mayor of Tromsø, made a call to Norway's larger cities. He challenged them to "increase their use of the Sámi language on signs for public buildings."



Wilhelmsen specifically called out Oslo's mayor, due to the fact that "Oslo is the only city in Norway with more Sámi than Tromsø, so the challenge goes first to Raymond Johansen."

The Sámi are an important part of Norwegian culture. Wilhelmsen wants to ensure that accommodations are being made to encourage and respect Sámi speakers in the public sector. Fortunately, there has been a spread of Sámi language nationwide. In many parts of Northern Norway, road signs have been updated to include Sámi. It is important that these efforts to preserve and protect Sámi culture and language continue.

*Fra redaktøren*

Kjære venner,

I hope everyone is staying healthy and happy. Please be sure to reply to Diane's request for a meeting. We need to get together and determine where our Lodge goes from here. I hope to see you on June 2<sup>nd</sup>.

**Brubyen Web Site**

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

Fraternally,  
**Alfred Hovdestad**

*Deadline for the next newsletter*

*Feb 27th*



## Litt på norsk...

## and a little in English

### Gamle ektefellers hjerter banket i takt

Når ektefeller som hadde vært sammen lenge var i nærheten av hverandre, ble hjerterytmen deres synkronisert.

Det kan høres merkelig ut. Men mange studier de siste årene har vist at pusten og hjerterytmen hos to eller flere personer kan synkroniseres når de er i nærheten av hverandre.

En studie viste for eksempel at [hjerterytmen til deltagerne i et kor steg og sank i takt](#).

Og nå har altså forskere fra University of Illinois funnet ut at hjertene til eldre ektefeller påvirker hverandre når de er fysisk nær hverandre.

### Gikk med pulsmåler i to uker

Forsker Brian G. Ogolsky og kollegaene hans rekrutterte 10 ektepar i alderen mellom 64 og 88 år. De hadde vært sammen i mellom 14 og 65 år.

Forskerne utstyrte deltagerne med pulsmåler og en sensor som registrerte hvor nær de var hverandre. Parene gikk med utstyret hver dag i to uker, og avla også daglig rapport om hvordan de hadde det.

Slik kunne forskerne bruke dataene til å lete etter mønster i hjerterytmer og avstand.

### Fulgte hverandre

Resultatene viste at ektefellene påvirket hverandre når de var i nærheten av hverandre. Men måten rytmen forandret og synkroniserte seg på var ulik fra dag til dag.

På et tidspunkt kunne mannens hjerterytme tilpasse seg konas, på neste tidspunkt kunne det være omvendt. Og rytmen var ikke den samme hver gang de var i nærheten av hverandre.

### Nærhet var viktig

Forskerne beskriver mønstrene som en unik pardans. Når partnerne er nær hverandre, antyder hjerterytme-mønstrene deres et meningsfullt samspill, skriver de.

I denne undersøkelsen konkluderer forskerne med at fysisk nærhet var avgjørende for å forstå synkroniseringen av hjerterytme hos parene.

Men det finnes også studier som antyder at dette ikke alltid er nødvendig for at hjerter skal begynne å oppføre seg likt.

Trolig er det mye forskning som gjenstår før vi forstår dette fenomenet fullt ut.

### Hearts of Long-Married Couples Beat as One

*When couples who have been together for a long time are close to each other, their heartbeats are synchronized.*

It may sound strange, however, many studies in recent years have shown that the breath and heart rate of two or more people can be synchronized when they are close to each other.

One study, for example, showed that the heart rate of participants in a choir increased and decreased as one.

And now researchers from the University of Illinois have found that the hearts of older spouses affect each other when they are physically close to each other.

### Wore heart rate monitors for two weeks

Researcher Brian G. Ogolsky and his colleagues recruited 10 married couples between the ages of 64 and 88. They had been together for between 14 and 65 years.

The researchers equipped the participants with a heart rate monitor and a sensor that registered how close they were to each other. The couples wore the equipment every day for two weeks, and also made a daily report on how they were doing.

In this way, the researchers were able to use the data to look for patterns in heart rhythms and distance.

### Following each other's rhythms

The results showed that the spouses influenced each other when they were close to each other. But the way the rhythm changed and synchronized was different from day to day.

At one time, the man's heartbeat could adapt to his wife's, at the next it could be the other way around. And the rhythm was not the same every time they were close to each other.

### Proximity is important

The researchers describe the patterns as a unique couples dance.

When partners are close to each other, their heartbeat patterns suggest a meaningful interaction, they write.

In this study, the researchers conclude that physical proximity was crucial to understanding the synchronization of heart rhythm in couples.

But there are also studies that suggest that this is not always necessary for hearts to start behaving the same way.

There is probably a lot of research left before we fully understand this phenomenon.



## *Litt på norsk...*

### **Dette må du ha i topptursekken**

Sunniva Kiviranta i Røde Kors Ungdom har alltid med seg både ekstra klær og lommelykt på tur. Her er hennes beste tips til hva du bør pakke i topptursekken i sommer.

Sunniva er en ivrig turgåer og bruker mye av fritiden sin i fjellene i Sogn og Fjordane. Det viktigste er ifølge Sunniva en god sekk som sitter godt på hoftene og skuldrene. Her er hennes liste over utstyr hun alltid har med i tursekken sin.

### **Vær forberedt på det uventede**

– Jeg har alltid med meg et ekstra sett med klær, som sokker, lue, ullundertøy og en bøff, sier Sunniva. Hun viser også frem en vindsekk som er god å ha, hvis det skulle komme uvær. Rikelig med mat på tur er også ekstremt viktig både for humør og ytelse. Små tursjokolader eller nøtter er god bensin man bør ha lett tilgjengelig i jakkelomma. Noe så enkelt som en liten bunt med tau kan også være kjekt å ha med, fordi du kan bruke det til å sette opp en gapahuk for eksempel. Det gamle gode sitteunderlaget kommer også godt med i tursekken, sier Sunniva.

### **Ikke stol på mobilen**

Kart og kompass er også lurt å ta med seg, særlig hvis mobilen går tom for strøm eller du ikke har dekning. Sørg for å tren på hvordan kart og kompass skal brukes, slik at du vet hvordan det fungerer når du skal bruke det. En GPS gjør det også enklere å navigere hvor man er.

– Jeg har også alltid med en lommelykt, uansett hvor jeg skal, sier Sunniva.

Konkret utstyr som bør være på plass i sekken: kniv, trekanttørkle, redningsfolie, sportsteip, en vannrett pose med compeed, kompress, fyrstikker, sårservietter og støttebandasje- og husk nok vann!

– Har du med mobil er det lurt å ha med en powerbank, i tilfelle man går tom for batteri, sier hun.

## *and a little in English*

### **Must-Haves For Your Hiking Backpack**

Sunniva Kiviranta of the Norwegian Red Cross Youth always brings both extra clothes and a flashlight on a hike. Here are her top tips for what to put in your backpack this summer.

Sunniva is an avid hiker and spends much of her free time in the mountains of Sogn og Fjordane. According to Sunniva, the most important thing is a good backpack that fits well on the hips and shoulders. Here is her list of equipment she always has in her backpack.

### **Be prepared for the unexpected**

“I always have an extra set of clothes with me, such as socks, a hat, wool base layers and a neck buff,” says Sunniva. She also presents a bivy sack that is good to have in case of a storm. “Having plenty of food on your hike is also extremely important for both mood and performance. Little trail chocolates or nuts are good fuel that should be easily accessible in a jacket pocket. Something as simple as a small bundle of rope can also be nice to have along, because you can use it to set up a shelter, for example. A good old sitting pad also comes in handy,” says Sunniva.

### **Do not trust your cell phone**

A map and compass are also a good idea to take with you, especially if your cell phone runs out of power or you do not have coverage. Make sure you practice how to use a map and compass so you know how it works when you need to use it. A GPS device also makes it easier to navigate where you are.

“I also always have a flashlight with me, no matter where I go,” says Sunniva.

Specific equipment that should be in your backpack: knife, triangular bandage, Mylar rescue blanket, athletic tape, a waterproof bag with blister patches, a compress, matches, antiseptic wound wipes and an ACE bandage - and remember enough water!

“If you have a cell phone, it is a good idea to have a portable charger with you, in case your battery runs out,” she says.