

MellomVenner



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



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Happy Father's Day!

Fra presidenten

FROM THE PRESIDENT

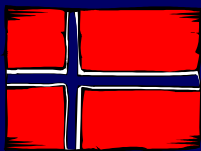
November 2022

As I write this report, our home, Aspira Hunter Village is under a four-day Covid "wait and see". We currently have 3 active cases and there will probably be more since the first case attended the Tuesday church service with 50 other people! So our food trays will be delivered to our suite and all activities are cancelled temporarily. We're back to masks in common areas and social distancing. If anyone thought this "nightmare" was over, you must think again. Carman and I are going to be wearing masks when we go into stores. We go this afternoon for the fifth booster shot and hope it will do its job!

So...I hope all of you will take precautions and stay safe in these uncertain times!

That said, it's back to SON business.

Wasn't that a party!! Thank you to the fifty members and guests who attended Brubyen Lodge's 40th Anniversary Celebration Dinner. It was great to see present and past members enjoying conversations, food



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...

and entertainment. Our caterer, K & N Kitchen, presented an excellent array of food. We would certainly recommend her as a caterer! Inger Anderson led us in the Norwegian Table Prayer.

To top off the evening, the “Paddle Wheelers”, three gentlemen with guitars, sang the “old” songs that are familiar to us and did so with harmony and musical talent.

Thank you to the Lodge members for the gift of thanks for my involvement in the Lodge. Thank you to those Brubyen members who came early to put out the flags, displays and table decorations and stayed to help clean up. The key question of the day: “Where did those 40 years go???” They went with Christmas parties for the children, interesting programs at meetings, Sports Weekends, conventions, Folkfest, ringing bells for the Salvation Army, students winning bursaries from the Foundation, “Gee, We’re glad you’re Norwegian!”, and learning cultural skills, to name just a few. It has been years of fellowship, fun and food.

Six of our current members have been involved for all of the 40 years: Mildred Norum, Thor and Margaret Kliev, Lyla Dalen, Alice Garvik, Diane Berg.

Solglyt Lodge in Edmonton will be celebrating their 110th Anniversary in 2023. It was started in 1913 with some lean years during the two world wars but has been a Norwegian force in the community. One wonders how news of an organization called Sons of Norway (1898) in Minnesota made its way to Edmonton!

The next meeting of Brubyen Lodge is scheduled for Thursday, November 17 at 7:30 pm at the Fairfield Seniors Center. This meeting may depend on the Covid situation in the community and/or planned attendance. You will be contacted prior to the meeting regarding attendance and need for transportation. We will be discussing the future of the lodge. It is also officer elections time. Members are encouraged to step forward to take an officer role for the coming year.

Thanks to Alfred Hovdestad for his continued editing of the newsletter. It is a valuable communication tool. The newsletters are also on our website: sofnsaskatoon.wixsite.com/brubyenlodge

Fraternally,

Diane Berg 306-373-3156 306-230-3666 edberg@sasktel.net



Mellom Venner – November 2022



Happy Father's Day! Wait...What?

No, you didn't enter a time warp. We're talking about Norwegian Father's Day! It's celebrated every year on the second Sunday in November.

Originally in the 1930's, Norway celebrated in June like the United States. However, in 1949, the government changed the date to early November. This was done purely for economic reasons: it boosted sagging sales in shops in the runup to the Christmas shopping season. Other neighboring countries followed suit. Estonia, Finland, Iceland, and Sweden also celebrate their fathers on the same day.

So how can you celebrate your father, Norwegian-style? With gifts, of course! Common presents in Norway include hand-knitted items, coffee mugs, socks, ties, and gloves. Traditionally gifts are not extravagant, but rather are subtle tributes to a cherished parent. You can also make the day all about dad by making him breakfast in bed, or any favorite meal. Special desserts are of course always a favorite!

November 13th is coming up. Don't forget to wish your father a God Farsdag!

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, 6:45 pm
November 4th
December 2nd
(1st Friday each month)

Lodge Monthly Meeting
Nov. 17th, 7:30 pm
(3rd Thurs each month)

Rakfisk: Fermented Trout Draws a Crowd

One would think a fermented fish would not draw too much attention as it sounds like something of an acquired taste. Right? Wrong! Norway is yet again testing our assumptions as fermented trout, known as rakfisk, entices quite the crowd to the city of Fagernes.



Photo Credit: Cathrine Dokken – Norsk RakfiskFestival

For the past 30 years, Fagernes has held the "Norsk Rakfisk Festival," drawing more than 25,000 people each year. The festival celebrates food traditions and features local products/handmade items. Of course, one of the main events at the festival is the rakfisk competition where a panel of judges assess the taste, smell, and texture of rakfisk brought by several rakfisk producers.

This year will surely be an exciting one as it is the 30th anniversary of the festival; the celebration goes from November 3rd to 5th. To feel like part of the festival from afar, pair some fermented fish with lefse, sour cream, and onion. You may not draw quite the crowd as does Fagernes, but you will have experienced yet another Norwegian food tradition.



Condolences

Sympathy extended
to

**GET
WELL!**

Notify Phyllis if
sunshine required
at 306-373-6478



Mellom Venner – November 2022



Sunshine Coordinator Report

I have not had to send out any cards which is a good sign, but I am wondering if there has been some illnesses or deaths that I am not aware of. If anyone has been ill, hospitalized or had a death in family please phone 306-373-6478 or email jp64@shaw.ca and I can send a card that is needed.

Thank you for your assistance with this and stay safe, healthy and happy.

Norwegian Potato Dumplings (Raspeball)

This traditional Norwegian dish is a perfect dish for the colder months of the year. These hearty dumplings also pair wonderfully with lamb meat, smoked sausage, or bacon.



Photo Credit: FoodNorway; foodnorway.com

Ingredients:

2 1/4 lb. shredded raw potatoes
Heaping 3 cups potatoes, peeled, cooked, mashed, then cooled
1 1/4 cup barley flour
2 tsp. salt

Directions:

1. Mix the shredded raw potatoes with the cold boiled mashed potatoes.
2. Add the barley flour and 1 teaspoon of the salt and mix.
3. Put on large saucepan of water to boil and add 1 teaspoon salt.
4. Form a round ball by using a tablespoon and your hand.
5. Place raspeballer gently into softly boiling water and let them simmer for about 45 minutes.
6. Serve the dumplings immediately.

Source: <https://www.foodnorway.com/norwegian-potato-dumplings-raspeball/>



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Vice-President

Vacant
Secretary

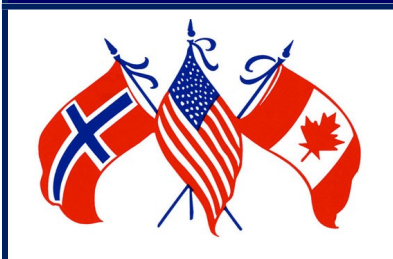
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Fabulous Facts: Christmas in Norway



1. Each year, Trafalgar Square in London features a massive Christmas tree. That tree is actually a present from Norway. Oslo has been sending a tree to England every year since 1947 as a thank you for British support during World War II.
2. The *julenisse* is Norway's elusive Christmas gnome, who sports a white beard and a red cap. Historically the *julenisse* has been known to help lighten the farmer's chores and keep the farm safe. Nowadays, the *nisse* brings gifts to well-behaved Norwegian children. Don't forget to keep him happy by leaving out a generous bowl of porridge!
3. "Tre nøtter til Askepott," a Cinderella tale, has been a Christmas TV tradition since the 1990s. Strangely enough, this is a Czech version of the classic story, dubbed into Norwegian by a single actor. Watching it is so popular that it airs every year on NRK, Norway's national broadcasting channel. To see the trailer from the 2021 Norwegian remake of "Tre nøtter til Askepott," click here: https://www.youtube.com/watch?v=a-YVi_UsGqo
4. Find the almond! This is a game where the family eats rice porridge on Christmas Eve. There is one almond hidden in the porridge, and whoever gets it is the proud recipient of... a pig made of delicious marzipan!
5. Everyone eats well during *juletiden*, or Christmastime, even the birds. It's common to see sheaves of wheat or oats that have been placed in the trees for the birds to feast on.



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

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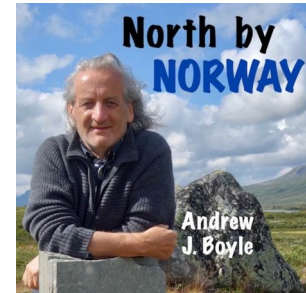
North by Norway

Welcome to North by Norway. I'm Scottish-Norwegian, I've lived and worked in Norway for over 40 years, and I've got a lot to tell you about this extraordinary country. Norway exerts a magnetic attraction on most people. Perhaps the romance of the Vikings and the fjords. Perhaps the modern saga of social democracy. Well, this podcast will range across history, culture, nature, and today's society.

Let's travel *North by Norway*

<https://shows.acast.com/north-by-norway/episodes>

Andrew J. Boyle



Fra redaktøren

Kjære venner,

I hope everyone had as great a year as I did! First, my grandson was born on March 21st so I now have two grandchildren!

Next my daughter finally got married on May 28th after having to postpone the wedding twice due to travel restrictions caused by Covid.

My wife retired on June 1st so we are now looking at travel plans in retirement. Who knows? Another trip to Norway may be in our future!

Finally we celebrated our 40th wedding anniversary on October 1st! It truly has been a special year!

Here's hoping that 2023 will be another exciting year!

Brubyen Web Site

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

Fraternally,

**Alfred
Hovdestad**

*Deadline for the
next newsletter*

Jan 7th



Litt på norsk...

and a little in English

Lutefisksesongen starter: Her er lutefiskens historie

Denne uka åpnes lutefisksesongen her til lands. Det finnes mange historier om hvordan lutefisken oppstod. Hva som egentlig hendte, når det skjedde og hva som fikk folk til å legge tørrfisken i lut er det ingen som vet.

Lutefisk er en viktig del av den norske mattradisjonen og spises over hele landet. Lutefisk er så sterkt knyttet til den norske/nordiske tradisjonen at til og med utvandrere til Amerika har tatt med seg tradisjonen, noe som har ført til at lutefisk er populært i visse deler av USA.

Lutefisk ble for første gang nevnt i den norske litteraturen av Olaus Magnus i 1555. Han beskriver hvordan lutefisk tilberedes og spises: Den tørre stokkfisken får ligge i sterk lut i to døgn, så skylles den i ferskvann i ett døgn før den kokes og spises. Den serveres med saltet smør og er høyt verdsett, selv av konger!

Likevel vet man ikke sikkert hvorfor og når man begynte å behandle tørrfisk med lut. Tørrfisk er usaltet fisk, tørket under åpen himmel i frisk bris ved temperatur så vidt over frysepunktet - enkelt og energisparende. En spesielt populær teori går ut på at lutefisken oppstod etter en brann i et tørrfisklager i Lofoten. Etter brannen var fisken dekket av vann og sot. Verdifull mat skulle ikke kastes, og da lofotværingene smakte på fisken etter å ha vasket den nøyte, gjorde de oppdagelsen som vi fortsatt spiser i dag.

En litt mer sannsynlig teori er kanskje heller at noen for lenge siden fant ut at utvanningen av tørrfisk gikk raskere med litt lut i vannet – og resultatet ble lutefisk i stedet for ekstra raskt utvannet tørrfisk. Kystlandsbefolkningen kunne dessuten skaffet seg fersk fisk når de ville, og det er derfor større grunn til å tro at lutefisken ble oppfunnet i innlandet.

Lutefisk er kalorifattig, inneholder en del proteiner (men mindre enn vanlig fisk), en god del selen, vitamin B12 og litt vitamin D. Tilbehør som bacon, saus og mye smør, i tillegg til et høyt innhold av salt, gjør derimot sitt til at retten i det hele passer bedre til fest enn til hverdags.

Lutefisk Season Begins: The History of Lutefisk

This week, lutefisk season opens in our country. There are many stories about how lutefisk came to be. What actually happened, when it happened and what made people put dry fish into lye, no one knows.

Lutefisk is an important part of Norwegian food tradition and is eaten all over the country. Lutefisk is so strongly linked to the Norwegian/Nordic tradition that even immigrants to America brought the tradition with them, which led to lutefisk being popular in certain parts of the United States.

Lutefisk was first mentioned in Norwegian literature by Olaus Magnus in 1555. He describes how lutefisk is prepared and eaten: The dry stockfish is left in strong lye for two days, then it is rinsed in fresh water for one day before it is boiled and eaten. It is served with salted butter and is highly prized, even by kings!

Nevertheless, we do not know for certain why and when people started treating *tørrfisk* (dried fish) with lye. *Tørrfisk* is unsalted and dried under the open sky in a fresh breeze at a temperature just above freezing - simple and energy-efficient. A particularly popular theory is that the lutefisk originated after a fire in a *tørrfisk* storehouse in Lofoten. After the fire, the fish was covered in water and soot. Valuable food should not be thrown away, and when the Lofotenians tasted the fish after carefully washing it, they made the discovery that we still eat today.

A slightly more likely theory is perhaps that someone a long time ago found that the dilution of *tørrfisk* went faster with a little lye in the water - and the result was dry fish instead of extra quickly diluted dry fish. The coastal population could also obtain fresh fish whenever they wanted, and there is therefore greater reason to believe that the lutefisk was invented inland.

Lutefisk is low in calories, contains some protein (but less than regular fish), a good amount of selenium, vitamin B12 and a little vitamin D. Toppings such as bacon, sauce and lots of butter, in addition to a high content of salt, on the other hand, make it so the dish as a whole is more suitable for holidays than for everyday life.



Litt på norsk...

Kronprins Haakon skal på tur over Grønland [fra Mai 2022]

En kronprins, en tidligere skiløper og flere forskere skal på tur. Den blir nok slitsom, tror kronprins Haakon.

Han skal krysse Grønland. Tidligere skiløper Vegard Ulvang er med. De har med seg flere forskere.

– Det som møter oss, er først og fremst fantastisk natur. Og absolutt ingen mennesker, sier Kunuk Lennert. Det står i en artikkel på nettsidene til UiT – Norges arktiske universitet.

Lennert er ingeniør og dykker. Han skal bli med på turen over Grønland. Turen går fra vest til øst. Første del tar tre uker. Da skal de bruke kite og ski.

De skal krysse store hvite vidder. Og gå over is som er opp til 3.000 meter tykk.

Den siste delen av turen foregår med kajakk. Men den blir uten kronprinsen.

Hensikten med turen er å formidle kunnskap om natur i Arktis. Men også om forskning og historie.

De skal ta prøver av snøen. Disse skal leveres til forskere på klima.

Harald Dag Jølle skal blogge underveis. Han har allerede delt litt informasjon i bloggen.

Følget på sju skal bo i to telt. De kommer tett på hverandre. De har allerede vært ute på to prøveturer.

– Vi kjenner nok hverandres gode og dårlige sider godt. Så jeg er ikke bekymret, sier Jølle.

Universitetet har en avtale med kanalen NRK. De skal lage en dokumentar om turen.

– Jeg forventer at det blir slitsomt. Vi skal 1.200 kilometer på tre uker. Dersom vi får det til og klarer å komme så langt. Så det blir spennende, sa kronprinsen til NRK tidligere i måneden.

Turen starter i Ilulissat torsdag.

and a little in English

Crown Prince Haakon is going on a trip across Greenland [from May 2022]

A crown prince, a former skier and several researchers are going on a trip. It will probably be tiring, Crown Prince Haakon thinks.

He will cross Greenland. Former pro skier Vegard Ulvang is also going. They'll have several researchers with them.

"What awaits us is primarily fantastic nature. And absolutely no people," says Kunuk Lennert. This was written in an article on the website of UiT - Norway's Arctic University.

Lennert is an engineer and diver. He will join the trip across Greenland. The tour will go from west to east. The first part will take three weeks. Then they will use kites and skis.

They will cross large white expanses. And walk over ice that is up to 3,000 meters thick.

The last part of the trip will take place by kayak. But that part will be without the Crown Prince.

The purpose of the trip is to convey knowledge about nature in the Arctic. But it is also about research and history.

They will take samples of the snow. These must be delivered to climate scientists.

Harald Dag Jølle will blog en route. He has already shared some information on his blog.

The party of seven will live in two tents. They will be in close quarters. They have already taken two test trips.

"We probably know each other's good and bad sides well. So I'm not worried," says Jølle.

The university has an agreement with the channel NRK. They will be making a documentary about the trip.

"I expect it to be tiring. We are going 1,200 kilometers in three weeks. If we make it and manage to get that far. So, it will be exciting," the Crown Prince told NRK earlier this month.

The trip starts in Ilulissat on Thursday.