

# MellomVenner

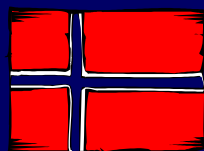


Brubyen Lodge 4-576, Saskatoon  
Saskatchewan, Canada



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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.



BINGO!

## Fra presidenten

### FROM THE PRESIDENT

March 2017 Newsletter



Welcome to March Madness! It came in lambish – what will the weather be like for the month? The weather forecasters don't even know for sure. February was more springlike than winter and the snow disappeared.



The ANNUAL ZONE 4 SPORTS WEEKEND is on the horizon – April 28-30 at Red Deer. Check out the “ad” later in the newsletter. It looks like a fun weekend – a “Sports Smorg”. Please let Ellwood [306-373-1618] or Kathy [306-3744505] know if you are planning to attend. We should send in our registrations/payment by the end of March. We will look at car pooling for the trip.



Congratulations to our Golden Members, Margaret and Thor Kleiv, on becoming great-grandparents on February 19, 2017 – a boy named Branston Thor Ritchie.



Fra presidenten continued...



Thanks to Program Planning Group 1 coordinated by Phyllis Byers for a fun meeting playing Bingo and for a great lunch.



**MY HERITAGE** The Heritage Festival at the Western Development Museum on Sunday, February 5 was attended by about 2400 people. Sharon Voyer and I set up our display and spent the day chatting with people. The festival always starts with a parade. This year was the best parade yet led by a Youth Pipe and Drum band with lots of Canadian and other flags plus people in colourful costumes. We didn't sign up any new members but handed out lots of our Calendar of Events pamphlet and a number of people expressed interest in coming events such as the May 17 celebration. Inger Anderson helped at the display table for a couple of hours.



I received an e-mail from Eunice and Graham Begg. They are "camped" near Victoria this winter and have made it through a couple of snow storms including a loss of power. This let Graham use the portable power plant for the first time. Pam and Jim Smith are just a couple of RV's down the row so they have been enjoying time together. They send greetings to everyone and mentioned that they miss being with us. The Begg's are heading home in early April.

The Lodge of the Year forms were sent before February 1. Thanks to the Audit Committee for doing the audit on short notice as the financial form was to be sent in February 11. Both were new deadlines this year. There will be no Culture Camp in July this year due to a variety of reasons. Hopefully there will be one in 2018.



There are two events in the future which will require the volunteer help of most of our Saskatoon members. Firstly, we will have the annual Membership Dinner on Thursday, April 20. We need to have a minimum of 10 guests to qualify for a subsidy from Sons of Norway. Please be thinking of family, friends, neighbours who might be interested in joining Brubyen Lodge. We would gladly welcome some new members. The Membership Dinner is traditionally a pot luck supper with our members providing delicious entrees, salads [such as sauerkraut salad] and desserts. Traditional Norwegian dishes are encouraged but not necessary.

Gratulerer med dagen!



- 2 Ralph E Johnson
- 10 Murray Willoughby
- 17 Sarah Anderson
- 19 Ava Schick
- 20 Dreena Horner
- 26 Ellwood Jones



- 12 Richard Olafson
- 17 Deanne Dowling



## Mellom Venner - March 2017



Fra presidenten continued...



Secondly, Brubyen Lodge is hosting the Syttende Mai [May 17] celebration for 2017. The event will take place at the Fairfield Seniors Centre on Wednesday, May 17 starting at 6:00 pm with supper. There will be displays, folk dancing and entertainment. The cost has been set at \$ 10.00 per ticket. We need to know how many people will be attending in order to determine the quantity of food needed. Ads will be placed in the Scandinavian Club newsletter and the SNCS newsletter. So spread the word!



There are Viking roots in Ireland. Some of Ireland's larger centres such as Dublin began as Viking settlements in the 700's and 800's.

Our next general meeting is on Thursday, March 16 at 7:30 pm. Planning Group 2 coordinated by Inger Anderson and Betty Brewer will be hosting the evening. In honour of St. Patrick's Day let's see lots of "wearing of the green". We will be discussing the Membership Dinner and Syttende Mai plans. [Remember to sign up to attend Sports Weekend!]

The Board of Directors meeting will be on Thursday, March 9 at 7:30 pm, Legion Manor.

Norwegian whist is Wednesday, March 8. We have cancelled the last 4 whist nights. Hopefully we will have enough people come out in the next couple of months to keep whist going.

Looking forward to seeing lots of members out for the next meetings!  
Fraternally,

**Diane**     [edberg@sasktel.net](mailto:edberg@sasktel.net)     306-373-3156

*Fra sekretæren*

*There is no report from the Secretary this month.  
ed.*

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  
March 3<sup>rd</sup>  
April 7<sup>th</sup>  
May 5<sup>th</sup>  
(1<sup>st</sup> Friday each month)

Norwegian Whist  
Mar. 8<sup>th</sup>, 7:30 pm  
Apr. 12<sup>th</sup>, 7:30 pm  
(2<sup>nd</sup> Wed each month)

Lodge Monthly Meeting  
Mar. 16<sup>th</sup>, 7:30 pm  
(3<sup>rd</sup> Thurs each month)

Membership Dinner  
April 20<sup>th</sup>, 6:00pm



Sympathy extended  
to

**GET  
WELL!**

Notify Dorothy if  
sunshine required  
at 306-373-6478.



## A "SPORTS SMORG" in April

A day of indoor and outdoor games hosted by Aspelund Lodge, Sons of Norway.

There will be a smorg of games ranging from darts, whist, card/tile & dominoe games to Yard Yatchi, Ladder Golf and Kubb (an old Viking game).

Also available: a mystery walk in the mall, a creekside walk with poles and a visit to the Laft Hus-Red Deer's Norwegian Museum.

As educational components, a Lefse making class will be offered in the morning and the Museum visit in the afternoon.

Sample and enjoy what you like. Enjoy the fellowship! Friendly competition!

### **April 29, 2017 at Festival Hall in Red Deer 4214 58 Street**

9:30 am: Games begin; Lefse making class

12:00: Trollhaugen camp will provide lunch as a fund raiser for camp.

1:30pm-4:00pm: Games resume. Museum visit

### **Saturday Banquet April 29: Downtown House 5414 43 Street**

5:30pm: doors open for supper. (bar available beer, coolers, wine)

6:00pm: full beef banquet followed by entertainment

### **Registration Event: Downtown House 5414 43 Street**

Friday: April 28, 5:00 pm

6:00pm Stew supper followed by entertainment.

### **Games Closing event: at Downtown House 5414 43 Street**

Sunday April 29<sup>th</sup>

8:45 am: Meeting of Lodge presidents & Sports directors

9:00am: Full breakfast & farewell!

#### **Tickets:**

\$75.00 for 3-day event.

\$15.00 Friday stew supper & entertainment

\$50.00 Saturday only (games +banquet +entertainment)

\$25.00- Saturday: Banquet & entertainment only.

\$15.00- Sunday breakfast farewell.

For information: Contact:

Bob Brewer: 403-227-8480

Duane Christianson:403-346-4291 mavdoc7@telus.net

Eileen Bantjes: 403-347-5281 ebantjes @telusplanet.net

**Pre-registration/prepayment is required. Deadline: April 15, 2017**



**SONS OF NORWAY WINTER GAMES  
ZONE 4 SPORTS WEEKEND April 28, 29, 30 2017  
ASPELUND LODGE 4-571 RED DEER**

**“It’s a Sports Smorg!”**

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

**Marcel Voyer**  
Vice-President  
306-384-2420  
msvoyer@shaw.ca

**Vacant**  
Secretary

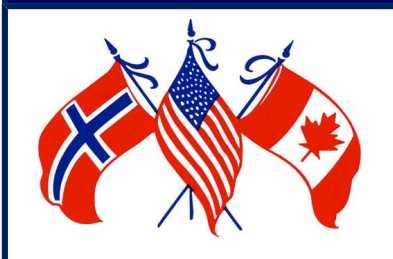
**Sharon Voyer**  
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msvoyer@shaw.ca

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Membership Secretary  
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**Phyllis Byers**  
Cultural Director  
306-373-6478  
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**Myrna Kennedy**  
Social Director  
myrna.kennedy@sasktel.net

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



**SPORTS DIRECTOR**  
Robert Brewer  
129 Westwood Crt.  
Innisfail, AB, T4G 1S2  
Ph. 403- 227-8480

**REGISTRATION**  
Duane Christianson  
15-51 Carpenter Street  
Red Deer, AB T4P 2R9  
403-346-4291  
Email: mavdoc7@telus.net

January 5, 2017  
Attention: Lodge Sports Director and President, fellow members:

Greetings to fellow members, spouses, friends and non-sports participants- We invite you to our 2017 Sports Weekend, April 28,29,30, 2017 in Red Deer to celebrate the 57<sup>th</sup> Anniversary of the Games. We are offering a smorgasbord of indoor and outdoor games. You can pick and choose when you get here! One exception- **whist**, please let us know how many AND WHO so teams can be arranged.

It will be a “Sports Smorg”!  
On the table for this event will be: Kubb (an old Viking toss game) and Yard Yatchi, darts, Norsky golf, Norwegian Whist, Norwegian Railroad, Norwegian Tile Rummy, Walking, and a visit to the Laft Hus Museum. A lefse making class has been added as an educational component.

**Registration fee:** \$75.00 per registrant for full weekend.

- **Payment:** one cheque per Lodge please made payable to Aspelund Lodge.
- **Deadline:** March 15, 2017 (Our caterer needs the numbers 1 week in advance to arrange food and staff.)
- **No refunds** after April 15 except in extreme cases.
- **Included:** Meal tickets for: Friday night, Saturday bankett (banquet)and Sunday frokost (breakfast) and choice of games!.
- **Noon Saturday:** On your own. Lunch available and provided by Trollhaugen with proceeds going to Trollhaugen Camp.
- **No tickets available at the door!** Anyone wishing to just come to the banquet needs to register early and prepay \$25.00.
- **Silent Auction:** Each Lodge is asked to bring an item for the silent auction. Thanks for your support.
- **Bunads:** If you have one, please wear it for Saturday night.
- **Special Fee packages:** Must be prepaid prior to 15<sup>th</sup> April.
  - a) \$50.00 Saturday only Games & Banquet/entertainment
  - b) \$ 60.00 All Saturday & Sunday Breakfast



Officers

- Ellwood Jones** - Assistant Sports Director
- Mildred Norum** - Counselor
- Dorothy Haroldson** - Sunshine
- Myrna Kennedy** - Greeter
- Graham Begg** - Foundation
- Lyla Dalen** - Historian
- Nancy Iverson** - Librarian
- Myrtle Dixon** - Assistant Librarian
- Wanda Fowler** - Assistant Librarian
- Marcel Voyer** - Marshall
- Chris Byers** - Marshall
- Natasha Tripp** - Marshall
- Lois Campbell** - Trustee
- Marcel Voyer** - Trustee
- Kayla Ingram** - Trustee
- Inger Anderson** - Auditor
- Dennis Akins** - Auditor
- Alfred Hovdestad** - Auditor
- Eunice Begg** - Volunteer Coordinator

**Editor**

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 306-373-6694

**MOTELS:**

**PLEASE NOTE:** they all have a continental breakfast and are fairly close and easily accessible to the Downtown House. They all require 2 weeks notice if cancelling.

**Taxes are not included.**

Please make reservations early. We recommend the Motel 6.

**MOTELS**

**\*\*Motel 6:** 1-403-596-5304 (Stephanie Morlidge) \$75.60

**Western Budget** 1-403-358-5755 (Arvit) \$79.00

**Travelodge** 1-403-346-2011 ( Shirin) \$99.00

**Please tell them you are with Sons of Norway when you book.**

*Fra redaktøren*

Hei Hei!

Spring is almost here. We had a short false spring in February but the signs of spring are all around us. Small flocks of geese have been sighted, the snow is slowly disappearing, the days are getting longer, soon the grass will be growing and the snow birds will be back before we know it.

It's a busy time of year as the seasons change. I hope all of you are as happy to see spring as I am. I'm looking forward to evening walks in the park, planting the flowers in the garden, and visiting friends at the lake.

For our lodge, the Membership Banquet is coming up in April, we have Syttende Mai in May and Sports Weekend in June. I hope to see all of you at our Spring functions.

*Ha det!*

Fraternally,

*Alfred  
Hovdestad*

*Deadline for the  
next newsletter*

*Mar 31st*



At the Lodge



The Bingo deck.



Checking for Bingo!



Members playing bingo



The Bingo Caller



Pay attention!



Story telling



## Litt på norsk...

### Glad laks svømmer lenger

Laksens motvilje mot å svømme langt kan skyldes angst eller redsel. Etter at den blir født i en ferskvannselv, skal laksen svømme ut i det store havet for å vokse seg stor og sterk. Mange laks svømmer langt for å komme seg dit de skal, men det er ikke alltid tilfellet.

Nå tror forskere ved Umeå universitet i Sverige at angst eller redsel kan være årsaken til at noen laks ikke vil svømme like langt som sine venner. Ved å behandle laksen med angstdempende legemidler, kunne vi se at den glade laksen vandret lenger og fortere enn den ubehandlede laksen, sa Gustav Hellström, en av forskerne bak studien, i en pressemelding fra Umeå universitet.

#### Dobbelt så fort

Studien ble gjennomført både i kontrollerte omgivelser og i et naturlig miljø, nærmere bestemt i et oppdrettsanlegg utenfor Umeå nord i Sverige. Halvparten av fiskene fikk doser av legemiddelet oxazepam, som i mennesker brukes i behandling av blant annet angst og uro. Halvparten av fiskene fikk ingen behandling. I både kontrollerte og naturlige omgivelser svømte den nå angstfrie laksen nesten dobbelt så fort som sine ubehandlede brødre. Denne effekten avtok derimot etter hvert, i takt med at legemidlet forsvant fra blodet.

To tidligere studier har vist at angstdempende legemidler kan ha en effekt på fisk. Forskerne tror dermed at økningen i vandring kan skyldes lavere nivå av angsten som normalt ville gjort at laksen tok færre risikoeer.

#### Et engstelig dyr

Det ligger i laksens natur at den er engstelig. Den har mange fiender som vil spise den, og dermed er den avhengig av skjul i elva for å unngå rovdyr. Det forteller Torbjørn Forseth, seniorforsker ved Norsk institutt for naturforskning, NINA. Man kan fint beskrive laksen som et engstelig dyr. Vi vet blant annet at den største laksen sjelden svømmer opp i de små vassdragene, sannsynligvis fordi den har færre skjulesteder der, sier Forseth. Unglaks som vandrer ut mot havet, smolt, har også god grunn til å være engstelig. På sin vei møter den mange potensielle fiender, og det er få som overlever den farefulle ferden.

Under fem prosent overlever, og det kan være så lite som under en prosent, sa nå avdøde Ove Skilbrei ved Havforskningsinstituttet, til forskning.no i fjor. (<http://forskning.no/2015/04/smolt-historien-om-en-dramatisk-ungdomstid>)

Torbjørn Forseth ved NINA forteller at smolt stort sett svømmer om natta, blant annet fordi mørket gir beskyttelse mot rovdyr. Han mener at det dermed virker logisk at en fisk med hemmet angstreaksjon tar større sjanser enn en fisk med normalt angstnivå.

<http://forskning.no/fisk-fiskehelse/2016/12/glad-laks-svømmer-lenger>

## and a little in English

### Happy Salmon Swim Longer

Salmon's reluctance to swim far may be due to anxiety or fear. After being born in a freshwater river, salmon swim out into the vast ocean to grow big and strong. Many salmon swim far to get where they are going, but it's not always the case.

Scientists at Umeå University in Sweden now think that anxiety or fear may be the reason why some salmon don't want to swim as far as their friends. "By treating salmon with anti-anxiety drugs, we could see that happy salmon wandered further and faster than untreated salmon," said Gustav Hellström, one of the researchers behind the study, in a press release from Umeå University.

#### Twice as fast

The study was conducted both in controlled environments and in a natural environment, specifically in a farm outside Umeå in northern Sweden. Half of the fish were given doses of the drug oxazepam, which is used to treat people for anxiety and unease, among other things. Half of the fish were given no treatment. In both controlled and natural surroundings the now-anxiety-free salmon swam almost twice as fast as their untreated brothers. This effect diminished gradually, however, as the drug disappeared from their blood.

Two previous studies have shown that anti-anxiety drugs can have an effect on fish. Researchers therefore believe that the increase in migration may be due to lower levels of anxiety which normally would have the effect of the salmon taking fewer risks.

#### An anxious animal

It is the salmon's nature to be anxious. It has many enemies who want to eat it, and thus it relies on hiding in the river to avoid predators. So says Torbjørn Forseth, senior scientist at the Norwegian Institute for Nature Research, NINA. "One can certainly describe salmon as an anxious animal. We know for example, that the biggest salmon rarely swims up in smaller waterways, probably because it has fewer hideouts there," says Forseth. Young salmon that migrate out to sea, smolt, also have good reason to be anxious. On the way they meet many potential enemies, and there are few who survive the perilous journey. "Fewer than five percent survive, and it could be as little as under one percent," the now-late Ove Skilbrei of the Institute of Marine Research told forskning.no last year. (<http://forskning.no/2015/04/smolt-historien-om-en-dramatisk-ungdomstid>)

Torbjørn Forseth at NINA says that smolt mostly swim at night, partly because darkness provides protection against predators. He believes that it thus seems logical that a fish with lowered anxiety takes greater chances than a fish with a normal level of anxiety.