

MellomVenner



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



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HOT DOG!

Fra presidenten

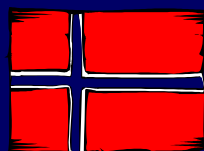
FROM THE PRESIDENT

June 2019

Another month in 2019 has passed us by! For your information I am now more than 3 weeks past the hip replacement surgery and recovery is going well. It keeps me busy all day doing the exercises as prescribed but hopefully they will pay off in the long run. Still at least 3 more weeks until I can drive and be independent again! Later in June life should be back to normal or at least closer to normal! Thanks so much for the cards and phone calls – they are bright spots in otherwise slow days!!

Since we had to cancel the Syttende Mai celebration due to poor attendance, I hope you were able to have your own celebrations to mark that important occasion.

The next event in Brubyen Lodge's life is the Sports Weekend at North Battleford and Meota. I hope a number of our members are planning to go since it is so close distance-wise and I know that Nisse Lodge members have been hard at work planning a fun weekend.



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!



- 4 Linda Wacker
- 8 Judith Rustad
- 9 Thor Kleiv
- 10 Connor Young
- 12 Tyler Anderson
- 16 Chris Byers
- 18 Doreen Uhl
- 28 Ethan Corriveau



Fra presidenten continued...

The June general meeting program has run into a snag. Author Glen Larson was invited to join us and do a reading from his latest book "If It Has a Beginning". His first book "Come Hell or High Water" is in our library. Glen works in the oilfield and will be out of town for the June 20 meeting. He is most definitely interested in doing this program so hopefully he will be able to come at a future date. SO, Group 2 members, please put your thinking caps on for an alternate program for June.

St. Hans Day or Summer Solstice...whatever the name, the event is on Friday, June 21. Sharon and Marcel Voyer have offered their back yard for a fun evening. More information later in this newsletter!

Then, as usual, there are no general meetings for July and August. However, we can't forget FOLKFEST on August 17-19. The Norwegian Pavilion will be at Holy Cross High School again. VOLUNTEERS are NEEDED. Sign up for at least one shift, bring a friend or two to help out [but make sure the Volunteer Coordinator knows they are coming]. The list of available volunteers for this event seems to shrink each year so working one shift in the 3 days will not be enough. The Norwegian Pavilion has a good reputation for food and display tables with craft vendors. Let's keep that going!

Brubyen Lodge will have a display table again and we also need volunteers to "man" the table. A schedule of shift times is attached to this newsletter. Call or e-mail me when you have picked your shift - no need to wait until the last minute! I will be available to work the table where needed.

I hope to see a good turnout of members for the June 20 general meeting at 7:30 pm in the Fairfield Seniors Centre.

Hope you all have a great summer planned with family and friends and Brubyen members [who, of course, are also friends!].

Fraternally,
Diane

306-373-3156

edberg@sasktel.net



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
June 7th
July 5th
(1st Friday each month)

Norwegian Whist
June 12th, 7:30 pm
(2nd Wed each month)

Monthly Event
Social/Cultural
Evening
June 20th, 7:30 pm
(3rd Thurs each month)

A Slightly Different Town

On the Svalbard Islands of Norway lies the northernmost town in the world. Longyearbyen is a former coal mining town, but has since transformed into a cultural and commercial center. What makes Longyearbyen so unique isn't just its location, but the few strange laws that the residents must abide by.

The most bizarre law might be that it is illegal for the dead to be buried in Longyearbyen due to the sub-zero temperatures. If a death does occur, the body is taken to the mainland. A woman also cannot give birth in the town; an expectant mother must go to the mainland to deliver her child. Cats are banned from the city in order to protect Arctic birds. Residents are required to carry a firearm when traveling outside of the settlement, but it is illegal to have a loaded firearm within the town. It is also customary to remove one's shoes when entering an establishment, even in the museum and church.

These are only a few of the quirky facts about Longyearbyen.
To learn more, visit

<https://en.visitsvalbard.com/visitor-information/destinations/longyearbyen>

St. Hans Day

It is June and that means that it is time for the St. Hans Day celebration. This year we are fortunate to have Marcel and Sharon giving us the use of their backyard for the celebration.

We will start the celebrations on June 21st at 6:00pm with a campfire and a free wiener roast. We will meet at 906 Steeves Avenue [Marcel and Sharon Voyer's back yard] for games, stories, and meeting old and new friends.

We have invited the members of the Saskatoon Norwegian Cultural Society to join us. Please bring your own lawn chair and any outdoor games that you have. The musically inclined are invited to bring their instruments or their singing voice, the rest of us will clap and hum along.

I hope that you can join us. St. Hans Day is the second largest non-religious celebration in Norway. It is a time to enjoy the company of old friends and meet new friends.

Ha det!



Condolences
Sympathy extended
to

GET
WELL!

Notify if
sunshine required
at 306-999-9999.



Norwegian Knekkebrød

Enjoy this flavorful and easy to prepare treat. Recipe submitted by Christopher Mohs, Vikingland Lodge 1-495, Detroit Lakes, MN

Ingredients

- 1 cup whole wheat flour
- 1/3 cup flax seeds
- 2/3 cup rolled oats
- 1/3 cup sunflower seeds
- 2/3 cup hazelnuts (ground)
- 1 1/2 tsp salt
- 1 cup water

Directions

Preheat oven to 350 degrees F. Mix all dry ingredients together in a bowl. Then add water, 1/3 cup at a time, and mix in until you get a consistency of moist gravel (it should clump together when pressed into a ball, but not be too soggy). You may not use all of the water. Next, on a parchment lined baking sheet or tray (about 9 x 13 in size) dump out the mixture and press into one even layer with a spatula. Using a pizza cutter, score your Knekkebrød into rectangular pieces and bake for 60 minutes.

Remove and allow to cool down slightly. Break apart bread into your pre-scored rectangles and enjoy with your favorite jam.

Find more of Christopher's recipes on his blog at <https://www.pumpnickelandrye.com/>





Motor to Alberta to Embrace Your Nordic Roots



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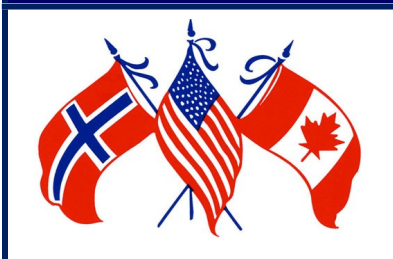
Myrna Kennedy
Social Director
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Kathy Fenton
Sports Director
306-374-4505

If on a summer road trip in Canada and you find yourself near Red Deer, Alberta, hit the brakes and stop by the charming Laft Hus Museum, which is housed in a hand-crafted log building that exudes hygge and is home to an array of intriguing historical artifacts. The building is modeled after a typical Norwegian 17th century farm home and was hand-built by devoted volunteers. Since 1984 the building has been located in Red Deer's Heritage Square.

The museum offers public programs and classes that can be tailored to specific needs and interests. Topics may include folklore, crafts, Norwegian history and more. The museum's annual festival is June 15 and will feature Viking reenactments, Scandinavian dancers, lots of children's activities and tasty foods. A fall bake sale is a popular fundraiser for the museum; check out their website for more information.

Hours: June-August
Tuesday-Saturday, 9am-5pm;
Sunday 12-5pm.
Admission: Free (\$5 suggested donation)
Location: 4402-47 Avenue Red Deer, Alberta
More information: www.norwegianlafthussociety.ca





Officers

- Ellwood Jones** - Assistant Sports Director
- Mildred Norum** - Counselor
- Vacant** - Sunshine
- Myrna Kennedy** - Greeter
- Graham Begg** - Foundation
- Vacant** - Historian
- Nancy Iverson** - Librarian
- Myrtle Dixon** - Assistant Librarian
- Vacant** - Assistant Librarian
- Marcel Voyer** - Marshall
- Chris Byers** - Marshall
- Natasha Tripp** - Marshall
- 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

Notices – June Social/Cultural Event

St. Hans Day
June 21st
6:00pm - sunset
906 Steeves Avenue

Fra redaktøren

Kjære venner,

Summer is finally here and I'm ready for summer barbeques, fishing and spending time at the lake. This year I hope to visit a couple of northern lakes and enjoy some of the great fishing that Saskatchewan is known for.

We start off the summer traditions with the St. Hans Day celebration. This year we will be in Marcel and Sharon's backyard at 906 Steeves Avenue starting at 6:00pm. Bring a lawn chair, come for a hot dog, play some games, stay for an hour or two, and visit old and new friends.

Hope to see you there!

Brubyen Web Site

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

Fraternally,

Alfred Hovdestad

Deadline for the next newsletter

July 31st

Mellom Venner - June 2019



FOLKFEST: August 17-19, 2019

Volunteers to “man” the Brubyen Lodge table Note: 2 people for each time slot please

Day & Time	Name 1	Name 2
Wednesday Set up	Diane Berg	
Thursday		
5:00 – 8:30 pm	Diane Berg 306-230-3666	
Alternate available		
8:30 – 12:00 pm		
Alternate available		
Friday		
5:00 – 8:30 pm		
Alternate available		
8:30 – 12:00 pm	Diane Berg	
Alternate available		
Saturday		
3:00 pm-6:00 pm		
Alternate available		
6:00 pm – 9: 00 pm		
Alternate available		
9:00 pm – 12:00 pm	Diane Berg	
Alternate available		
Pack up display table	Diane Berg	



Litt på norsk...

Kryssord, strikking og hagearbeid senker risikoen for Alzheimers

Fysisk aktivitet kan forebygge demens hos eldre. Men også aktiviteter som stimulerer hjernen, som å lese, gå på konsert eller å luke i hagen, senker risikoen uavhengig av fysisk aktivitet.

Det viser en studie ved Göteborgs universitet, som nylig ble publisert i tidsskriftet *Neurology*.

Forskerne har fulgt 800 kvinner gjennom 44 år. Da studien startet i 1968, var de i snitt 47 år. Da studien ble avsluttet i 2012, var de i snitt 91 år.

Forskerne har jevnlig stilt kvinnene spørsmål om hvilke fysiske og mentale aktiviteter de drev med, som kan stimulere hjernen.

Fysisk aktive halverte risikoen

I løpet av de 44 årene studien varte, utviklet 194 kvinner demens, altså nesten en av fire.

Det viste seg at de mest fysisk aktive kvinnene halverte risikoen for å utvikle demens som skyldes kar-sykdommer i hjernen, sammenlignet med fysisk helt passive.

I tillegg var kvinnene gjennom årenes løp blitt spurt om kulturelle aktiviteter. De kvinnene som var mest kulturelt aktive, var også beskyttet mot demens, særlig Alzheimers.

Kultur beskyttet også fysisk passive

Kvinner som var kunstnerisk, intellektuelt eller manuelt aktive hadde hele 46 prosent lavere risiko for å utvikle Alzheimers sykdom enn kulturelle latsabber.

Ergo kan det å lese, synge i kor, strikke, løse kryssord eller luke i hagen beskytte nesten like mye mot demens som å være i høy fysisk aktivitet.

Disse kulturelt aktive damene fikk også 34 prosent lavere risiko for å utvikle andre former for demens.

and a little in English

Crosswords, Knitting and Gardening Lower Risk of Alzheimer's

Physical activity can prevent dementia in the elderly. But activities that stimulate the brain, such as reading, going to a concert or weeding the garden, also lower the risk of physical activity.

This was shown by a University of Gothenburg study, which was recently published in the journal *Neurology*. Researchers monitored 800 women over 44 years. When the study started in 1968, they were 47 years old, on average. When the study was completed in 2012, they were an average of 91 years.

The researchers regularly asked the women which physical and mental activities they were doing, which can stimulate the brain.

Physically active people halved their risk

During the 44 years of study, 194 women developed dementia—almost one in four.

It turned out that the most physically active women halved their risk of developing dementia due to vascular diseases in the brain, compared to the physically completely passive.

In addition, women over the years were asked about cultural activities. The women who were most culturally active were also protected against dementia, especially Alzheimer's.

Culture also protected the physically passive

Women who were artistically, intellectually or manually active had a 46 percent lower risk of developing Alzheimer's disease than cultural slackers.

Ergo, reading, singing in choirs, knitting, solving crosswords or weeding your garden can protect almost as much against dementia as strenuous physical activity.

These culturally active ladies also had a 34 percent lower risk of developing other forms of dementia.