

# MellomVenner



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



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National Director Graham Begg

## *Fra presidenten*

### FROM THE PRESIDENT

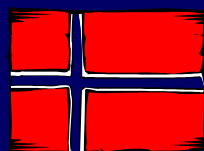
October 2019

Our Newsletter Editor has asked for our reports early this month so here we go.

We had 16 members out to the September 18 meeting which started with delicious soups and buns with apple crisp and ice cream for dessert. Unfortunately none of the special birthday and anniversary guests were able to come for the evening. Happy 65<sup>th</sup> anniversary to Margaret and Thor Kliev and Happy 75<sup>th</sup> birthday to Raymond Rustad out at Rose Valley.

### OCTOBER

October is Foundation Month. This is the time to make your personal donations to the Sons of Norway Foundation in Canada. As your accumulated dollar amount grows you will receive bronze, silver and gold pins acknowledging your contributions. Make cheques out to the Sons of Norway Foundation in Canada. You will receive a tax receipt.



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!



16 Alfred Hovdestad  
22 Marcel Voyer  
27 Natasha Tripp



1 Alice & Swen Garvik  
1 Alfred & Lauri  
Hovdestad  
13 Wendy & Butch  
Dalen-Johnson

Fra presidenten continued...

Our October social/cultural meeting is on October 17 with Group 2 hosting. We'll start at 6:00 pm with "Create it yourself" open face sandwiches. Group 2 will provide the bread, butter, cream cheese, lettuce, etc – the base of the sandwich. Each member is asked to bring something for a topping, for example: shrimp, thinly sliced beef or ham, blue cheese & cherry jam, hard boiled eggs, cheeses, sliced tomatoes and cucumbers, etc. Remember everyone will bring something so judge the amount accordingly.

Following supper Doreen Uhl and Marilyn Bonstrom will lead us in an art session so wear "old" clothes [depends on how sloppy we paint]. It will be fun to do and interesting to see the finished products. Don't worry if you think you have no artistic talent – we're all in the same boat! Our artists in residence will provide all of the materials we will need for the project.

On another subject, perhaps we could all benefit from a reminder of the importance of our words. We should think before speaking:

T – Is it true?  
H – Is it helpful?  
I – Is it inspiring?  
N – Is it necessary?  
K – Is it kind?

Words are like toothpaste. Once out of the tube, it's impossible to get them back in. (Author unknown)

Fraternally,  
Diane

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*Fra sekretæren*

**BRUBYEN LODGE SEPTEMBER 2019  
GENERAL MEETING MINUTES**

6:30 pm Fairfield Seniors Centre Thursday, Sept. 18, 2019

The evening began with a soup, buns and apple crisp with ice cream. Thanks to Group 1 for the delicious soup and for hosting the meeting.

The general meeting was called to order at 7:35 pm with 16 members present.

Moved by Graham Begg, seconded by Myrna Kennedy that the minutes of the June 20 General Meeting be adopted as circulated. Carried

Correspondence included the Mellom Venner, letter re Lodge of the Year; letter re 125<sup>th</sup> anniversary of SON, notice of AGM for the Sons of Norway Foundation in Canada on September 14, 2019.

Treasurer - \$ 480 in bank account; there are 24 Heritage Calendars still to sell at \$20 each.

Membership – Phyllis has been contacting members who are in arrears. We have 58 members currently – 29 adults in Saskatoon, 7 Heritage, 10 Unge Venner and 12 adults living in other centres.

Social – there were no special birthday or anniversary celebrants attending the meeting. Thor and Margaret Kliev are celebrating 65 years of marriage and Raymond Rustad had a special birthday.

The October 17 social/cultural event begins at 6:00 pm with a supper of open face sandwiches and a program of creating art led by Doreen Uhl and Marilyn Bonstrom. Also, October is Foundation Month so bring your personal donations to the meeting.

Cultural – November 11 Remembrance Day service at the SaskTel Centre. Alfred Hovdestad volunteered to lay the wreath on behalf of the lodge. Phyllis Byers will order the wreath.

Sports – Mildred Norum moved, seconded by Inger Anderson that we discontinue holding special Norwegian whist nights due to poor attendance. Carried. Diane will send an apology to the Fairfield members who came to play and we had to cancel at the last minute and a thank you for their participation in the past years.

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  
October 4<sup>th</sup>  
November 1<sup>st</sup>  
(1<sup>st</sup> Friday each month)

Monthly Event  
Social/Cultural  
Evening  
October 17<sup>th</sup>, 6:00 pm  
(3<sup>rd</sup> Thurs each month)



## Condolences

Sympathy extended  
to

**GET  
WELL!**

*Alice Garvik  
Dennis Akins  
Diane Berg  
Sharon Voyer*

Notify ..... if  
sunshine required  
at 306-999-9999.



Fra sekretæren continued...

Foundation – Graham Begg attended the SON Foundation in Canada AGM and reported on the \$ 800.00 Bursaries that are available to students [including non members who have a relative who is a member] in their first post-secondary education degree. They are eligible to apply for up to 3 years. The foundation is starting to a bursary of \$ 600 for apprenticeship programs. Grants are also available to lodges for some programming.

More information is available on the Sons of Norway Foundation in Canada website.

Thank you to Sharon and Marcel Voyer for hosting the Summer Solstice/ St. Hans Day Eve/June 21 in their back yard and for their work for the Norwegian pavilion at Folkfest. Thank you also to the Brubyen members who volunteered at the pavilion.

The Salvation Army Christmas Kettle campaign was discussed and members asked if they still wanted the lodge to provide volunteers to man the kettles. It was decided that the lodge would not be involved but individuals could call the Salvation Army and volunteer for shifts.

December 1 Lutefisk & Meatball Supper – Diane is to contact Heidi Sheehan, President of SNCS re working together.

Celebration of the 125<sup>th</sup> Anniversary of Sons of Norway 1895-2020 will take place at our January 16, 2020 general meeting. Members will be asked to bring their Cultural Skills Program projects.

January 1, 2020 the simplified fee structure comes into effect: Individual \$ 58.00 and Family \$ 88.00. We are trying to find out what constitutes “family”.

Respectfully submitted by E. Diane Berg



Sons of Norway Foundation in Canada 2019 Report

I have just completed my first full year serving as a National Director of the SON Foundation in Canada and it has been a very positive experience. I have met and got to know a little better the other 5 Directors; observing their dedication and passion through years of service is not only maintaining, but strengthening, the aims of the Foundation.

This year the Foundation provided grants to Lodges for a variety of cultural and heritage opportunities; as well as eight bursaries to students in post secondary and one to an apprentice applicant. This year there were only 12 applications for bursaries and none from Saskatchewan. So it is important to get the news out that there are bursaries available and that many applicants had only Grandparent connection with SON!

The month of October is Foundation Month!

Brubyen Lodge is encouraging the collection of stamps; to be delivered in May to Russell Wiigs. There are also opportunities to make individual donations, including donations to other charities as a way of consolidating donations.

Graham Begg  
National Director, SON Foundation in Canada

Thank you to Brubyen Lodge members for the beautiful get well card and wonderful message.

For those of you who do not know as I have never seen a message in our newsletter, I was diagnosed with endometrial carcinoma on April 16th. I spent six days being hospitalized after surgery on June 4th. Twenty-five radiation treatments ended on September 16th and is being followed with three weekly sessions of brachytherapy which will end on October 1st – our 53rd wedding anniversary.

Hip, hip, hurrah!

Sincerely,  
Alice Garvik

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**Vacant**  
Secretary

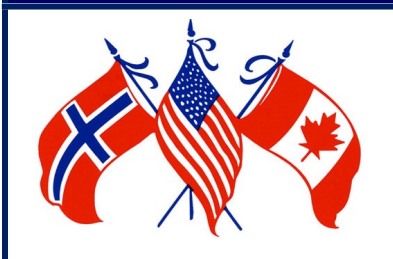
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Notices – October Social/Cultural Event

**Foundation Month**

Fairfield Seniors Centre  
October 17 6:30pm

*Fra redaktøren*

Kjære venner,

Is it October already? What happened to summer? One minute it was August and the next we're looking at October.

On the other hand, my wife and I did spend two weeks in Alaska. We took a 7-day Princess Cruise from Vancouver to Whittier, Alaska, followed by 5 days of land excursions. We went whale watching, panning for gold, met some reindeer, and took a walk in a temperate forest. It was a wonderful trip and one that we had planned for many years.

I can't wait until my wife retires to see what comes next!



- 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
- 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

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**Brubyen Web Site**

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

Fraternally,  
**Alfred Hovdestad**

*Deadline for the next newsletter*

**Oct 31<sup>st</sup>**



At the Lodge







## Litt på norsk...

### De fleste av oss spiser fortsatt middag hjemme

Hva spiste du i går? Når, hvor og med hvem? Og hvem lagde maten?

Dette har forskere spurt nordmenn, svensker, dansker og finner om med 15 års mellomrom. Først i 1997, så i 2012.

Nå kommer boken som oppsummerer funnene, *Everyday Eating in Denmark, Finland, Norway and Sweden*. Den ble lansert ved Oslo Met.

De som forventet at vi nordboere har forkastet husmannskost til fordel for eksotisk mat fra andre verdensdeler som vi inntar stående eller ute på restaurant, tok feil.

Matvanene våre er påfallende stabile.

En av de få, klare endringene er at menn i større grad lager middagen. Det er også vanligere at vi lager mat sammen.

### Nordiske kaker ut

- Andre endringer kan oppsummeres slik:
- Vann har erstattet melk til lunsj og middag
- Kjøtt dominerer til middag
- Vi spiser mer grønnsaker
- I helgene spiser vi mindre regelmessig
- Flere går på restaurant
- Flere spiser ustrukturert og mer usunt
- Kaker er på vei ut, snacks inn

### Kjøtt dominerer, grønnsaker på vei opp

Kjøtt dominerer fortsatt til middag, og grønnsaker er på vei opp. Å spise vegetarretter til lunsj er mye vanligere enn før.

Nordmenn bruker kjøttdeig typisk til spaghetti med kjøttsaus, taco og i pizza.

Kylling er også veldig populært, både helstekt og i retter inspirert av andre kulturer enn de nordiske.

I Norge spiser vi mer fisk enn i de andre landene. Fisk av ymse slag er fortsatt populært, spesielt i Norge og Danmark.

I alt har 13 000 innbyggere i de fire landene svart, hvorav 8000 personer i 2012.

## and a little in English

### Most of us still eat dinner at home

What did you eat yesterday? When, where and with whom? And who made the food?

This is what researchers have asked Norwegians, Swedes, Danes and Finns about 15 years apart. First in 1997, then in 2012.

Now the book that summarizes the findings has come out: *Everyday Eating in Denmark, Finland, Norway and Sweden*. It was launched at Oslo Met.

Those who expected us Norwegians to have rejected traditional dishes in favor of exotic foods from other continents or that we eat either standing up or out at restaurants were wrong.

Our eating habits are remarkably stable.

One of the few, clear changes is that men make dinner to a greater extent. It is also more common for us to cook together.

### Nordic cakes on the outs

Other changes can be summarized as follows:

- Water has replaced milk for lunch and dinner
- Meat dominates at dinner
- We eat more vegetables
- On weekends we eat less regularly
- More are going out to restaurants
- More are eating unstructured and less healthy
- Cakes are out, snacks are in

### Meat dominates, vegetables on the rise

Meat still dominates for dinner, and vegetables are on the rise. Eating vegetarian dishes for lunch is much more common than before.

Norwegians typically use ground meat for spaghetti with meat sauce, tacos and pizza.

Chicken is also very popular, both roasted and in dishes inspired by other cultures.

In Norway we eat more fish than in the other countries. Fish of various kinds is still popular, especially in Norway and Denmark.

A total of 13,000 inhabitants in the four countries were surveyed, of which 8,000 were in 2012.