

# MellomVenner

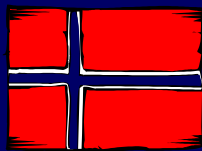


Brubyen Lodge 4-576, Saskatoon  
Saskatchewan, Canada

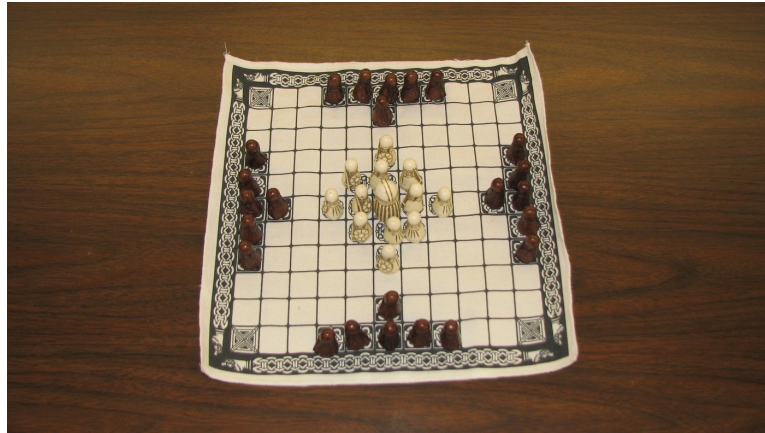


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The mission of Sons of Norway is to promote and to preserve the heritage and culture of Norway, to celebrate our relationship with other Nordic Countries, and provide quality insurance and financial products to our members.



Hnefatafl - Viking Chess

## Fra presidenten

*Is SPRING here???* The snow is fast disappearing with the above 0 temperatures of the last couple of days. However, we all know that Old Man Winter will soon return with cold temperatures and more snow.

Thank you to Group 3 for hosting the January 21, 2016 General Meeting, coordinated by Nancy Iverson and Kevin Moore. 17 members and 2 guests attended. We kept the business meeting as short as possible and enjoyed a video presentation on Scotland and the Shetland Islands by Shawna Iverson. Then we had the opportunity to learn a Norwegian game called Hnefatafl or Tafl. It's not easy but interesting!

## Hnefatafl





Gratulerer  
med  
dagen!



- 7 Kayla Ingram
- 7 Pamela Smith
- 12 Arne Unseth
- 13 Mildred Norum
- 20 Erika Dowling
- 22 Maureen Johnson
- 25 Kathleen Fenton



- 11 Charlene Dalen
- 13 Dennis & Judy Akins

Fra presidenten continued...

*Hnefatafl* (pronounced NEF-uh-tahf-ahl), is one of the oldest games in the world (traced in various versions to the Vikings, Welsh, Saxons, and Irish) and is similar to chess. The Vikings played this game to sharpen their minds for battle. The goal is to capture your opponent's pieces before the 'king' reaches safety.

A reminder: Fairfield Seniors Centre memberships are due as of January 1, 2016 and are now \$ 10.00. Our lodge members [in Saskatoon] are encouraged to become members of the Centre. They have lots of activities to choose from to participate in and enjoy. Doreen Uhl will be glad to give you a membership card in return.

The annual HERITAGE FESTIVAL at the Western Development Museum will be on Sunday, February 7. Admission to the museum is FREE that day. Brubyen Lodge will have a display table along with more than 40 other heritage organizations. It starts at 12 noon and ends at 5:00 pm. There is a parade to kick off the program; entertainment on the station stage; programs for the kids; displays to look at; etc. A great day to forget about winter! This year's theme is Entertaining Saskatoon. Thanks to Myrna & Kathy for taking the 12 noon to 2:00 pm shift; Inger and I will be 2:00 to 4:00 pm. Thanks to Marcel for helping to set up the display.

We still have some heritage calendars left for \$ 10.00 each.

District IV Convention is June 16-18 in Helena, Montana. We are eligible to send 2 delegates. There was some discussion about sending delegates with the dollar being so low. We will have to have a short business meeting at the February social/cultural night to finish this discussion and to approve the audited statement for 2015. Three or four people have indicated an interest in attending the convention.

Something else to consider: we were not able to establish a Nominating Committee to determine the lodge officers for the 2017-2018 term at the January meeting. I know this seems to be a thankless task as a



Fra presidenten continued...

Unless otherwise indicated,  
all events are held at:

Fairfield Senior Citizens  
Centre  
103 Fairmont Court  
Saskatoon

Dead Fish Society  
Social Hour  
at Smitty's in Market  
Mall, 7:00 pm  
February 5<sup>th</sup>  
March 4<sup>th</sup>  
April 1<sup>st</sup>  
(1<sup>st</sup> Friday each month)

Norwegian Whist  
(tentatively)  
Feb. 10<sup>th</sup>, 7:30 pm  
Mar. 9<sup>th</sup>, 7:30 pm  
(2<sup>nd</sup> Wed each month)

Monthly Event  
Social/Cultural  
Evening  
Feb. 19<sup>th</sup>, 7:30 pm  
(3<sup>rd</sup> Thurs each month)

Lodge Monthly Meeting  
Mar. 17<sup>th</sup>, 7:30 pm  
(3<sup>rd</sup> Thurs each month)

Monthly Event  
Membership Dinner  
April 21<sup>st</sup>  
(3<sup>rd</sup> Thurs each month)

committee. So to our members, remember – no officers, no lodge!  
Are we ready to consider that alternative? This will be on the March  
general meeting agenda.

The February social/cultural night will be hosted by Group 2 with  
Mildred and Eldon Norum & Kathy Fenton coordinating. Rumour has  
it that we might be participating in the 1<sup>st</sup> Annual Norsk Indoor  
Games. So plan to come out and have some fun!

You might consider attending Sports Weekend this year on June  
10-12 at Edmonton. Solglyt Lodge is planning a fun time. Let Kathy  
Fenton [306-374-4505] know if you are interested so that we can  
organize car pools.

Lastly, please get your volunteer hours for 2015 to Secretary Bjorn As  
Soon As Possible! The Lodge Achievement Form must be in by  
March 1 so don't delay any longer. [bjornhunter2@gmail.com](mailto:bjornhunter2@gmail.com)

See you at the Heritage Festival, at whist or at the February meeting.  
Take care.

Fraternally,

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

*Fra sekretæren*

Board Meeting 14 Jan 16

1930 meeting called to order  
Officers present: Diane Berg, Phyllis Byers, Marcel Voyer, Sharon  
Voyer, Dorothy Haroldson, Myrna Kennedy, Kathy Fenton, Bjorn  
Hunter



Sympathy extended  
to

**GET  
WELL!**

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



Fra sekretæren continued...

Phyllis Byers moved motion to accept the previous board meeting minutes and last general meeting minutes  
Seconded by Bjorn Hunter, motion passed.  
Calendars ☐ Sell at Heritage festival at \$10/calendar

**Treasurer's Report—Sharon Voyer**

Foundation Grant  
Advertising Grant for Convention Booklet ☐ \$45 advertisement cheque to come from Sharon Voyer  
Cultural Grants ☐ get a stand or display case for items for folkfest

**Secretary's Report—Bjorn Hunter**

Add "f" to "son" for the website URL  
Work on recruitment poster ☐ send to members when it is complete

**Membership Report—Dorothy Haroldson**

Need new pamphlets for the guild system

**Social Report—Myrna Kennedy**

Continue Whist as long as there are people willing to show  
Organize an event with Nisse Lodge in North Battleford  
Organize an event sometime in April ☐ do an event and invite the North Battleford lodge, probably for a bowling event  
Perhaps have Inger give a talk about the tapestry at the February meeting  
Keith Carlson ☐ get contact info from Chris Byers

**Cultural Report—Phyllis Byers**

Next Geneology meeting will be March 5

**President's Report—Diane Berg**

District 4 fraternal grant has been sent to HQ  
Heritage Festival will be Feb7, 12:00-5:00. Need people to run the lodge table. Need at least two volunteers at the table  
District IV Convention June 16-18 in Helena, Montana ☐ need to vote for two delegates, need to consider cost of sending the members  
Need to determine if we need to install assistant Marshalls again from last year.

Meeting adjourned at 2100





2016 General Meeting Minutes highlights

**Diane Berg**

President  
306-373-3156  
edberg@sasktel.net

**Marcel Voyer**

Vice-President  
306-384-2420  
msvoyer@shaw.ca

**Bjorn Hunter**

Secretary  
306-491-7197  
bjmhunter2@gmail.com

**Sharon Voyer**

Treasurer  
306-384-2420  
msvoyer@shaw.ca

**Dorothy Haroldson**

Membership Secretary  
306-373-6478

**Phyllis Byers**

Cultural Director  
306-373-6478  
jp64@sasktel.net

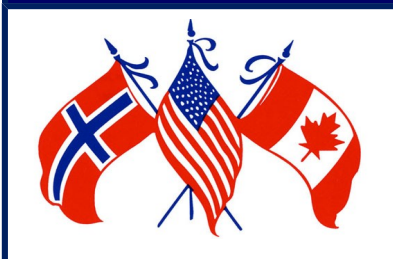
**Myrna Kennedy**

Social Director  
myrna.kennedy@sasktel.net

**Kathy Fenton**

Sports Director  
306-374-4505

1. There were 17 members present plus 2 guests.
2. Treasurer Sharon Voyer gave the 2015 yearend statement. We are not rich but still comfortable going into 2016 with a decent bank balance. The 2016 Budget was approved – moved by Myrna Kennedy/Eldon Norum. Suggested ordering fewer of the heritage calendars next year as we had quite a few left. We will sell them for \$ 10 at the Heritage Festival. The lodge books are going to the auditors to be ready for the February meeting.
3. We are considering purchasing a shelving unit to use in our displays at Heritage Day and Folkfest.
4. The Lodge Achievement Form is due in March 1. Important to get your volunteer hours in to Secretary Bjorn asap. You can e-mail them to him at bjornhunter2@gmail.com. See the last newsletter for the instructions.
5. Membership dues are now \$ 47.50 for primary membership; \$ 38.75 for a spouse; independent Unge Venner is # 23.75. An Unge Venner who has parent or grandparent as member is free but can pay \$ 6.00 to receive the Viking magazine.
6. The Genealogy Cultural Pin group will be at 2:00 pm on either March 12 or 13. Place to be announced.
7. Foundation Director Eldon Norum talked about the Foundation Scholarships and gave ideas on completing the application form. Forms not yet ready on the website.
8. Sports Weekend will be June 10-12, 2016 at Edmonton. Let Kathy Fenton or Ellwood Jones know if you are interested in attending.
9. Heritage Festival will be at the Western Development Museum on Sunday, Feb. 7 from 12 noon to 5:00 pm.
10. The Lutefisk & Meatball Supper was a success even though there were only 83 tickets sold.
11. We tried to set up a Nominations Committee for the 2017-1018 term without success.
12. Meeting adjourned t 8:40 pm. Followed by an interesting video presentation on Scotland and the Shetland Islands put together and narrated by Shawna Iverson. Nancy, Shawna and Amber Iverson spent a couple of weeks there last summer. Then we learned a Norwegian chess-like game and enjoyed a delicious lunch.





*Notices – February Social/Cultural Event*

At this month's Social/Cultural Event (February 18<sup>th</sup> at 7:30pm) we will have an Indoor Games Night. There will be games for all ages and interests. I've played all sorts of games, board games, card games, activity games, computer games and puzzle games. I don't know what games they have planned for this event but I am looking forward to an fun-filled evening of playing games. I hope to see everyone on the 18<sup>th</sup>.

*Fra redaktøren*

Kjære venner,

I'm not superstitious but I hope that we will have a cloudy day on Groundhog Day and that we can hope for an early spring. I keep promising myself that this will be the year that I take a winter holiday and go somewhere warm. Then about this time of year I realize that we forgot to book a winter get-away and I start hoping for an early spring. Maybe next year I will remember to book a winter holiday.

I hope that you are having a safe happy winter. In a few months the flowers will be blossoming, the mosquitoes will be hatching and we will be spraying ourselves with bug spray every time we venture out. Enjoy the warm weather while it lasts and I'll see you at the Indoor Games on the 18<sup>th</sup>.

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

**Editor**

Alfred Hovdestad  
343 Keeley Crescent  
Saskatoon, SK S7J 4B8  
alfred.hovdestad@usask.ca  
306-373-6694

Fraternally,  
*Alfred  
Hovdestad*

*Deadline for the  
next newsletter*

*Feb 27th*



*At the Lodge*



Playing Hnefatafl



Playing Hnefatafl



**DO YOU LIKE...**

-  SCHOLARSHIPS
-  STUDY OPPORTUNITIES IN NORWAY
-  LEARNING ABOUT NORWEGIAN CULTURE
-  AWESOME SOCIAL EVENTS
-  **FREE FOOD?!?**

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Check us out at  
[www.sofnsaskatoon.wix.com/brubyenlodge](http://www.sofnsaskatoon.wix.com/brubyenlodge)  
or contact [bjrnhunter2@gmail.com](mailto:bjrnhunter2@gmail.com)  
for more info

The complex block features a central graphic of the SON logo, which is a shield with a sun, a ship, and an anchor, set against a background of the American and Canadian flags. The logo is flanked by two crossed spears. Below the logo is a list of benefits for members, each preceded by a small Norwegian flag icon. The text is set against a light blue background with a scenic view of a Norwegian fjord and mountains in the background. The entire graphic is framed by large, overlapping blocks of blue and red.





## Litt på norsk...

### Kunsten bak den perfekte kunstpause

Et halvt sekund er alt du trenger, ifølge ny forskning.

The right word may be effective, but no word was ever as effective as a rightly timed pause.

Med dette sitatet av Mark Twain innleder stipendiat Kristina Lundholm Fors avhandlingen sin. Hun har undersøkt hvordan og hvorfor pauser oppstår i samtaler.

Stillhet i løpet av en samtale har mange ulike formål og utfall. Og lengden på denne stillheten har faktisk mye å si for hvordan praten flyter til og med for hva samtalepartnern er husker av det som ble sagt. Hører du for eksempel på talene til President Obama, kan du merke hvor bevisst den karismatiske lederen legger inn pauser mellom ordene. Nå viser Fors nøyaktig hvor lenge du kan drøye stillheten når du snakker uten at det blir pinlig.

### Tid for innpust

Hensikten bak et opphold i praten kan være så mangt. Rent fysisk trenger vi selvsagt å stoppe opp så vi kan puste inn, men vi trenger også pauser så vi kan planlegge hva vi skal si videre. I tillegg gir det mulighet for nestemann til å ta over samtalen. I Fors' verden finnes det klare distinksjoner på de ulike pausene: Hva de betyr, hvordan de oppstår og hvorfor de oppstår. Og jo lengre stillheten varer, jo kinkigere blir det.

Fors kan vise at dersom pausene i samtalen varer i fire sekunder, får tilhøreren vansker med å forstå innholdet. - Fire sekunder høres ikke ut som særlig lang tid, men i pausesammenheng kan det kjennes ut som en evighet, sier hun i en pressemelding fra Göteborgs universitet.

Et halvt sekund må til Forskeren utarbeidet tre ulike typer setninger: setninger uten pauser, setninger med et halvt sekund lang pause og setninger med en fire sekunder lang pause. Så fikk hun forsøkspersoner til å sitte foran en skjerm som viste ulike bilder. Så ble setningene spilt av og ga deltakerne beskjed om å trykke på en bestemt gjenstand på skjermen. Da pausen varte i fire sekunder, trykket flere av deltakerne på en gjenstand før hele setningen var uttalt. Fordi pausen varte så lenge, ga det inntrykk av at setningen var avsluttet. I tillegg hadde deltakerne vansker med å huske igjen innholdet i setningene uten pause og lange pauser.

Setningene som gav best resultat, var altså de med en velplassert pause på et halvt sekund.

## and a little in English

### The Art of the Perfect Pause

Research shows that a half second does the trick. "The right word may be effective, but no word was ever as effective as a rightly timed pause." Research Fellow Kristina Lundholm Fors used the above quotation from Mark Twain in the introduction of her doctoral dissertation. She has studied how and why pauses occur in conversations.

Silence in the course of a conversation has many different purposes and results. And the duration of such a pause actually has a powerful effect on the flow of discourse including what the person listening remembers of your side of the discussion. If you listen to a speech by President Obama you can't help noticing how intentionally the charismatic leader places pauses between his words. Fors has now shown exactly how long the pause in your speech can last before it starts getting embarrassing.

### Time to inhale

There are all sorts of reasons for pausing amongst a stream of words. Physically, of course, we need to stop to breathe in. Most of us need pauses to plan what to say next. We are also giving other people the opportunity to enter the conversation. In Fors' world there are clear distinctions between the different types of pauses: what they mean, what causes them and why. And the longer the pause, the more awkward it gets.

Fors shows that if the pauses in a conversation run longer than four seconds the listener will have trouble understanding the content. "Four seconds does not sound like a long time, but in the context of pauses this can feel like an eternity," she says in a press release from the University of Gothenburg.

A half second is just right The researcher operated with three types of sentences: sentences without pauses, sentences with a half-second pause and sentences with a four-second pause. Then she had volunteers sit in front of a screen showing various images. The sentences were played, telling the participants to touch a specific object on the screen. When the pause lasted four seconds, lots of the participants pressed an object before the sentence was completed. The sentence seemed to have been finished because the break was so long. Also, the test persons had trouble remembering the content of the sentences without pauses or with the long-lasting pauses.

The sentences that gave the best results were the ones with a well-placed pause lasting a half second.