

MellomVenner



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



In this issue

Executive Reports	
President	p. 1-3
Secretary	p. 3-4
Special Days	p. 2
Kalender	p. 3
Thinking of you	p. 4
Board of Directors	p. 5
Officers	p. 6
Notices	p. 6
From the Editor	p. 6
At the Lodge	p. 7
Litt på norsk...	p. 8



Our Fearless Leader

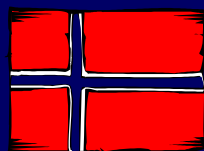
Fra presidenten

FROM THE PRESIDENT

April 2018

So we are back to the deep freeze. March is going out like a penguin in Antarctic temperatures. I've heard people say "So much for global warming".

We should be into more spring-like weather by the time of our next gathering which is our Membership Dinner on April 19.



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.

MEMBERSHIP DINNER

6:30 pm Thursday, April 19, 2018 at Fairfield Seniors Centre

Come and bring someone with you – family or friend.

This is a Pot Luck Dinner with a twist! The lodge will provide ham and we are asking members to bring a SALAD and something for DESSERT (Norwegian if possible).



Fra presidenten continued...



Gratulerer
med
dagen!



- 05 Judy Akins
- 10 Irene Johnson
- 11 Wendy Dalen-Johnson
- 13 Karen Larson
- 14 Swen Garvik



- 12 Charlene & Murray
Willoughby

So far we have 2 potato salads; 1 cole slaw; and 1 jellied salad. Looking forward to a variety of delicious food!

PLEASE let Diane know if you are planning to attend this dinner and how many guests you will be bringing by Tuesday, April 17 so I can then let you know a total attendance before the meeting night.

Call 306-373-3156 or e-mail at edberg@sasktel.net

P.S. Group 2 members are asked to arrive a little early to set up, get coffee going, etc. See the Program Planning Groups List attached to this newsletter.

We had 9 members out to the March meeting hosted by Group 1. Dorothy Haroldson had some interesting Irish-themed games for us to play. Hopefully attendance will improve with warmer weather and members returning from their winter travels.

Also we will try again to have our Norwegian whist night on Wednesday, April 11. Come out to learn this interesting “sport”. Kathy & Ellwood will be phoning regular attendees but you don’t have to wait for them to call – call them to let them know you are interested!

TROLLHAUGEN Norwegian Heritage & Culture Camp will be held August 12 -18, 2018 at the Deer Valley Meadows Christian Conference, Camp & Retreat Centre near Alix, Alberta. Trollhaugen Language Arts and Culture Camp is a multi-generational family camp that provides instruction and exposure to Norwegian culture and crafts with classes for youth 5-18 years and for adults. Fees are Member, adult \$350; Non-member, adult \$400; Student, under 18 - \$300; Pre-School - \$25 and Membership Fee - \$200. All youth must be accompanied by an adult.

Applications and camp information is available for download from their website at www.trollhaugenalberta.ca.

Kathy Fenton attended the camp in 2017 with some of her family and reports a great time.



Kalender of events

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 Bugsy's Pub in
Market Mall, 6:45 pm
April 6th
May 4th
June 1st
(1st Friday each month)

Norwegian Whist
Apr. 11th, 7:30 pm
May 9th, 7:30 pm
(2nd Wed each month)

Lodge Monthly Meeting
Apr. 19th, 6:30 pm
(3rd Thurs each month)

58th Sons of Norway Zone 4 Sports Weekend 2018
Solsyd Lodge, Lethbridge, AB

“Come Troll LA 2018” June 1, 2 & 3, 2018

All Sons of Norway members, spouses, friends and non-
sports participants are invited for fun, fellowship and
sportsmanship.

Registration fee is \$75.00 per registrant. This includes
Friday night supper, Saturday banquet, Sunday breakfast,
games, cards, excursion to Nikka Yuko Japanese Gardens.
It does not cover golf fees.

BRUBYEN MEMBERS – PLEASE let Kathy [306-374-
4505] or Diane [306-373-3156] know if you are planning to
attend!! Registrations are to be in by April 16 (Brubyen has
permission to send in our registrations on the 19th following
our dinner.)

Motel is the Premier Inn and Suites, 2225 Mayor Magrath
Dr. S, Lethbridge. Phone (403) 380-6677 Booked under
“Sons of Norway”.

We look forward to receiving more information on the 2018 Syttende
Mai celebration being planned by the Saskatoon Norwegian Cultural
Society on May 17.

Folkfest will be August 16-18, 2018 at Holy Cross High School.
Please be thinking about volunteering as they were short of
volunteers last year plus Brubyen's display table needs to be
“manned”. It isn't too far ahead to do some planning!

Lastly, District IV Convention time is an opportunity for lodges to
discuss changes that would benefit Sons of Norway and send in
resolutions for consideration at the convention. If you have thoughts
on this issue please pass them on to Alfred and/or Diane, your
convention delegates.

See you at the April 19 pot luck dinner!!

Fraternally - Diane



Fra sekretæren

MINUTES OF BRUBYEN LODGE MARCH15 GENERAL MEETING

7:30 pm March 15, 2018 at Fairfield Seniors Centre

1. Meeting called to order at 7:30 pm with 9 members present.
2. Announcement – Nisse Lodge, NB is having cards and bowling on Tues. March 20
3. Moved by Dorothy Haroldson, seconded by Myrna Kennedy that minutes of January 19,2018 general meeting be accepted as circulated. Carried.
4. Correspondence re Sports Weekend, June 1-3, Lethbridge
5. Heritage Festival in February at the WDM had over 3000 people at the event.
6. Membership Secretary – Debbie Hilton is suspended. Earl Hanson passed away. Social Director – program planning groups will be updated
7. Cultural Director – two sports medals to present. Possible weekend for music and literature cultural skills units pins. Will send monthly birthdays and anniversaries to Alfred for the newsletter.
8. Sports Director – how many interested in Sports Weekend? Next whist April 11 hopefully.
9. Newsletter Editor – Alfred is looking at planning another Summer Solstice in June.
10. President
 - a. Membership dinner on Thursday, April 19, 2018 at 6:00 pm. Pot luck supper with ham, salads, Norwegian desserts. How many guests might attend?
 - b. Syttende Mai hosted by SNCS
11. Remarks for the good of the order
 - a. Gayle Jones is still in the hospital
 - b. Dennis Akins is in hospital following surgery but should be home shortly.
 - c. Next Board meeting is April 12.
12. Meeting adjourned at 8:25 pm.

Sympathy extended
to

**GET
WELL!**

Gayle Jones

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





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Vacant
Secretary

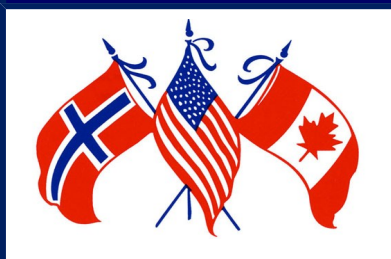
Sharon Voyer
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306-373-6478
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Myrna Kennedy
Social Director
myrna.kennedy@sasktel.net

Kathy Fenton
Sports Director
306-374-4505



MEMBERSHIP SECRETARY REPORT FOR March 15, 2018 MEETING

- 1) Earl Hanson passed away last summer as spoke to wife on the phone when inquiring about anniversary date and spouses name and dues renewal.
- 2) Mervin and Mavis are renewing and sent in yesterday.
- 3) Phyllis and Chris memberships sent in today.
- 4) Karen Edwardsen has been reinstated.

SUNSHINE SECRETARY REPORT FOR March 15, 2018 MEETING

- 1) Dennis Akins had surgery on Monday and was hoping to get home yesterday but there was other complications. Judy was waiting on call to get Dennis or if he stays in hospital.
- 2) Chris Byers fell on ice and cut his left hand open and went to hospital Monday night at 130 am to get check. No stitches and is doing good but bruised side and back as well.
- 3) Phyllis Byers fell on ice last Thursday and is recovering good. She returns to work on Saturday.
- 4) Marilyn Bonstrom is doing good just has another meeting conflict with tonight.
- 5) Alice and Swen Garvik are doing good.
- 6) Mervin and Mavis Hanson are good.
- 7) Gayle Jones is still in hospital and Elwood says there is nothing the doctors can do for her anymore. Elwood says that Gayle will probably be staying hospital.
- 8) Margaret and Thor Kleiv are doing good and don't go out much at night anymore.
- 9) Alice Olson is good but very busy doing activities and functions.
- 10) Doreen Uhl is good but sore legs.
- 11) Lyla Dalen is good and waiting for her daughter Wendy to come home today.
- 12) Please let me know of anybody sick, in hospital or passed away. Please phone me at 306-373-6478.

Respectfully submitted by,

Dorothy E Haroldson

Brubyn Lodge Membership/Sunshine Secretaries



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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Fra redaktøren

Kjære venner,

Retirement is turning out to be everything that I expected, and more! I am finding myself busier than I expected. I have taken on several new projects, and I am spending more time with projects that I have been involved with for many years. My wife even says that I am out more evenings now than when I was working.

I have yet to make it to a Norwegian Whist game, but not for lack of trying. As Spring rolls around I will be even busier with out door activities, yard work, visiting friends and family, and *hopefully* some travelling.

I expect that all of you are looking forward to Spring as much as I am. I don't know if Winter seemed longer because I am no longer stuck in an office all day, or because the snow refuses to melt. In either case warmer days will soon be here and we can finally get outside.

Brubyen Web Site

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

Fraternally,
*Alfred
Hovdestad*

*Deadline for the
next newsletter*

April 30th



Cultural Director's Report for March 15, 2018 Meeting

I have two sports medals to present when members are at meeting. One for Sharon and one for Phyllis.

I am thinking of doing a weekend for any interested parties for music and literature cultural skills units pins.

If anyone is interested in any cultural skills pins or sports medals, please sign sheets attached and copy of this will go into newsletter. I need to know what pins or medals members are interested in achieving.

Please use proper spelling of names when putting them in newsletter such as Swen is this not Svein.

Please put husband and wife names under anniversaries to avoid hurt feelings. Please put all birthdays for each month in as to avoid hurt feelings. I have heard comments when I phoned to inquire on which pins members have completed when I was updated pins for head office.

I have an updated copy of all birthdays, anniversaries and spouse names if not members have been added as well.

I have updated and charted as of January 1st /2018 all cultural skills pins and sports medals received by members so far. Please let me know what pins or medals that have been received in the past. I have no records showing any members in the past receiving any sports medals, please fill in form attached of any sports medals already received by members.

Respectfully submitted by

Phyllis J Byers

Brubyen Lodge Cultural/Sports Director

Highlights for in newsletter. Thanks.



Litt på norsk...

Å holde tilbake et nys kan være farlig

Å holde tilbake et nys kan i verste fall føre til rifter i halsen, at trommehinnen ryker eller at en blodåre i hjernen sprekker, advarer leger.

Enkelte velger å blokkere luftveiene når de kjenner at et nys er på vei og dermed «svelge» hele den eksplosive kraften i nyset.

Vanligvis er det ufarlig, men i enkelte tilfeller kan det vise seg å bli svært smertefullt og direkte farlig. Dette ble nylig illustrert da en 34 år gammel mann dukket opp på legevakten i Leicester i England, med hoven nakne og ekstreme smerter.

Pasienten beskrev følelsen av et puff i nakken etter at han prøvde å stagge et nys ved å holde seg for nesene og lukke munnen, forklarer leger i en studie publisert i det medisinske tidsskriftet BMJ Case Reports.

En CT-skann bekreftet legenes mistanke: kraften fra nyset hadde revet opp baksiden av halsen. Mannen som nesten ikke kunne svelge eller snakke ble innlagt på sykehus, hvor han ble matet gjennom slange og gitt antibiotika fram til hevelsen og smerten ga seg. Han ble skrevet ut etter en uke.

Det å stoppe et nys ved å blokkere neseborene er en farlig manøver, og bør unngås, konkluderer legene bak studien.

I sjeldne tilfeller, har det å stagge nys ført til en tilstand hvor luft blir innestengt mellom lungene, «og til og med at en cerebral aneurisme sprekker». En cerebral aneurisme er en tilstand hvor en blodåre i hjernen har svulmet opp.

and a little in English

Holding Back a Sneeze Can be Dangerous

In the worst cases, holding in a sneeze can lead to throat tearing, a ruptured eardrum, or cause a vein in the brain to burst, doctors warn.

Some people choose to block their respiratory tract when they know that a sneeze is on its way and in doing so they "swallow" the explosive force of the sneeze.

Usually it is harmless, but in some cases it may turn out to be very painful and in fact, dangerous. This was recently illustrated when a 34-year-old man appeared in a Leicester, England emergency room with a swollen neck and extreme pain.

"The patient described the feeling of a pop in his neck after trying to restrain a sneeze by holding his nose and closing his mouth," explain physicians in a study published in the medical journal BMJ Case Reports.

A CT scan confirmed the physicians' suspicion: the power of sneezing had torn the back of the throat. The man—who could hardly swallow or speak—was admitted to hospital, where he was fed through a tube and given antibiotics until the swelling and the pain let up. He was discharged after a week.

"Stopping a sneeze by blocking the nostrils is a dangerous maneuver, and should be avoided," conclude the doctors behind the study.

In rare cases, holding in a sneeze has led to a condition where air is trapped between the lungs, "and even caused cerebral aneurysm." A cerebral aneurysm is a condition where a vein in the brain has swelled up.