

MellomVenner



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



June 2018
Newsletter

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Sankt Hans 2017

Fra presidenten

FROM THE PRESIDENT

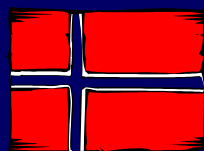
June 2018 Newsletter



Thanks to the Saskatoon Norwegian Cultural Society for hosting the 2018 Syttende Mai celebration on May 17. The location was Nostalgia Hall situated out near the Riverside Estates. About 65 or 70 people attended and enjoyed a BBQ meal followed by the historical story of Syttende Mai and the SNCS adult folk dancers.



Are you following the weather? It looks like this could be a “wild” summer of fierce storms with wind, hail and tornadoes! Unfortunately, they are also forecasting drought over a wide area of the province. Of course, hot and dry weather means more wildfires, both prairie and forest. Our weather patterns really are changing.



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!



04 Linda Wacker
08 Judith Rustad
09 Thor Kleiv
10 Connor Young
12 Tyler Anderson
16 Chris Byers
18 Doreen Uhl
28 Ethan Corriveau



Fra presidenten continued...

Our next meeting will be Thursday, June 21, 2018. It is a general meeting to deal with the business at hand. Group 1 is hosting that meeting with Judy and Dennis Akins coordinating.



Friday, June 22 is the St. Hans Day, (summer solstice), gathering at Pike Lake organized by Alfred Hovdestad. I'm sure he will have more information later in this newsletter. Those of us who attended last year had a fun time.

Alfred will be attending the District IV Convention in Bismark June 14-16 as our delegate. Unfortunately I cannot attend due to my husband having surgery on June 13. There will be a resolution presented at the International Convention in Minneapolis in August regarding Canadian dues. It will be as follows and will take effect on Jan. 1, 2010:

Basic Dues: \$40.00 Cdn
District Dues: \$ 8.00 Cdn
Local Lodge Dues: \$10.00 Cdn
TOTAL: \$58.00 Cdn (family rate \$88 Cdn)
US Lodge members currently pay \$32 + \$14 + \$14 = \$60 US (family rate \$90 US)

This resolution will be discussed at the Convention so if you have some concerns, comments, etc. contact Alfred as your delegate before he leaves for the convention.

Russell Wiigs, at the last minute, decided to let his name stand as Zone 4 Director so thank you very much Russ. We will look forward to working with you.

Speaking of District Officers, there will not be an election as each position only has one person running for that office. There are a couple of Zones that didn't have anyone apply so the Board will have to deal with that. There is no provision in the constitution for the convention delegates to deal with applications for District Officers positions that are not received 30 days before the start of the convention. An oversight in my opinion.

No meeting in July – we're all on holidays!



There will be a Board meeting in August before Folkfest on August 16-18, 2018. I will be looking for volunteers to help "people" our display table. I know that many of Brubyen's members volunteer at the Norwegian Pavilion so I hope a few of you can find 3.5 hours to do one shift. It is interesting to talk to the people who stop to look at our display and ask questions. Unfortunately we will not have the result of the vote on the fees resolution to be able to tell people what it costs to join the Lodge.

There is a table below with the times of the shifts for our table at Folkfest. Pick one and e-mail or phone me to let me know which one you want to work.

I moved the table to page 7. ^{ed}



Fra presidenten continued...

September starts our fall meetings and programs with the meeting date of September 20. Group 2 is hosting and there has been talk of starting with a soup/bun supper. Details will come in a later newsletter.

As of last week, Dorothy Haroldson, our Membership Secretary, was in hospital having tests for a heart problem. Hopefully she is home now and feeling better. Carman and I leave at 7:00 am tomorrow morning to attend the 2018 Zone 4 Sports Weekend at Lethbridge, June 1-3. We will pick up Graham and Eunice Begg at Maple Creek (they are holidaying at Cypress Hills) for the drive to Lethbridge and drop them off there on the way home. We anticipate a fun weekend. Probably won't win the Norwegian Whist because Myrtle Dixon was not able to attend – she always seems to do well at Sports Weekends!! I think the 2019 Sports Weekend will be in Calgary so start planning to attend. You get to meet the nicest people from other Lodges.

Just a personal note to end this June column. Last weekend was the 40th Saskatchewan Marathon and we had 6 “family” members participate. Our lodge member and my granddaughter, Natasha Tripp, and her mother, Sue Young, did a half marathon which is 21.5 km, setting personal bests. My other daughter, Stacey, daughter-in-law Erin, and Erin's dad all ran a 10 km distance. Sue's sister-in-law who just finished chemo and radiation for breast cancer before Christmas decided to come from Edmonton to challenge herself to do the 5 km run. They all accomplished personal bests. It was exciting to watch as there was a total of 2500 participants (1000 in the 10 km) and great to be supportive at the finish line when they arrived triumphantly.

Have a great summer and safe travels!

Fraternally,
Diane Berg

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 1st

July 6th

August 3rd

(1st Friday each month)

Norwegian Whist

Jun. 13th, 7:30 pm

Jul. 11th, 7:30 pm

(2nd Wed each month)

Lodge Monthly Meeting

Jun. 21st, 7:30 pm

(3rd Thurs each month)

Fra sekretæren

There is no report fra sekretæren this month. ^{ed}



Condolences

Sympathy extended
to

**GET
WELL!**

*Dorothy
Haroldson get
well card as in
hospital now home
recovering*

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



Norwegian Stick Bread

- 8 Cups flour
- 4 Tbsp. sugar
- 1 Tsp. salt
- 3 Tsp. baking powder
- 2¼ Cups water
- 1 Tbsp. oil

- Flour for dusting
- Sticks for cooking bread

Step 1

Wash all sticks so that they are free of dirt. Hazel wood sticks seem to work best.

Step 2

Combine all dry ingredients in a large bowl and stir to mix well.

Step 3

Dust your hands with flour and gently knead the dough a few times.

Step 4

Make sure the stick is wet prior to wrapping it in dough so that the stick does not burn in the fire.

Step 5

Form 1/2 C. dough into a long ribbon. Wrap dough around the stick. Place on grill and rotate frequently until bread is browned equally on each side.



Board of Directors

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

Vacant
Secretary

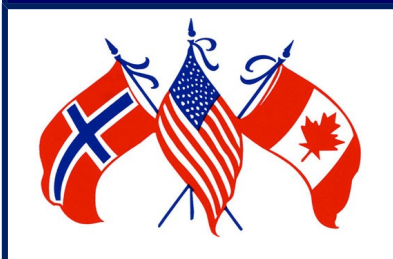
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Dorothy Haroldson
Membership Secretary
306-373-6478

Phyllis Byers
Cultural Director
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Myrna Kennedy
Social Director
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Kathy Fenton
Sports Director
306-374-4505



Litt på norsk...

Selfier svekker selvilliten

Dette skjer i hodet på den som tar en selfie.

Dersom du tar en selfie og deler den på et sosialt medium, så får du i de fleste tilfeller dårligere selvillit.

Dette finner koreanske psykologi-forskere som har sett nærmere på et svært hverdagslig fenomen.

Målte følsomhet og selvillit

Studien i Sør-Korea skal være den første som har gransket hvordan den som tar en selfie selv påvirkes av handlingen. 78 studenter deltok i eksperimentet.

Forskerne fokuserte på to faktorer: Det som kalles sosial sensitivitet. Og altså selvillit.

Deltagerne i eksperimentet tok bildene med sine egne smarttelefoner. Deretter fikk de beskjed om å dele bildet på et sosialt medium. Eller bare lagre bildet på sin egen mobil.

Straks etterpå målte forskerne deltageres reaksjonstid på visse sosiale stimuli som ble presentert på en dataskjerm. Selvilliten ble gransket gjennom å måle med hvor stor skrift deltagerne skrev signaturen sin.

Skrev mindre signaturer

Reaksjonstiden på sosiale stimuli ble mindre etter at deltagerne i eksperimentet hadde tatt en selfie og delt den på nettet. Det samme ble størrelsen på deltageres signaturer.

Det første får de koreanske forskerne til å konkludere med at følsomheten du kjenner på overfor mennesker rundt deg, blir større av å ta en selfie og dele den med andre på medier som Facebook, Instagram eller Snapchat.

At signaturen ble skrevet mindre, får forskerne til å konkludere med at selvilliten ble svekket. Sammenhengen mellom mindre signatur og svekket selvillit er funnet i tidligere studier.

Det hører med at selvilliten ble enda mer svekket om deltagerne tok en selfie og kun lagret den på mobilen.

Annen forskning på selfier

Også flere andre nyere studier har sett på det moderne fenomenet selfie og selfiedeling på sosiale medier.

Forskere har blant annet fått bekreftet at selfier handler om hvordan vi ønsker å framstå overfor omverdenen. Fordi selfien lett kan endres med billedredigeringsverktøy på smarttelefonen, blir det enda lettere å manipulere presentasjonen av oss selv.

Selfier handler også ifølge forskere ikke helt overraskende om at vi ønsker å få en bekreftelse på oss selv fra omverdenen.

Sosiale regler ved deling av selfier

Når noen bekrefter oss gjennom å skrive i kommentarfeltet under selfien, skjer det som oftest i tråd med visse sosiale regler.

Dette er en type sosial samhandling mellom mennesker som hele tiden gjentas. Dermed får den preg av å være et rituale: Du tar et bilde av deg selv. Du legger bildet ut på et sosialt medium (eventuelt etter å ha redigert det). Et antall venner gir deg tilbakemelding.

Det hele skjer i tråd med sosiale regler for hvordan akkurat denne samhandlingen bør foregå og hva det kan stå i kommentarfeltet.

Det nye med den sørkoreanske studien er altså at den sier noe om hva dette muligens gjør med selvilliten din.



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

Notices – June Social/Cultural Event

St. Hans Wiener Roast at Pike Lake

Group Site #2
 Friday June 22nd 5:00pm until sunrise.

Cultural Director

- have new cultural updated skills for chip carving and folk dancing as well as more sports medal forms for anyone needing them.

Thanks
 Phyllis

Fra redaktøren

Kjære venner,

June has finally rolled around again and we are getting excited about summer. We are planning a **Sankt Hans** celebration again this year. The celebration will be held on Friday, June 22nd at Group Site #2 at Pike Lake starting at 5:00pm.

There is a dining shelter where we can set up and lots of space for games such as ladder golf, frisbee, kubb, and any other games that we can find.

Please feel free to bring your family, friends, neighbors or anyone that you would like to spend an evening with. We will keep the fire going until everyone has turned in for the night (or until dawn if we have the stamina for it).

Bring a lawn chair, come for a hot dog, play some games, stay for an hour or stay all night. Hope to see you there!

Brubyen Web Site

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

Fraternally,
Alfred Hovdestad

Deadline for the next newsletter

Aug 31st

Mellom Venner - June 2018



FOLKFEST: August 16-18, 2018

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...

and a little in English

Selfies weaken self-esteem

This is what happens in the mind of someone who takes a selfie.

If you take a selfie and share it on social media, your self-esteem is lowered, in most cases.

This is what Korean psychology researchers found when they looked into this very common phenomenon.

Sensitivity and self-esteem

The study from South Korea is supposed to have been the first to investigate how the selfie-taker is affected by the action. Seventy-eight students participated in the experiment.

The researchers focused on two factors: something called social sensitivity, and then on self-esteem.

Participants in the experiment took photos with their own smartphones. Then they were told to share the image on social media, or just save the image on their cell phone.

Immediately afterward, the researchers measured participants' reaction time on certain social stimuli that were presented on a computer screen. Self-esteem was examined by measuring how large the participants wrote their signature.

Smaller signatures

The reaction time to social stimuli became shorter after the participants in the experiment had taken a selfie and shared it online. The same shrinkage happened to the size of the participants' signatures.

The first part made the Korean researchers conclude that the sensitivity you feel for people around you increases by taking a selfie and sharing it with others on sites like Facebook, Instagram or Snapchat.

That the signature became smaller, made researchers conclude that self-esteem was weakened. The relationship between small signatures and impaired self-esteem has been determined in previous studies.

This means that the self-esteem was even more weakened if the participants took a selfie - and only saved it to the mobile phone.

Other research on selfies

Several other recent studies have looked at the modern phenomenon of selfies and selfie-sharing on social media.

Researchers have, among other things, confirmed that selfies are about how we want to appear to the outside world. Because selfies can easily be changed with image editing tools on a smartphone, it becomes even easier to manipulate the presentation of ourselves.

Selfies mean according to researchers--not too surprisingly--that we want to receive validation from the outside world.

Social rules for sharing selfies

When someone validates us through commenting on a selfie, it usually happens in alignment within certain social rules.

This is a type of social interaction between people that repeats constantly. Thus it bears the mark of a ritual: You take a picture of yourself. You put the image on social media (possibly after editing it). A number of friends give you feedback.

It all happens in line with social mores as to just how this interaction should take place and what can go in the comment box. The new aspect of the South Korean study is that it says something about how this can affect your self-esteem.