

Myravisen

October 2019



Myrmarken's Anniversary Dinner—31 year! We are going to celebrate with dinner at The Eagles Club on October 10th, 5:30 pm. Please let Dorothy know if you will be there so that we can have a count.



EXCHANGE STUDENTS FROM CHINA



Two exchange students from China presented a program at our September 14th meeting. They chose Jane and Taylor to be their American names, chosen from people that they admired from our culture. They described several festivals and the foods they served. They also spoke about how our schools compared with theirs. Family structures are also contrasted with ours.

National Cheese Curd Day!



October 15

Did you know ?
October is
Foundation Month

Share the Spirit of
VELKOMMEN

INSIDE THIS ISSUE

- Exchange Students..... 1
- Vestersheim Tour..... 2
- Viking History comes to Life..... 3
- Foundation Month..... 4
- A Little in English, A Little in Norsk..... 4



October 9 Leif Erikson Day

**Coming programs
and events:**

October 4th
Taste of Norway,
Iola, Wisconsin

October 10th, 5:30pm
31st Anniversary
Dinner
Eagles Club, Marshfield

November 9th, 9:00am
Community Center,
Program by
Shirley Mook

November 12th
Myrmarken's Lutefisk
and Lefse Dinner
Eagles Club, Marshfield



*Vesterheim Travel
with
Vennligfolk Lodge!*

Five members and two guests of Myrmarken Lodge joined 34 Vennligfolk Lodge members of Stevens Point on an overnight bus trip to Vesterheim Museum in Decorah, Iowa. Along the way, stops were also made to visit Norskedalen in Coon Valley, the Biley Clock Museum and St. Wenceslaus Catholic Church in Spillville, Iowa, where a delicious supper was served by the St. Wenceslaus parish, and Seed Savers' Exchange in Decorah. The tours of the Vesterheim Museum, the Education Center, and the outdoor museum brought back family stories, and "I want to do this" of the cultural skills classrooms.



Anne Grethe Cook, Rosie Pueschner, and Ellen Sullivan



The Vennligfolk Lodge tour group with some Myrmarken members.

2019 Officers

President: Dorothy Berg :
(715)-676-2336

Secretary: Sherrie Framness :
(715) 615-6675

Treasurer: Julaine Varsho:
(715) 384-9676

Newsletter Editor: Sherrie Framness: (715) 615-6675



Doug Framness and tour director Karen Trzebiatowski



Dorothy & Don Berg, and Doug Framness





Viking History Comes to Life

Tucked away in the fjords of Norway is a small town called Gudvangen that hosts a real-life Viking village, complete with real-life Vikings. Bringing in thousands of tourists every year, the village of Njardarheimr provides an authentic experience showing how Vikings lived 1,000 years ago.

The community was built using traditional methods with only local materials found throughout the fjord. Ironwork is handmade by an experienced blacksmith and the food court serves dishes that are cooked in a pit, smoked or spit roasted. The village also has an undisputed king, Georg Olafr Reydarson Hansen, who for the past 20 years has worked to establish this Viking settlement.

Around 40 Viking reenactment groups in Norway are active participants in the village and help provide an unforgettable experience for visitors. To learn more, visit <https://www.uk.vikingvalley.no/>

Life Happens in a Heartbeat

While nothing can replace you, having life insurance could help make sure your family is okay if something happened to you. Ensure you have the proper coverage in place. Contact Helge Vestnes at (715) 878-9646 today, or call Sons of Norway at 800-945-8851.

Foundation Month

Did you know October is [Sons of Norway Foundation month](#)? It's an opportunity to celebrate a part of Sons of Norway that gives so much throughout the year. In fact, the Foundation gives tens of thousands of dollars annually to students, community projects and lodges across the organization that fulfill the organization's mission to spread Norwegian culture in our communities. To do this, the Foundation relies on the generous donation of members to maximize its impact. Since October is Foundation month, it's a great opportunity for your lodge to help raise funds at your October lodge meetings. Here are four simple ways to do just that!

- **Host a silent auction.** The first thought people have when they think of a silent auction is expensive gifts and vacations. While these are great auction items, they aren't always practical. Consider auctioning off smaller gifts, or homemade crafts at a silent auction. The options are almost limitless when putting together a silent auction!
- **Organize a bake sale.** Bake sales are usually a go-to option for fundraisers because everyone loves food! Consider a Norwegian twist for your bake sale; lefse, krumkake or rosettes are terrific, authentic Norwegian items to have a bake sale that almost everyone can get excited about.
- **Have a lodge dinner.** Many lodges have a potluck dinner before a meeting and encourage members to chip in a few dollars to cover costs. For October, consider donating the money towards to the Sons of Norway Foundation. Not only will members have a great home cooked meal, but they'll have the satisfaction of knowing the money will be going to a great cause!
- **Pass the "Piggy."** Sometimes all a fundraiser needs is for someone to ask. Having a place where members can contribute money at meeting with an appeal for donations is an easy way to raise money for the Foundation. When it comes to donations, every little bit counts!

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 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.

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 spagetti 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.

