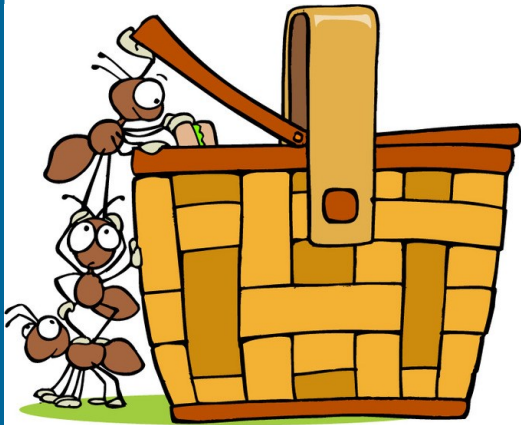


Myravisen

August 2021
Myrmarken Lodge 5-609
Marshfield, WI 54449



Kjare venner -

It's picnic time!! Calling all Myrmarken members to Polly Nikolai's home on Saturday, August 14th, at Noon!

Please bring a dish to pass. Polly said she will provide coffee, cups, napkins, and eating utensils.

It's been 2 months since we have gotten together, so we should have plenty to talk with each other about. How's your summer going? Are you warmed through with summer's glow yet? Have you gone somewhere interesting?

Doug & I will miss the picnic because we have been entertaining three grandchildren for two and half weeks, and now we need to return them to Montana in time for the baby brother's baptism this Sunday. This was our interesting summer—and we are tired!

We hope most of you will be able to come for a good afternoon of food and conversation this Saturday.

Vennlig hilsen fra

Sherrie F., editor



FUN FACT

There were 93 Norwegians competing in the 2020 Tokyo Olympics. They won 4 gold medals: the first ever in Triathlon, 1500 m race breaking an Olympic record and the first European to win since the Barcelona games in 1992; 400m hurdles shattering the world record, and the first ever men's beach volleyball. They also won 2 silver medals and 2 bronze medals.

The mission of Sons of Norway is to promote and preserve the heritage and culture of Norway and to provide quality insurance and financial products to its members.

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Zone 2 Meeting

Event Date: August 28th, 2021

Additional Information: Zone 2 meeting will be Saturday, August 28, 10:00 A.M., at Norskedalen Nature and Heritage Center, Coon Valley, WI

(I have no further information regarding a need to register.)

Curious about Nordic traditions and culture?

Continue your journey of discovery...

Thank you for continuing as a Sons of Norway member. If you haven't yet taken part in our Cultural Skills or Sport Medal programs, I invite you to get started in the coming year! Plus, if you already take part, I have exciting updates on these members-only programs...

Here are the newest ways you can embrace Nordic heritage and culture in the coming year

Do you want to get moving? The **Sports Medal** program celebrates the Norwegian tradition of *friluftsliv* (outdoor life and recreation). Enjoy solo or group skiing, swimming, walking or biking, and earn sports medals at any age or ability level. **Did you know that if your favorite sport isn't included in the list above, we can customize a point value for your preferred activity?**

https://www.sofn.com/member_resources/cultural_programming/sports_medal_program/

If you've been craving new fitness goals, we are here to help with **2 NEW SPORTS MEDALS!** *Idrettshelt* [ee-dretts-hellt]—the sports hero pin—is the 5th level within any sports medal category. We've also added *Hederspris* [hay-dersh-prees]—the outstanding sports achievement award. This pin is for members who've earned the bronze, silver, gold and enamel medals in each of any three sports medal categories.

Do you want to improve your Norwegian language skills? Begin online in the **Member Resources** area, where you can listen to Norwegian phrases and learn about the Norwegian alphabet and written language. You'll find more than **30 spoken language lessons** here, just for members. If you're ready test your beginner or intermediate language skills, we have a new tool for you! You can use it to test your proficiency and build confidence as you learn to speak Norwegian.

Ready to connect to your heritage through mouthwatering, sweet and savory Nordic dishes? Members who contact me often have ties to Norwegian culture through fondly remembered foods. Recipes for favorites like *rømmegrøt*, *lefse*, *fårikål* and more are available to you in the online **Recipe Box**. Take your exploration of Norwegian foods further with the Cultural Skills unit for **Traditional Foods**.

Don't forget to watch for the latest issues of E-Post newsletter and your monthly Viking magazine. You'll see more authentic traditional and Norwegian-inspired dishes to savor with your friends and family.

I encourage you to be a lifelong learner and get the most out of your membership as you continue to explore the rich culture and traditions of Norway!

Vennlig hilsen / Best regards,

Jana Velo Editor / Cultural Communications Specialist and lifelong Sons of Norway member