



Dear Members and Friends of Myrmarken -
Just a reminder—no meeting of Myrmarken Lodge in August.

Many thanks to Anne Grethe Cook! It was a beautiful time for the picnic at her home last month, wasn't it? Her yard and hospitality were all that it could be! I have included some photos on the next page.

Our next meeting will be September 10th, 9am, at Scotty's Pizza. Julaine Varsho will be our program, speaking about her Norwegian ancestry, and possibly, we will see wedding dresses of her grandmother and mother. This should be a fun event to hear and see.

We have a couple of other events to keep in mind for our calendar also. Our 34th anniversary of Myrmarken will be a luncheon at the Eagles Club on October 15th at noon.

The other important date follows closely on October 18th, that of our returning Lutefisk dinner. Further plans for both events will be discussed at our September meeting.

We have one August birthday, so greetings go out to Cooper Berg.

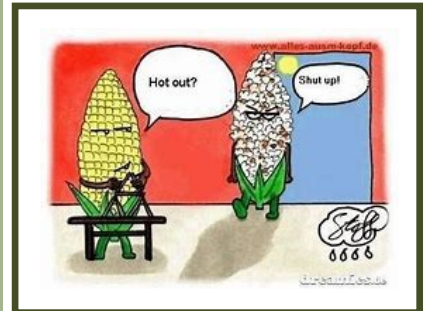


Enjoy this last month of summer. I'm sure it will go all too quickly.

Sherrie, editor



SONS of NORWAY



FUN FACT

Viking superfoods. The Viking diet was actually more varied and healthier than what is the common perception. Their travels, also with *trade* as a purpose, not just pillaging and murdering, gave them access to various spices. They also enjoyed drinking *skyr* a fermented, creamy yogurt-like cheese that today is considered a «superfood».

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

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Good friends, good food, great location! Thanks, Anne Grethe!

News from the District 5 Board

Did you know a free heritage membership exists for children in your families? Children under the age of 15 years qualify. At age 16, these children may transfer their heritage membership to permanent status.

Certificates and colorful wildlife patches are available for purchase with this membership. Contact Connie O'Brien at the home office to order your materials (CObrien@sofn.com)

Older children from your lodge may be interested in participating in folk high school in Norway. Scholarships exist for this experience. Visit the sonsofnorway5.com website to learn more. The Foundation also offers help. Summer school attendance at the University of Oslo or other Norwegian universities is possible. If you have further questions about youth offerings, don't hesitate to get in touch with me.

Another option is the purchase of a SofN benefit product for your child. I will work with our newly seated board to identify better options for younger members.

Cheryl Wille-Schlesser

District 5 President

cwschlesser200bc@gmail.com

608-219-4464

Picnic Fun Snapshots

