



Dear Members and Friends of Myrmarken -

Here we are in June now, and summer is coming little by little. The flowers are blooming, and all nature is doing its natural spring thing. June 23rd is the date of Midsummer Eve in 2022.

In a few days, June 15-19, the Sons of Norway's 5th District will be doing its convention. While our lodge will not be sending any delegates to the convention in

Madison this year, all members of our lodge are invited to share in its activities and the concert to be presented by The Lauren Singers from Decorah, IA.

Julaine Varsho was scheduled to be our program presenter at the meeting this Saturday, June 11th. She was planning a presentation about her family history from Norway to America including a showing of her mother's wedding dress. But due to her husband having a COVID diagnosis, (but not Julaine as of this day), she states that she is not sure she would be able to come Saturday. Alternately, we would like to hear a family history story from each of you about your Norwegian ancestor, and/or "show and tell" a family heirloom.

We wish "Happy Birthday" to five of our members in this month of June: Dorothy Berg, Jean Beaver, Tom Stram, Shannon Tollefson, and Erik Tollefson .



We look forward to seeing all of you again at our June meeting, Saturday the 11th, 9am at Scotty's Pizza. Bring a friend and an anecdote of your family. The public is most welcome!



FUN FACT

Viking fashion.

The Vikings did not, in fact, wear helmets with horns. However, they did drink from polished horns. In particular, their favorite drink, mead - a type of fermented beer-like drink.

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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The Midsummer's Eve bonfire is one of the oldest known bonfire celebrations in Norway. In older times, people also used to light bonfires at other Church festivals such as Christmas, Easter, and Pentecost. The flames were believed to guard against evil spirits, which, according to old folklore were particularly active on Midsummer's Eve. Midsummer's Eve on June 23 is the evening before St. John's Day, also known as *Jonsok* in Norwegian.





July Program Change— Our picnic date has been changed from August to July 9th.

Anne Grethe Cook has invited us to her home for a summer picnic in her back yard and gazebo. It will be a potluck affair beginning at 1:00pm. More information to follow.

Choral singing synchronises the heart-beat

When we sing together, our bodies also begin to behave the same.

It is not the first time scientists have found interesting effects of singing in choirs. In 2013, a small study concluded that an hour's choral exercise seemed to reduce anxiety and negative emotions..



Other studies show similar, positive results. And now researchers at sahlgrenska academy have looked even more closely at what the singing actually does to the body.

Björn Vickhoff and his colleagues monitored the pulse of a group of choir members as they sang the traditional Swedish anthem Härlig är Jord. Then they discovered that the heartbeat of all the singers synchronized, and rose and sank in tact.

Breaths calmer

There is no hocus pocus behind the phenomenon. The reason for this is that the song changes the breathing pattern, according to the researchers.

When you sing, you breathe calmer than normal. And since everyone sings the same lines, the choir members often breathe at the same time. And breathing again affects the heartbeat. In exhaling, the vagus nerve—which runs from the brain to the heart—tells you to slow down and breathe faster.

"We know from previous att choral singing synchronises the singer's muscle movements and nerve activity in large parts of the body. Now we know that this also applies to the heart. according to [a press release](#), the researcher says.

And it may in turn prove to have emotional consequences for the group, according to Vickhoff. The vagus nerve is also involved in our feelings. Thus, the choir members will be affected in tact also emotionally.

Song processing

The choral research is not just curiosity. According to Vickhoff, it is possible that the phenomenon can be used both in patient care and to positively influence group dynamics.

Perhaps singing can be used as part of sedative treatment before surgery, for pain management and rehabilitation, the researchers said. And maybe choirs can strengthen the team spirit.

The next step in the research is precisely to investigate wheter choral singing creates a mental Vi-perspective and can thus be used to create a good collaborative climate.

<https://forskning.no/hjertet-forbyggende-helse-hjernen/korsang-synkroniserer-hjerterytmen/621062>

På litt norsk.....

<https://forskning.no/hjertet-samliv/gamle-ektefellers-hjerter-banket-i-takt/1939080>

Gamle ektefellers hjerter banket i takt

Når ektefeller som hadde vært sammen lenge var i nærheten av hverandre, ble hjerterytmen deres synkronisert.



Det kan høres merkelig ut. Men mange studier de siste årene har vist at pusten og hjerterytmen hos to eller flere personer kan synkroniseres når de er i nærheten av hverandre. En studie viste for eksempel at hjerterytmen til deltagerne i et kor steg og sank i takt.

Og nå har altså forskere fra University of Illinois funnet ut at hjertene til eldre ektefeller påvirker hverandre når de er fysisk nær hverandre.

Gikk med pulsmåler i to uker

Forsker Brian G. Ogolsky og kollegaene hans rekrutterte 10 ektepar i alderen mellom 64 og 88 år. De hadde vært sammen i mellom 14 og 65 år.

Forskerne utstyrte deltagerne med pulsmåler og en sensor som registrerte hvor nær de var hverandre. Parene gikk med utstyret hver dag i to uker, og avla også daglig rapport om hvordan de hadde det.

Slik kunne forskerne bruke dataene til å lete etter mønster i hjerterytmer og avstand.

Fulgte hverandre

Resultatene viste at ektefellene påvirket hverandre når de var i nærheten av hverandre. Men måten rytmen forandret og synkroniserte seg på var ulik fra dag til dag.

På et tidspunkt kunne mannens hjerterytme tilpasse seg konas, på neste tidspunkt kunne det være omvendt. Og rytmen var ikke den samme hver gang de var i nærheten av hverandre.

Nærhet var viktig

Forskerne beskriver mønstrene som en unik pardans.

Når partnerne er nær hverandre, antyder hjerterytme-mønstrene deres et meningsfullt samspill, skriver de.

I denne undersøkelsen konkluderer forskerne med at fysisk nærhet var avgjørende for å forstå synkroniseringen av hjerterytme hos parene.

Men det finnes også studier som antyder at dette ikke alltid er nødvendig for at hjerter skal begynne å oppføre seg likt.

Trolig er det mye forskning som gjenstår før vi forstår dette fenomenet fullt ut.

<https://forskning.no/hjertet-samliv/gamle-ektefellers-hjerter-banket-i-takt/1939080>

A little in English.....

Hearts of Long-Married Couples Beat as One

When couples who have been together for a long time are close to each other, their heartbeats are synchronized.

It may sound strange, however, many studies in recent years have shown that the breath and heart rate of two or more people can be synchronized when they are close to each other.

One study, for example, showed that the heart rate of participants in a choir increased and decreased as one.

And now researchers from the University of Illinois have found that the hearts of older spouses affect each other when they are physically close to each other.

Wore heart rate monitors for two weeks

Researcher Brian G. Ogolsky and his colleagues recruited 10 married couples between the ages of 64 and 88. They had been together for between 14 and 65 years.

The researchers equipped the participants with a heart rate monitor and a sensor that registered how close they were to each other. The couples wore the equipment every day for two weeks, and also made a daily report on how they were doing.

In this way, the researchers were able to use the data to look for patterns in heart rhythms and distance.

Following each other's rhythms

The results showed that the spouses influenced each other when they were close to each other. But the way the rhythm changed and synchronized was different from day to day.

At one time, the man's heartbeat could adapt to his wife's, at the next it could be the other way around. And the rhythm was not the same every time they were close to each other.

Proximity is important

The researchers describe the patterns as a unique couples dance.

When partners are close to each other, their heartbeat patterns suggest a meaningful interaction, they write.

In this study, the researchers conclude that physical proximity was crucial to understanding the synchronization of heart rhythm in couples.

But there are also studies that suggest that this is not always necessary for hearts to start behaving the same way.

There is probably a lot of research left before we fully understand this phenomenon.