

Myravisen

March 2021
Myrmarken Lodge 5-609
Marshfield, WI 54449



Hei alle sammen— I hope everyone is continuing to be well and have had or will soon be having their COVID shots. We are in for some beautiful, above average temperatures these next several days, and hope it lasts through our next meeting date,

March 13, 9:00am at Scotty's.

Our program will be Roberta Johansson telling us “The Rest of the Story”, an answer to January’s program by her husband, Yngve. It should be a fun time, and we look forward to seeing you there.

Dorothy



SONS of NORWAY



Fun Fact

Odd and Even are popular names for males in Norway.

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.



Virtual Cultural Offerings

A valuable benefit to all members is the increase in the **virtual** cultural offerings. Why is this a value to the membership? No matter what the lodge size, lodge location, or the expense, virtual offerings are available to many more of Sons of Norway’s members. District 5 offers high quality offerings such as Nordic News, Norwegian-American History, Rosemaling, Hardanger embroidery, and cooking classes to name just a few. There are virtual hikes, kayaking, and other outdoor activities.

The hope of Sons of Norway is to increase participation exponentially in the medals program. Pursue a Norwegian cooking, literature, knitting, language, or other skill project, document your work and earn a recognition pin!

For more information, reach out to Anne Grethe Cook for more details on a skill. Her email address is :

annegrethecook@yahoo.com , or phone is (715) 384-9678. The Sons of Norway website (sofn.com) also has information and in some cases, links to helpful YouTube videos.

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From Dennis Flessland:

I just received the attached from PBS, Masterpiece Theater about a film that may interest your members. Please share as you see appropriate,

<https://www.pbs.org/wgbh/masterpiece/clips/atlantic-crossing-official-teaser/#>

MVH

Dennis Flessland

Honorary Consul of Norway for Michigan

7 Nordic-Inspired Ways to Celebrate Spring

As late winter gives way to Spring, here are some Nordic-inspired ideas to celebrate the change of seasons.

Be inspired by natural beauty and savor the stillness of each morning by photographing the sunrise over several days or weeks.

Pick your favorite Norwegian cookie or bread and fill your home with the inviting scent. Then surprise a friend by sharing your homemade treat.

Every spring brings changes to our lives. Take time to handwrite a letter to an old friend you haven't seen in months or years and ask "what's new?"

Enjoy a walk in the warming weather. Look for budding trees and new growth on shrubs and bushes. Have some early spring flowers like snow drops or daffodils started to pop up?

Is there a cultural skill you want to explore this year? Consider a skill you're curious about but have never tried. Even better, share the fun of learning by inviting a friend or family member to join your exploration.

Fill a bird feeder and your bird bath, if temperatures permit. Keep a birding guide handy to identify returning migratory birds. When will the first robin of the season arrive?

It's been said that when you plant kindness you gather joy. As you go about each day, live your Nordic values with simple acts of kindness to others and add joyful moments to your life!



"Grave Looter" Revealed

Earlier this week, local authorities, newspapers and enthusiasts sounded the alarm. Unauthorized persons had allegedly entered the famous Viking grave field at Vang in Oppdal and drilled deep holes in 17 of the Viking graves.



Several feared the worst on behalf of the grassy national treasure in Sør-Trøndelag: grave looting.

Terrible

NTB [*Norsk Telegrambyrå*: The Norwegian News Agency] reported via the local newspaper *OPP*, which first mentioned the case, that there were varying depths in the holes, which "appeared to have been dug with a special drill." Furthermore, it was said that except in one case in 2014, there has been no looting in the large Viking burial ground since the 19th century.

"It's awful! Many organic finds have been lost, and objects can be ruined when air enters the graves," said Thora Nyborg, curator at Vitenskapsmuseet [the Science Museum].

"It is incredible that we should experience this," added county archaeologist Kristin Prestvold.

Badger suspected

On Friday morning, however, the police closed the case, according to the newspaper. The suspected criminal turns out to be difficult to reach.

"It seems to be a badger behind it," said a smiling cultural consultant in Oppdal municipality, Sjur Vammervold, to *Dagbladet* [newspaper].

"It's good that it wasn't done by people. The badger is quite innocent and probably has completely different purposes than a grave robber," he adds.

Probably badger holes

Vammervold says that it has not been 100 percent confirmed that it is the characteristic black and white marten that has ravaged Norwegian cultural heritage, but the suspicion is strong enough to go ahead and rule out that two-legged miscreants are behind it.

"Based on how badgers dig holes, this may be an explanation," he says.

The municipality's website informs that most of the burials in Vang are from the Late Iron Age or Viking Age. That is, between the years 750-1000 A.D. Many valuable discoveries have been made in the area.

From <https://www.dagbladet.no/kultur/gravplyndrer-avslort/73037518>

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**Thank you
For being a
Sons of
Norway
Member!**

Fiskekaker med Brun Saus / Fish Cakes with Brown Gravy

Ingredients

3 medium potatoes, peeled, sliced in quarters length-wise
6 large rainbow carrots, peeled, cut into 2-inch pieces
2 lbs. boneless skinless white fish fillets (haddock, cod, etc.)
1 1/2 tsp. salt
1 1/2 tsp. potato starch
1/2 tsp. ground nutmeg
2/3 cup whole milk
1/4 cup chopped fresh chives
2/3 cup all purpose flour, divided
6 Tbsp. vegetable or canola oil
1/2 yellow onion, chopped
3 cups beef stock, divided
2 Tbsp. Kitchen Bouquet (or [substitute](#))
salt and pepper



Instructions

Put the potatoes and carrots in a medium pot and cover with cold, salted water by 2 inches. Bring to a boil over medium heat and cook until fork tender, about 15 minutes. Drain and set aside.

Place large chunks of fish and salt in work bowl of food processor and, using S-blade, pulse until coarsely chopped. Add potato starch and nutmeg and pulse to combine. Slowly add the milk, pulsing just until combined, and then the chives. Form the fish cakes into 12 round patties. Put 1/3 cup flour on a plate and dip patties to coat.

Heat oil in a large skillet over medium heat. Working in batches, fry on both sides until crisp and golden. Drain on paper towels and set aside.

Cook onions in remaining oil while fish cakes are draining. When the onions are soft and translucent, remove them from the pan and set aside.

Add 1 cup stock and scrape the pan until all the browned bits have become loose. Continue to cook for 2-3 minutes to allow stock to reduce.

Add remaining 1/3 cup flour and whisk to combine until there are no visible lumps. Cook another 1-2 minutes, whisking continuously, until the gravy thickens and becomes smooth. Gradually add the Kitchen Bouquet and the rest of the stock to the pan and whisk until smooth, cooking another 4-5 minutes, or until the gravy is slightly thicker but not quite at desired consistency. Season with salt and pepper to taste.

Reduce the heat to low. Add the onion, potatoes and carrots to the pan and stir into the gravy. Add the fish cakes to the pan and let simmer in brown gravy for 2-3 minutes, or until gravy has reached desired consistency. Serve fish cakes in the gravy with the vegetables.