



Dear Members and Friends of Myrmarken -

Many thanks to all of our Myrmarken members who worked to make our Lutefisk Supper a success. We saw some new faces at the dinner this year, and some previous attendees who stated how happy they were to see the dinner happen again. Our treasurer can bring us up to date on the particulars at our meeting this Saturday. .

We will be needing any and all ideas for Myrmarken's programs in 2023. If each one of us has one program idea to contribute, think of the bounty we have to share with each other and the community. The 2023 Myrmarken annual yearbook should be in your hands in January.

We look forward to our program this month as presented by Polly Nikolai.

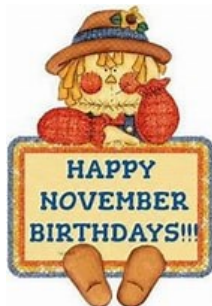


She will be talking about her visit to Russia this Saturday, November 12th at Scotty's Pizza

Gratulerer med dagen to Kit Chase, Payton Koran, and Julaine Varsho on their birthday this month.

And Happy Thanksgiving!!

Hilsen, Sherrie, Editor



SONS of NORWAY



FUN FACT

THE OLDEST HUMANS IN NORWAY ARE REALLY OLD

Well, according to archaeological evidence, they are. Along a massive former ice shelf from the last ice age that melted between 11000 and 8000 BC, evidence of human existence way back when has been found. We're talking stone tools and other implements that date to around 9500-6000 BC. That's pretty old.

The mission of Sons of Norway is to promote and preserve the heritage and culture of Norway

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Happy Father's Day! Wait...What?

No, you didn't enter a time warp. We're talking about Norwegian Father's Day! It's celebrated every year on the second Sunday in November.



Originally in the 1930's, Norway celebrated in June like the United States. However, in 1949, the government changed the date to early November. This was done purely for economic reasons: it boosted sagging sales in shops in the runup to the Christmas shopping season. Other neighboring countries followed suit. Estonia, Finland, Iceland, and Sweden also celebrate their fathers on the same day.

So how can you celebrate your father, Norwegian-style? With gifts, of course! Common presents in Norway include hand-knitted items, coffee mugs, socks, ties, and gloves. Traditionally gifts are not extravagant, but rather are subtle tributes to a cherished parent. You can also make the day all about dad by making him breakfast in bed, or any favorite meal. Special desserts are of course always a favorite!

November 13th is coming up. Don't forget to wish your father a God Farsdag!

SONS OF NORWAY DISTRICT 5 NEWS

There is now a Task Force committee being formed as part of the now combined Lodge Development & Support and Zone Alignment Committees. Darlene Arneson is the chair.

The primary focus of this committee will be dealing with the resolution passed at the District Lodge Meeting in June: #2: Approved: THEREFORE, be it resolved that the 2022-2024 District President shall appoint a Special Committee consisting of but not limited to current District Board members, past District Board members and District Members at large. The committee shall meet during the next biennium and present a recommendation of proposed solutions at the District Lodge meeting in June 2024. The Task Force should include diversification of selected appointees to include past, present, younger, older, different genders and from distant geographical areas that includes a more all-inclusive demographic appointee (s).

We discussed the different types of members we'd like to have involved and what the resolution outlined. Here is a basic summary of members we feel would be able to help us address the structure of our District and ways to improve it.

Categories	Name	Lodge	Email
Past leaders			
Present leaders			
Younger members			
"Seasoned" members			
Men			
Women			
Younger members (under 25)			
IP Representative			
Zone 1			
Zone 2			
Zone 3			
Zone 4			
Zone 5			
Zone 6			
Central			
Spirit of the New Century			

If you would like to be a part of this task force or have suggestions for names, please send them to President Cheryl Wille-Schlessler at cwschlessler200bc@gmail.com . If you have suggestions for the Task Force (but don't want to serve on it), watch for their outreach and you can also send suggestions to either Cheryl or committee chair, Darlene Arneson, at arnesonfamily5@gmail.com.

District Board Updates

A few updates:

- in the area of the Treasurer: Recently, District Treasurer Nathan Nutter submitted his resignation due to work commitments and the time needed for the position. His alternate, Corey Olson, is already on the board. Corey Olson has agreed to move from a District 4 Director to Treasurer in January. Until that time, Duane Kittleson will be listed as the Interim Treasurer and work closely with Corey Olson to maintain District financial matters. Ken Johnson (Polar Star) has agreed to be the Treasurer Alternate.
- We continue to look for those interested in filling vacancies on the board or alternate positions.
- We also am encouraging members to volunteer to help on the Task force.

Recent Change for the Viking

There has been a recent change for the Viking. It will be published 6 times a year instead of 12. The first 2-month issue will be for January-February 2023.

You should continue to send photos to LaVonne Weir (publicity director) monthly, and they will be forwarded to the Viking for consideration. Even if your photo is NOT published in the Viking, it may still be available for everyone to see and enjoy! A new feature called “Happenings” will be on the Sons of Norway website. Some pictures that didn’t make it into the Viking will be posted there. The website is divided by District, so you can go to District 5 to see our photos. 5. This Happenings site is brand new, so it doesn’t have a lot on it...yet. To get to the site, log into www.sofn.com with your username and password. Use the search function and type happenings. That will get you there. We recommended to the headquarters personnel to make a dropdown item from the main menu so it is easier to find the pictures. They will work on that.

Foundation Update

High school seniors and current college students- it's time to start thinking about 2023!

If you are a member of Sons of Norway or have a parent or grandparent who is a member, you can apply for a scholarship from the Sons of Norway Foundation.

There are a variety of scholarships available for college, trade schools, and study abroad, from \$1,500 to \$20,000+.

Go to the Sons of Norway Foundation website at <https://www.sofn.com/foundation/scholarships/> to find out if you are eligible to apply. When you find one or more for which you qualify, read the Overview, Who Can Apply, and View Guidelines.



Lutefisksesongen starter: Her er lutefiskens historie

Denne uka åpnes lutefisksesongen her til lands. Det finnes mange historier om hvordan lutefisken oppstod. Hva som egentlig hendte, når det skjedde og hva som fikk folk til å legge tørrfisken i lut er det ingen som vet.

Lutefisk er en viktig del av den norske mattradisjonen og spises over hele landet. Lutefisk er så sterkt knyttet til den norske/nordiske tradisjonen at til og med utvandrere til Amerika har tatt med seg tradisjonen, noe som har ført til at lutefisk er populært i visse deler av USA.

Lutefisk ble for første gang nevnt i den norske litteraturen av Olaus Magnus i 1555. Han beskriver hvordan lutefisk tilberedes og spises: Den tørre stokkfisken får ligge i sterk lut i to døgn, så skylles den i ferskvann i ett døgn før den kokes og spises. Den serveres med saltet smør og er høyt verdsatt, selv av konger!

Likevel vet man ikke sikkert hvorfor og når man begynte å behandle tørrfisk med lut. Tørrfisk er usaltet fisk, tørket under åpen himmel i frisk bris ved temperatur så vidt over frysepunktet - enkelt og energisparende. En spesielt populær teori går ut på at lutefisken oppstod etter en brann i et tørrfisklager i Lofoten. Etter brannen var fisken dekket av vann og sot. Verdifull mat skulle ikke kastes, og da lofotværingene smakte på fisken etter å ha vasket den nøyte, gjorde de oppdagelsen som vi fortsatt spiser i dag.

En litt mer sannsynlig teori er kanskje heller at noen for lenge siden fant ut at utvanningen av tørrfisk gikk raskere med litt lut i vannet – og resultatet ble lutefisk i stedet for ekstra raskt utvannet tørrfisk. Kystlandsbefolkningen kunne dessuten skaffet seg fersk fisk når de ville, og det er derfor større grunn til å tro at lutefisken ble oppfunnet i innlandet.

Lutefisk er kalorifattig, inneholder en del proteiner (men mindre enn vanlig fisk), en god del selen, vitamin B12 og litt vitamin D. Tilbehør som bacon, saus og mye smør, i tillegg til et høyt innhold av salt, gjør derimot sitt til at retten i det hele passer bedre til fest enn til hverdags.

Lutefisk Season Begins: The History of Lutefisk

This week, lutefisk season opens in our country. There are many stories about how lutefisk came to be. What actually happened, when it happened and what made people put dry fish into lye, no one knows.

Lutefisk is an important part of Norwegian food tradition and is eaten all over the country. Lutefisk is so strongly linked to the Norwegian/Nordic tradition that even immigrants to America brought the tradition with them, which led to lutefisk being popular in certain parts of the United States.

Lutefisk was first mentioned in Norwegian literature by Olaus Magnus in 1555. He describes how lutefisk is prepared and eaten: The dry stockfish is left in strong lye for two days, then it is rinsed in fresh water for one day before it is boiled and eaten. It is served with salted butter and is highly prized, even by kings!

Nevertheless, we do not know for certain why and when people started treating *tørrfisk* (dried fish) with lye. Tørrfisk is unsalted and dried under the open sky in a fresh breeze at a temperature just above freezing - simple and energy-efficient. A particularly popular theory is that the lutefisk originated after a fire in a tørrfisk storehouse in Lofoten. After the fire, the fish was covered in water and soot. Valuable food should not be thrown away, and when the Lofotenians tasted the fish after carefully washing it, they made the discovery that we still eat today.

A slightly more likely theory is perhaps that someone a long time ago found that the dilution of tørrfisk went faster with a little lye in the water - and the result was dry fish instead of extra quickly diluted dry fish. The coastal population could also obtain fresh fish whenever they wanted, and there is therefore greater reason to believe that the lutefisk was invented inland.

Lutefisk is low in calories, contains some protein (but less than regular fish), a good amount of selenium, vitamin B12 and a little vitamin D. Toppings such as bacon, sauce and lots of butter, in addition to a high content of salt, on the other hand, make it so the dish as a whole is more suitable for holidays than for everyday life.

Popular Products At District Conventions



Viking Voyager Term



- Great value
- Face amounts from \$10-\$25k
- Annual or single premium
- Coverage to age 26
- Issues ages 0-17
- Convertible with a conversion credit of \$3/thousand

Guaranteed Issue Whole Life



- Lowest Price in the Market
- Face amounts from \$5-\$25k
- 2 year grading period
- Absolutely NO medical or personal questions

Flexible Premium Deferred Annuity



- A staff favorite!
- Only \$2k to start (non-qualified)
- Money can be added anytime
- Supplement retirement with lower risk
- Starting interest rate of 2.05% and goes up depending on initial deposit amount

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