

Kjære Venner,

Almost the end of 2024! This year has gone by so fast, and Thanksgiving is nearly upon us. We now come to the final scheduled month of Myrmarken Lodge’s meetings and activities. We are thankful for another year to be active in the Myrmarken lodge.

Our lodge’s 36th anniversary was celebrated at the Sunrise Café, although, it was not a very big attendance. If you did not, or could not make it, we missed you.

Plans for our Lutefisk Supper on Nov. 12th, next week, are well underway. Be sure to invite everyone you think might have an even remote interest in a Scandinavian heritage and to a wonderful meal of Lutefisk and meatballs withall the trimmings.

Don’t forget our meeting this Saturday, Nov. 9th, at Scotty’s Pizza

Please bring any items that you believe would be good raffle items.

See you then. Hilsen, Sherrie, Editor



SONS of NORWAY



FUN FACT

The celebration of Thanksgiving in Norway differs. In name, it’s nearly the same: *Høsttakkefest* translates directly to “Harvest Thanksgiving Feast.”

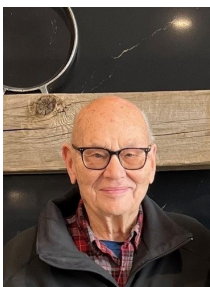
The mission of Sons of Norway is to promote and preserve the heritage and culture of Norway

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John S. Fadness, 1935 - 2024



It is with deep sadness that say “Goodbye” to our long time member and friend of Myrmarken Lodge, John Fadness. John and his wife, Lois, have been faithful and loyal members, making the trip from Chippewa Falls to Marshfield for all the lodge activities until recent health issues made the travel difficult.

Dawn Duchow, 1948 - 2024



Sadly, Myrmarken member Dawn Duchow passed from us on October 30, 2024. Dawn and her husband Roger became part of our Myrmarken family in 2022.

Have you made your reservations for the Lutefisk Supper?

Lutefisk Supper

Tuesday, Nov 12, 2024, 6:00 p.m.

At Eagles Club

Reservations needed: 715-305-9699 or 715-207-0550



Sons of Norway Membership Benefits you should try!

There are many membership benefits that most of us either aren't aware of, don't take advantage of, or don't know where to find them. Having time at meetings to show them how to log-in is a big first step as that opens up so many resources for members! Here is the video on how to do that: <https://youtu.be/4q-7Mxuwv5Q?si=BNgdhKdlv2V687DT>

PerkSpot is a member benefit you must sign up for and then each week, you'll get weekly specials for a wide variety of products! No cost to register and you never know what you might find! Everything from savings on oil changes, to tickets, travel, and more!
It's worth checking out!

To take advantage: Log in and sign up to get the weekly updates!

https://www.sofn.com/member_benefits/member_discounts/

Health Benefits of Gratitude

According to Norsk Helseinformatikk, Norway's largest resource of health information, gratitude can help you live longer. A study published in JAMA Psychiatry in July 2024 looked at whether feeling grateful affects longevity.



49,000 women were surveyed, and the study revealed that gratitude may have had a protective effect on them, especially in bolstering heart health.

Expressing gratitude also increases short-term happiness and lowers stress. While gratitude is thought to help with emotional challenges and social well-being, one of the clear findings was that grateful people seem to get better quality sleep.

Another study split subjects into two groups and found that the people who were instructed to express their gratitude felt 25 percent happier and more optimistic than before the study had started. What are some ways to promote gratitude? Here are a few ideas:

- Write down or talk about what you are grateful for, once or twice a week
- Practice gratitude by setting aside a few minutes every day to think over what makes you grateful
- Tell someone how you appreciate them or their work
- Concentrate on the good things that happen and see if your well-being increases

Cranberries vs. Lingonberries

If you were asked to name a tangy red berry that grows in cool climates, what springs to mind? If you are thinking ahead to Thanksgiving, your first choice may be "cranberry." But if you've recently had lunch at IKEA, you might default to answering "lingonberry." Are there differences, and if so, what are they?

Let's start with their similarities. Both berries are tart and have a dark red exterior color. They also both are highly nutritious in vitamins and antioxidants. Cranberries and lingonberries both belong to the same family of berries, which would explain why they overlap in quite a few areas. This makes them versatile in cuisine and you can often substitute one for the other in recipes.

However, they also differ in some ways. In appearance, the lingonberry (also called the cowberry), is smaller in size compared to its close relative. Cranberries are often lighter on the inside, with the flesh being almost white, whereas the lingonberry is more pink or red. Also, while both berries are in high demand, cranberries are more commonly cultivated and farmed, whereas lingonberries are more likely to be harvested from nature. Lastly, lingonberries are just a little bit naturally sweeter than cranberries.



Both berries make an excellent choice in tasty fall dishes, so go ahead and experiment with both this coming season.