



September 2019

# Myravisen



September's meeting is Saturday morning, 9:00am, at Faith Lutheran Church. We have invited some Chinese exchange students as our guests. Sarah Kolstad is to be our hostess. Come with a friend to meet and greet them. Our meetings are



## FUN IN THE SUN LODGE PICNIC

We didn't have the shelter as was reserved, but we had a good time and plenty of delicious food at our picnic at the Hamus Reserve on Saturday, August 10th. The short meeting consisted of a review of Myrmarken's Lodge of the Year goals. Some items for accomplishment in the remaining months of this year are: 1. Six newsletters (we have 4 with this September's; 2. Updating our Facebook page with photos of recent lodge activities; and, 3. Collaborate with another lodge on an activity. Following the meeting, a game of "Cod Toss" was played by everyone. Don Helgersen was the top winner and won the Sardines.



# Happy National Potato Month!

Share the Spirit of

VELKOMMEN

### INSIDE THIS ISSUE

- Lodge Picnic ..... 1
- Picnic photos ..... 2
- Life Insurance Awareness Month..... 3
- Labor Day..... 3
- Oh Cod! The Greatest Fishing Adventure..... 3
- Little in English/Litt paa norsk..... 4
- Explore Your Heritage.....
- Recipe: Pølse med Lompe. 5

# Lodge Picnic photos.....

Coming programs:

October 10th, 5:30pm

31st Anniversary

Dinner

Eagles Club, Marshfield

November 9th, 9:00am

Community Center,

Program by

Shirley Mook

December 8th, 2:00pm

Christmas party at the

home of Anne

Grethe Cook

(date subject to change)



## 2019 Officers

President: Dorothy Berg :  
(715)-676-2336

Secretary: Sherrie Framness :  
(715) 615-6675

Treasurer: Julaine Varsho:  
(715) 384-9676

Newsletter Editor: Sherrie  
Framness: (715) 615-6675





## SEPTEMBER IS LIFE INSURANCE AWARENESS MONTH!

We've all had that moment when we get the news about a friend or loved one whose life has just been changed forever by circumstances outside their control. Whether an accident or unforeseen illness, we don't know when we will need life insurance. That's why it might be one of the most important purchases you'll ever make!

According to the 2018 Insurance Barometer Study by Life Happens and LIMRA:

- 1 in 5 people with life insurance say they don't have enough
- 2 in 5 millennials wish their spouse or partner would buy more life insurance
- Almost everyone (90%) believes primary wage earners need life insurance.

So why are so many households uninsured or underinsured?

Some people are uncomfortable facing the fact that everyone dies someday. Others assume it's too expensive. Or they put it off until tomorrow. But none of us knows what tomorrow might bring.

Don't procrastinate; reach out to your agent or call Sons of Norway to connect with a Financial Benefits Counselor who can help you navigate your personal insurance needs.

**Labor Day** has been around for over 100 years. It is celebrated on the first Monday in September.

Today, for many of us, our Labor Day holiday is an "official" sign that summer is over, especially summer vacation for the kids. Many schools start right after Labor Day. (Some start a few days prior.) For others, Labor Day represents the last of having a long weekend and any attempt to enjoy outings with the family or have fun at the beach. Also, for many years, Labor Day was the fashion moment when you no longer were allowed to wear white (until Spring) without being judged as a fashion bozo. (BTW, the rule of not wearing white after Labor Day no longer exists.)

Unlike a lot of holidays, Labor Day is not based on any old folklore custom, any one person (alive or dead), any religion, race or brought over to America by immigrants from another country. Labor Day is a holiday set aside to honor all workers. Therefore, it really has no specific symbol or colors associated with it.

a little in English...

## Oslo Loves Hot Dogs

For Norwegians, no soccer game or national holiday is complete without a couple of hot dogs in lompe with ketchup, mustard and crispy onions.

It is most common to serve hot dogs in lompe: a flat, soft pastry made from potatoes. On its own it is a little dry, but together with the hot dog they make a perfect flavor combination. The hot dog stand also has a rich tradition in Oslo. It was the place you stopped to pick up a classic snack after work or on the way to or from a party.

In the old days, it seemed like there was a hot dog stand on every corner, but today there are very few left of the small booths that used to define the cityscape. Eventually, it became difficult and harder to compete with larger chain stores, with their wider offerings and longer opening hours, and most had to close.

### Loved by The Guardian

But some have held their ground, and Erlend Dahlbo and his Syverkiosk on Alexander Kielland's Square is one of them. Syverkiosken has become a symbol of old Oslo.

Syverkiosken is a popular destination for hungry people throughout the day. Last year, the kiosk was mentioned in the British newspaper The Guardian, which described the hot dogs as "at once comforting yet also deliciously spiced."

It was his father who taught Erlend everything he knew to make the perfect hot dog. The trick? A secret broth that is boiled before the hot dogs are added. He jokingly refuses to reveal what the successful recipe consists of. Some secrets must be kept.

Whatever toppings you prefer: mustard, ketchup, crispy onions, dressing, bacon, relish, be assured that there is a hot dog for you!

litt på norsk...

## Oslo elsker pølser

For nordmenn flest er ingen fotballkamp eller nasjonaldag komplett uten et par wienerpølser i lompe med ketsjup, sennep og sprøstekt løk.

Det er vanligst å servere pølsa i lompe; et flatt, mykt bakverk lagd av poteter. For seg selv er lompa litt tørr, men sammen med pølsa utgjør de en perfekt smakskombinasjon.

Også pøsekiosken har en rik tradisjon i Oslo. Det var stedet du kunne stikke innom etter jobb eller på vei til/fra fest for å få deg et klassisk mellommåltid.

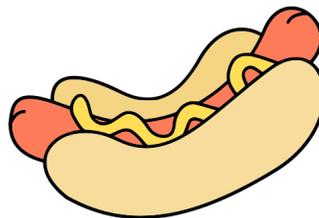
Før i tiden kunne det virke som det lå en pøsekiosk på hvert gatehjørne, men i dag er det svært få igjen av de små bodene som pleide å definere bybildet. Etter hvert ble det vanskeligere og vanskeligere å hamle opp med større kjedekiosker med sine bredere tilbud og lengre åpningstider, og de aller fleste måtte stenge.

### Elsket av The Guardian

Men noen har holdt stand, og Erlend Dahlbo og hans Syverkiosken på Alexander Kiellands plass er en av dem. Syverkiosken har blitt et symbol på det gamle Oslo.

Syverkiosken er et populært destinasjonssted for sultne folk gjennom hele dagen. I fjor ble kiosken nevnt i den britiske avisen The Guardian, som beskrev pølsene som "at once comforting yet also deliciously spiced".

Det var faren hans som lærte Erlend alt han kunne om å lage den perfekte wieneren. Trikset? En hemmelig kraft som kokes opp før pølsene legges oppi. Han nekter spøkefullt å røpe hva suksessoppskriften består av. Noen hemmeligheter må man få ha. Uansett hva du liker å ha på: sennep, ketsjup, sprøstekt løk, dressing, bacon, agurk-mix, vær trygg på at det finnes en pølse for deg!





**Genealogy Tips and Hints**  
Connecting with your family history



## Explore Your Heritage

Are you curious about the unique story of your family? Then get inspiration to begin exploring using our newly updated guide, **Genealogy Tips and Hints – Connecting with your family history**. This handy 10-page introduction will help you get your research off to a quick start with information about Norwegian names and places. Exclusively for Sons of Norway members, you'll find the guide online at [www.sofn.com](http://www.sofn.com) in the Member Resources area under

## Member Benefit: Grants and Scholarships

Did you know that Sons of Norway members, their children and their grandchildren are eligible for college scholarships? Opportunities range from supporting enrollment at any major US college to assistance with travel to Norway and other countries. There is even a scholarship for a cultural class for members age 40+! Our lodges may also receive awards ranging from \$500 to \$1,500 for children's programming, new equipment or cultural events.

Learn more at  
[www.sofn.com/foundation/](http://www.sofn.com/foundation/)



## Pølse med Lompe

### Directions

Step 1 Follow our recipe (below) for making Lomper, or Small Potato Cakes.

Step 2 Use your favorite style of sausage, brat or hot dog for the filling. Grilled, boiled or fried – they all taste amazing on fresh lompe.

Step 3 Dress it up – add your typical brat or hot dog fixings. Try out something new – you could add sauerkraut, cole slaw or salsa.

### Lomper – Small Potato Cakes

Ingredients 2 lbs. potatoes 1 tsp. salt 1 ¼ cups, approximate, barley flour

Recipe Step 1 Boil unpeeled potatoes. Peel, and twice grind, rice, or mash while still warm, until potatoes are smooth and elastic, thus requiring less flour. Add salt during this process, rather than adding it to the water, it increases the elasticity of the potatoes. The more elastic the potatoes, the better the lompe. Cool.

Step 2 Add flour to a small portion of potatoes at a time, stir just enough to make a firm, easily handled dough. Making a lot of dough at once and leaving it stand may cause the dough to become sticky. Cut off slices with a sharp knife. Press these down lightly with the back of your hand, and finish rolling out with grooved rolling pin into 3-4" rounds. Doing it this way one requires less flour. Brush off all excess flour before baking.

Step 3 Place lompe on medium hot lefse or other griddle and turn often with a pliable spatula. Prick any bubbles that form while baking. When done, they should be light in color with large, brown spots.

Step 4 If the griddle is too hot, lomper will remain raw inside; if too low, they will be hard and tough. Allow them to dry out for a few minutes, then wrap in a clean towel and cover until ready to be served. They are tastiest when used immediately. They can be served with butter and sugar, or with sharp cheese. As for me, it will always be pølse med lompe.

Ekte Norsk Mat—Authentic Norwegian Cooking is available for purchase through the Vesterheim bookstore. Call toll free at (800) 979-3346.