

Kjære venner;

Soon school starts, harvesting our gardens and fruit trees is in full swing, and Myrmarken meets again in September.

I am sending the September newsletter early to alert you to our September meeting's program. Special guest Leslee Lane Hoyum, a chief executive officer for the Sons of Norway in Minneapolis will talk to us about one or both programs that are special to her: Ski for Light and the Sons of Norway Foundation. Please spread the word to all your Facebook friends and those on your email list so that they can set aside 9am September 9th to come and learn about these valuable branches of the Sons of Norway. This is a wonderful opportunity to tell others about what Sons of Norway has to offer. You may use the article below to spread the word to your friends.

Looking forward to seeing all you on the 9th.



FUN FACT

The First U.N. Secretary-General was Norwegian.
The pragmatic and determined **Trygve Lie**, who served as Norwegian Foreign Minister during the Second World War years of exile in London, took up the post as Secretary-General during the post-war years from 1946 to 1952. He passed away in 1968 at the age of 72.

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.



Leslie Lane Hoyum

Leslee Lane Hoyum

Leslee Lane Hoyum will be speaking to Myrmarken Lodge of the Sons of Norway September 9th at 9am, Scotty's Pizza, Marshfield, WI. She is the former Vice President and Secretary for the International Ski for Light, and the immediate past Chair of the Sons of Norway Foundation.

Ms. Hoyum is retired from Public and Media Relations for the State of Minnesota. She is a graduate of University of Minnesota, and also attended University of Oslo, Norway, an honorary citizen of Sarpsborg, Norway, and a recipient of a St. Olav medal.

She is also a co-founder of Lakselaget, an organization of professional women who are interested in contemporary Norwegian issues and all things Norwegian.

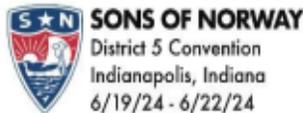
The public is welcome.

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ANNOUNCING Sons of Norway District 5 Convention 2024

RACING TO THE FUTURE



RACING TO THE FUTURE
Indianapolis Crowne Plaza Airport Hotel
June 19-22, 2024
Indianapolis, Indiana

Mark your calendar now!
The 2024 Sons of Norway District 5 Convention is coming in June 2024!

Plan your vacation so you can enjoy the many attractions in the Indianapolis area before and after the convention. You asked for classes and activities that delegates could enjoy, so classes and speakers will begin on Wednesday, June 19, and continue through Saturday morning, June 22. A survey will be sent out to help the Convention Committee choose classes to offer. Please respond to the survey as soon as you see it. Your help is very important.

Delegates who are not on a committee can take part in a class or enjoy speakers on Wednesday and Thursday. Everyone will be able to enjoy the evening programs on Wednesday, Thursday, and Friday besides the banquet on Saturday evening.

Those who are not delegates can attend all three-and one-half days of their class of choice or learn from the presentations offered during that time or take a local trip.

THERE IS SO MUCH TO DO THAT EVERYONE WILL NEED TO MAKE CHOICES!

Watch for more details coming soon!

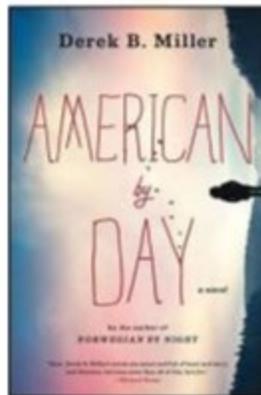
Judy Ghastin
District 5 Cultural Director
D5 Convention Chair

Sons of Norway Book Club Selections

Mystery Selection:

American by Day

by Derek B. Miller



Synopsis: A gripping and timely novel that follows Sigrid—the dry-witted detective from Derek B. Miller’s best-selling debut *Norwegian by Night*—from Oslo to the United States on a quest to find her missing brother.

She knew it was a weird place. She’d heard the stories, seen the movies, read the books. But now police Chief Inspector Sigrid Ødegård has to leave her native Norway and actually go there; to that land across the Atlantic where her missing brother is implicated in the mysterious death of a prominent African American academic—America.

Sigrid is plunged into a United States where race and identity, politics and promise, reverberate in every aspect of daily life. Working with—or, if necessary, against—the police, she must negotiate the local political minefields and navigate the backwoods of the Adirondacks to uncover the truth before events escalate further.

Refreshingly funny, slyly perceptive, *American by Day* is “a superb novel on all levels” (*Times*, UK).

“Ingenious. Humorous. Wonderful.”—Lee Child

All synopses and review quotes are from Amazon.com



2023 District 5 Lodge New Member Recruitment Contest starts August 1

REMEMBER, OUR RECRUITMENT CAMPAIGN STARTED AUGUST 1ST. HAVE FUN!

Sons of Norway District 5 is pleased to announce the launch of our 2023 recruitment campaign.

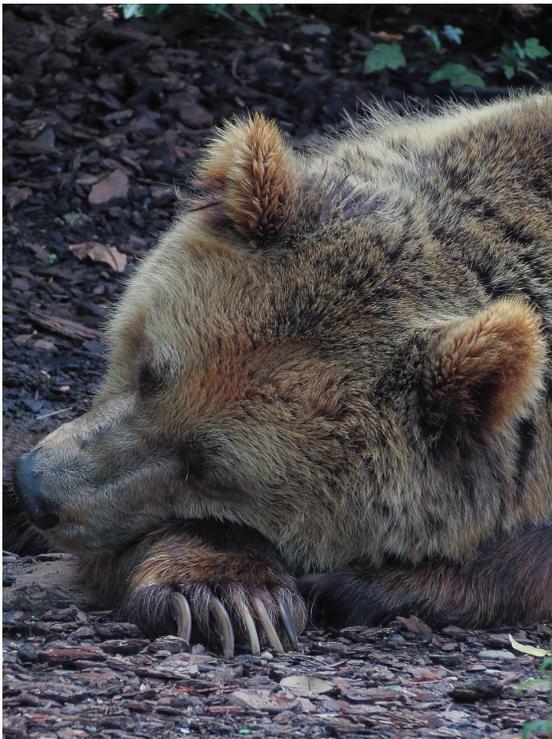
Starting August 1, 2023, all lodge members are asked to recruit new members to their local lodge. For every new member (not Heritage Member) recruited, the lodge will receive \$10 for an individual or \$20 for a family membership. This does not include adding adults to an existing Adult Family membership. The money awarded will be sent to the local lodge of the recruiting member to be used as the lodge would like.

This campaign is an opportunity for all members to get involved and support their local lodge in meeting their membership goals. As well, it helps continue to grow the Sons of Norway organization. The contest will begin August 1, 2023 and go until October 31, 2023.

Please turn in all paper membership applications to Headquarters by October 31, 2023. This will ensure that they are processed by the deadline. New members who are signed up online via <http://www.sofn.com> should also be entered by October 31, 2023.

If you sign up a new member online, please email District VP, Wendy Winkelman, advising of that new membership (wendyathadeland@yahoo.com).

Contact wendyathadeland@yahoo.com with any questions!
Wendy K Winkelman - District 5 Vice President



BEAR BREAKTHROUGH

For 13 years, researchers in Scandinavia have been studying hibernating bears and have drawn some very important conclusions regarding blood clots. Since 2010, they have drawn blood, fat, muscle and urine samples from 70 bears in both the winter and summer. The difference they discovered between samples was changed platelets while the bears were hibernating. This is notable as bears can be still for several months without blood clots, while humans are at risk sitting still for too long. From their studies, they have determined that bears produce less of a protein called HSP47 in winter, which can cause blood to coagulate. These findings are remarkable in that scientists now know which protein to focus on when creating medicines for blood clots. The researchers believe there are more important discoveries to be made from this project and thus will continue to study these hibernating bears.