

Myravisen

January/February/March 2019
Myrmarken Lodge 5-609
Marshfield, WI 54449



A Reminder of our meeting this Saturday morning at Faith Lutheran Church, 9:00 am. Our guest speaker is Todd Beyer, a hearing instrument specialist, of The Hearing House. We look forward to hearing him address some of our hearing issues as we age.

The public is welcome to join us!



Remember to move ahead
one hour March 10th.

Cultural Fair 2019



Myrmarken Lodge participated in the annual Cultural Fair held on Saturday, February 23rd, and saw a steady stream of viewers in spite of bad weather.

Our table offered the popular krumkaker samples baked by Anne Grethe Cook, Julaine Varsho, Kit Chase, and Sherrie Framness, while Dorothy and Don Berg made Viking helmets for the children and taught some Norwegian language.



The overall theme was Hispanic, but we Norwegians represented our culture well.



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SPECIAL POINTS OF INTEREST

- Briefly highlight your point of interest here.
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Program on April 13, 2019:

"The Samis"

Presented by Arno Morten

May 12, 2019:

A program of classical violin
and Hardanger fiddle by

Robin Fossum

ZONE MEETING

The ZONE MEETING that was to happen on April 13, 2019 will now be held on April 27, 2019. It will be held in Stevens Point.

Tom Boudreau

DEATH CLEANING

A recent article in the Norwegian-American newspaper discusses the Scandinavian method of gently freeing yourself and your family of a lifetime of clutter: How to clear out loads of your accumulated stuff before you die, so that your heirs won't have to. In many ways, this is a great idea, though I wish the "death cleaning" name didn't give me the feeling that the Grim Reaper is right behind me, waving his scythe and wagging his finger as Doug & I wrestle with a lifetime of accrued possessions and memorabilia.

The article states that you're supposed to start the "death cleaning" process around age 65, by selling items that are saleable and giving away other items as gifts to friends and family. (assuming that they don't have to worry about their own death cleaning.) Then you move on to asking yourself a key question about other items: "Will anyone be happier if I save this?"

Go through your closet and get rid of clothes that you don't wear because of wrong size, a defect (missing button, broken zipper), not comfortable, pinching shoes, or you just don't care for it.

Keepsakes and memorabilia probably have no meaning to anyone but you, so put them in a box and label it "to be discarded after my death". BUT—make sure your heirs have the information they need to deal with your assets: passwords and safe combinations.

Photos: What to do with those? Beautiful old photos on heavy cardboard. They could be scanned with a high-resolution scanner, identified with who is on each one by name, date, and location, and put on those handy USB memory sticks. They can then be dispense to any family member who wants them. Let them decide what to do with the originals.

A major motivation for death cleaning is a desire to spare our heirs of the task of disposing unwanted stuff after our deaths. We have saved Christmas ornaments with all the glitter worn off, strings of lights that work only half way, Christmas cards with no special message, clothing that is too good to recycle but not wearable in public, piles of magazines, photographs of scenery from some unidentified places, knickknacks of no particular use or distinction, and wedding wrapping paper from my wedding 45 years ago.

Doug and I are in the process of winnowing away our supply of souvenirs, keepsakes, andstuff. But it will be a "work in progress" for quite a while.

.....Newsletter Editor

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Re-enactments Provide Glimpse into the Viking

Viking re-enactment groups are becoming more prevalent than ever, with groups popping up in the United Kingdom, mainland Europe and Northern America. Related Facebook groups may be a reason for the rise in awareness and popularity, with several groups each boasting thousands of members.

Reenactment groups strive for authenticity in their activities, be it scenes from everyday life (baking, forging, gardening, carving) or participating in re-created battles. Many members of these groups study Viking life and culture in detail, from exploring ancient Viking sites, studying Norse sagas or scrutinizing artifacts and old trade routes.

There are active online marketplaces for buying, selling and trading Viking replicated clothing, accessories and equipment. On websites such as Etsy one can source jewelry, tunics, headwear, footwear, tankards, shields, props and more.

To get a real flavor for Viking re-enactment, check out a recent issue of National Geographic, "The Vikings, Lords of Sea and Sword." Re-enactors were used in photographs to illustrate in detail various aspects of Viking life.



Lena and her ladies group were discussing the new minister. Lena reported that the young Reverend had paid her a compliment. "He said I looked like a breath of spring." Helga snorted and said, "Lena - that's not exactly da vay he put it. What he said vas, you looked like da end of a long winter."

Dreaming of a Trip to Norway this Year?

Member discounts are available on fjord and river cruises, guided tours and auto and hotel rentals. Save on your travel in North America, Scandinavia and beyond. Learn more from your local lodge's cultural director or log in at sofn.com and go to Member Resources.





Did you know...

8 in 10 Americans say family is most important to them, yet only half have life insurance? Be sure your family has the protection they need. Contact our Financial Benefits Counselor, Helge Vestnes, today; or call Sons of Norway at 800-945-

SUMMER CAMP 2019 DISTRICT FIVE

Norwegian Heritage Camp for Youth: July 14-July 27, 2019

COST: \$800.00

Camp is at Beaver Creek Reserve (12 miles from Eau Claire).

Forms and other information can be obtained online at:

www.sonsofnorway5.com

APPLICATION DEADLINE is May 17, 2019.

Scholarships are available. Visit camp website: www.massemore.org



March | mars

a little in English...

Liv Ullmann Celebrated on Her 80th birthday

Actor and director Liv Ullmann is known throughout the world. Sunday she turns 80 years old (December 16.) She'll be given a proper celebration. Prime Minister Erna Solberg is among those who will pay tribute.

Liv Ullmann is one of Norway's international stars. As an actor she has been nominated for an Oscar twice. She has not won the highly regarded statuette, but she has received many other awards, both as an actor and director.

Liv Ullmann has lived abroad for years. But there has never been any doubt about her home turf. The newspaper Dagbladet recently visited her in Florida in the U.S. The journalist asked her if she still feels Norwegian.

"Oh, yes! I have traveled a lot, at times. But Norway will always be my home. Always," she said.

Ullmann played her first role in the Rogaland Theater in 1957. Then she played the girl Anne Frank. She became known through the role of Nora in the play "A Doll's House," but then she became a film actor. Ullmann played in 10 films directed by Ingmar Bergman.

Ullmann is also very popular in the United States. She played in several shows on Broadway, the theater street in New York. Later she has played in even more international films. She directed her first film in 1992. It was called "Sofie."

litt på norsk...

Liv Ullmann hylles på 80-årsdagen

Skuespiller og regissør Liv Ullmann er kjent i hele verden. Søndag blir hun 80 år gammel. Det feires skikkelig. Statsminister Erna Solberg er blant dem som skal hylle Ullmann.

Liv Ullmann er en av Norges virkelige verdensstjerner. Som skuespiller har hun vært nominert til filmprisen Oscar to ganger. Hun har ikke vunnet den gjeve statuetten. Men hun har fått mange andre priser, både som skuespiller og regissør.

Liv Ullmann har bodd i utlandet i årevis. Men det har aldri vært noen tvil om hvor hun hører hjemme hen. Nylig besøkte avisa Dagbladet henne i Florida i USA. Journalisten spurte henne om hun fremdeles føler seg norsk.

– Å, ja! Jeg har i perioder reist mye rundt. Men Norge vil alltid være hjemmet mitt. Alltid, sa Liv Ullmann da.

Ullmann spilte sin første rolle på Rogaland Teater i 1957. Da spilte hun jenta Anne Frank. Hun ble kjent gjennom rollen som Nora i stykket «Et dukkehjem» Men så ble hun filmskuespiller. Ullmann spilte i ti filmer som Ingmar Bergman regisserte.

Ullmann er også svært populær i USA. Hun spilte i flere show på teatergaten Broadway i New York. Senere har hun spilt i enda flere internasjonale filmer. Hun regisserte sin første film i 1992. Den het «Sofie»



OSLO RANKED 2ND HEALTHIEST CITY IN THE WORLD

Oslo was recently named the world's second healthiest city. Using key metrics like life expectancy at birth and work-life balance, the online home rental company, Spotahome, created a healthy index to rank 89 global cities. Of the global cities analyzed, Oslo and Helsinki were the only two Scandinavian countries to make the top 10.

While it's no secret that Norway continues to top lists for work-life balance and happiness, Oslo also scored particularly high in green space, life expectancy and air/water quality. Since the city has already unveiled plans to go green by 2025, it's easy to see why it ranked so high. The initiative includes making the city center car-free, and adding more pedestrian and bike friendly areas.

Additionally, the life expectancy in Norway is 84 years for women and 81 years for men, which is among the highest in the world. In total, Oslo scored an average of 6.61 points out of 10. Amsterdam took the number one spot on the list with an average of 6.97 points. To view the full list, visit spotahome.com/healthiest-



Walnut and Cheese (Valnøtter og ost)

Ingredients :

Walnut halves

Normanna cheese
(Norwegian Roquefort)

Butter or light cream

Green grapes

Directions

Step 1 Rub cheese through a sieve, or mash with a fork and blend with a little butter (room temperature) or cream.

Step 2 Place a small amount of cheese on whole walnut halves, press a grape into the cheese on one half and top with the other half.

Step 3 Place a toothpick into the grape. Arrange the appetizers on a platter with curly endive.

Find this recipe and more on Sons of Norway's online recipe box at https://www.sofn.com/norwegian_culture/recipe_box/.



NORWEGIAN CHEESE CLAIMS TOP PRIZE IN 2018 INTERNATIONAL COMPETITION

The annual World Cheese Awards—known as the largest cheese-only competition on the planet—has been bringing together cheese lovers around the globe for over three decades. The recent 2018 competition was particularly exciting for Norwegians as it not only took place in Norway for the first time ever, but was also a home win for the local Norwegian cheese producer Ostegården.

Out of the record breaking 3,472 cheeses from 41 countries that participated in the past year's competition, Fa-

naost, an aged Gouda-style cheese, came out on top. This champion cheese took nearly 12 years to produce and was made on a small Norwegian farm of just 12 cows.

The event took place in Bergen in partnership with Hanen, a local organization promoting the best that the Norwegian countryside has to offer. With the increasing popularity, pride and knowledge in Norwegian food culture and traditions, timing played a wonderful role in this year's win.

Are you ready to SPRING into action?

With spring just around the corner, get busy with the Sports Medal program. Embrace nature like a Nordic, as you get active outdoors walking, hiking, biking and more. This is a fun way to work toward a goal and earn recognition medals. Learn more from the lodge sports director or log in at sofn.com and go to Member Resources.

Please keep up the great success of 2018 and work together in 2019 to help grow our Sons of Norway family.

Be a Lifelong Learner!

Start 2019 by exploring your heritage with one (or more) of our fascinating Cultural Skills topics.

Dive into a new subject with lodge friends and earn a Cultural Skills pin to recognize your achievement. Or, expand your existing skills and be recognized with additional skill bars. Learn more from your local lodge's cultural director or log in at sofn.com and go to Member Resources.

