

Dear Members and Friends of Myrmarken -

We are coming to a closing of the books for Myrmarken Lodge and 2022. March 15th is my deadline for reports to the International Office. Please let me know of any activity you have done personally on behalf of the Sons of Norway. Thank you to those who have given me their numbers.



Wasn't our last month's program by Glenn Coenen interesting. So many fun things about the Birkebeiner racing experience.

Our program this coming Saturday, March 11th at 9am, at Scotty's Pizza will be led by Tom Stram. He will be presenting a very interesting book report.

Take a look at the Fun Facts on page 3. As part of the Task Force along with Dorothy Berg, many ideas and problems were discussed. I'll share more of that with you on Saturday.

Dane Tollefson and Roger Duchow celebrate their birthdays this month. *Gratulerer med dagen!*



Doug Framness, President

Sherrie Framness, editor



**FUN FACT**

The Town of Rjukan, Norway receives no natural sunlight from September to March due to the steep mountains that surround it. They've installed 3 large mirrors to reflect light into the town's square. The mirrors track the sun's path and move every 10 secs to create a 600m squared pool of light.



March 12th

Time to Spring Ahead

**Continued Connections: Linguistic & Cultural Identity among North Americans with Norwegian Heritage**

You are invited to participate in a research study at the University of Wisconsin-Madison about language, culture, and identity in Norwegian heritage communities in North America. Participants are asked about their experience with, and feelings about, Norwegian language and culture.

Along with this newsletter, the information about this survey will be forwarded as an attachment to you.

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.

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# News from the District 5 Board

From: Colleen Graham

The 2023 Barnebirkie is a wrap and it was EPIC! The snow and wind made it impossible for many of our volunteers to get to Hayward. Luckily, the ones who did make it were willing to do whatever was needed to make the event a success. Somehow, the weather didn't seem to affect our skiers nearly as much since almost 500 bibs were picked up. Best guess is that our numbers were down by about a third, which, given the conditions, was amazing.

Special thanks to Bill & Jane Butsic who stepped up to lead the cocoa effort in the absence of the Swiss Miss crew from Menominee; and, Robert & Robin Fossum who represented the Sons of Norway with hundreds of dozens of cookies. Also, kudos to Sue Scheer and Linda Fenton who came to watch the Barkiebirkie but stayed to dole out cookies.

And to the rest of you (Wendy, Stephanie, Karen, Jan, Kerry) thanks for being willing to handle all the tasks you didn't sign up for whether pouring cocoa, moving furniture, directing traffic, cleaning up the aftermath, or chasing lost kids. Your number was small but your accomplishment was great.

Best regards,

Colleen Graham

Barnie Finish Line Chief



From: Ronda Tworek:

Good day, Robert (Fossum, Coordinator of the Barnebirkie)

Thank you for your time and efforts volunteering with the American Birkebeiner Ski Foundation. We would not be able to host World Class events without your help. So, we truly appreciate you and your willingness to lend a hand. The mission of the American Birkebeiner Ski Foundation is:

- To promote and conduct the finest international cross country ski competition;
- To serve as good stewards of the American Birkebeiner Trail;
- To support healthy and active lifestyles among people of all ages and abilities.

Our Core Values are: Bring Joy Do the Right Thing Be a Team Player Look For Ways to Innovate Facilitate Diversity Lead by Example Get Stuff Done (GSD) By volunteering and giving back to the events of the American Birkebeiner Ski Foundation, you're showing our participants and communities what it is to be a part of something larger than ourselves. Sharing smiles and Being a Team Player is what it's all about. Helping others and Serving as Good Stewards of the beautiful and challenging Birkie Trail. Thank you for Bringing Joy to so many for the 49th Annual American Birkebeiner.

**Looking ahead to the 50th American Birkebeiner - join us Birkie Week, February 21 - 25, 2024!**

Until we meet again, Happy Trails!

Yours truly, Ronda Tworek

Director of Volunteers

American Birkebeiner Ski Foundation

[www.birkie.com/volunteer](http://www.birkie.com/volunteer)

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**Sons of Norway – District 5  
Fun Facts and Figures**

**% distribution of 'State'**

<b>State</b>	<b>Count of State</b>
WI	57.43%
MI	11.72%
IL	11.34%
IN	4.68%
TN	3.63%
OH	3.49%
FL	1.19%
MN	1.15%
KY	0.52%
CA	0.49%
<b>2,866</b>	
AZ	0.45%
NY	0.35%
IA	0.35%
NC	0.31%
MO	0.28%
SC	0.21%
VA	0.21%
CO	0.21%
TX	0.21%
WA	0.14%
ND	0.14%
GA	0.10%
VT	0.10%
NJ	0.10%
AR	0.10%
NV	0.10%
PA	0.07%
<b>Birth Month</b>	
UT	0.07%
HI	0.07%
DC	0.07%
NH	0.07%
OR	0.07%
SD	0.07%
CT	0.03%
WY	0.03%
NM	0.03%
MA	0.03%
AK	0.03%
LA	0.03%
WV	0.03%
ID	0.03%
MD	0.03%
MT	0.03%
<b>Grand Total</b>	<b>100.00%</b>

**District 5 – As of Jan. 26, 2023**

Number insured	457
Life Members (not insured)	1
Golden Members (insured and not)	394
JV (Unger Venner?) all insured	43
Golden Members Insured	122
Members Other(not Life, Golden or JV)	2,428

**Total Members in Lodges (ages 18-89)**

Median Age	71
Average age	66
Members Age 18-30	236
Members Age 31-49	2,175
Members Age 50-89	455

Members Age 90+ (Not counted above)	201
(in lodges not 0 & 999)	
Members Age 0-17 (not counted above)	633

Members in lodge 0 & 999	3,632
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**Total District 5 members 7,332**

**% distribution of 'Birth Month'**

**Count of**

1	7.99%
2	7.68%
3	8.72%
4	7.99%
5	7.29%
6	7.57%
7	8.97%
8	9.11%
9	9.11%
10	8.23%
11	8.27%
12	9.07%

**Grand Total 100.00%**

## Viking Grave Discovery

An amazing discovery was made in the backyard of a house located in the Holmen neighborhood of Oslo. A new house was set to be built on the lot, but before that could happen, archaeologists were called to excavate the site. Their labors were fruitful as they determined there lay a burial site dating back to the Viking Age. Among the items found were gravestones, knives, horse equipment, a cloak ring buckle, and an entire wooden shield. All that was left of the rotted wooden shield was its metal centerpiece. There were no human remains found at the burial site as it was Viking tradition to cremate the deceased on a bonfire. The items found were just underneath the topsoil.

Sciencenorway.no reported that about 60 Viking graves have been discovered in Oslo. However, this one is significant in that it was the first excavation by a team of archaeologists, rather than construction workers.



Two cardboard boxes holding metal artifacts found in the Viking Age burial, including knives, a cloak brooch and the remains of a shield. (Image credit: Courtesy of the Cultural Heritage Management Office of Oslo)