

# Myravisen



December 2024  
Myrmarken Lodge 5-609  
Marshfield, WI 54449



Kjære venner;

The year has gone quickly. Our next meeting is January 11th, 9 am at Scotty's Pizza. This is a very important meeting as we will be discussing and likely making some decisions regarding the future of Myrmarken Lodge. We urge you to come if possible and make your thoughts known.

Here is wishing all of you *Glad Jul og Glad Nytt Aar* !



**Norwegians have a televised version of advent calendars.** One of the most popular shows was a spoof on a reality show. It included 24 Santa's that stayed together in a barn to compete in becoming the best Santa. They were eliminated one by one for each episode after competing in Christmas activities until the last Santa won on December 24<sup>th</sup>. It was called *Nissene på Låven (Santa's in the Barn)* and became a massive success.



## Fun Fact

Every year different breweries sell Julebrus (Christmas Soda), a soft drink with either red or brown color. There are over 20 different brands and many people have big opinions on which one is the best.

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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## GRATULERER MED AGEN !

Tessa Berg – Dec 29

## 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



## Glade jul

This is a Norwegian version of the popular and well-known Christmas carol, Silent Night, which was originally written in German. It was translated into Bokmål by B.S. Ingemann in 1850, and from Bokmål into Nynorsk by Bernt Støylen in 1905.



### **Glade jul (Bokmål)**

*Glade jul, hellige jul!  
Engler daler ned i skjul.  
Hit de flyver med paradis grønt,  
hvor de ser hva for Gud er skjønt.  
Lønnlig i blant oss de går.  
Lønnlig i blant oss de går.*

## Why are Norwegians so fond of coffee?

Norwegians drink the second most coffee in the world.

You see it everywhere in Norway. People stroll along the street with coffee in hand. Coffee is served in meetings. Many people depend on a cup to start the day.

Coffee is part of the social and cultural life in Norway. How did that happen? It is complex, says Marit Lynes. She is the general manager of Norsk kaffeinformasjon—Norwegian Coffee Information.

“Historically speaking, we have imported high-quality coffee into Norway. This has made people want to drink more. Then we say yes to cup number two,” says Lynes.

The Information Office conducts a survey every year. The figures from 2024 show that 85 percent [of Norwegians] drink coffee. 74 percent drink coffee every day.

Coffee started as a drink for the home in Norway. Elsewhere, it was something you got in public. Then it was taken into the home. In Norway, it was the other way around. It is in recent times that we started going to cafes.

Did you know?

80 percent of daily coffee drinkers [in Norway] usually drink black coffee.

23 percent like coffee with milk best.

Who drinks cappuccino? The majority are women, those under 30 and those who live in Oslo.

Iced coffee is becoming increasingly popular. 49 percent drank it in the past year.

70 percent have a coffee maker. 36 percent have an espresso maker. 31 percent use pods.

73 percent think coffee is an important offering at work or school.

Source: Norwegian Coffee Information's survey from 2024.

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“Most people drink their coffee black. Then we can drink more than if you drink it with milk,” says Lynes.

“Drip and pour-over coffee lay the foundation for how much coffee we drink.”