

# Myravisen



January/February 2024  
Myrmarken Lodge 5-609  
Marshfield, WI 54449



## SONS of NORWAY



Kjære venner;

Det er veldig kaldt ut! It's very cold outside, so I hope you are all keeping warm. Snow, wind, and cold kept us from holding our January meeting, but barring another snowstorm, we want to gather together again at Scotty's on February 10th at 9am. Julaine Varsho will tell us about her trip to Iceland - the land of Fire and Ice! We have installation of officers to complete at our meeting in February, and make plans for future meetings.

I want to call your attention to the **Luther College Nordic Cathedral Choir concert which will be on Monday, January 29th, 7pm, at First Presbyterian Church** here in Marshfield. This choir has a long-standing reputation for some of the finest choral and orchestral music in the United States - and by a NORWEGIAN COLLEGE! Please come and hear them if it's possible for you.

See you at our **February meeting, Saturday February 10th, at Scotty's, 9am. Bring a friend!!**

Sherrie, Editor

### Fun Fact

There are two separate written versions of the Norwegian language. The most common is Bokmål, the second is Nynorsk. There are also a host of different dialects.

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.

## GRATULERER MED DAGEN !



Dawn Duchow 1/29      Emilie Koran 1/4  
Brady Berg 2/26      Roger Krogstad 2/5  
Ruth Stram 2/20



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The Luther College Nordic Cathedral Choir is coming to Marshfield January 29th, 2024. The Presbyterian Church will be the hosts. The concert begins at 7pm.

## Viking Discovery on Jomfruland



Viking Discovery on Jomfruland While looking for a lost gold earring in their garden, a family in Norway uncovered 1,000-year-old Viking artifacts. The Aasvik family, from a small island called Jomfruland, became the first to find a Viking-era discovery on the island. They had stumbled across it by using a metal detector to search for the earring in their yard. The metal detector alerted them underneath a large tree, so they began digging. Among the findings was a brooch and an additional item that was likely part of a Viking-era burial. Both were believed to have once been covered in gold and were engraved with depictions of animals.

The brooch is believed to date back between 780 and 850. These artifacts help prove the Vikings' existence on the island. Experts knew of settlements on the island dating back only to the Middle Ages, making this Viking discovery rather significant.

### Nordic Winter Vegetable Soup

Warm up this winter with this delicious, simple and healthy soup. Recipe from: <https://www.foodandwine.com/recipes/nordic-winter-vegetable-soup>

#### Ingredients:

- 2 Tablespoons extra virgin olive oil
- 1 large onion, thinly sliced
- 2 leeks, white and tender green parts only, thinly sliced
- 2 garlic cloves, minced
- 1 cup pearl barley
- 8 cups low-sodium vegetable broth
- 4 cups water
- 10 thyme sprigs
- 2 bay leaves
- 1 1/2 lbs. celery root, peeled and cut into 1/2-inch cubes
- 1 lb. parsnips, peeled and cut into 1/2-inch pieces
- Salt and freshly ground pepper
- 1 lb. baby spinach
- 1 teaspoon freshly grated nutmeg

#### Directions:

1. In a large pot, heat the oil. Add the onion, leeks and garlic and cook over moderate heat, stirring occasionally, until tender, about 5 minutes. Stir in the barley. Add the vegetable broth, water, thyme and bay leaves and bring to a boil. Add the celery root and parsnips and season with salt and pepper. Simmer over moderately low heat until the barley and root vegetables are tender, about 40 minutes.

2. Stir in the spinach and nutmeg and simmer for 5 minutes. Season the soup with salt and pepper and serve in deep bowls.

Serve with Hearty whole-grain rye bread