



## Fra Presidenten

*Kjaere venner,*

To begin my final letter to you as Idun Lodge President, I want to say Happy Holidays to everyone, and I hope you all have had a wonderful holiday season up to this point in time. Keep in mind that Christmas continues for twelve days from December 25<sup>th</sup>, and that would be January 5<sup>th</sup>; Orthodox Christmas isn't until January 7<sup>th</sup> because they use the Julian calendar; and Chinese New Year 2024 isn't until February 10<sup>th</sup>. So, you see, you have plenty of reasons (or excuses) to party for many days to come. By the way, the 12<sup>th</sup> day of Christmas is historically the day The Magi (The Three Kings) arrived in Bethlehem bearing gifts for the new Christ Child. Therefore, my Norwegian logic suggests to me that we should all have at least some expectation of additional gifts right up to and through the 12<sup>th</sup> day!

The last two years have been enjoyable for me as your president. Our lodge enjoyed some successful events and efforts, we were blessed with some new members in leadership roles, our lodge was generous in its giving, and I believe we as a lodge became more comfortable in our new Trinity Lutheran Church home. I look forward to Idun Lodge continuing to reach out in its service to the Greater Madison Community, and I hope we are more and more assertive about telling our Sons of Norway Story to everyone who is interested and everyone who will listen. Maybe WORT community radio can be a helpful vehicle?!

New leadership is taking the helm at Idun Lodge for the coming biennium, and I hope you all will show your support for James Eliason, your new lodge president. James has shown exemplary enthusiasm for all things Idun since his arrival on our Sons of Norway stage, and I believe a new paradigm and a new perspective is healthy for individuals as well as groups like ours. I encourage you all to get to know James, who brings a wealth of Norwegian heritage with him from his North Dakota upbringing.

Our January monthly meeting will switch to mid-day on the first Saturday, January 6<sup>th</sup>, and should be festive, in my opinion. So I'd like to encourage you all to come dressed in your Norwegian best. Norwegian sweaters are especially recommended, but if you want to go all out, wear your *bunad*. The luncheon of Norske *smørbrød* (open-faced sandwiches – free!) will really add a nice touch to the event. We will be installing our new leadership team for 2024-2025, so please come and show your support for Idun Lodge and District 5 President Cheryl Wille-Schlessler, Installing Officer.

*Med vennlig hilsen,*

Jon M. Grinde

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## Officer List - 2024 to 2025 Term

<b>President</b>	James Eliason.....608-772-8526 mobile.....james.eliason@ymail.com
<b>Vice-President</b>	Jon M Grinde.....608-513-6434 mobile.....grindej@firstweber.com
<b>Secretary</b>	Gage Trader.....608-770-7635 mobile.....gage.trader@gmail.com
<b>Treasurer</b>	Dee Grimsrud.....608-259-1958 mobile.....idunlodgemadison@gmail.com
<b>Cultural Director</b>	Jim Borrud.....920-210-7724 mobile.....jborrud@hotmail.com
<b>Social Director</b>	Lucy Ghastin.....608-225-1412 mobile.....leghastin@gmail.com
<b>Sports Director</b>	>we need a volunteer to fill this position<
<b>Youth Director</b>	>we need a volunteer to fill this position<
<b>Newsletter Editor</b>	Dee Grimsrud.....608-259-1958 mobile.....idunlodgemadison@gmail.com
<b>Musician &amp; Counselor</b>	Mary Zoroufy.....608-277-8190 home.....maryzor@charter.net
<b>Foundation Director</b>	Mary Bennett.....608-837-8335 home.....mjbenn4@gmail.com
<b>Marshall</b>	Susan Quale.....608-283-9390 home.....quales@gmail.com
<b>Trustees (3)</b>	
Through 2024	Asta Blanchar.....608-592-3997 home.....adblan@charter.net
Through 2025	Alene Olson.....608-254-2403 home.....avolson@charter.net
Through 2026	Jerry Paulson >deceased; we now need a volunteer to fill his position<
<b>Sunshine</b>	Karen Smiley.....608-849-1971.....tom.smiley@tds.net
<b>Greeter</b>	>we need a volunteer to fill this position<
<b>Photographer</b>	Shirley Scriver.....608-467-2870.....scrivershirley@gmail.com

**OFFICERS: Please check your listing and notify Dee if any changes need to be made.**



### CONTACT US:

**Idun Lodge 5-074**

c/o Mary Bennett

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*Idun News* is published six times a year. Email articles and photos to [IdunLodgeMadison@gmail.com](mailto:IdunLodgeMadison@gmail.com). The final deadline for content submission is the 10th of the month prior to publication; i.e. February 10<sup>th</sup> for the Mar/Apr issue. If you have a change of phone number or street or email address, go to [www.sofn.com](http://www.sofn.com), sign in with your user name and password, then select your Profile to make changes. In addition, please send notification of such updates to the above Lodge email address.

\*If you now receive the printed newsletter in the mail, you may switch to getting the full-color PDF version via the Lodge email address. Or you can find back issues of *Idun News* (& other lodges' newsletters) at [www.sonsofnorway5.com](http://www.sonsofnorway5.com).

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At this meeting, we also need to elect our lodge delegates to attend the biennial **Sons of Norway District 5 Convention on June 19-22, 2024 at Indianapolis**. District 5 current lodge membership (as of December 31, 2023) determines how many delegates we can elect. Idun Lodge will reimburse delegates for most of their convention expenses. Please consider offering to be a delegate to represent our lodge in Indianapolis, or think about attending as a non-delegate. Read more on the next page, and If you have any questions, Jon Grinde can answer them.

## Why should I be a delegate to District 5 Convention 2024?

- To represent my lodge.
- To make decisions for our district.
- To meet with people from far reaches of the district.
- To promote Norwegian culture.
- To work to ensure the perpetuity of SofN.
- To share ideas in person with members from throughout the district.
- To learn new Lena and Ole jokes.
- To learn a new cultural skill.
- To learn about the Sami culture.
- To bring ideas back to my lodge.

## RACING TO THE FUTURE



## But...it costs too much!

- There is time to start *now* to raise money to help support delegates.
- There is time to apply for a grant to help pay the registration fee.
- (D5 has matching grants and grants for up to \$200.)
- The hotel room rate is \$129 + tax – an unusually low rate for an upscale hotel.
- Breakfast is included – 2 breakfast vouchers per room.
- A double-queen room accommodates 4 people – bring a friend for a roommate.

## But...I can't drive that far!

- There is enough time to make arrangements for carpooling with lodges in your area.
- Invite other lodges along the way to cooperate on transportation.
- Members from the eastern part of D5 have traveled to WI for many conventions.
- It is the same number of miles each way!
- The site is the Indianapolis Crowne Point Airport Hotel, so flying is a good option.

*>>Oh, then I guess I should be a delegate to the 2024 Sons of Norway District 5 Convention!<<*

## What would my responsibilities be as a convention delegate?

1. READ the delegate book that will be sent to all elected delegates. It contains resolutions and has important information for delegates to consider in advance.
2. SERVE on a committee if asked. Committees meet in person Thursday morning of convention week. They might also meet ahead of time on Zoom. Committees have specific roles ranging from making recommendations on any resolutions submitted to dealing with financial business.
3. CHOOSE extra activities carefully to avoid conflict with responsibilities. For instance, as a delegate I may attend cultural classes on Wednesday and Thursday (unless serving on a committee), but need to be at business meetings all day Friday and Saturday.
4. ENJOY special activities, speakers, and cultural classes before the district lodge meeting (on Wednesday and Thursday) and activities each evening.
5. SHOW UP to attend all business sessions.
6. LISTEN to reports and proposals.
7. ASK questions; take an active part in decision-making.
8. VOTE on proposals.
9. OPTIONAL: CELEBRATE at the banquet Saturday night with lively Scandinavian music by a well-known professional duo and enjoy the presentation of District and International awards.
10. ACCEPT any awards my lodge earned and take them home to my lodge.
11. SHARE convention experiences and ideas with my lodge.

**For more details:** <https://sonsofnorway5.com/> and click on the **District Conventions menu tab.**

## Barnebirkie Cookie Contributions Needed Again in February

Every February Idun members bake dozens of cookies to send to Hayward, WI to feed the children who race in the Barnebirkie ski race. Kids as young as two-years old look forward to this reward in the cookie tent at the end of their short race. The kid's race this year happens on Thursday, February 22nd; adults race on February 23rd and 24th. I will start collecting your cookies at our Saturday, February 3rd meeting and until Friday, February 16th by appointment with me for collecting your cookies. Call me at 608-225-1412 or email me at [leghastin@gmail.com](mailto:leghastin@gmail.com).

**BUT PLEASE: NO TREE NUTS OR NUT BUTTERS (i.e. NO peanut butter cookies)**

Please package cookies by the dozen in plastic zip lock gallon bags or in containers you don't need returned; plastic sealable containers or cookie tins. Put a label on each container or bag with the number of dozen inside and identify the cookies as being from Idun Lodge 5-074. Be as compact as possible in your packaging because I will need to fit into my car many, many dozens of cookies from other southern Wisconsin lodges in addition to Idun. -- Lucy Ghastin

## Please share your ideas for Idun Lodge's charitable giving!

Our lodge has been generous in its charitable giving, donating to non-profits such as River East Food Pantry, Goodman Community Center, Schenk and Lincoln Elementary Schools, Ski for Light, Second Harvest, Doctors Without Borders, World Central Kitchen, and our Sons of Norway Foundation.

Additionally, the lodge supports children, grandchildren, nieces and nephews (and other relatives) of Idun members who attend Masse Moro, the District 5 Heritage camp. Each camper receives a generous scholarship from the Lodge, which is matched up to \$250 by the District.

At its quarterly board meeting in October, the board discussed expanding its reach to the greater Madison area as well as to provide more scholarships to members and their children, grandchildren, and nieces and nephews. One suggestion is to set up a travel fund for members and their extended family to study in Norway, including attending the International Summer School in Oslo.

*What other ways would you like us to share our earnings?* Please share your ideas and reasons at our January 6th gathering or email them to [idunlodgemadison@gmail.com](mailto:idunlodgemadison@gmail.com). Our officers will consider all suggestions and decide on this year's donations at the Quarterly Board Meeting on January 25th.

**Masse Moro 2024** Tuition for this summer's District 5 Heritage Camp at Fall Creek, WI (July 14-27) will increase to \$1,200 because of rising costs. BUT...If you register by January 15<sup>th</sup>, 2024, you'll get a \$100 discount! AND...don't forget that D5 will match lodge scholarships up to \$250, saving you even more...but only if you register before May 17<sup>th</sup>!!

Registration form: [tinyurl.com/2am966r9](https://tinyurl.com/2am966r9)

Contact: D5 Youth Director Lisa Rove-Williams, 815-751-8447, [rovewilliams@comcast.net](mailto:rovewilliams@comcast.net) or 771 W Dresser Rd, DeKalb IL 60115.

For info on additional scholarships, see [sonsofnorway5.com/financial/district\\_scholarships.php](https://sonsofnorway5.com/financial/district_scholarships.php).

## Here's a little bit of British humour about Norwegians...

from the Monty Python Museum, made in 1979 with John Cleese:



- A 3½-minute video excerpt on Facebook:

[https://fb.watch/pe\\_bdiwEOt/](https://fb.watch/pe_bdiwEOt/)

- A 27-minute short film video on YouTube:

<https://youtu.be/acNnq8pwbC4>

## Nordic Winter Vegetable Soup

*Warm up this winter with this delicious, simple and healthy soup.*

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 to taste  
1 lb. baby spinach  
1 teaspoon freshly grated nutmeg



Photo Credit: Tina Rupp – foodandwine.com

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.

Stir in the spinach and nutmeg and simmer for 5 minutes. Season the soup with salt and pepper and serve in deep bowls, with hearty whole-grain rye bread.

## Ice Bathing in Norway



This winter, how would you like to start every Saturday morning with a refreshing ice bath? That is what Norwegian Anne Kristin Møller has done every Saturday since 2015. She became infatuated with the activity after participating in an event to set a new ice bathing record in Oslo. She stated, "The rush you feel in your body and the contrast of going from cold to warm is an absolutely fantastic experience." Additionally, Møller enjoys seeing nature from a new angle at each location she has ice bathed which includes Oslo, Tromsø, Karmøy, and Svalbard to name a few. Ice bathing has become quite popular in Norway, with

over 100 ice bathing clubs around the country. It is a great social activity that also has many health benefits, such as aiding with fatigue and stress. In a survey conducted, 1 in 5 Norwegians said they were planning on ice bathing in the winter.

## 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 were 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.



## RECENT IDUN LODGE MEMBER ACTIVITIES

### At our November 1<sup>st</sup> gathering



Left: Ashley Canada, assistant, and Amy Beyer, owner of Salty Provisions/Wanderlust Sea Salt LLC, brought a taste of the Norwegian Sea to Idun Lodge with their creative salt blends.

Their most popular flavor? Double Onion + Roasted Garlic Flake. [www.doyoulovesalt.com](http://www.doyoulovesalt.com)  
Right: (rear) Social Director Lucy Ghastin & her friend Elia Armacanqui; (front) Cody & Taylor Kramschuster.

### At our Juletreffest on December 2<sup>nd</sup>

After a delicious buffet dinner of *lapskaus* (beef stew), *lefse*, traditional side dishes and desserts – all made by members – we had fun auctioning off donated vintage Norwegian sweaters (to benefit our scholarship fund), and playing paper, word and song games with presents for prizes.



Mike and Kris (Bennett) McArdle with Jane Grinde.



Mother/daughter Dana & Anja Diedrich help Lucy Ghastin present prizes to game winners.



Jo Sommers, Dayle Haglund, Mike McArdle, Mary Zoroufy and Dale Haglund, who were voted at their tables as making the best paper Christmas trees. They cut them out over their heads without looking...which was hilarious!

Idun Lodge - Sons of Norway  
c/o Dee Grimsrud  
107 Sutherland Ct Unit 108  
Madison WI 53704-6817

## ADDRESS SERVICE REQUESTED

## 2024 KALENDAR

### January

**Saturday, 01/06**

11:00am – Officer Installation followed by  
Lunch & Program/Games

**Thursday, 01/25**

6:30pm – Quarterly Board Meeting

### February

**Saturday, 02/03, 12:00pm** – Potluck & Program

### March

**Saturday, 03/02, 12:00pm** – Potluck & Program

### April

**Wednesday, 04/03, 6:30pm** – Potluck & Program

*The public is always welcome at Idun Lodge meetings and events! Come ½ hour early to socialize. Unless otherwise indicated, our events are free and held at Trinity Lutheran Church in Madison, at 1904 Winnebago St (at First St). Please use the entrance closest to the parking lot on Atwood Avenue. Or use the accessible entrance on Winnebago St via the ramp at the front door; call 608-513-6434 or 608-259-1958 to be let in. Proceed to the meeting in the Fellowship Hall in the basement.*

Sons of Norway offers some excellent financial benefits, including life insurance, long term care insurance, and annuities. For more information, go to [www.sofn.com](http://www.sofn.com) and click on “Financial Products” in the blue strip near the top of the page. Or contact our area’s Financial Benefits Counselor:

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The Mission of Sons of Norway is to promote and preserve the heritage and culture of Norway, celebrate our relationship with other Nordic countries, and provide quality insurance and financial products to our members.