



# IDUN NEWS

Volume 70

March-April 2024

Issue 2

## Fra Presidenten

Thanks for being involved in the Sons of Norway Idun Lodge. The lodge has a strong tradition in the greater Madison area. For some time, it's been one of the "go to" sources for Norwegian heritage and tradition. It's wonderful to be involved with an organization that has such a cherished background. Let's continue to embrace the past as we strive to improve our Scandinavian legacy.

For our next meeting, Idun Secretary Gage Trader will take us on a journey as we learn about SCUBA diving. In April, we return to the Wednesday night meeting. Our guest speaker will be Eric Dregni from St. Paul, MN. He's published many books and is well known for his interesting stories.

Our traditional Syttende Mai banquet will be held the afternoon of May 11 at Trinity. Once again, it will be catered by the Esquire Club. Please let Lucy Ghastin know if you'd like to volunteer to help with the banquet. We need help organizing and planning as well as help with the event.

Jon Grinde, Lucy Ghastin, and I are delegates to the District Five convention in Indianapolis in June. Jane Grinde and Dee Grimsrud are alternates. We're allowed one more alternate. If you're interested, please let me know.

Several board members attended the zone training held in Stoughton. Dee Grimsrud, Lucy Ghastin, Jim Borrud, Alene Olson and I spent the Saturday learning and participating in various activities. The event was well organized with an interesting agenda. You can check out the Sons of Norway D5 Friendly Fifth Friday News for information about what's going on with lodges in this area ([Friendly Fifth Friday | Sons of Norway District 5 \(sonsofnorway5.com\)](https://sonsofnorway5.com)).

We're open to ideas and suggestions on how to improve Idun Lodge as we embrace the future and celebrate our past. I look forward to seeing you at our next meeting on March 2.

James Eliason



Author Eric Dregni will talk about his book at the April meeting set for Wednesday, April 3, starting with a potluck at 6:30.

Enjoy a journey through Norway with Author Eric Dregni and his 15-year-old son Eric at our April meeting. Norway is usually near or at the top of the World Happiness Report. But is it really one of the happiest countries on Earth?

*Continued on page 3.*

## Officer List - 2024 to 2026 Term

|                          |  |
|--------------------------|--|
| <b>President</b>         | James Eliason.....608-772-8526 mobile..... <a href="mailto:james.eliason@ymail.com">james.eliason@ymail.com</a>      |
| <b>Vice-President</b>    | Jon M Grinde.....608-513-7565 mobile..... <a href="mailto:grindej@firstweber.com">grindej@firstweber.com</a>         |
| <b>Secretary</b>         | Gage Trader.....608-770-7635 mobile..... <a href="mailto:gage.trader@gmail.com">gage.trader@gmail.com</a>            |
| <b>Treasurer</b>         | Dee Grimsrud.....608-259-1958 mobile..... <a href="mailto:idunlodgemadison@gmail.com">idunlodgemadison@gmail.com</a> |
| <b>Cultural Director</b> | Jim Borrud .....920-210-7724 mobile..... <a href="mailto:jborrud@hotmail.com">jborrud@hotmail.com</a>                |
| <b>Social Director</b>   | Lucy Ghastin.....608-225-1412 mobile ..... <a href="mailto:leghastin@gmail.com">leghastin@gmail.com</a>              |

For a complete list of officers, see the Jan/Feb 2024 issue of *Idun News* at <https://tinyurl.com/mrx3rr6j>.

***We still need volunteers to serve as Youth Director, Sports Director, and Marshall.***

*This information is for official Sons of Norway business use only. Use of this information for solicitation or commercial purposes is a violation of the Sons of Norway Privacy Policy and is strictly forbidden.*



District 5 President Cheryl Wille-Schlessler, center, installed officers at the January meeting. From left, Alene Olson, Marshall; Asta Welling, Trustee; Lucy Ghastin, Social Director; Dee Grimsrud, Treasurer; Cheryl; James Eliason, President; Mary Zoroufy, Counselor and Musician; Shirley Scriver, Photographer; and Jon Grinde, Vice President.

### CONTACT US:

**Idun Lodge 5-074**

c/o Mary Bennett

6414 Irving Dr

Sun Prairie WI 53590

608-837-8335

[IdunLodgeMadison@gmail.com](mailto:IdunLodgeMadison@gmail.com)

[facebook.com/idunlodgemadison](https://facebook.com/idunlodgemadison)

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; e.g. June 10th for the July/August 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 username and password, then select your Profile to make changes. In addition, please send notification of these updates to the above email address.

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



# Idun Lodge's Upcoming Meetings

## March 2, Noon Potluck, Trinity Lutheran Church

People often cite natural wonders when they think about the treasures Norway has to offer. From mountains to fjords, the landscape of Norway offers some truly picturesque vistas, but most people don't think about what's under the sea. Join lodge member Gage Trader as he talks about SCUBA diving in the icy waters of Norway and Iceland. Learn about unique underwater locations, fascinating creatures, and what kind of training and equipment it takes to dive in the North Sea and Arctic Ocean.

We will also hear Monica Wallenberg of The River Food Pantry describe their services to the community and present her with Idun's donation.



## **\*\*APRIL MEETING - Back to evening meeting on the First Wednesday\*\*** **April 3 at Trinity Lutheran Church, Starting with Potluck at 6:30**

*Continued from page 1*

Eric Dregni had his doubts. Years ago, he and his wife lived in the country his great-great-grandfather once fled. When their son Eilif was born there, the Norwegian government paid for the birth, gave them \$5,000, and deposited \$500 into their bank account every month, but surely happiness was more than a generous health care system. What about all those grim months without sun? When Eilif turned 15, father and son decided to go back together and investigate. For the *Love of Cod* is their droll report on the state of purported Norwegian bliss.

Arriving in May, a month of festivals and eternal sun, the Dregnis are thrust into Norway at its merriest—and into the reality of the astronomical cost of living, which forces them to find lodging with friends and relatives. But this gives them an inside look at the secrets to a better life. It's not the massive amounts of money flowing from the North Sea oil fields but how these funds are distributed that fuels the Norwegian version of democratic socialism—resulting in miniscule differences between rich and poor. Locals introduce them to the principles underlying their avowed contentment, from an active environmentalism that translates into *flyskam* (flight shame), which keeps Norwegians in the family cabin for the long vacations prescribed by law and charges a 150 percent tax on gas guzzlers (which, Eilif observes, means more Teslas seen in one hour than in a year in Minnesota!).

From a passion for *dugnad* or community volunteerism and *sakte* or “slow,” a rejection of the mad pace of modernity, to the commodification of Viking history and the dark side of Black Metal music that turns the idea of quaint, traditional Norway upside down, this idiosyncratic father and son tour lets readers, free of *flyskam*, see how, or whether, Norwegian happiness translates.

Eric Dregni is author of twenty books, including *Vikings in the Attic*, *Weird Minnesota*, and *Let's Go Fishing!* He is professor of English, journalism, and Italian at Concordia University in St. Paul, Minnesota, and in the summer, he is director of the Italian Concordia Language Village. He lives in Minneapolis.



## Saturday, May 11 - Syttende Mai Banquet

Save the date for Idun Lodge's annual celebration of the anniversary of the signing of Norway's constitution on Saturday, May 11. The Esquire Club, also known as Kavanaugh's, will cater the meal.



- |               |  |
|---------------|--|
| <b>4:00pm</b> | Social Hour w/hors d'oeuvres   |
| <b>5:00pm</b> | Dinner of roast pork loin, baked cod, veggies, potatoes, rolls, ice cream w/strawberries |
| <b>6:00pm</b> | Program  |

Cost: \$10 per adult, \$5 for children ages 6-12, Free ages 5 & under

YOU MUST RSVP AND PREPAY in advance (deadline TBD). To reserve your spot, text or leave a voice message at 608-259-1958 OR email [IdunLodgeMadison@gmail.com](mailto:IdunLodgeMadison@gmail.com) with the number of adults and children 6-12.

## SAVE THE DATE for our August Picnic

The Idun Lodge annual picnic will be on Thursday, August 22, at Lakeview Park in Middleton. We will have the indoor, air-conditioned room we used for our 2023 picnic. We will gather in mid-afternoon to play games, etc. and eat supper around 5:30 pm. The exact times and more details will be in the July/August newsletter.

## Delegates to District 5 Convention

Idun members elected the following delegates to the biennial District 5 Sons of Norway Lodge Meeting: James Eliason, president; Jon Grinde, vice president; and Lucy Ghastin, social director. Alternates are Dee Grimsrud and Jane Grinde. One more is needed, as noted in the president's column. If interested, please let President James know.

The District Board is hosting this year's gathering June 19-22 at the Indianapolis Crown Plaza Airport Hotel. Lucy Ghastin, who chaired Idun's hosting of the convention in 2022, serves on the planning committee for the Indianapolis gathering

When our lodge hosted the District 5 gathering, we did it in conjunction with the Sangerfest of the Norwegian Singers Association of America at the Marriott in Middleton. Sangerfest will be in Decorah June 7 and 8.

**Sangerfest 2024**  
**will be hosted by the Luren Singers in Decorah, Iowa, on June 7 & 8**

with most activities to be held on the **Luther College** campus.  
[NSAA - Norwegian Singers Association of America \(nsaaonline.org\)](https://nsaaonline.org)

## Masse Moro

Our lodge generously supports young people associated with members (children, grandchildren, nieces and nephews) to attend Masse More, the premier youth camp in District 5, July 14-27, at Beaver Creek Reserve, Eau Claire County.

Also available is the Sarah Paulsen Memorial Scholarship. To add a little good news to the story, there will be 3 scholarships made available for the year 2024, each in the amount of \$300. Contact Treasurer Dee Grimsrud at [IdunLodgeMadison@gmail.com](mailto:IdunLodgeMadison@gmail.com) or even better ask at the next lodge meeting.

Information on the camp is available [Masse Moro: Sons of Norway Fifth District Youth Heritage Camp](#).



## Recent Idun Lodge Activities



*Pictured above are Kristine Krigsvold with President James Eliason at the nametag table; Trustee Asta Welling and Treasurer Dee Grimsrud; Jo and Larry Sommers in conversation. Pictured below are James, Dee, and District 5 President Cheryl Wille-Schlesser. To celebrate installation of officers at the January meeting, the lodge offered open-face sandwiches, and members brought special desserts. (photos by Shirley Scriver).*



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

## ADDRESS SERVICE REQUESTED

## 2024 KALENDAR

### March

Sat., 3/2 – Monthly Meeting @ noon

### April

Wed., 4/3 – Monthly Meeting @ 6:30 p.m.

### May

Sat., 5/11 - Syttende Mai Banquet @ 4 p.m.

### June

Wed., 6/5 - Monthly Meeting @ 6:30 p.m.  
6/19 – 6/22 - D5 Convention (Indianapolis)

### July

NO MEETING

### August

Thurs., 8/22 - Picnic @ 4 p.m. (Middleton)

*The public is always welcome at Idun Lodge meetings and events! 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 <https://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:

Greg W. Ragan, FIC  
7042 Kinnikinnick Dr  
Rosco, IL 61073

Phone: 1-815-623-8817 Office  
1-815-988-5975 Mobile  
Email: [gragan51@gmail.com](mailto:gragan51@gmail.com)

The Mission of Sons of Norway is to promote, preserve, and cherish a lasting appreciation of the heritage and culture of Norway and other Nordic countries while growing soundly as a fraternal benefit society and offering maximum benefits to its members.