



Fra Presidenten

Kjaere venner,

My letter for this edition of *Idun News* was completed last evening without my knowledge of the passing of one of our lodge's beloved members. Jerry Paulson passed away yesterday, October 17, after just a few days of my knowing he had a serious health issue. I was stunned to learn of his passing. We at Idun Lodge enjoyed his company just two weeks ago at our monthly lodge gathering, and he had attended the annual NAGC-NL banquet just a week ago on Tuesday evening, October 10th.

Jerry was a prominent personality in the Norwegian-American community for many years, having served as an expert genealogist at the Norwegian American Genealogical Center and Naeseth Library and as an active member of Idun Lodge #5-074, Sons of Norway. I always enjoyed his company, his broad knowledge of Norway and Norwegian genealogy, and his sense of humor. Writing for my own family and for the family of Idun Lodge, we pay our condolences to Mary and the Paulson Family. Jerry will be missed. Blessed be his memory.

As we draw near to the close of our 2022-2023 biennium, I want to thank the Idun Board of Directors for their steadfast support; I want to thank the membership for attending meetings; I want to thank our District 5 and International Directors for their contributions to our lodge efforts; and I want to thank Jane and my family for their unwavering encouragement. *Mange tusen takk til alle sammen.*

We at Idun have had a good two-year run. We've enjoyed several entertaining and interesting presentations from invited speakers; our two Syttende Mai banquets were well attended and we were well fed and entertained; we hosted an exemplary District 5 Lodge Meeting and Convention; and our Milwaukee Art Museum excursion and summer picnics were great fun. On top of all that, we were generous in our support of several charitable organizations. Thank you all for these efforts, too.

Although there is information on Page 3 about our end-of-year Juletrefest, I want to encourage you and your family members to attend the annual traditional celebration on Saturday, December 2nd. It's especially fun when as many children as possible attend. Christmas is for everyone, but it's wonderful to watch the joy and excitement exhibited by the children. Maybe it brings out the child in all of us!

Please try to attend the November 1st monthly gathering to show your support for the new slate of officer nominees...they need and want your involvement heading into the next biennium. And you won't be disappointed with the potluck meal! Come and share food, fun, and fellowship with your Idun members.

I have enjoyed serving as your lodge president for the past two years. It has always been one of the best lodges in our fraternal order. I will continue to support Idun Lodge for as long as I live.

Fraternally,

Jon M. Grinde

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Officer List - 2022 to 2023 Term

President	Jon M Grinde.....608-513-6434 mobile.....grindej@firstweber.com
Vice-President	Mary Bennett.....608-837-8335 home.....mjbenn4@gmail.com
Secretary	Dana Diedrich.....608-213-0661 mobile.....chunkybread@gmail.com
Treasurer	Dee Grimsrud.....608-259-1958 mobile.....idunlodgemadison@gmail.com
Cultural Director	Jo Sommers.....608-238-7731 home.....josommers4@gmail.com
Social Director	Lucy Ghastin.....608-836-1679 home.....leghastin@gmail.com
Editors	James Eliason.....608-772-8526 mobile.....james.eliason@ymail.com
	Dee Grimsrud.....608-259-1958 mobile.....idunlodgemadison@gmail.com

For a complete list of officers, see the Jan/Feb 2023 issue of *Idun News* at tinyurl.com/mrx3rr6j.

We need volunteers to serve for the new 2024-2025 term. Call Jon G to learn what's involved.



Member Update: *Hjertelig velkommen til nytt medlem Jim Borrud...og mange takk til ham* for stepping right up and volunteering to be our next Cultural Director. (see p 4)

Who to contact at Headquarters in Minneapolis when you need help:

Member Updates (deaths, change of address or phone, etc.): cbs@sofn.com

Technical Support (passwords & website): ithelp@sofn.com

Fraternal Support (lodge issues): Connie O'Brien COBrien@sofn.com or

Amy Tuchenhausen Atuchenhausen@sofn.com

Sales: sales@sofn.com

Other Help: 1-800-945-8851



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. The final deadline for content submission is the 10th of the month prior to publication; i.e. October 10th for the Jan/Feb issue. If you have a change of phone number or street or email address, go to 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.

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Idun Lodge's Upcoming Events

Wednesday, November 1st, 6:00pm - SALTY PROVISIONS by Wanderlust Sea Salt LLC

Amy Beyer will explain how she and her husband Linn fell in love with the taste and texture of salt from the North Sea and now use it on all their favorite foods. She will share how they began adding different infusions to get various flavors. Some interesting names of the salts are Coffee Salt, Double-Onion + Roasted Onion Salt, Nine Pepper Salt, Wanderlust Blend, Thai Chili Lime Salt, Lemon Rosemary Salt, and Hot Salt or Hotter Salt. Many of their products will be for sale after Amy's talk. You can check them out at doyoulovesalt.com.

Everyone who attends may receive a sample of Norwegian Flaky Sea Salt. Reserve your free packet by October 23rd by emailing Lucy Ghastin at leghastin@gmail.com with your name and the number of people coming with you.

Saturday, December 2nd - Juletefest (Christmas Party)

All members, families, and friends, along with members from neighboring lodges, are invited. Idun Lodge members are preparing the Norwegian-themed meal. There will be no charge for the event, *but we must have reservations by Wednesday, November 22*. Call or email your name and the number of people in your group (including # of children) to Mary Zoroufy, 608-277-8190 or maryzor@charter.net.

- 10:00 am Volunteer setup
- 11:30 am Guest arrival time; use the Atwood Avenue entrance to Trinity Lutheran Church. For an accessible entrance, use the Winnebago Street main doors (elevator on 11:30am-1:30pm). If this door is locked, call Jo Sommers at 608-238-7731 to be let in.
- 12:00pm Meal begins, followed by activities

MENU

- Entree: Lapskaus (beef stew with potatoes and vegetables), cucumber salad, lefse
- Desserts: Norwegian cookies, and sot suppe (sweet soup)
- Beverage: punch, coffee, tea

ACTIVITIES

- Arts and Cultural Displays: Rosemaling, Hardanger embroidery or other needlework, knitted Norwegian-style sweaters, etc.
- Silent Auction of Norwegian sweaters *Cash or check only*
Proceeds from this auction will go toward a book scholarship
- Jul stories & customs, a gift for each kid, singing Norwegian Christmas songs, games

VOLUNTEERS COOKS NEEDED

Lapskaus (1 slow cooker batch per person; recipe furnished); need 2 or 3 batches
Cucumber salads – need 2–3 salads (recipe furnished)
Sot suppe (sweet soup) – Mary Bennett
Julekakke – Carolyn Lyle
Norwegian cookies: krumkake, sandbakkels, rosettes, almond bars
Almond cakes

Food items must be delivered to the church 10:00-10:30am. Please email either Mary Zoroufy (maryzor@charter.net) or Lucy Ghastin (leghastin@gmail.com) to tell them which item(s) you will be making and bringing. To be reimbursed for the ingredients, submit receipts *that day* to Dee G.

SET-UP/TAKE-DOWN

Arrive at 10:00 am at Atwood Ave door to set tables, get paperware & tableware from storage, make punch, start coffee, etc. After the meal, take food back to kitchen, package up leftovers, wash tableware, utensils, etc.

Officer Election at the November 1st meeting

Members attending this meeting will vote for the following Idun Lodge slate of officers for a two-year term starting January 2024. The nominees are listed below. Others may be nominated at the meeting and you are encouraged to consider serving (you may nominate yourself). Quarterly board meetings will be conducted both in person and by Zoom.

President--James Eliason. Recently retired, the North Dakota native welcomes the opportunity to lead the lodge. He has worked in radio and food service and most recently served as co-editor of the newsletter.

Vice President--Jon Grinde. Jon served as president this past year (as well two earlier stints) and has served on the District and International Boards. He sings in the Edvard Grieg Men's Chorus and is active in several other Norwegian organizations. As vice president, he will work on retaining and recruiting members.

Secretary--Gage Trader. Gage earned a degree from the University of Wisconsin-Madison with a concentration in Scandinavian Studies. He has studied the language and likes going to Norway. He has previously served as treasurer and generously shares his technical expertise with the lodge.

Treasurer--Dee Grimsrud. Dee currently serves as treasurer and is looking for someone to succeed her; she will mentor someone willing to take on the job. She has set up a system that can be followed for filing all necessary reports. A retired Wisconsin State Historical Society archivist, Dee continues to share her vast knowledge of all things Norwegian. She edits the newsletter and monitors and promotes lodge activities on Idun Lodge's FaceBook page.

Social Director--Lucy Ghastin. Lucy is willing to give up the job of social director but will continue this term. Active in several Norwegian-American organizations, Lucy chaired the 2022 District 5 convention hosted by Idun Lodge.

Cultural Director--Jim Borrud. A retired Wayland Academy German teacher, Jim lived and worked in Norway and speaks the Norwegian language fluently.

Counselor and Music Director--Mary Zoroufy. A past president and District board member, Mary is willing to continue in her current positions.

Foundation Director--Mary Bennett. A past president and District board member, Mary most recently served as vice president.

Marshall--Susan Quale. She and her family have been members for several generations. Susan has a lifelong interest in Norway and has participated lodge activities over the years.

Sunshine--Karen Smiley. A dedicated member, Karen has served in this position for several years. She frequently brings members and guests with her to the meetings.

Trustees (3)--Alene Olson. welcomes the opportunity to serve on the board as a trustee. she was a member of Vakkertland Lodge, which merged into Idun Lodge in 2021. **Asta Blanchar** will continue her term as a trustee. (Trustees are elected for staggered three-year terms)

Note: We now need a volunteer to fill Jerry Paulson's Trustee position.

An ad hoc Lodge committee is considering...

whether or not to change when we hold our monthly events. Since the first Wednesday is a busy night for a lot of our members, and some people prefer not to drive after dark, we wonder if moving to another day and time would enable more people to attend. Be sure to contact Jane Grinde at 608-271-4904 or janegrinde@gmail.com to tell her what your preference(s) are and why.

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 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 organizations would you like to have us donate to?

Please share your ideas and reasons at our November and December gatherings or email them to idunlodgemadison@gmail.com. Our officers will consider all suggestions at our next Quarterly Board Meeting in January.

2023 New Member Recruitment Challenge

Sons of Norway District 5 encourages every SofN member to recruit at least one new member to their local lodge by October 31, 2023. For every new adult member recruited, the lodge will receive \$10 for an individual or \$20 for a family membership, to use as it would like. (This does not include adding adults to an existing Adult Family membership or Heritage members.)

This campaign is an opportunity for all members to get involved and support their local lodge in meeting its membership goals and helping to grow the Sons of Norway organization. All paper membership apps must reach Headquarters by October 31 to qualify. If a new member signs up online at www.sofn.com, that must also be done by October 31...AND a lodge officer must email D5 VP Wendy Winkelman at wendyathadeland@yahoo.com, providing details. You can also contact her with any questions.

FAQs

How could I learn more about what's going on in District 5?

Here are two ways to do just that:

1 - Darlene Arneson (President of Mandt Lodge in Stoughton and Secretary of the District 5 Board) emails out a Friendly Fifth Friday Newsletter (FFFN) every week, filled with news, reminders about upcoming lodge and district events and deadlines, and helpful hints about how you could be more involved with Sons of Norway. If you'd like to sign up to be put on this mailing list, just email her at arnesonfamily5@gmail.com.

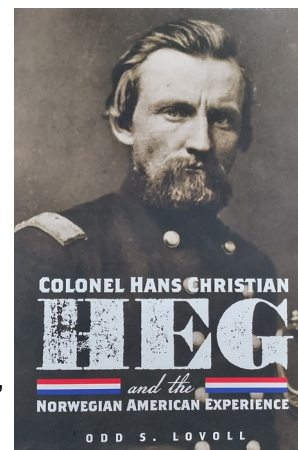
2 - District 5 has a website at sonsofnorway5.com. Click on the drop-down menus to find all kinds of interesting information and useful tips. For the most recent news, click on the red News Flash button. Or "like" the [District Facebook page](#) to get regular updates.

What exactly does the Sons of Norway Foundation do?

"We are driven by a sense of purpose: to celebrate Nordic culture and heritage through scholarships and grants to our members and communities. Since 1966 we have been supporting our members by offering scholarships and cultural exchange opportunities, providing disaster relief to members in need, and funding community programs that celebrate Norwegian heritage and culture. A donation to the Sons of Norway Foundation, a 501(c)(3) organization, is a contribution to the positive impact we make through community, youth, educational, and cultural projects."

Are you familiar with the legendary Norwegian American Historical Association?

It's located in Rolvaag Memorial Library on the campus of St. Olaf College in Northfield MN. NAHA is home to an extensive manuscript collection that includes letters, diaries, journals and ledgers, congregational records, newspaper clippings, obituaries, family and local histories, photos, and other resources related to Norwegians in America. Many of these are now online, including key-word searchable back issues of their annual scholarly journal *Norwegian American Studies* (since 1926). Consider joining to receive the following benefits: A subscription to *NA Studies*, a complimentary copy of all NAHA publications as they are released (usually one book a year, alone worth the price of membership); the current book is Prof. Odd Lovoll's biography of Colonel Hans Christian Heg), their quarterly newsletter *Currents*, invitations to NAHA events and programs, and a 25% discount on all NAHA in-print publications...and more! Check them out at naha.stolaf.edu



Sweet Soup (Sot Suppe)

Here's a classic Norwegian recipe that consists of dried fruits, spices and tapioca, cooked into a thick, sweet soup that can be served hot or cold. We'll be serving a version of it at our *Juletreffest*.

- 5 cups water
- 1/4 cup large pearl tapioca
- 1 cup chopped prunes
- 1/2 cup raisins
- 1 cup mixed dried fruit, chopped
- 3/4 cup sugar
- 1 teaspoon cinnamon
- Zest from 1 lemon
- 1 tablespoon lemon juice

Soak tapioca in water overnight. In the morning, add fruit, sugar, cinnamon, and lemon zest. Cook over medium-high heat in a large, heavy-bottomed saucepan until tapioca is clear and the fruit is tender, about 10 minutes. Remove from heat and add lemon juice. Allow to cool. Store in the refrigerator for up to one week.

Have you been to any of the Scandinavian events at nearby Folklore Village?



The mission of Folklore Village is "Connecting the generations with a world of traditions." Situated in the countryside between Ridgeway and Dodgeville WI, about 40 miles west of Madison, Folklore Village offers "an ongoing program of cultural, educational and participatory folklife activities in rural Southwest Wisconsin, serving regional communities and the Upper Midwest. It creates opportunities for individuals and communities to celebrate, experience and support ethnic and traditional folklife." Many of their events and classes focus on traditional Scandinavian music, dance and crafts. For example, every March they have a Spring Norwegian Weekend.

See their calendar of events at folklorevillage.org/upcoming-events. To keep current on their programs, Folklore Village community news, volunteer opportunities, and organizational updates, sign up for the e-newsletter at tinyurl.com/ycxrdrax. *Maybe we could carpool together sometime!*



Idun Lodge member Mathea Diedrich, Luther College ('22), whose paper "Change in Norwegian American Identity Expression, as Seen through the Headstones at Washington Prairie Lutheran Church, 1864-1969" won NAHA's Odd S. Lovoll Award in Norwegian-American Studies. With Prof. Em. Lovoll at his presentation on his Col. Heg biography at Muskego (Heg's home in Racine County) on September 9th.



Dee Grimsrud at our September 6th meeting wearing several dozen SofN & Norway-related pins she has earned or gotten at events through the years.



Idun members show off their winnings at our October 4th "Pound Auction" to raise money for SofN Foundation Month. Participants donated items that weigh a pound, wrapped to disguise what's inside. Most of us ended up with nice or useful items (books, wine, chocolates, Poblano peppers, note cards), while others got a box of spaghetti or a pumpkin. L to R: Karen Smiley, Lucy Ghastin, James Eliason, Dee Grimsrud, Shirley Scriver, Mary Zoroufy, Bev Roelke, and Jane Grinde.

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

ADDRESS SERVICE REQUESTED

2023-24 KALENDAR

November

Wed, 11/1, 6:00 – Socializing, Potluck & Program

December

Sat, 12/2, 11:30 – Juletrefest

January

Wed, 01/03, 6:00 – Socializing, Potluck & Program
TBA – Quarterly Board Meeting

February

Wed, 02/07, 6:00 – Socializing, Potluck & Program

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 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
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Email: 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.