



## Fra Presidenten

*Kjære Venner,*

As I write this, it is snowing - again. It will be so nice to see more sunshine, green leaves, flowers and to feel warm breezes.

Some of the interest money earned in 2019 from investments made after the sale of our building was donated to the following: travel grant to a UW Scandinavian Department student to study in Norway; scholarships to 3 campers to Masse Moro; Sons of Norway Foundation; Schenk Elementary School towards field trips for students; and to the Goodman Center towards Thanksgiving baskets. Members also donated books, school supplies and winter clothing to Schenk School students. Donations will again, be made in 2020. Ideas for donations may be forwarded to an Idun board member to be considered at a board meeting.

Save the date - May 17 and the 125th Anniversary of Sons of Norway will be celebrated on May 6 with a banquet. The cost will be \$5 per member and guest with the lodge paying the balance of the cost for the dinner. Reservations can be made with Mary Zoroufy. Mary can be reached at 277-8190.

Finally, TUSEN TAKK to all members who baked cookies for the Barnebirkie. Idun members provided close to 200 dozen cookies.

See you soon at the lodge meeting.

If you have questions about this or anything else concerning Sons of Norway, contact: Mary Zoroufy (maryzor@charter.net or 608-277-8190) OR Mary Bennett (mjben4@gmail.com or 608-837-8335)

Godt Nyttår  
Mary Bennett

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## Officer List

### 2020 - 2021 Term

<b>Co-Presidents</b>	Mary Zoroufy Mary Bennett
<b>Vice-President</b>	Hild Petre
<b>Secretary</b>	Dee Grimsrud
<b>Assistant Secretary</b>	Jane Grinde
<b>Treasurer</b>	Kelsey Anderson
<b>Counselor</b>	Jon Grinde
<b>Marshall</b>	Tom Elert
<b>Assistant Marshall</b>	Shirley Scriver
<b>Cultural Director</b>	Ingrid Kallick
<b>Social Director</b>	Lucy Ghastin
<b>Publicity Director</b>	Dee Grimsrud
<b>Librarian</b>	Carolyn Lyle
<b>Newsletter Editors</b>	Nathan Anderson Dee Grimsrud
<b>Foundation Director</b>	Mary Bennett
<b>Youth Director</b>	Open
<b>Sports Director</b>	Open
<b>Trustees - Through 2020</b>	Bob Anderson
<b>Through 2021</b>	Jerry Paulson
<b>Through 2022</b>	Jon Grinde
<b>Greeter</b>	Shirley Scriver
<b>Musician</b>	Mary Zoroufy
<b>Photographer</b>	Shirley Scriver
<b>Sunshine</b>	Karen Smiley

*Idun News* is published six times a year starting with the Jan.-Feb. issue and ending with the Nov.-Dec. issue. The DEADLINE for content submission is the 10th of the month prior to publication. Email articles and photos to [news@sonsofnorwaymadison.com](mailto:news@sonsofnorwaymadison.com). Send address changes to Dee Grimsrud.

## Membership Update

We want to welcome our new members from late 2019: Scott Brunsell, Nancy Washington, Brent and Dale Haglund, Alea, Carly, Jenna, and Pat McGowan, and our new member from 2020 so far: Angela Powell. We are so excited to have new faces around! We'd love to see you at our upcoming meetings!

## Celebrate Syttende Mai with Us!

Celebrate *Syttende Mai* and the 125<sup>th</sup> anniversary of Sons of Norway, May 6 at Trinity Lutheran Church.

As a gift to its members, Idun is offering a catered meal and topnotch entertainment. Metcalfe's will cater the meal of roast pork loin, potatoes and gravy, honey-glazed carrots, coleslaw, and buns. Beverages and dessert will also be included for only \$5 for members and \$10 for guests.

The Edvard Grieg Men's Choir will entertain following the meal. The well-known and loved chorus is getting ready for its biennial Sangerfest, scheduled for June 18-20 in Madison, so you can expect an exceptional concert.

For reservations for the Idun dinner, contact Mary Zoroufy by April 30, at 277-8190, or [maryzor@charter.net](mailto:maryzor@charter.net).

## Lodge Contact

### Idun Lodge 5-74

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[news@sonsofnorwaymadison.com](mailto:news@sonsofnorwaymadison.com)

608-249-6329

## Meeting Programs

### Wednesday, March 4 - Prillar Guri - Heroine of Old Norway

Rachel Olson, a fifth-generation member of the Gudrid Reading Group, will share the story of Prillar Guri, a young Norwegian peasant girl who helped defeat the Scottish Mercenaries at the battle of Kringen in 1612. Rachel has traveled to Norway twice and enjoys researching Norwegian history, especially textiles. She resides on a farm with her family in rural Black Earth.

### Wednesday, April 1 - Cancelled



Dear Sons of Norway  
Thank you for giving  
us money books  
games and clothes.  
We will use money  
Your Friend, Sumeyra  
for our field trip.

Thank you note from a student at Schenk.



School Supply donations from our Aug/Sep collection.

## Adopt-a-school

Thank you all for your help in donating to Schenk Elementary School! We were able to purchase books at a highly discounted price and ended up with an entire car full of books. A special point of focus was finding books that represent minorities and other cultures to help promote inclusivity and acceptance of diversity. This fall/winter, we were able to donate boxes of school supplies as well as many bags of winter clothing. Earlier in the year, we also presented the school with money to use on field trips. We received many thank you letters from the students as they were very excited to go places such as the overture center and the zoo.

We will not be doing a collection this spring as it is uncertain when or if the students will be returning to classes this school year. Thank you!!

Kelsey Anderson

## Around the Lodge

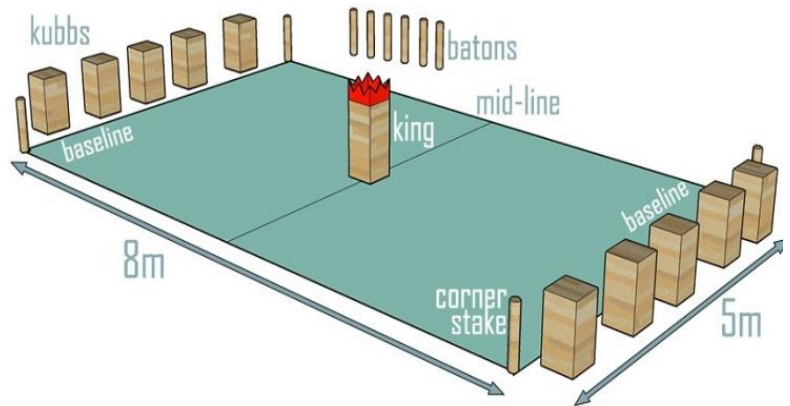
### KUBB

Kubb is a lawn game that was started in Viking times and has become very popular lately with people of all ages and abilities. Many members of Idun own their own game and play regularly. You can google Kubb and learn more about the game, but it is a matter of throwing wooden sticks to try to knock down the opponent's blocks. Actually, it is a lot of fun!!

Idun is looking for all who are interested in playing this game. No experience is necessary and you don't have to own your own game. It can be played year round but we will wait until the weather is warmer.

Call (608)277-8190 or email [maryzor@charter.net](mailto:maryzor@charter.net) if you would like to be on the list for further information or if you have questions.

Photo credit: <https://group-health.com/blog/post/kubb-what-is-it-and-how-can-i-play>



### Erika the Red?

Viking warriors are a big part of Scandinavian history, often depicted as fierce, muscular, bearded men. However, using facial recognition technology, British scientists have challenged this view as they recreated the remains of a woman warrior buried in a Viking graveyard in Solør, Norway.

At first discovery, the burial site was not considered a warrior grave, "simply because the occupant was a woman," according to archaeologist Ella Al-Shamahi. However, the scientists found that the woman was buried with multiple deadly weapons including an axe, spear and sword. Perhaps more shocking, she had suffered a major head injury that resulted in a serious dent, most likely caused by a sword.

A similar situation occurred with the Birka Warrior in Sweden. The remains were originally believed to be male, but scientists proved later that they were in fact female. Professor Neil Price, a Viking expert, stated "There are so many other burials in the Viking world...It wouldn't surprise me at all if we find more [female warriors]."

### Masse Moro Scholarships

Masse Moro is coming up this summer and it's time to start thinking about scholarships.

You may receive a \$250 scholarship from Idun lodge if you complete the Local Lodge Supporting Grant Endorsement form. You can also receive matching funds from District 5 (up to \$150). The deadline for Masse Moro scholarship applications is May 1. Look at [www.massemoro.org](http://www.massemoro.org) for more information about the event and other scholarships.

## A Little in English...

### Dogs Mirror Their Owner's Stress Level

**Long-term stress seems to transmit from human to dog.**

Stress is contagious.

At least when we talk about acute stress.

It has also been shown that acute stress spreads between the human and its best friend, the dog.

But what about chronic stress? Recently, Swedish researchers investigated this topic.

And the results show that human stress levels probably reveal a lot about the condition of their pooch.

### Hair tells about stress

Acute stress is easy to measure, in terms of the levels of the stress hormone cortisol in blood or saliva samples. But if you want to measure stress over a long time period, this is an impractical method. Fortunately, researchers have something better up their sleeve: hair.

Cortisol builds up in hair, and over time, hair gives a chronological overview of cortisol levels in the body. Thus, one can use hair strands from dogs and owners to analyze and compare the level of stress over time.

### 58 dogs and owners

Researcher Ann-Sofie Sundman and her colleagues recruited 58 pairs of dogs and female owners. Some were solely pets, while others were active in competitions. The dogs also walked with an activity meter for a week.

### The owners influenced the dog

The results showed that the stress level of the owner seemed to have a clear impact on the stress level of the dog. On the other hand, the level of activity did not appear to have anything to do with long-term stress.

## litt på norsk...

### Hunden speiler eierens stressnivå

**Langtidsstress ser ut til å smitte fra menneske til hund.**

Stress er smittsomt.

I hvert fall når vi snakker om akutt stress.

Det er også vist at akutt stress smitter mellom mennesket og dets beste venn, hunden.

Men hva med kronisk stress? Nylig undersøkte svenske forskere akkurat det.

Og resultatet viser at menneskets stressnivå trolig har mye å si for tilstanden hos vovsen.

### Hår fortalte om stress

Det er lett å måle akutt stress, i form av nivåene av stresshormonet cortisol i blod- eller spyttprøver. Men skal man vite hvordan det står til over lang tid, er dette en upraktisk metode. Heldigvis har forskerne noe bedre i ermet: Hår.

Kortisol bygges nemlig inn i håret, og med tida gir hårstrået en kronologisk oversikt over kortisolnivåene i kroppen. Dermed kan man altså bruke hårstrå fra hunder og eiere for å analysere og sammenligne stressnivået over tid.

### 58 hunder og eiere

Forsker Ann-Sofie Sundman og kollegaene hennes rekrutterte 58 par av hunder og kvinnelige eiere. Noen var rene kjæledyr, mens andre var aktivt med i konkurranser. Hundene gikk også med aktivitetsmåler i ei uke.

### Eierne påvirket hunden

Og resultatene viste altså at stressnivået hos eieren så ut til å ha klar innvirkning på stressnivået hos hunden. Det så derimot ikke ut til at aktivitetsnivået hadde noe å si for langtidsstresset.

**Our History: A Continuous Journey** - With Idun's hosting of the District 5 Sons of Norway Convention at the West Madison Radisson Hotel, June 25-27, we need volunteers during the convention to help greet, direct, and serve attendees from Wisconsin, Minnesota, Illinois, Michigan, Indiana, Ohio, and Tennessee. Not only will you feel good about helping, but you can also participate in activities, some of which will be at no cost. We have wonderful speakers and entertainment scheduled as well as cultural displays and vendors.

Our core committee meets monthly at the West Madison Radisson. All are welcome at our next meeting on Sunday afternoon, April 26, at 2pm. We will have volunteer sign-up sheets at future meetings. You can also contact either Lucy Ghastin at [leghastin@gmail.com](mailto:leghastin@gmail.com) or Jane Grinde at [janegrinde@gmail.com](mailto:janegrinde@gmail.com) for more information.

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**ADDRESS SERVICE REQUESTED**



## Kalender

### March

4 - Monthly Meeting & Potluck - 6:00pm

### May

6 – Syttende Mai Banquet \$

### April

1 - Monthly Meeting CANCELLED

### June

3 - Monthly Meeting & Potluck - 6:00pm

*All events are free and held at Trinity Lutheran Church in Madison, at First & Winnebago Streets, unless indicated otherwise. Please use the entrance closest to the parking lot on Atwood Ave (or the accessible entrance on Winnebago St) and proceed to 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, 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.*