



Fra Presidenten

The sights and sounds of September are a harbinger of the changes that will happen for the rest of the year. The weather is a little cooler. Schedules change and adjust as activities start to move indoors. We understand that autumn and winter are just around the corner. Change can be difficult, but it can be beneficial as well. Like many aspects of life, the outcome depends on the perspective that's taken.

Changes are happening at Idun Lodge. After discussion and input from members, the board voted to change our monthly meeting night. Starting this October, we will meet on the third Thursday for the fall and spring meetings: October & November and April & June. During the winter months of January, February and March, we will meet at noon on the third Saturday. As in the past, these meetings will begin with a potluck meal. The December and May dates are flexible for our Jultrefest and Syttende Mai celebrations, and will be announced via email and the newsletter.

Our September meeting this year is very special. Idun Lodge hits the road for a "field trip" to the Wisconsin Dells area! We will gather Sunday, September 22, at noon in the historic Newport Township Hall. Join us for a homemade meal, featuring meatballs, mashed potatoes and gravy, rutabaga, other veggies, fresh homemade bread and jam, and some kind of dessert. PLEASE NOTE THE DATE CHANGE!

In October, we're back at Trinity Lutheran on the 17th with our bodacious potluck meal. Our program is "Butter making in Wisconsin" with Gina Mode and Katie Hilty as presenters. They work for the Center for Dairy research at the University of Wisconsin-Madison. This is a great presentation...it's interesting and informative, highlighting one of Wisconsin's more famous products. And yes, there will be samples of butter to enjoy and to compare the differences between the various butters.

The District Five convention in Indianapolis was well run and enjoyable. There were a variety of presentations to attend. Having grown up on a farm, I really related to the presentation on the fjord horses. I sure don't miss cleaning the manure out of the barn or picking rocks off the field with the horses!

Congratulations to Lucy Ghastin on being elected the Sons of Norway District Five cultural director! It's an honor to have a district officer from Idun Lodge. Lucy does an exemplary job as social director for our lodge and she'll do equally as well in her new district position. The next district convention will be in 2026 in Stoughton.

We appreciate it when members are actively involved with the lodge and Sons of Norway,

James



Sept. 22* Meeting

Meet at the Historic Newport Town Hall, featuring traditional Norwegian-American meal, fun entertainment, and immigrant history.

> See details on page 3.

*date changed from Sept. 8.

Future Meetings

October, November: Third Thursday evening.

December to be determined for Jultrefest.

January, February, and March: Third Saturday afternoon.

April and June: Third Thursday evening.

May: Syttende Mai banquet, date to be determined.

Officer List - 2024 - 2025 Term

President	James Eliason.....608-772-8526 mobile..... james.eliason@ymail.com
Vice-President	Jon M Grinde.....608-513-6434 mobile..... jonmgrinde1751@gmail.com
Secretary	Gage Trader.....608-770-7635 mobile..... gage.trader@gmail.com
Treasurer	Dee Grimsrud.....608-259-1958 mobile..... idunlodgemadison@gmail.com
Cultural Director	Jim Borrud920-210-7724 mobile..... jborrud@hotmail.com
Social Director	Lucy Ghastin.....608-225-1412 mobile leghastin@gmail.com
Newsletter Editor	Jane Grinde.....608-513-7565 mobile..... janegrinde@gmail.com

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.<<

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Whom to contact at the home office in Minneapolis

When you need help:

- For matters like changing a member's address or submitting a death, please email cbs@sofn.com.
- Foundation, Scholarships & Grants: Amy Tuchenhagen foundation@sofn.com, (612) 821-4655.
- Fraternal & Membership: Connie O'Brien and Kirsten Lehman fraternal@sofn.com, (612) 821-4643.
- Culture, Viking & Language: Jana Velo jvelo@sofn.com.
- Insurance Sales: Michael Godbout sonsofnorwaysales@sofn.com, (833) 707-0012 – option 2.
- For issues with passwords or website use ithelp@sofn.com.
- The HQ office prefers email, but for urgent matters you can call 800-945-8851.

The Bicentennial "Crossings" Celebrations in 2025

Preparations are well under way to celebrate the 200th anniversary of the first organized migration from Norway to North America! On the 4th of July 2025, the replica ship *Restauration* will set sail from Stavanger, arriving in New York Harbor on October 9th, exactly 200 years after the original tiny sloop (only 54 feet long!) made the extremely difficult voyage carrying the first group of 52 Norwegians. This was the beginning of a growing surge of emigrants who made the desperate decision to risk everything in order to find religious freedom and better living conditions in North America. About 800,000 people -- almost 1/3 of Norway's population -- left for "Amerika" during the next 100 years, changing both countries. Today, nearly 5 million people in the United States and Canada claim Norwegian ancestry. Read more about the bicentennial celebration at: utvandremuseet.no/en/2025/restauration and restauration.no/en, <https://www.facebook.com/Restauration1825>

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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; e.g. October 10th for the November/December issue. If you have a change of phone number or street or email address, go to 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) at www.sonsofnorway5.com

Traditional Norwegian Meal, Entertainment, History

Sunday, Sept. 22, noon - Historic Newport Township Town Hall

Start your Sunday afternoon off with a home-cooked meal of meatballs, mashed potatoes and gravy, rutabagas, veggies, homemade bread with jam, and a special dessert at the historic Newport Township Town Hall near the Dells.

Kari Nelson, charter member of the former Vakkertland Sons of Norway lodge and Sauk Prairie High School teacher, has planned a memorable afternoon for us... complete with some local history and entertainment. The old town hall is in the middle of farms that are still farmed by Gregerson, Nelsons, Andersons, and others.

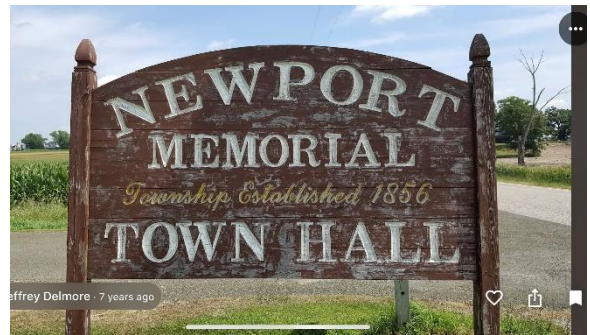
Kari's family operated the well-known Thunder Valley Inn for nearly 35 years (until December 2022), which featured excellent food and wonderful musical entertainment organized by Kari's mother Anita, a retired music teacher.

Idun Lodge will cover the cost of the meal, but reservations are required by Sunday, September 15; see the box above. Join us for a fun afternoon!

>>Reservations are due by Sept. 15th<<

Email Lucy Ghastin at leghastin@gmail.com or call 608-225-1412.

Carpooling from Madison will be arranged for those interested. Let Lucy know if you want to ride or drive.



N 9236 Town Hall Rd, Wisconsin Dells, WI 53965

Buttermaking in Wisconsin

Thursday, Oct. 17, Potluck at 6:30pm, Program to Follow

Join Gina Mode (right) and Katie Hilty (below) from the University of Wisconsin-Madison's Center for Dairy Research for an evening of everything butter.



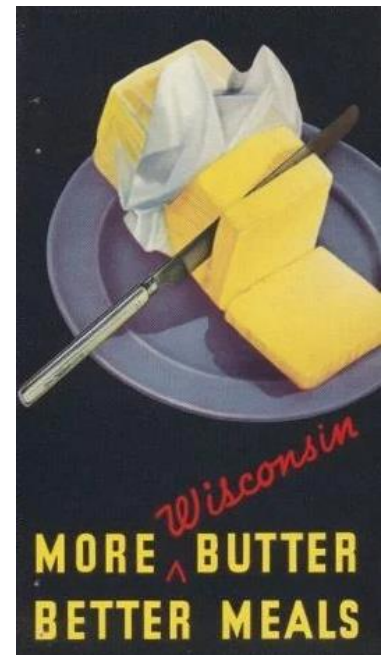
Churn the pages of butter's long and storied history and uncover Irish bog butter and fascinating lore, plus the unique history of butter making in Wisconsin, the dairy state.



Hear about some only-in-Wisconsin topics such as the Oleo Margarine War, the prohibition against serving margarine at public eating places as a substitute for butter, and the requirement that all butter for retail sale in Wisconsin be graded.

Discover butter's place in Wisconsin's \$43.4 billion dairy sector and the significant contributions of the UW to Wisconsin's dairy industry.

Delve into what butter is, how it is made, some of the different types, and how to store it to keep all its delicious best. Bring your appetite for butter knowledge



Consider Masse Moro

Idun Lodge sponsored two campers to Masse Moro this year: Jane and Jon Grinde's granddaughter Sonja Shilling and their grandniece Emma Glenning. Emma's mother Heather Grinde and Sonja's mother Gabrielle Grinde attended camp for many years, and Gabrielle and her siblings Johanne, Anna, and Jonathan all worked at the camp after attending it.

Below: Gabrielle (on left) with Sonja, and (right) Heather with Emma.



Idun and District 5 generously financially support children, grandchildren and nieces and nephews of members. Consider the two-week camp for young people in your life.

Masse Moro is a Norwegian Heritage camp with a rich history specifically created with a focus on sharing the history, arts and rich culture of Norway with our youth since 1979.

Campers leave their American culture behind for two weeks and participate in daily activities in a hands-on atmosphere learning camp songs, Norwegian vocabulary, team sports, and a variety of traditional Norwegian arts, cuisine and Norwegian history.

To learn more about District 5 Masse Moro Heritage camp, visit their website at <http://www.massemoro.org>.



Reaching Out!!!

What are ways Idun Lodge can reach out to members and potential members? Your ideas are needed.

Please share with Idun Secretary Gage Trader at gage.trader@gmail.com or President James Eliason james.eliason@ymail.com.

Brainstorm with us at upcoming meetings!



Sons of Norway Membership Benefits You Should Try!

There are many membership benefits that most of us either aren't aware of, don't take advantage of, or don't know where to find them. Log onto the website at sofn.com. Need help navigating the site? See this video: <https://youtu.be/4q-7Mxuwv5Q?si=BNgdhKdlv2V687DT>

Among the many benefits and resources is the Recipe Box. Tickle your taste buds with one of our featured recipes or just find a new favorite! Take advantage of the culinary benefits of membership! This Sons of Norway online recipe database contains nearly 100 dishes to make and share with friends and family -- and we're always adding more. https://www.sofn.com/norwegian_culture/recipe_box

“If you're interested in your heritage, this organization is a great way for you to learn about Norwegian culture and connect with others.”



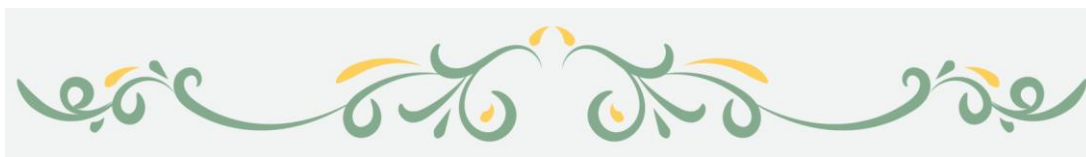
Scholarships/Grants Available

Idun Lodge wants to make scholarships and travel grants to members and their families. We need a process for making the awards. Some ideas: annual scholarships to high school students for further education, grants to members to take classes at Vesterheim; travel grants to Norway or Norwegian-American communities in North America; grants for special activities. What are your ideas?

International Sons of Norway officer grants and scholarships as well. Grants and Scholarships Applications will open October 1 for both Sons of Norway Foundation grants and scholarships. This is a great time for your lodge to think about potential projects! Deadline for grants remains December 31.

Deadlines for scholarships vary, so please check the description for each fund, but they are generally early 2025. The applications take time to complete, so be sure to allow ample time.

Grants are issued spring 2025 and scholarships are issued summer 2025 for the 2025-26 academic year. Questions can be directed to foundation@sofn.com.



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c/o Dee Grimsrud
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Madison WI 53704-6817

ADDRESS SERVICE REQUESTED

2024 KALENDAR

July: NO MEETING

August: Thu, 8/22 - Picnic @ 4pm (Middleton)

September: Sun, 9/22 @ noon (Newport Township)

October: Thu, 10/17 @ 6:30pm (Trinity Lutheran)

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:

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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.