



Fra Presidenten

Kjaere venner,

Well, March came in like a lamb and went out like a lion. I really didn't care how it was going to go out, I just wanted it to leave! This past winter was very unique, from my perspective. So many days of gray skies, temperatures bouncing up and down like a yo-yo, shoveling snow more times than in the last several winters, and that streak of bitter, bone-chilling cold. I do like the change of seasons, or else I would have moved to somewhere in the South, but the unpredictability of the weather was maddening!

We at Idun Lodge have enjoyed some interesting and enjoyable programs over the last two months:

- John Arneson shared the story of his great-grandfather's U.S. Civil War journey, and the research and travels John did in preparing this fascinating history lesson.
- We learned how to craft Easter baskets under the watchful eye of Social Director Lucy Ghastin, and I had more fun doing the cutting and pasting than I ever thought I would. We were even provided with Easter candy to fill the paper baskets.
- Kudos to Cultural Director Jo Sommers for keeping Idun Lodge members "tuned into the music" of Norway, its composers, and its musicians. Several of our members are going to earn Sons of Norway Cultural Skills medals with the help of Jo's encouragement and leadership.
- The first of several Kitchen Teams has been exemplary in their preparations and cleanup for our monthly meetings potluck meals. Thanks to James, Jane, Mary Z., Gage, and Marit, our tasty potlucks have been wonderfully presented and gratefully enjoyed.

Those of you who read this letter should strongly consider attending a monthly meeting to see for yourselves just how delicious these meals can be. Be sure to bring a dish to share when you do.

Syttende Mai is just around the corner! Idun Lodge will host a wonderful banquet to celebrate this important event in Norway's history. See the details on Page 3, and bring family and friends to Trinity Lutheran to enjoy a delicious, inexpensive, catered meal and special program. (Reservation and payment-in-advance are required),

June's monthly meeting precedes a summer hiatus for Idun Lodge, but I'd like for a group of Idun members to attend a June Dairy Month Breakfast together in Dane or a neighboring county. Contact me if you're interested. Also, save the date for our Idun Lodge Summer Picnic on Friday, August 11th; details later.

Please contact me if you have read this issue of Idun News; call or text 608-513-6434 or email grindej@firstweber.com. I want to hear from our members to be sure they are receiving and reading this publication, this "Voice of Idun."

Med venlig hilsen,

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

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

We still need volunteers to serve as Youth Director, Sports Director, and Marshall. Call Jon G to learn what's involved.



Syttende Mai in Norway

When we think of Norway's national day, Syttende Mai, flags, children, parades and party food may come to mind, but there is another element that plays a huge role in the festivities, that of music. Of course, the national anthem, "Ja, Vi Elsker" will be belted out at some point, but there is much more depth to the day's soundtrack.

Starting bright and early on *grunnlovsdagen*, choirs and glee clubs will assemble to perform patriotic anthems, including "Sønner av Norge" (Sons of Norway), "Norges Skaal" (To Norway), both previously in use as national anthems. "Kongesangen" (The Royal Anthem) may also make an appearance, which shares the same melody as "My Country 'Tis of Thee."

In the weeks leading up to the big day, brass bands will march through the streets in preparation, a cacophony of notes and percussion bouncing off buildings. Syttende Mai parades are peppered with the sounds of youth bands performing both patriotic and popular songs.

Modern favorites with warm sentiments for Norway include the sedate "Mitt Lille Land," (My Little Country) by Maria Mena and "Fedrelandet" (The Fatherland) by Robin og Bugge, both available on YouTube.

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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. 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, sign in with your user name 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.

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Idun Lodge's Upcoming Meetings

Saturday, May 6th - Syttende Mai Banquet

Instead of our regular first-Wednesday monthly meeting, please join us on Saturday, May 6th for our lodge's annual celebration of the anniversary of the signing of Norway's constitution in Eidsvoll on May 17, 1814!



4:00pm Social Hour w/hors d'oeuvres

5:00pm Dinner of roast pork loin, baked cod, veggies, potatoes, rolls, ice cream w/strawberries

6:00pm Dana Kelly, Director of the Norwegian American Genealogical Center & Naeseth Library, speaking on "Lost in Translation: Our Ancestors' Journey from Norwegian to English" ...and door prizes!

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

YOU MUST RSVP *by Tuesday, May 2nd* by texting or leaving a voice message at 608-259-1958 OR emailing IdunLodgeMadison@gmail.com with the number of adults and children 6-12.

Wednesday, June 7th

"Experiences at Two Different *Folkehøyskoler* in Norway"

Idun Lodge members Mathea and Anja Diedrich each spent a year attending folk high schools; Mathea at Stavern 2019-20 and Anja at Nordvestlandet 2021-22. They will tell us about Norway, its people and culture, and what they learned during their respective school years. They will share their crazy and wonderful experiences. If you listen carefully, you will even learn the meaning of *masse kos*!



< Mathea & Anja Diedrich

We will continue to meet in person for the time being, gathering for a potluck supper beginning at 6:00pm (bring a dish of your choice), eating at 6:30pm, and followed by a program at about 7:15-30. Water, decaf coffee, and lemonade will be provided. We are not currently requiring that masks be worn, but feel free to wear one if you wish.

SAVE THE DATE for our August Picnic

The Idun Lodge annual picnic for will be on Friday, August 11th at Lakeview Park in Middleton. We will have the indoor, air-conditioned room we used for our 2022 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.

Idun's Apples of Youth

Idun, the personification of spring or immortal youth, who, according to some mythologists, had no birth and was never to taste death, was warmly welcomed by the gods when she made her appearance in Asgard with Bragi. To further win their affections she promised them a daily taste of the marvelous apples which she bore in her casket, and which had the power of conferring immortal youth and loveliness upon all who partook of them.

*The golden apples
Out of her garden
Have yielded you a dower of youth,
Eat you them every day.*

- Wagner, Forman's translation

Thanks to this magic fruit, the Scandinavian gods, who, because they sprang from a mixed race, were not all immortal, warded off the approach of old age and disease, and remained vigorous, beautiful, and young through count-less ages. These apples were therefore considered very precious indeed, and Idun carefully treasured them in her magic casket. No matter how many she drew out, the same number always remained for distribution at the feast of the gods, to whom alone she vouchsafed a taste, although dwarfs and giants were eager to obtain possession of the fruit.

*Bright Iduna, Maid immortal!
Standing at Valhalla's portal,
In her casket has rich store
Of rare apples gilded o'er;
Those rare apples, not of Earth,
Aging Aesir give fresh birth.*

- Valhalla, J.C. Jones

Tales of Norse Mythology, H. A. Guerber, Fall River Press, NY; 2018 - Originally published in 1895 as *Myths of Northern Lands*

Now available!



JOHN
THE LAST COWBOY

OFFICIAL SELECTION
The Norwegian Film Festival 2022

28.FFDL 2022
THE FILM FESTIVAL OF DULUTH

BEST FEATURE
Duluth Superior Film Festival 2022

The documentary is a tribute to the simple life, a peaceful escape from fast-paced modern society and a subtle reminder of what is lost.

Watch at
john.fimfilm.no



**True wealth is found
in friendship, nature
and honest work.**

Do you miss volunteering at Bratfest?

Many of us remember putting in multiple shifts of volunteer hours (pre-pandemic) by working at the annual Bratfest over Memorial Day weekend as grillers, cashiers, cleanup crew, and golf cart drivers...while earning money for the lodge! (I still have a bright yellow t-shirt, do you?) While we no longer participate, one of the important community service providers we support with annual donations, the River Food Pantry, still does...and is looking for volunteers for this year. If you'd like to take part, go to <https://tinyurl.com/53th9ane> to learn more and sign up.

Recent Idun Lodge Activities

Darlene & John Arneson, Mandt Lodge, told us about the trip they made that followed the route John's great grandfather took in the Civil War.



On
March
1st

Cultural Skills mentor, Jo Sommers, displays a video of a musician playing an Ole Bull composition.



On April 5th - Larry Sommers, Kristine Krigsvold, Jon Grinde and James Eliason showing off and making their Easter-themed woven heart baskets (hjerterkurver).

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ADDRESS SERVICE REQUESTED

2023 KALENDAR

May

Sat, 5/6 - Syttende Mai Banquet 4:00 \$

June

Wed, 6/7 - Monthly Meeting 6:30pm

July

NO MEETING

August

NO MEETING on first Wednesday

Fri, 8/11 - Annual Picnic 4:00pm *TBA*

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:

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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.