



IDUN NEWS

Volume 71

March - April 2025

Issue 2

Fra Presidenten

To me, the mystery of March is the weather. Dad believed that if March came in like a lamb, it would go out like a lion. Nasty weather at the start of the month could mean early spring.

Growing up in North Dakota, it was something that Dad would talk about every year. Of course, weather changes were important to the farm. The shifting of the seasons was part of the renewal process. We looked forward to the end of winter and to outdoor activities. Like many people, I treasure the memories of my childhood, and I have fond recollections of our family traditions.

The Idun Lodge board has approved not only travel scholarships but funds for cultural activities. You can travel to Norway with the help of the lodge. And, you can take language lessons and heritage classes and be reimbursed for the fees. There's an endless number of activities that will qualify. Details are being finalized and will be shared when they're available. The lodge is excited to offer you these opportunities. Take advantage of this unique program.

This year marks the 200th anniversary of the first organized migration from Norway to North America. There are a number of activities planned to celebrate the event, both here and in Norway. You can find more information at crossings.norwegianamerican.com. In our fifth district, there's an event planned October 3rd through 5th at Norway, IL. Information and registration forms for the event are available on the Sons of Norway District Five website.

The Idun board of directors approved a request for a \$1,500 donation to the Edvard Grieg chorus here in Madison. The chorus will use the funds to purchase a new keyboard and amplifier. The chorus is celebrating one hundred years of singing and promotion of Norwegian American traditions.

Make plans now to attend the annual Syttende Mai banquet for the lodge. The date is Saturday, May 10, at Trinity Lutheran church. Details are being finalized now. It's a great event allowing us to celebrate and share our Scandinavian background.

Thanks for being a member and participating in Idun Lodge activities.

Takk,

James

Idun Meetings

Trinity Lutheran Church
1904 Winnebago St.
Madison, WI 53704

March 15

- Noon Potluck
Eric Bestul – Medieval
Viking tales and music.

April Meeting

Canceled due to church
event.

May 10

Syttende Mai Banquet

- Social Hour: 4pm
- Dinner: 5pm
- Program: 6pm

Catered meal with guest
speaker Christian Øverland,
Ruth & Hartley Barker
Director and CEO at the
Wisconsin Historical Society.
Reservations due May 1.



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
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 Cultural Director, Youth Director, Sports Director, and Marshall.

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Home Office Contacts

- Member updates, address updates, submitting a death, etc.: cbs@sofn.com.
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- The toll-free number: 800-945-8851.

Mount Horeb Sons of Norway Member on International Board

Due to the passing of International Treasurer Dean Stiller, Duane Kittleson has been appointed to the board and its executive committee and named alternate treasurer. Duane, a member of our neighboring lodge in Mount Horeb (*Vennelag*), previously served on the board.

He said, "I am excited and look forward to working with this new board. There is a great amount enthusiasm and structure from the Staff and the Board which gives me confidence the future years for SON have the potential to be great."

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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 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

March 15th Meeting

Join Skogtroll (Eric Bestul) for a celebration of Nordic music and history in this interactive show following a noon potluck meal on Saturday, March 15. Bring your questions, comments, and maybe an instrument and be part of the show.

Eric Bestul (Skogtroll) is a former touring musician who continues to share the sounds and stories of the early medieval period. He loves history and music and specializes in making and playing early medieval instruments. He plays his instruments with other medieval musicians and teaches music at *Lessons from the Art* in Iola, WI. *Lessons from the Art* encourages involvement in the arts by providing quality opportunities to create, interact, experience and learn, resulting in lifetime enjoyment and appreciation for the arts. Expect a fun and culturally enriching program!



May 10th Idun Syttende Mai Banquet

Social Hour: 4pm

Dinner: 5pm

Program: 6pm

Christian Øverland, Wisconsin Historical Society Director & CEO, will speak on "Building a History Attraction for American Immigration Stories". More information will be in the next newsletter and will also be emailed to members.

Sons of Norway Genealogy Help

Sons of Norway has created guides to help you get in touch with your Norwegian heritage. Go to Genealogy -

https://www.sofn.com/member_resources/genealogy.

The Sons of Norway Genealogy resources will help you through this process with insights to Norwegian society, names, language and more; while also providing lists of additional resources, organizations and websites.

Download your copy of the Genealogy Cultural Skills Program: https://www.sofn.com/wp-content/uploads/2019/06/gg_0519_genealogy_guide.

Use this updated guide as you begin to research your family roots. This handy 10-page guide will provide background on Norwegian-North American immigration along with information about Norwegian names and places. With the aid of modern communications and computers, genealogical research has become one of the most popular activities ever.

The Norwegian American Genealogical Center & Naeseth Library is one of America's leading genealogical research centers. The Center began as the dream of Gerhard B. Naeseth (1913-1994), internationally renowned scholar in the field of Norwegian-American genealogy and immigration history. As early as the 1940's, Naeseth began collecting the primary resource information and documents relating to Norwegians in the United States. In 1974, when he was associate director of the University of Wisconsin Libraries, Naeseth also established a genealogical research center, located in Madison and associated with Vesterheim Norwegian American Museum. In the 20 years before his death, Naeseth built up this new resource by increasing the library collections, publishing ground-breaking works on Norwegian immigration history, and engaging and mentoring volunteers.

Website: <https://www.nagcnl.org/>

Upcoming events: <https://www.nagcnl.org/events/>

Upcoming classes:

https://www.nagcnl.org/events/list/?tribe_eventcategory%5B0%5D=49

Barnebirkie and Birkebeiner Update

More than 400 youth skiers participated in the *Barnebirkie* and had close to 800 dozen cookies from which to choose. Left-over cookies were offered to the 11,000 adult skiers who had registered for a variety of races throughout the week.

Virtual Book Club Option

All are welcome to join a Sons of Norway Virtual Book Club. Run by Third District Zone 7 Director Bill Browning, it is not meant to be a replacement for book clubs that are running at the lodge level. Members from throughout the U.S. have already joined the group. For more information, contact Bill at sonsofnorwaybookclub@gmail.com.

Consider Masse Moro

Idun lodge generously supports young people associated with its members (children, grandchildren, nieces, and nephews) to attend *Masse Moro*, a Norwegian heritage camp for youth ages 9-15 years.

Sponsored by the [Sons of Norway Fifth District](#), this year's camp is scheduled for **July 13-26** at Beaver Creek Reserve, Eau Claire County. The deadline for financial support is May 17, but don't wait!! Contact Treasurer Dee Grimsrud at idunlodgemadison@gmail.com or even better check with her at the next lodge meeting.

Campers stay in cabins (furnished with bunk beds) along with two to three staff members and an additional 9-12 other campers. This small cozy, air conditioned, atmosphere creates a bonded tight-knit cabin.

Since 1979, the camp has been helping youth celebrate their Norwegian heritage through a cultural experience. Campers learn Norwegian, build friendships, and gain important life skills like problem-solving, leadership, and teamwork through the Viking Olympics programming.

In addition, campers can do woodworking, painting, leather work, baking, chip carving, and experience exciting tales and Nordic myths.

At the Expo Center, serious racers picked up their race bibs and timing chips. Idun Lodge Social Director Lucy Ghastin and her sister Judy Ghastin, known as the queens of the cookies, represented Sons of Norway. They handed out information on the 2025 Masse Moro Camp for young people and answered questions on the Sons of Norway organization.



Campers do not have to be Sons of Norway members to attend camp.

Anyone registering for the 2025 Masse Moro summer session can fill out their registration form on the Masse Moro website electronic form, or they may download the form as in the past. New for 2025, everyone who pays the application fee and tuition on the website will not be charged an additional service fee. Many of the updates to the website are already in place.

First Time Camper Scholarship. Campers who have never attended Masse Moro before are eligible for a \$50 credit toward their tuition, regardless of Sons of Norway affiliation, age, or gender.

Invite a Friend Scholarship. For returning campers who invite a friend who has not attended camp before. Both the returning camper and their invited friend will receive a \$100 credit toward their tuition.

Tuition. \$1,200.00* (compared to over \$2,000 for similar camps) includes tuition, lodging, meals, and activities.

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

Learning the Norwegian Language



By LaVonne Wier
D5 Publicity Director
Member, Fagernes Lodge, Blair
Reprinted from Friendly Fifth News

I'm "pumped" about learning Norwegian!! One of our Fagernes members introduced me to an app called "Duolingo". It is a computer/phone app for learning languages. The app has many languages to choose from. Of course, I am on the Norwegian app.

After attempting other methods with little success, I am super excited about using Duolingo. The lessons are fun. The repetition helps me remember what I learned. When I make a mistake, the app helps me by reviewing the words. I use it on my smart phone whenever and wherever I find the time.

My husband is also on the app, and we should be able to converse in Norsk together very soon! The app is available free.

The free app gives you advertisements, which I found annoying. My niece graciously paid for a yearly Super Family subscription, which now is \$119.99 per year. Up to six people can use the Super Family app.

With six people on, that's less than \$2 per person for each month!! (One person alone can get a Super subscription for \$59.99 per year, which is \$5.00 per month.) You might want to do the family plan with members in your lodge. You don't have to be related to be on the family plan. The group plan gives you opportunity to congratulate and encourage the others on the same plan. It also gives you encouragement to practice every day to keep your "streak" going. Just go to Duolingo.com to get started.

Another Option for Learning Norwegian Language



Askeladden Lodge, Kalamazoo, MI, invites you to attend an informal language class on March 12, at 9:30 a.m., via Zoom. The class is starting chapter 3 of the *Sett i Gang* 3rd edition textbook by Kari Lie Dorer and Nancy Aarsvold. The book's subtitle is, "An Introductory Norwegian Curriculum". The textbook via Amazon runs circa \$70.

One of the benefits of this text is its companion web portal; unrestricted use of the portal resources is available for \$10 for two (2) years.

Come prepared to converse on topics in Chapter 1 (Getting Acquainted), Chapter 2 (Studies, Work, and Leisure) and Chapter 3 (Language and People). The chapters are full of interactive opportunities to speak, read and write with many graphics. The class meets once a month via Zoom. The Zoom link will be sent to you either the day of or the day before the class. RSVP your interest to astutekaren@gmail.com.

Sons of Norway District 5 Scholarships!

March 15 Deadline

- Academic
- International Summer School
- Folk High School Scholarships.

For more details go to:

sonsofnorway5.com/financial/district_scholarships.php

Just for Idun Members

Idun Lodge members are eligible for cultural and travel awards, and members and their family members are available for post-secondary scholarships beginning 2025.

You are never too old to attend Oslo International Summer School or even one of the many folk schools in Norway. Maybe you just want to travel to Norway for a cultural and heritage experience or your child or grandchild is headed to post-secondary education or training.

The board voted to offer:

- Two \$1,000 post-secondary scholarships to members or students affiliated with Idun members
- One annual \$1200 stipend to a member for travel to Norway and
- Up to \$1,000 in increments of \$250 or less for members to take language and cultural classes.

The deadline for the student scholarships is June 1. Member travel and cultural grants will be awarded on an on-going basis. More information will be available at the meeting or by emailing Idunlodgemadison@gmail.com.

Crossings, Norway & North America, 1825 – 2025



2025 marks the 200th Anniversary of the first organized emigration of Norwegians to the United States. The single mast sloop, Restauration, left Stavanger on July 4, 1825, with 52 people on board. Often referred to as the “Sloopers,” they arrived in New York City harbor on October 9, 1825.

The Crossings Bicentennial in North America is managed by a group of professionals representing numerous organizations that include the Norwegian American Historical Association (NAHA), Vesterheim Norwegian American Museum, Norway House, The Norwegian American newspaper, with representation from Sons of Norway and the Sons of Norway Foundation.

The Crossings website (crossings.norwegianamerican.com) is continually being updated. The Calendar (<https://crossings.norwegianamerican.com/events>) tab has a button to Register an Event, and lodges are encouraged to add their events.

Polar Star and Cleng Peerson Sons of Norway lodges are sponsoring a District 5 Cultural Weekend October 3-5 in Norway, IL., to commemorate the anniversary of the Restauration’s arrival in the U.S. The Norsk Museum, and the Sloopers Society of America are also sponsoring the weekend.

The “Celebrating Norwegian Immigration – The Sloopers 200th Anniversary,” will be three days of fun and culture, featuring Sloopers and Fox Valley Settlement pioneer history, traditional Norwegian culture and craft programs and classes, Norwegian games and movie night, “Sluppen” fun walk, Norwegian barn dance with Norwegian folk music and food, traditional Norwegian worship service, and a chance to meet descendants of the first Norwegian-American immigrants at their Sloopers Society annual meeting.

Pre-registration is required. Download PDF files for the full weekend schedule information and registration forms on the Polar Star website: <http://www.polarstarlodge.com>.

Learning and Fun at January Meeting

Second Harvest communications manager, Kristoper Tazelaar, shown below with laptop, spoke about the difference between a food pantry and a food bank. Second Harvest is primarily a food bank, working with Feeding America, but also sets up food pantries at times. Idun Lodge donated \$1,500 to Second Harvest. His presentation generated many questions.

Following Kristopher's presentation, members shared interesting and amazing stories about themselves from driving from south to north in Norway in a camper, to teaching English in Mexico to sharing unique family histories.

Also pictured below (left to right, top to bottom) are Ginny Nelson with newspaper clipping, Edith Erlandson with a Norwegian hand-crafted wall hanging, Carolyn Lyle and Lucy Ghastin with Carolyn's quilting pieces, Mary Zoroufy with a family history, Lorie Paulson with early pictures, and Karen Smiley with a Norwegian craft.



Idun Lodge - Sons of Norway c/o
Dee Grimsrud
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ADDRESS SERVICE REQUESTED

2025 KALENDAR

March: Sat, 3/15 @ noon - Potluck & Program

April: No monthly meeting – canceled.

Thurs, 4/24 @ 6:30pm – Quarterly Board Meeting

May: Sat, 5/10 @ noon – Syttende Mai Banquet

June: Thur, 6/19 @ 6:30pm – Potluck & Program

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
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Email: gragan51@gmail.com

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.

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.