



LDUN NEWS

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Issue 3

Fra Presidenten

Nobody knows what goes on in someone else's mind. You might think that you know what another person is thinking, but you really don't. It's a fascinating part of human nature. The Idun Lodge Board of Directors cannot read your mind. We need and want your input about the direction you want the lodge to take. We offer great programming and interesting Norwegian cultural activities to connect you to your past and future...and would like you to share your ideas with us.

Our board meets quarterly in January, April, July, and October. At our next meeting on July 23rd, we will decide on donations the lodge will make for the rest of the calendar year. We would like to use more of the proceeds from the 2018 sale of our old lodge building to underwrite worthy causes as a contributing member of the Madison and Norwegian American communities. With that in mind, we have been giving moderate sums to local non-profit groups, including the Goodman Center, three food pantries, the Grieg Chorus, and Trinity Lutheran Church. We continue to offer \$250 tuition grants to Masse Moro campers, which are matched by District 5. Last year we created several new cultural scholarships and travel grants for members, as well as sponsored free or low-cost special events...and we plan to continue those contributions.

Where else would you like Idun Lodge to make future donations? We have invested wisely and could make several large gifts to major Norwegian American organizations, perhaps endowing a large ongoing scholarship or underwriting a special museum, library or archives project. We want to focus on local and Norwegian-related non-profits and future member activities. Please call or email any of the board members with your ideas. (See page 2 for contact information.)

We were so pleased that over 60 members and friends gathered on Saturday, May 9, to celebrate Norway's Constitution Day at our annual Syttende Mai banquet. Upstairs Downstairs did a terrific job of catering the traditional cod and meatballs meal. *Mange takk* to those who pitched in once again to make it a truly memorable event: Lucy Ghastin, Shirley Scriver, and Mary Bennett for planning, setup and cleanup, plus Mary Zoroufy and Jane Grinde, who also made the rømmegrøt and kransekake to complement Carol Hagen's presentation on her two children's books. [Editor's note: Special thanks to President James for his exceptional planning and execution skills!]

There are additional opportunities coming up for you to get involved in Idun Lodge. Come along on one of our field trips. Attend a monthly meeting and enjoy our *bodacious* potluck. Arrive early and help set up the room or if you can, stay to help wash the dishes. Offer to lead a workshop or give a program on a special skill or interest you have. The old adage is so true: the more you participate, the more you will benefit from being a member of Idun Lodge and Sons of Norway...and vice versa! See inside for details about the very special events we have scheduled for June, July, and August. We hope you will join us in taking advantage of at least one of these chances to share the fun and learn new things.

James Eliason

Upcoming Idun Lodge Events (See Pages 3 & 4 for details)

Thu, June 18, 11:30
Field Trip to Mount Horeb

Sat, July 18, 8:30am
Field trip to Norskedalen

Sun-Wed, August 2-6
SofN District 5
Convention & Classes



Officer List ✦ 2026-2027 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	POSITION OPEN – Only task: Taking minutes at the quarterly board meetings. You may share this job with another member. Please consider volunteering for this vital job! Contact James.
Treasurer	Dee Grimsrud.....608-259-1958 mobile..... ldunlodgemadison@gmail.com
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Who to contact at Sons of Norway's Home Office

- > Member updates, address updates, submitting a death, etc.: cbs@sofn.com.
- > Foundation, Scholarships & Grants: Amy Tuchenhagen foundation@sofn.com, (612) 821-4655.
- > Culture, Viking magazine & Language: Jana Velo jvelo@sofn.com.
- > Passwords or website issues: ithelp@sofn.com.
- > Fraternal & Membership: Connie O'Brien and Kirsten Lehman fraternal@sofn.com, (612) 821-4643.
- > Insurance Sales: sonsofnorwaysales@sofn.com, (833) 707-0012, option 2.
- > Other member support: (800) 945-8851.



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Idun News is published six times a year. Email articles and photos to ldunlodgemadison@gmail.com. The final deadline for content submission is the 10th of the month prior to publication, e.g. June 10 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 lodge's 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.

UPCOMING EVENTS

Thursday, June 18 - Field Trip to Mount Horeb - 11:30am

Instead of an evening meeting, our June gathering will be lunch and a visit to the Driftless Historium in Mount Horeb. Plan to arrive at the Grumpy Troll, 105 South 2nd St, at 11:30am. At 1:00pm we will get a tour of the nearby Mount Horeb Area Historical Society's research and history center, including being taken "behind the scenes."

The mission of the center is to celebrate and preserve "the rich ethnic and rural heritage of southwestern Dane County and the Driftless Area of Wisconsin." The "Mount Horeb area" is specifically defined as the townships of Blue Mounds, Springdale, Perry, Vermont, Primrose, parts of Verona and Cross Plains and all villages and municipalities therein.

Reservations are due by June 11. The cost for lunch and tour is only \$5 for current Idun Lodge members, \$20 for members of other SofN lodges, and \$25 for non-SofN people. If only Idun members are in your party, call Lucy at 608-225-1412 or email leghastin@gmail.com. Make your check payable to Idun Lodge and mail it to Lucy Ghastin, 7130 Century Ave, Middleton 53562.

Be sure to note your entrée choice(s) on the check's memo line or on an enclosed piece of paper: "Under the Bridge" Reuben, Pesto Chicken, Tuscan Salad (w/chicken), or Grilled Salmon Salad.

Saturday, July 18 - Field Trip to Norskedalen

Join us for our second annual Dairyland Day Trip, this time to Vernon County in the driftless area of southwestern Wisconsin. We'll leave Madison at 8:00am in a bus to visit the Norskedalen Nature and Heritage Center located outside of Coon Valley (southeast of La Crosse), the Thoreson House in Westby, and the Coon Prairie Country Church.

Norskedalen - which translates to "the Norwegian Valley" - began in 1977 as an outdoor laboratory and arboretum when Dr. Alf Gundersen and his wife Carroll donated the 112-acre Gundersen farm to the University of Wisconsin-La Crosse Foundation. They established an arboretum in memory of Alf's mother, Helga Isaksatre Gundersen. Since then, Norskedalen has grown to include over 443 acres on two different sites. Uniquely positioned as both a nature center and a museum, Norskedalen welcomes you to come and explore!

Upon our arrival at Norskedalen, we will enjoy a continental style breakfast before starting our tour. The tour includes a movie in the visitor center as well as the museum exhibit "Nordic Roots, Wisconsin Soil." From there, we will walk to the Bekkum Homestead to learn more about the lives of Norwegian immigrants who settled here. Shuttles will be available for those who need them.

We will return to the visitor center for a catered meal from Borgen's Cafe in Westby. The menu includes meatballs, mashed potatoes, vegetables, salad, dinner rolls, and a light dessert. After lunch we'll have some free time to enjoy the grounds and hiking trails.

We'll then board the bus to head to the Thoreson House in Westby for a private tour. Theodore Thoreson (1852-1917) was a prominent lumber businessman whose parents had emigrated from Tolga, Hedmark, Norway, shortly before he was born. His son, Bennett, served as Westby's first mayor from 1920-25. The 1892 Victorian house is now home to the Westby Area Historical Society.

Again this year, **the trip is free for current Idun Lodge members.** The price for other SofN lodge members is \$30.00. The trip is open to the public at \$45.00. Make checks payable to Idun Lodge and mail to Lucy Ghastin, 7130 Century Ave, Middleton 53562. If only Idun members are in your party, call Lucy at 608-225-1412 or email leghastin@gmail.com.

The deadline for reservations is noon on Monday, July 6.

Dairyland Daytrip Schedule

8:00am Leave Madison's Dutch Mill Park & Ride, 4 Collins Ct
9:00am Pick up more passengers at Outlet Mall, Wis Dells
10:15am Arrive at Norskedalen
2:20pm Leave for sites in Westby
5:00pm Leave for Madison - meal stop at Culver's in Tomah
8:30pm Arrive back at Dutch Mill

Opportunity to Attend the SofN District 5 Convention in Stoughton – August 2-6

Idun Lodge will pay the registration fee and banquet cost for Idun members to attend the biennial District Five Sons of Norway convention in Stoughton as non-delegates. Social and cultural activities will start on Sunday, August 2, with the business meeting set for Wednesday and Thursday, August 5 and 6. The banquet will be held on Wednesday evening.

The meetings and events will be held at various locations in Stoughton and nearby. More information, including costs of the events, is on the District 5 Sons of Norway website: <https://sonsofnorway5.com/conventions/>. To register, use the non-delegate form at <https://tinyurl.com/2vaa5zha>.

The Wednesday banquet will be held at the VFW hall and will feature special entertainment. The menu includes baked cod and roast beef, coleslaw, macaroni salad, baked potatoes, corn, baked beans, and Berries on a Cloud dessert. **All meal reservations must be made by July 1.**

The planning committee is offering a variety of interesting classes on Monday-Thursday. You can use the [convention registration forms](#) to register for the Hardanger, rosemaling, and carving workshop (Odalen Class). Other classes are being offered by businesses, as described on the convention website (top link).

In order to get reimbursed for your registration fee and banquet cost, you must send a copy of your completed non-delegate form, including the itemized classes and total amount you paid, to Treasurer Dee Grimsrud. Either scan and email a copy to her at IdunLodgeMadison@gmail.com or print a copy and mail or deliver it to her at 107 Sutherland Ct, Unit 108, Madison WI 53704.



Hurry...before Rhubarb Season is over!

Norwegian Rhubarb Cake w/ Almond Crumble Topping (*Rabarbrakake*) <https://www.facebook.com/share/p/1CkQuRgFs5/>

For the cake:

3 cups rhubarb, chopped into 1-inch pieces
1 1/4 cups granulated sugar, divided
1 1/4 cups all-purpose flour
1/2 teaspoon baking powder
1/4 teaspoon baking soda
1/4 teaspoon salt
1 cup sour cream
1 large egg
1 teaspoon vanilla extract
1/2 teaspoon almond extract (optional)

For the almond crumble topping:

3/4 cup rolled oats
1/2 cup sliced almonds
1/2 cup light brown sugar, packed
1/4 cup all-purpose flour
1/4 teaspoon salt
1/2 cup cold unsalted butter, cut into small cubes (or grated)

Preheat the oven to 350°F (175°C). Grease a 9-inch springform pan or a similar round baking dish and set aside. In a mixing bowl, combine the chopped rhubarb with 1/4 cup of granulated sugar. Toss gently and set aside to macerate while preparing the batter. In a separate bowl, whisk together the flour, baking powder, baking soda, salt, and remaining 1 cup sugar. In another bowl, mix the sour cream, egg, vanilla extract, and almond extract until smooth. Gradually fold the dry ingredients into the sour cream mixture, combining until just incorporated. Spread the batter evenly into the prepared pan. Distribute the sugared rhubarb pieces evenly over the batter. Prepare the almond crumble: Combine rolled oats, sliced almonds, brown sugar, flour, and salt in a bowl. Add the cold butter cubes and use your fingers or a pastry cutter to blend until the mixture resembles coarse crumbs. Sprinkle the almond crumble evenly over the top of the rhubarb layer. Bake for 45-50 minutes or until the crumble topping is golden brown and a toothpick inserted into the cake (without hitting rhubarb) comes out clean. Remove from oven and allow cake to cool in the pan for at least 20 minutes before slicing. Best enjoyed slightly warm or at room temperature, ideally with a dollop of whipped cream or vanilla yogurt or ice cream.

Prep: 20 minutes | Cook: 50 minutes | Total Time: 1:10 -- 8 Servings | Approx 320 kcal/serving

PLUS: Norway-born chef Sunny Gandara provides an interesting history of rhubarb...and some amazing recipes:

<https://arcticgrub.wordpress.com/2013/05/02/rhubarb-a-versatile-fruit-that-welcomes-the-nordic-climate/>

Sunny grew up in Sykkylven, in the fjords of northwestern Norway, but has lived in NYC for over 25 years.

In addition to her websites (<https://ArcticGrub.com> and <https://sunnygandara.com>), a Facebook page (<https://www.facebook.com/arcticgrub>), and a blog (<https://arcticgrub.wordpress.com/>), she also offers online cooking classes (<https://arcticgrub.com/shop/>).

Recent Idun Lodge Scholarship Awards



Haven Kvello, a UW-Madison junior, is this year's recipient of our \$1,200 **Scandinavian Scholarship**. As is our tradition, she will give a presentation at a future meeting about her upcoming experience at the University of Oslo International Summer School. Raised in Fayetteville, Arkansas, Haven's Norwegian heritage is on her dad's side, which is what "sparked my interest in the language and culture" she wrote in her application. "Growing up I always had an interest in history, reading, music, and mythology. I loved reading about myths from cultures around the world and would spend hours going through books on them." Haven likes being outdoors and being active; for example, as an instructor at the UW-Madison swing dance club. And she has played the violin for over 13 years, "mainly classical, although I have some experience fiddling, and I served as the concert master in my high school orchestra."

Aaron Zoroufy, a junior in civil engineering at Iowa State University, received one of our two \$1,000 **post-secondary academic scholarships**. He wrote in his application, "My journey in civil engineering is rooted in a desire to design and maintain the critical infrastructure that keeps our communities connected... I am inspired by the Norwegian commitment to community-centered design, and I look forward to bringing that same integrity to the infrastructure projects I lead in the future." Aaron also said about his grandmother, Mary Zoroufy, a long-time, very active Idun Lodge member: "My grandmother has been a testament to the value of giving back and has greatly influenced my perspective on service. Witnessing her devotion to her Norwegian heritage and community makes me proud to be a Norwegian American. I fondly remember going with her to Sons of Norway events when we lived in the Madison area, witnessing firsthand the strength of a community that celebrates their heritage."



Breaking News: Sons of Norway to Merge into BetterLife

Sons of Norway has just announced that it has entered into a definitive agreement to join BetterLife, a member-founded, member-owned organization. The transaction is subject to regulatory approval and customary closing conditions.

Founded in 1895, Sons of Norway has supported its members for more than 130 years through cultural preservation, community engagement, and financial protection. Joining BetterLife reflects the organization's commitment to securing a strong and sustainable future while honoring its identity and traditions. "Our board approached this decision thoughtfully and with great care," said Dan Seyfried, Chief Executive Officer of Sons of Norway. "BetterLife understands fraternal life, shares our values, and is committed to preserving who we are while strengthening our financial foundation for generations to come."

Under the agreement, Sons of Norway will retain its name, brand, lodges, district structure, foundation, cultural programs, and publications (including *Viking* magazine). Members will continue to participate in the same local activities and traditions that define the organization, and the Sons of Norway Foundation will continue to support members and celebrate Norwegian heritage and culture.

BetterLife is a community-based organization that shares Sons of Norway's long-standing commitment to service, connection, and financial protection. BetterLife brings experience supporting legacy member-owned organizations and a strong financial position that will help ensure continuity and resilience for Sons of Norway members well into the future. Following completion of the transaction, Sons of Norway members are also expected to gain access to additional financial products and enhanced member benefits offered by BetterLife. Additional information for members will be available at sofn.com/newpartnership, which will be updated as the transaction progresses.

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ADDRESS SERVICE REQUESTED



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 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 WI at 1904 Winnebago St (at First St). With the new gated parking lot, please use the front entrance on Winnebago with the accessible ramp. Proceed via the elevator or the stairs to the Fellowship Hall in the basement. Be sure to get your parking ticket validated inside at the kiosk on the Sanctuary level.

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.