



## Fra Presidenten

*Kjaere venner,*

I trust you've all enjoyed the warm summer, which is quickly passing, but I very much enjoy the Fall. Though Spring is most often considered the "renewal" season, Fall to me is filled with so many new and refreshing opportunities. I have always enjoyed the harvest season, the cooler weather is especially welcoming (primarily for sleeping at night), fall sports are always exciting for me, and for Idun Lodge we introduce the first steps of preparing for the next biennium.

We at Idun Lodge have had some fun over the last few months, especially the road trip to the Milwaukee Art Museum to see the Scandinavian Design exhibition. Thank you to Jo Sommers for her efforts in making this event possible. We also enjoyed a very pleasant Idun Lodge summer picnic at Lakeview Park in Middleton, thanks to the efforts of Lucy Ghastin. At both events, we met new people who were interested in our activities and wanted to participate. Guests are always welcome at Idun Lodge. Finally, the Idun Lodge Board met for its third quarter board meeting. Thanks, Jerry Paulson, for hosting.

Speaking of participation, we at Idun will be electing a Nomination Committee at our September 6<sup>th</sup> meeting that will put together a slate of candidates to lead the lodge for the next two years. We need both committee members and candidates willing to serve. Please give back to your Sons of Norway lodge in any capacity that you can. Surprise us by volunteering or showing up at our September lodge meeting.

In terms of the future of Idun Lodge, I am in the process of establishing an ad hoc committee of Idun members, a task force if you will, who will be asked to consider a new paradigm for Idun Lodge. We need to give some thought to what works for the Lodge and what doesn't work. We are financially healthy, but we want and need the "silent majority" of our membership to come alive and participate to a greater extent. We have a long and distinguished history here in the Greater Madison Community going back 115 years, and there are those of us who want to continue to add to that history for many more years to come. If asked to serve, please do.

Please read cover to cover your issues of *The Idun News*. Dee Grimsrud and James Eliason are exemplary in their efforts to provide you the membership with informative and timely information, all of which should provide you with what you need to know to play a role in the lodge's activities and enjoy the camaraderie of your fellow Norwegian Americans and those who enjoy our company.

One last comment about my joy in the Autumn Season...two of my favorite events with countless wonderful memories are getting closer and closer...Halloween and Thanksgiving. I hope you feel the same way.

*Med venlig hilsen,*

Jon M. Grinde

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## Officer List - 2022 to 2023 Term

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

***We need volunteers to serve for the 2024 to 2025 term. Call Jon G to learn what's involved.***



### Norsking Around: Getting Started with Norwegian Genealogy (online-only Webinar)

**Saturday, 9 Sep 2023, 9:00am to 3:00pm CDT** (with breaks and time for Q&A)

Join Dana Kelly, Executive Director of the Norwegian American Genealogical Center and Naeseth Library, as she discusses a variety of resources and records used in uncovering your family's stories and how they connect to Norwegian and American history. This workshop will help everyone from the beginner to the advanced researcher. Topics: Norwegian Naming Customs; Fylker and Farms-Geography for Norwegian Genealogy; Intro to Norwegian Farm Books (Bygdebøker); Intro to the Norwegian Digital Archives.

**Registration deadline: Thursday, 7 Sep 2023, 12:00pm**

\$40 All ticket sales are final & non-refundable [shop.wisconsinhistory.org/norsking\\_around](https://shop.wisconsinhistory.org/norsking_around)



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## Idun Lodge's Upcoming Meetings

### Wednesday, September 6th - Perusing the District 5 Immigrant Trunk



*Built & donated by Owen Christianson, former D5 President & Cultural Director; lettering by Lois Mueller*

Owen Christianson crafted this second box in the Viking Chest Project for items contributed by various District 5 lodges when it visited them on a rotating schedule. Each lodge donates an artifact related to Norwegian culture as "rent" for viewing the chest.

When the original Viking Chest became filled, Owen created this replica of the immigrant trunk/document box brought to the United States by his grandfather. It contained his papers, clothing, and all of his belongings. Similar containers are on display at Norskedalen Nature and Heritage Center ([www.norskedalen.org](http://www.norskedalen.org)) in Coon Valley, WI.

Lucy Ghastin will ask Idun members to show an artifact and read information about it. Items vary from rosemaling, Hardanger embroidery, and knitted items to books and a lefse rolling pin.

During the evening Jo Sommers will continue our sessions of Music Appreciation, Part II of the Cultural Skills pin award. Come prepared to listen!

### Wednesday, October 4th – Pound Auction for Foundation Month

Two years ago, Idun Lodge members had so much fun bidding on the intriguing packages they all brought to the meeting that we're going to have an encore auction!

Here's how it works: Everyone coming to this meeting wraps up an item that weighs one pound. It doesn't matter what it is (something nice or a gag gift/white elephant) or how big or small it is...it just needs to weigh a pound.

In order to fool the bidders, try to disguise your item with the type of box and wrapping you use. Before unwrapping the item(s) you purchase, we'll ask you to guess what it might be. The proceeds from this auction (cash or check, please) will be sent with additional lodge funds to the Sons of Norway Foundation.

In case you're not familiar with how the Foundation differs from the Fraternal Benefit and Lodge structure of SofN, this description is from their website:

"At the Sons of Norway Foundation, we are driven by a sense of purpose: to share and preserve Nordic heritage, to positively affect our members' lives, and to make Sons of Norway communities better places to live. Since 1966, staying true to this purpose, we have been supporting our members through scholarships and cultural exchange opportunities, providing disaster relief to members in need, and funding community programs that celebrate Norwegian heritage and culture.

A donation to the Sons of Norway Foundation, a 501(c)(3) organization, is a contribution to the positive impact we make through community, youth, educational, and cultural projects.

In 2022, the Sons of Norway Foundation distributed over \$218,000 in awards:  
\$133,000 in Scholarships for students to study in the United States, Canada, and Norway  
\$75,895 in Grants for Norwegian culture and heritage programs  
\$9,296 in Camperships for kids across the United States to attend Norwegian cultural camps"



## CARROT CAKE (*gulrotkake*)

Norwegian-born Sunny Gandara says “I write about classic Norwegian food, but recreate traditional recipes and turn them all plant-based. None of the taste, experience, or uniqueness of Norwegian cuisine is lost, and in cases, the dishes are improved!” Subscribe to her free blog on [articgrub.com](http://articgrub.com); she also gives online classes. [Although Sunny’s recipes are all vegan, most can be made with regular dairy/egg products, if desired.]

“This is one of the most popular cakes in Norway. It’s a cake that is suitable for any occasion, whether it’s a casual get-together with friends, birthday parties, weddings or as an addition on holiday tables. Many Norwegian cakes get baked in a 9x13” pan. It’s a casual look and super easy to make – no expertise in decorating is needed! This cake is light and fluffy, has cinnamon, cloves, cardamom and nutmeg added so it’s super flavorful, and gets extra juicy because of the addition of oil instead of butter. The carrots are simply grated and folded into the batter at the end. I think that the best time of year to make it has to be when carrots are in season: like now! I promise you are in for a real treat.”

### Cake

2 ½ cups (313 grams) unbleached all-purpose flour	
2 teaspoons baking powder	1 teaspoon baking soda
1 ½ teaspoon ground cinnamon	½ teaspoon ground nutmeg
2 teaspoons ground cardamom	¼ teaspoon ground cloves
½ teaspoon ground black pepper	½ teaspoon salt
3 cups carrots (about 6 small carrots), peeled and grated	
1 cup (200 grams) granulated sugar	
1 cup (200 grams) light brown sugar, packed	
½ cup (1.25 dl) Just Eggs (or substitute applesauce)	
1 ½ cups (3.5 dl) vegetable, safflower, or canola oil	

Adjust oven rack to its middle position; heat oven to 350°F (175°C). Spray a 13 by 9-inch (23 x 33 cm) baking pan with nonstick cooking spray. Line the bottom of the pan with parchment paper and set aside. In a medium bowl, whisk together the flour, baking powder, baking soda, cinnamon, cardamom, cloves, nutmeg, pepper, and salt; set aside.

In a food processor fitted with a shredding disk, shred carrots. Transfer carrots to a bowl; set aside.

Wipe out the food processor work bowl and fit it with the metal blade. Process the granulated and brown sugars and Just Eggs (or applesauce) until frothy and well combined, about 20 seconds.

With the machine running, add the oil through the feed tube in a steady stream.

Process until mixture is light in color and well emulsified, about 20 seconds longer. Put the mixture into a large bowl, stir in the dry ingredients and the shredded carrots until no streaks of flour remain.

Pour the batter into the prepared pan and bake about 35 to 40 minutes, until a toothpick inserted into the center of cake comes out clean; rotate the pan halfway through baking time.

Cool the cake to room temperature on a wire rack for 1-2 hours. Make the frosting while the cake cools.

### Cream Cheese Frosting

8 ounces (225 grams) vegan cream cheese, softened but still cool “I prefer Violife brand.”  
 5 tablespoons unsalted vegan butter softened, but still cool  
 1 tablespoon vegan sour cream  
 2 teaspoons vanilla sugar or vanilla extract  
 2 teaspoons lemon juice  
 2 cups (225 grams) confectioners sugar, sifted

Add the cream cheese, butter, sour cream, vanilla sugar or extract and lemon juice to the bowl of a stand mixer fitted with the paddle attachment. Beat on medium until smooth then reduce speed to low and add in the sifted confectioner’s sugar gradually until a smooth frosting forms. If the mixture seems a bit runny, add a little more confectioners sugar. Place in fridge until ready to use.

**NYT! \*\*\*\*\* ENJOY!**



## Annual Picnic – August 11



President Jon and Jane Grinde



Veldig god mat!

## July 20 Field Trip to Milwaukee Art Museum Scandinavian Exhibit



Viking t-shirt buddies!  
Mary Zoroufy & Bob Anderson



Back Row: Ken Koscik, Larry Sommers, Jon Grinde, Jane Grinde, Jo Sommers, James Eliason Front Row: Carol Koscik, Larry Nowicki, Susan Quale, Peggy Nowicki, Evonna Cheetham, Lucy Ghastin



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## ADDRESS SERVICE REQUESTED

## 2023 KALENDAR

### September

Wed, 9/6 – Meeting w/potluck

### November

Wed, 11/1 – Meeting w/potluck

### October

Wed, 10/4 – Meeting w/potluck

### December

1<sup>st</sup> or 2<sup>nd</sup> Fri or Sat – TBD

*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](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.