



## Fra Presidenten

*Kjære Venner,*

By the time you are reading this we will be into the new, and hopefully better, New Year. 2020 was a challenge for all of us, not just those who experienced illness in the family or lose of job or business, but for all of us who have had to stay isolated and alone and unable to see loved ones. If you hear what the experts say, it is serious condition that many of us have suffered during COVID that can cause weird dreams and depression. It might be easier to understand and tolerate when we realize that everyone is going through the same thing.

We have a winter ahead of us but there is GOOD NEWS! It is great to see that the vaccine is being given to the health care workers first then the nursing home residents. I have a 101 year old mother in an Assisted Living facility and am over joyed that she will be getting the shot soon. It will take a little longer for the rest of us but it is coming so we just need to be patient a little longer. While we are waiting we can learn, be entertained or actually accomplish some jobs that need to be done. Idun is planning some videos that will be sent out to the members to watch about all things Norwegian. Enjoy! Also, give some thought to what you might want Idun Lodge to do once we can be together again.

During 2020 we were so fortunate to be able to give money to food pantries, the foundation and the church and gift cards to 10 families so they could buy food, clothing and gifts for their children. It is a great feeling to know how many people we were able to help. Enter 2021 with hope. Norwegians are strong and resilient and have gone through very difficult times in the past. We can do it too. Call any of the officers to share ideas or concerns. We are here to listen.

Godt Nytt Ar

Mary Z

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## Officer List

### 2020 - 2021 Term

<b>Co-Presidents</b>	Mary Zoroufy Mary Bennett
<b>Vice-President</b>	Hild Petre
<b>Secretary</b>	Dee Grimsrud
<b>Assistant Secretary</b>	Jane Grinde
<b>Treasurer</b>	Kelsey Anderson
<b>Counselor</b>	Jon Grinde
<b>Marshall</b>	Tom Elert
<b>Assistant Marshall</b>	Shirley Scriver
<b>Cultural Director</b>	Ingrid Kallick
<b>Social Director</b>	Lucy Ghastin
<b>Publicity Director</b>	Dee Grimsrud
<b>Librarian</b>	Carolyn Lyle
<b>Newsletter Editors</b>	Nathan Anderson Dee Grimsrud
<b>Foundation Director</b>	Mary Bennett
<b>Youth Director</b>	Open
<b>Sports Director</b>	Open
<b>Trustees - Through 2020</b>	Bob Anderson
<b>Through 2021</b>	Jerry Paulson
<b>Through 2022</b>	Jon Grinde
<b>Greeter</b>	Shirley Scriver
<b>Musician</b>	Mary Zoroufy
<b>Photographer</b>	Shirley Scriver
<b>Sunshine</b>	Karen Smiley

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## Membership Update

A *hjertelig velkommen* to new member Sophia Stevens. We hope it won't be long before we can meet and greet Sophia in person.

## Meeting Notice

Due to the current Covid-19 quarantine, we will be unable to hold a member meeting. We hope everyone stays safe!

## Norwegian Idioms

*Ta for god fisk*

*Take for a good fish*

*Meaning:* Accepting someone's words at face value

## Contact

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## **The Origins of Sons of Norway**

On January 16, Sons of Norway celebrates its 126th anniversary. The organization was started in 1895 by a group of Norwegian immigrants living in Minneapolis, Minnesota. They gathered together in the midst of a deep economic depression to create an organization for their fellow Norwegian-Americans to support one another and to maintain their ties to “the old country.” One thing that the founding members focused on at their first meetings back in 1895 was what to call their new organization. After briefly considering “Bjørnstjerne Bjørnson,” after the Norwegian nationalist author, it came down to a vote between “Sønner av Norge” (Sons of Norway) and “Brødre av Norge” (Brothers of Norway). By a vote of 14 to 2, the name we use today won.

The name was inspired by a line from a famous song by Eskild Pedersen: *Sønner av Norge, det eldgamle rike, Synger til harpens den festlige klang*. This translates to: Sons of Norway, the ancient kingdom, Sing to the harps with festive sound.

## **FOUNDATION BASKET RAFFLE**

Thanks to all of you who participated in the Foundation Basket Raffle. We raised more than \$175.00 that will go to the Foundation!

The winner of the Coffee themed basket is Jo Sommers, and the winner of the Wine themed basket is Asta Blanchar.

Gratulasjon!

## **PLAYING CARDS**

The September/October issue of Idun News had an article about the 5th District Photo Contest in which photos entered were judged by the membership and the winners were made into decks of playing cards. Idun member Mathea Dietrich’s photo was voted as one of the best in the district. Idun Lodge has purchased several extra decks of cards and if you would like to purchase one of more of them, contact Dee (608)259-1958 or winorsk@gamil.org . They are \$10.00 a deck and the supplies are limited. Get your order in soon.

## Forty years ago

Memories from Jane Lepaska Grinde

Forty years ago, I married Jon Grinde, joined Sons of Norway, and attended my first international convention (back then it was a Supreme Convention) with Jon who was a delegate. At that convention in Hollywood, CA, we were still celebrating our August 17 wedding and even had the good luck of being upgraded to first class both on the way there and back—still thinking there had to be more than our getting to the gate late for that to have happened.

At the convention, I am credited with introducing Janice Whitrock to George Sievers who later married. The backstory is I was hanging out with Janice (whose father was on the international board) while Jon was in meetings. George from the Mount Horeb lodge was at the convention with Stan Ewanawski, a past Idun president, as nondelegates to bid for the hosting of the 1982 convention in Madison to be co-sponsored by our lodge and the lodges in Janesville, Stoughton and Mount Horeb. The bid was successful.

On one of the evenings after an event, Janice and I joined Jon and George, and we ended up going to the Brown Derby on Wilshire Boulevard for drinks, and the rest is history.

For those of you who don't know, George ended up on the International Board and Janice's dad was installed as International president at the convention in Lillehammer, Norway, in 1992. George's parents owned Open House Imports in Mount Horeb which George and Janice took over. George has passed on, and Janice continues to operate.

With the cancelation of the district and international conventions as well as our regular meetings during this time of physical distancing, we need not be socially distant. We can share memories of our Sons of Norway history as well as family histories. I have many more memories to share. Frankly, I am not sure how we managed to do all we did with Sons of Norway when Jon was on the district and international boards, including as district president, while tending to a growing family. I will tell you that all four of our children studied in Norway and are hooked on the country and its culture—would not have happened had it not been for the wonderful people we have met and connected with over the years as well their participation in Masse More.

Feel free to share your memories, and perhaps I will share more including how we let our two older daughters, Gabrielle and Johanne at the ages of 18 and almost 17 respectively, travel on their own in Norway while the rest of us were at the International S/N convention in Stavanger.

## Omni Hotel Viking Lakes

A new Viking themed hotel opened recently in Eagan, MN. Artist Kevin Snowell worked with hotel architect ESG and Vikings brand consultant RISE to better understand the overall design of the hotel and the strong nature of the Vikings brand. The overall process for designing and building the 3 custom columns took a little over a year. The inspiration for the images came from extensive research of Vikings and Nordic inspired history. An interesting fact learned through this process and research was that 'steer board' became 'starboard'. Talk about Legacy!

The unifying theme of all three columns is the Viking ship. Deconstructed and displayed in numerous ways throughout the images as well as bringing in other historic Viking imagery. The columns are the first thing you see as you enter the hotel, and they draw you in with their striking features and then as you walk around the carvings there is more detail and intricacy to interact with on each column. The first view from the front doors is the powerful image of a Viking ship head on. The primary inspiration is from the Gokstad ship in the Viking Ship Museum in Oslo, Norway. Other carvings harken back to many symbols of Norse culture such as Thor's Hammer. It is a traditional beacon of power, protection and consecration. It was used in weddings and various ceremonies. Column one depicts some of the most intricate Viking wood carving column 2 depicts stone carving from Runestone found across Nordic regions. Column 3 specifically brings in some of the cultural and artistic influence the Vikings had on other regions such as trading and sharing of culture and the influence of artwork back and forth between cultures.

"I kept the wooden columns together and built a rotisserie system that I could roll and carve them horizontally," Showell said. "The details that filled in the designs were inspired by historic Viking artwork. This ranged from wood carvings on ships and churches to Stone carving of runestones, jewelry in metal as well as carving in bone. The Viking era was abundant with talented artisans. Depictions of many of those artifacts make up the detailing on the columns."

More than 425,000 hours have been spent by local companies and individuals constructing the whole Omni Viking Lakes Hotel. The hotel has many other Nordic and Scandinavian features which enrich the experience of staying there.

Here is a video of some of the carvings and artistry:

<https://www.youtube.com/watch?v=WlIm6Ui5aPw>

## A Lit Pa Norske

### Slik trener jeg for å holde hjernen i form

Hjernen er et av organene som får aller mest ut av trening, forteller forskerne oss. Men hvordan trener lege, hjerneforsker og forfatter Kaja Nordengen selv for å holde hjernen sunn og rask?

– Mitt mantra er det ikke spiller så stor rolle hva slags utfordringer du finner for hjernen din, så lenge du utfordrer den, sier hun til [forskning.no](http://forskning.no).

#### Kajas hjernetreningsprogram

##### 1. Puss tennene eller barber deg med «feil hånd».

Finmotorikken din kan trenes opp i din ikke-dominante hånd, og du kan lære deg til å bruke begge hender når du skal løse en oppgave.

##### 2. Finn frem brettet og spill et parti sjakk.

Sjakk trener deg både i konsentrasjon, problemløsning, mønstergjenkjenning og strategisk planlegging.

##### 3. Gå av bussen et stopp før eller etter din holdeplass.

Ved å bryte ut av mønsteret og lære deg nye ruter og steder du kan legge til ditt mentale kart, trener du orienteringsevnen din.

##### 4. Gå av og på sykkelen fra «feil» side.

Hvis du bryter med rutinen, utfordrer du hjernen og styrker nervecellekontakter du sjelden bruker.

##### 5. Gjør nye arbeidsoppgaver i hjemmet eller bytt med partneren din.

Bytt om på oppgaver slik at den som for eksempel skifter dekk heller må lære seg å bruke symaskinen, og motsatt. Bor du alene, skift dekk selv, sy i den knappen du vet mangler eller følg en komplisert oppskrift når du lager middag. Det er slik vi får dannet nye nervecellekontakter.

##### 6. Bruk datamusen med «feil» hånd i en dag.

Hjernen har godt av å bli brukt litt utenfor de faste rutinene. Når du trener opp motorikken i motsatt hånd, trener du hjernen og danner nye nervecellekontakter og helt nye nervecellebaner.

## TRANSLATION

### How I Exercise to Keep My Brain in Shape

The brain is one of the organs that gets the most out of exercise, researchers tell us. But how does doctor, brain researcher and author Kaja Nordengen exercise her brain to keep it healthy and fast?

“My mantra is that it does not so much matter what kind of challenges you find for your brain, as long as you challenge it,” she tells [forskning.no](http://forskning.no).

#### Kaja's brain exercise program:

##### 1. Brush your teeth or shave with the "wrong hand."

Your fine motor skills can be trained in your non-dominant hand, and you can learn to use both hands when solving a task.

##### 2. Find the board and play a game of chess.

Chess trains you in concentration, problem solving, pattern recognition and strategic planning.

##### 3. Get off the bus one stop before or after your stop.

By breaking out of your usual pattern and learning new routes and places, you add to your mental map, and train your navigational skills.

##### 4. Get on and off the bike from the "wrong" side.

If you stray from your routine, you challenge your brain, strengthening nerve cell contacts that you rarely use.

##### 5. Do new chores at home or swap chores with your partner.

Switch tasks so that the person who, for example, changes spare tires learns to use the sewing machine, and vice versa. If you live alone, change tires yourself, sew on a button you know is missing or follow a complicated recipe when making dinner. This is how we form new nerve cell contacts.

##### 6. Use the computer mouse with the "wrong" hand for a day.

The brain benefits from being used a little outside of regular routines. When you train your motor skills on the opposite hand, you train your brain and form new nerve cell contacts and completely new nerve cell pathways.

## 7. Lær fem nye ord på et språk du ikke kan.

Å lære nye ord setter i gang de samme belønningssystemene som aktiveres av god mat. Hele hjernen samarbeider alltid, men for språkfunksjonen vår er det først og fremst hjernebarken som er viktig.

## 7. Learn five new words in a language you do not know.

Learning new words sets in motion the same reward systems that are activated by good food. The whole brain always cooperates, but for our language function it is first and foremost the cerebral cortex that is important.

## First “Godhouse” dedicated to old Norse gods Unearthed in Norway

In the village of Ose, Norway, archaeologists from the University Museum of Bergen recently uncovered the remains of an eighth-century “godhouse.” In its day, this structure was dedicated to the worship of the old Norse gods and housed ceremonies such as midsummer or midwinter solstice. This is a particularly special discovery as it is the “first temple of its kind identified in Norway,” according to Smithsonian Magazine. Through digital reconstruction, researchers were able to determine that it resembles similar temples found in southern Sweden and Denmark.

In recent excavations, archaeologists have unearthed animal bones and cooking pits; their theory is that the worshippers prepared the food in offering to Thor, Odin and other Norse gods. These religious displays also doubled as feasts where “you would have a good mood, a lot of eating and a lot of drinking,” archaeologist Søren Diinhoff explains.

Researchers are still unclear as to what caused the demise of the godhouse, but they hope to uncover the truth as they continue their efforts

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**ADDRESS SERVICE REQUESTED**



## Kalendar

### January

4 – No meeting

### February

2 – No meeting

### March

6 – TBD

### April

3 – TBD

*All events are free and held at Trinity Lutheran Church in Madison, at First & Winnebago Streets, unless indicated otherwise. Please use the entrance closest to the parking lot on Atwood Ave (or the accessible entrance on Winnebago St) and proceed to 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.*