



Fra Presidenten

Happy Syttende Mai,

Spring is here! We are all so happy to have warmer weather and with it the hope that the end of isolation is in sight. We have missed seeing each other throughout the year and look forward to the time we can be together.

Syttende Mai is the day Norway celebrates its constitution so whether we are together or apart let's celebrate in our own way.

There are several opportunities to stay connected while apart.

- The lawn game Kubb is great fun and we would like to get a group together.
- Save your plastic bags to make sleeping mats. (Mercy Mats)
- Masse More, the heritage camp for ages 9 to 16, will be held this summer. If you have children or grandchildren that would like to attend please go to

www.massemoro.org

-For more information on these events read articles in this newsletter.

Last year Idun was very generous by donating to several food banks, the SOFN Foundation and a couple of schools. The need is still very present in our community, the country and the world. We would like to be part of the solution again this year by donating to some worthwhile causes in our area. As members of Idun you have the ability to suggest where we donate. Please give it some thought and contact an officer of the lodge to add your suggestion to the list.

I hope we will all do whatever we can to remain safe. With so many of us receiving the vaccine and with continued caution our lives are finally opening up a little. The danger is not over but we seem to be headed in the right direction. The church has not set a date for opening but as soon as they do we will decide how we can safely get together.

Hilsen, Mary Z

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Officer List

2020 - 2021 Term

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

Idun News is published six times a year starting with the Jan.-Feb. issue and ending with the Nov.-Dec. issue. The DEADLINE for content submission is the 10th of the month prior to publication. Email articles and photos to news@sonsofnorwaymadison.com. Send address changes to Dee Grimsrud.

Membership Update

A special welcome to new member Kristin Seiling! She's the daughter of Ida Kate (Hauge) Seiling, a Golden Member of Idun Lodge from 1975 until her death in 2016. Kate, as she was known, was born in 1922 in Bergen, emigrated with her family in 1930 to Madison, and married in 1947 to Robert "Bob" Seiling. We look forward to getting to know Kristin and hearing stories about her parents and their lives.

Meeting Notice

Due to the current Covid-19 quarantine, we will be unable to hold a member meeting. We hope everyone stays safe! If you have any ideas for a safe, socially distanced get together, especially as the weather gets warmer, let one of our board members know!

Norwegian Idioms

Å skrive noe bak øret

Translation: To write something behind the ear.

Meaning: To make a mental note of something; to make sure to remember something

Contact

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Masse Moro Heritage Camp deadline looms!

This is your reminder that it's not too late to enroll your child, grandchild, niece/nephew (or even a non-related 9- to 15-year-old) in Masse Moro for this summer's session July 18-31. Last summer camp was canceled because of COVID-19, but after careful consideration of the current status of the pandemic, it's been decided to hold camp again this year. See <https://www.massemoro.org/> for complete details and all pertinent forms.

The all-inclusive tuition (on-site room, board, classes, etc) is \$850 for the two weeks, plus a \$50 application processing fee...which is about half as much as most comparable sleepover camps cost. The best news is that Idun Lodge is again offering a \$250 scholarship per camper recruited through our lodge, which will be matched by District 5 with an additional \$150. BUT...ONLY if the matching fund form and our lodge check is postmarked to



district 5 by May 17 th! So, if you have a camper you want to attend camp this July 18-31, call Dee Grimsrud ASAP at 608-259-1958; leave a message and she'll call you back. She'll fill out the form for you, sign it (as our Secretary), scan it and email it to Kelsey Anderson (our Treasurer), so she can get it all sent in by the deadline.

There are also several other scholarships offered to individual applicants; see the First Year Camper and Sarah L. Paulsen Memorial scholarships described at www.massemoro.org/scholarships, also with mid-May deadlines. Non-scholarship applications will be taken through July 1st or when enrollment is full, whichever occurs first.

In case you're not familiar with Masse Moro, it's a Norwegian heritage camp sponsored by the Sons of Norway's Fifth District. Since 1979, we've been helping boys and girls between the ages of 9-15 years old celebrate their Norwegian heritage and getting families connected to Sons of Norway through this valuable cultural immersion experience. A two-week sleep-away

venue near Eau Claire, campers stay in cabins (furnished with bunk beds) along with 2-3 staff members and an additional 9-12 other campers. This small cozy atmosphere creates a bonded tight-knit cabin that creates a home away from home where campers feel safe and comfortable.

“Masse Moro” translates as “lots of fun” and participants will indeed have a great time while learning Norwegian, building friendships, and gaining important life skills (like problem-solving, leadership, and teamwork through our Viking Olympics programming). Campers will also try their hand at crafts such as woodworking, painting, leather work, and chip carving, experience exciting tales and Nordic myths, and celebrate Norway’s rich history and traditions.

We’d be glad to assist a child you know in having “lots of fun” this summer! If you have questions, call Mary Bennett (608-837-8335) or Mary Zoroufy (608-277-8190)...but please don’t wait until it’s too late for the matching funds.

KUBB LAWN GAME

Kubb is a lawn game that was started in Viking times and has become very popular lately with people of all ages and abilities.

Idun is looking for all who are interested in playing this game. No experience is necessary, and you don’t have to own your own game. Many members already have games to share. Now that the weather is warmer and most of us are more comfortable being with one another outside, it is time to organize a group that would enjoy some outdoor sport. Watch the following link or any of the other Kubb sites to learn what the game is all about.



https://www.youtube.com/watch?v=XfWt0-_MNsY

Call (608)277-8190 or email maryzor@charter.net if you would like to be on the list for further information or if you have questions.

SLEEPING MATS FOR THE HOMELESS GROCERY STORE PLASTIC BAG PROJECT

Sons of Norway, Idun Lodge, is inviting you to be part of a project that has become popular in many communities. Making mats for the homeless community is a way to serve those who are having difficult times by making comfortable sleeping mats. The mats are warm, waterproof, and very light weight. Also, this is a way to use the many plastic bags that we have collected during this past year. They cannot be recycled anymore so this is a way to put them to good use, so they do not end up in land fill.



This is a way for people to work together on a worthwhile project while enjoying each other's company. So, please save your plastic grocery bags.

If you want more information, google:

plastic bags for homeless tutorial or <https://youtu.be/5JNe-hce0sY>

For more information call Mary (608)277-8190

Syttende Mai

Celebrations kick off early for Norway's national day, so forget about sleeping in on the day. Whether it's the cannons being fired at dawn, the 'buekorps' (boys and girls brigades) enthusiastically banging their drums through the streets of Bergen or the children's parades getting under way in Oslo and other towns and cities, expect an early start, and high noise levels throughout the day.

Norwegians like to dress casually at any other time, but on May 17th, they do smarten up. Many (women in particular) proudly don the local 'bunad', the traditional costume, of which there are over 200 different kinds in Norway. Those who don't still dress smartly (this means a suit for men, or at the very least a jacket). Sportswear and casual clothes, so popular any other time of the year, are a no-no, and although allowances are made for foreigners, it is worth making an effort to blend in.

On 17 May Norwegians paint the town red... and white, and blue. The flag is indeed a big part of the celebrations, and your party kit is not complete without one. Thankfully cheap flags can be bought pretty much everywhere in the days before the event, from local supermarkets to discount shops and many other places, so just get one and join in.

While many Norwegians will grab a 'pølse i brød' (hot dog) or an ice-cream while out and about on the day (it has indeed become a bit of a tradition for many), lots will also sit down for a proper lunch, and many hotels and restaurants offer special May 17th menus. If you really want to make a day of it and enjoy Norway's Constitution Day in style, make sure to book well in advance at your chosen restaurant. Just turning up on the day is bound to bring disappointment.

Learn to say 'Gratulerer med dagen' That's how Norwegians greet each other on the day. This can be roughly translated as 'Congratulations on this special day'. It also means 'Happy birthday'. Which is a bit confusing for foreigners, but kind of makes sense, as this is the anniversary of Norway's [constitution](#), which was signed at Eidsvoll on May 17th 1814.

AND here's a special FREE online presentation you might enjoy:

WEDNESDAY, 12 MAY 2021, 1–2pm CDT

“EVERYTHING YOU DIDN’T KNOW ABOUT NORWEGIAN CONSTITUTION DAY!!”

May 17 is Norway’s Constitution Day and the national day of Norway. It's an official public holiday observed on the 17th of May each year. Among Norwegians, the day is simply stated as Syttende Mai (Seventeenth of May), Nasjonaldagen (National Day), or - less commonly - Grunnlovsdagen (Constitution Day).

Do you think you know everything there is to know about Syttende Mai? So did our speaker, Ruth Paulson. But she quickly learned there’s so much more to this national holiday than wearing bunads! See how Norwegians have celebrated Constitution Day in the past and in recent years. Not even the German Occupation nor the pandemic could stop people from honoring this day in some way! Also learn how this tradition has journeyed to many parts of the United States today.

You must be a pre-registered user to join the webinar! Register

here: https://zoom.us/webinar/register/WN_Q4d0wLA3S6uHqrvtP04_Dg

**Be sure you are signed into Zoom prior to starting the webinar, with the email you used to register for the presentation

A look at Norway's coffee culture

In a recent list of the top ten coffee-consuming countries reported by WorldAtlas, half were Nordic countries. In fact, Norway claimed second place right behind Finland.

The first evidence of the breakthrough of coffee in Norway wasn't until the 1800s, when wealthy businessmen began to bring it home from their travels abroad. Some think that its popularity only soared because of the prohibition on alcohol in Norway from around 1917 to 1927; during that time, coffee served as the new social drink.

A second popular belief about the origins of coffee's local popularity has to do with Norway's climate. Some think that the cold and dark winter days play an integral part in pushing people into coffee shops and inspiring them to get a warm mug in hand. Additionally, coffee in a thermos is often a necessity for people when they're out enjoying nature. In fact, *turkaffe* (hiking coffee) is a longstanding tradition.

Regardless of which theory is right, it is certainly true that Norwegians love their coffee (as evident from the 21.82 lbs per capita consumed annually!). Nearly 80% of Norway's population enjoys coffee daily, many four to five times a day. No matter the occasion, it seems coffee is almost always present. For coffee enthusiasts looking to branch out, Norwegian egg coffee is a must-try. It clarifies the coffee and extracts the bitterness.

Norwegian egg coffee

ingredients

5 Tbsp. coffee (medium grind works best)

1 egg

Instructions

Beat egg in a small bowl with a fork. Add coffee grounds and mix until you have a sludge.

Bring 7 cups of water to a boil in a large coffee pot or saucepan. Add coffee/egg mixture.

Continue boiling until the foam disappears – about 3 minutes. Remove from heat.

Add 1 cup of cold water to the coffee pot. This will help settle the grounds.

Pour coffee through a strainer to catch any loose grounds. Serve.

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ADDRESS SERVICE REQUESTED



Kalendar

March

4 – No meeting

April

2 – No meeting

May

6 – TBD

June

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 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
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Roscoe IL 61073

Phone: 800-442-4146 (toll free)
Email: gregragan@aol.com

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.