



Fra Presidenten

Kjaere Venner,

“Kjære” literally means “dear” in Norwegian, and for me it’s one of the most beautiful words in the Norwegian language. Derivations include “kjæreste” for girlfriend or lover and “kjærlighet” for love. You should use the beautiful word in your daily dealings with those closest to you.

Spring has been cool/cold, wet, and windy. It’s like standing on the bow of a ship as it plows through the ocean carrying you from Norway to America. Try to imagine your forefathers travelling to their new home and braving the weeks on the water. We too often forget what our predecessors did to get here!

Speaking of predecessors, we will celebrate Norwegian Constitution Day, or Syttende Mai, on Saturday, May 7, 2022, at Trinity Lutheran Church. The “welcome back” event will begin at 4:00pm, and Event Chair Mary Zoroufy has arranged a wonderful afternoon of fellowship, food, and fun. Having been apart for so long with the Covid pandemic, this is an opportunity you won’t want to miss. Get your reservations in, bring guests, and come and enjoy the celebration, the delicious meal, and delightful entertainment.

As you know, Idun Lodge is the Host Lodge for the 2022 District Five Sons of Norway Lodge Meeting and Convention, and our own Lucy Ghastin is the Chairperson. She has worked tirelessly to put together an event that will meet the high standards that Idun Lodge has always attained. But she needs Idun members to volunteer some of their time during the June 15-18 event to make it run smoothly. Please consider spending some time giving back to your Sons of Norway lodge. You’ll enjoy the experience! Contact Lucy and/or complete the Volunteer form and be there at the Marriott Hotel in June!

Don’t forget the Idun Lodge cookie baking event at the Feed Kitchens on Tuesday, May 31, when we will prepare dozens of cookies for the District Five Convention. What an experience this will be!

Lastly, as proud Norwegian Americans, we should all try to attend the Rededication of the Hans Christian Heg statue on our Capitol Square on Sunday, May 29, at 1:00pm. Idun Lodge played an important role in its original creation, and Idun has played an important role in its being made whole again.

Jon M. Grinde

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Officer List

2020 - 2021 Term

President	Jon Grinde
Vice-President	Mary Bennett
Secretary	Dana Diedrich
Treasurer	Dee Grimsrud
Counselor	Mary Zoroufy
Marshall	Tom Elert
Assistant Marshall	Shirley Scriver
Cultural Director	Jo Sommers
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	Jonathan Seeber
Trustees - Through 2022	Larry Sommers
Through 2023	Asta Blachar
Through 2024	Jerry Paulson
Greeter	Shirley Scriver
Musician	Mary Zoroufy
Photographer	Shirley Scriver
Sunshine	Karen Smiley

Membership Update

We're sorry to report the passing of longtime member Aud "Grynet" Lonnebotn, who passed on January 31 in Breckenridge CO, at the age of 81. Born and raised in Trondheim, Norway, in September of 1965, she immigrated to the United States with her former husband Trygve, who in 1996 was appointed Honorary Consul representing Norway for the state of Wisconsin. They settled in Madison, where she joined SofN in 1966, and were active in a number of Norwegian-American organizations. In addition to raising her two children, she enjoyed a fulfilling 30-year career as an orthopedic nurse. If you ever met Grynet, you'll smile when you think of her. See www.horancares.com/obituary/AudGrynet-Lonnebotn for her full obituary.

Norwegian Idioms

Har du røyka sokka dine?

Translation: Have you smoked your socks?

Meaning: Are you crazy?

Contact

Idun Lodge 5-74

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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.

Colonel Heg Statue to be Rededicated on May 29th

Have you been following the story of the statue of Col. Hans Christian Heg, which stood on the northeast corner of the Capitol Square until it was pulled down and seriously damaged in the protests in June of 2020? The good news is that the statue has been repaired and reinstalled, and will be rededicated in a special ceremony on Sunday, May 29, 2022, at 1:00pm, to which the public is invited.

Hans Christian Heg was born in 1829 in Lier, Norway, and emigrated with his family to Racine County in 1840. In 1861 he left his job as State Prison Commissioner at Waupun to raise volunteers to form the 15th Wisconsin Infantry Regiment, composed almost-exclusively of Norwegian-born men from Wisconsin, Iowa, Minnesota, and Illinois. At only 33 years of age, Col. Heg was fatally wounded while leading his troops on horseback at the Battle of Chickamauga, Georgia, on September 19, 1863, and died the next day. He was the highest-ranking Wisconsin soldier to give his life in battle during the Civil War.

The statue of Col. Heg was erected in October 1926, when citizens of Norwegian descent presented it to the people of Wisconsin. Fred J. Campbell, chair of the committee planning the rededication, said, "The people who paid for this monument were celebrating the fact that Col. Heg was a Norwegian immigrant, fervent abolitionist, and organizer of the 15th Wisconsin. They called it a debt of gratitude."

The ceremony will include members of the Sons of Union Veterans of the Civil War (SUV-CW) in Civil War-era uniforms performing military honors and color guard duties. Historic music and marches will be performed by the 1st Brigade Band of Watertown. Choral pieces in English and Norwegian will be performed by the Edvard Grieg Chorus of Dane County, and several speakers will honor Col. Heg, including a third great granddaughter. And Heg descendants will travel from afar to attend this special tribute to their ancestor...a true patriot.

Idun Lodge is proud to have contributed \$1,000 toward the costs of this event. Additional contributions are encouraged; contact Dee Grimsrud at winorsk@gmail.com. For more info, go to www.facebook.com/groups/695253324848510 or [#HegStatue](https://twitter.com/HegStatue).

June 1st Meeting

Colonel Heg and the Fifteenth Wisconsin

With the May 29 rededication of the Capitol Square statue of Colonel Hans Christian Heg, now is a good time to consider the statue's meaning to us as Sons of Norway and as Americans. The events which caused the statue's damage two years ago were unrelated to the real historic background of Civil War sacrifice.

Larry F. Sommers will give a short presentation on Colonel Heg, the Norwegian Regiment that he led, and the history which led to honoring Heg and the Fifteenth Wisconsin with this solemn tribute. There's more to the story than just praising Norwegian heroes. Next time you're showing out-of-town visitors the statue, will you be able to state the reasons for its importance?

Larry, long a member of Idun, is retired from the State of Wisconsin and is trying to learn to write fiction. His debut novel, *Price of Passage*, will be published August 23. His website is <https://LarryFSommers@LarryFSommers.com>.

The matters he will discuss June 1, however, are fact—not fiction.

Syttende Mai Banquet

We are happy to announce that we are holding an in-person gathering to celebrate Syttende Mai, and you (and friends and family) are invited to attend!

We're starting early enough that we should be finished before the sun sets, for those of you who don't drive after dark.

WHEN: Saturday May 7, 2022
4:00pm Hors d'oeuvres
5:00pm Dinner
6:00pm Program

WHERE: Trinity Lutheran Church
1904 Winnebago Street
Madison, WI

The cost is \$5 a person; you *must* call See at (608) 259-1958 by 2pm on Monday 5/2 to make final reservations

A traditional dinner of pork tenderloin, new potatoes, vegetables, salad and dessert will be served. The entertainment will be traditional Norwegian music by guest artist Robin Fossum, a humorous talk about mustard given by Barry Levenson, and even a visit from Ole and Lena! In addition, there will be several door prizes.

Calling all Idun Lodge members!

Join other Idun Lodge members at the upcoming Madison Marriott West hotel in Middleton to help as a volunteer at the biennial Sons of Norway District 5 Convention, June 15-18, 2022.

There are several types of volunteer positions available, from registering attendees to plating cookies and everything in between. Enjoy spending a morning, afternoon, or all day helping your lodge host a smooth-running convention. Some volunteer jobs involve standing, some are sit-down tasks, and some are a combination of both. Shifts are available from Wednesday afternoon through Saturday early evening, with most being about four hours long. Feel free to ask family and/or friends to come help, too; they should sign up separately.

Wednesday, June 15, 2022

1. Wed, Noon – 4:00pm

Thursday, June 16, 2022

2. Thu, 7:00am-11:00am

3. Thu, 9:00am-1:00pm

4. Thu, Noon-4:00pm

5. Thu, 2:00pm-6:00pm

Friday, June 17, 2022

6. Fri, 7:00am-11:00am

7. Fri, 9:00am-1:00pm

8. Fri, Noon-4:00pm

9. Fri, 2:00pm-6:00pm

Saturday, June 18, 2022

10. Sat, 8:00am-noon

11. Sat, 10:00am-2:00pm

12. Sat, Noon-4:00pm

13. Sat, 1:30pm-5:30pm

To sign up:

First, contact Lucy Ghastin at leghastin@gmail.com to let her know which shifts you will do.

Then go online at <https://d5registration.sonsofnorwaymadison.com/> to register as a volunteer. Also, order your special volunteer t-shirt (a gift from Idun) to identify you as a helper. Note: If you choose convention activities to attend, be sure to select only those taking place when you are *not* on duty.

Please make your commitment as soon as possible, so that we have time to do additional recruitment, if it's necessary

Sons of Norway District 5 Cultural Arts Display 2022

Part of the 2022 District 5 Convention is the display of cultural arts crafted by Sons of Norway members from throughout the district. This year all judging will be People's Choice. Pre-registration is needed. To participate in the display, fill out the registration form (contact a Lucy for more info and forms) and send to Judy Ghastin, 718 Bruce Ct., Madison, WI 53705. Artists of all ages and levels of experience are encouraged to submit projects.

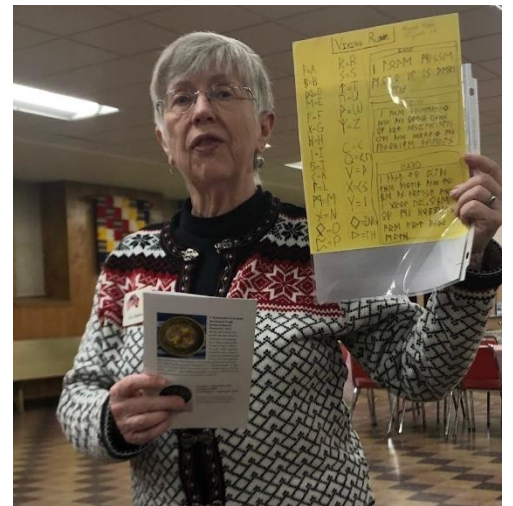
- Adult professional: instructors and those who sell their work
- Adult amateur: those who do not sell their work
- Heritage: members 15 years and younger

Photos from Our April Meeting



In April we got to see the contents of District 5's Traveling Emigrant Chest with items that were donated by members. Included were woodworking examples, rosemaling, rune letters, music, hardanger stitchery and Idun's donation of apples. Mary Zoroufy explained the contents of the chest that was hand built with hinges that were specially forged

Dee explained about rune lettering



Ginny Nelson displayed an apron with hardanger stitching that she made

A Lit På Norske

Triks for nye nordmenn

Få deg hund og bli integrert på en-to-tre.

Hva er den beste måten å integrere seg på i Norge, spurte en mann meg nylig.

Jeg tenkte meg litt om før jeg svarte: Få deg hund!

Jeg vil kalle meg rimelig godt integrert. Til og med fornavnet mitt, Noman, trenger bare en R før jeg blir en ekte nordmann.

Jeg elsker jula, 17 mai, vafler, Kvikk lunsj, demokratiet, Munch, bunad, og likestilling. Men hund har jeg aldri helt hatt sansen for. I den pakistanske kulturen brukes hund til jakt og vakt. Dermed basta. De er ikke kjæledyr som sitter i sofaen din, blir dullet med på trikken av vilt fremmede og stappes oppi diverse designervesker som en trofé.

I dag er barna mine 11 år. De er tvillinger og har mast om hund så lenge jeg kan huske. Etter det langvarige presset logret jeg til slutt med halen og sa ja.

For to måneder siden fikk vi et nytt familiemedlem. Fineste Mocca. Mocca er en sosial magnet. Etter at corona stengte hele Norge har jeg være mye ute med Mocca.

Og du verden så mange mennesker som vil hilse på henne:

«Å så søt hun var, hvilke rase er det, hva heter hun, kan jeg klappe, kan jeg hilse på henne, hvor bor dere ...».

Samtalen er i gang.

Vips får man nye venner og bekjente. Herlig. Vi har bodd her i snart fire år, men jeg har toppen snakket med åtte naboer. Siden mars har jeg snakket med minst 80. Slå den du!

Noen innvandrere mener at nordmenn er som en termos. Kalde utenpå, men varme inni.

Du må bare finne en måte å komme i snakk med dem. Det vet jeg nå.

Så er du ny i Norge, vil lære deg norsk, få norske venner eller rett og slett er selskapssyk? Lån en hund, eller få deg en egen. Det er masse selskap i en hund, og ikke minst: Du får åpnet termoskorken.

Tips for New Norwegians

Get yourself a dog and you'll be integrated in no time.

What is the best way to integrate in Norway, a man asked me recently.

I thought a bit before I answered: Get yourself a dog!

I would call myself reasonably well integrated. Even my first name, Noman, only needs an R before I become a real Norwegian.

I love Christmas, May 17, waffles, Kvikk Lunsj [candy bars], democracy, Munch, bunads, and equality. But I've never had a thing for dogs. In Pakistani culture, dogs are used for hunting and guarding. That's it. They are not pets that sit on your sofa, who are pampered on the train by total strangers and stuffed into various designer bags like a trophy.

Today my children are 11 years old. They are twins and have been whining for a dog for as long as I can remember. After the long pressure, I finally wagged my tail and said yes.

Two months ago, we got a new family member. The wonderful Mocca. Mocca is a social magnet. After corona closed all of Norway, I have taken a lot of walks with Mocca.

Oh my goodness, so many people want to meet her:

"Oh, she's so cute, what breed is she, what is her name, can I pet her, can I say hi, where do you live ...?" The conversation is underway.

And just like that, you make new friends and acquaintances. Lovely. We have lived here for almost four years, but I have talked with eight neighbors, tops. Since March, I've talked to at least 80. Beat that!

Some immigrants believe that Norwegians are like a thermos. Cold outside, but warm inside.

You just have to find a way to talk to them. I know that now.

So are you new to Norway, want to learn Norwegian, make Norwegian friends or are simply craving some company? Borrow a dog, or get your own. A dog provides a lot of company, and especially: You get to open the thermos

IDUN LODGE
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ADDRESS SERVICE REQUESTED



Kalendar

May

7 – Syttende Mai Banquet (\$5 & RSVP)

June

1 – Member Meeting

July

6 – No Member Meeting

August

3 – Member Meeting

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:

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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.