



Fra Presidenten

Kjaere Venner,

Welcome to Summer 2022! I hope it will be full of enjoyable moments for each of you and not too hot. Picnics, Concerts on the Square, baseball games, swimming, hiking, and safe travel await you all. As I write to you, Idun Lodge, as host lodge of the District 5 Sons of Norway 2022 Biennial Lodge Meeting and Convention, has fulfilled its mission of providing the finest in hospitality for the delegates, members, and guests at the Marriott Hotel Middleton from June 15 to June 19. I applaud all Idun Lodge members for their contributions to making this biennial gathering a wonderful success. Hats off to Idun Lodge! Mange tusen takk!

We can look forward to our own lodge picnic on Tuesday, August 23, at Lakeview Park just off Allen Boulevard in Middleton. Last year's picnic was great fun, and I expect this summer's to be just as enjoyable and rewarding, especially after the conclusion of hosting the district convention. The details of the picnic can be found in another part of this newsletter.

We are a fraternal organization of over 65,000 members worldwide, so we should do our best to support each other. Our neighboring lodges, Mandt, Vennelag, Nordland, Norsemen of the Lakes, and Ostestaden, are all part of Zone 3 of District 5 Sons of Norway. Each lodge has its own activities, including summer events, to which Sons of Norway members from far and wide are regularly invited. Do some exploring this summer. See if you can visit a neighboring lodge and enjoy yourself doing it. Be prepared to share details of your visit with your fellow Idun members when we gather together again.

I want to put together "Kitchen Teams" for Idun Lodge meetings going forward. My goal is for a team, led by an experienced Idun Lodge volunteer, along with 4-5 others, to set up the serving table for eats for each meeting and then take down the paraphernalia afterwards and put things away in our storage area. Ideally each team will only be responsible for at most two meetings per year. Please contact me if you are willing to serve your fellow lodge members on a Kitchen Team. Jon M. Grinde, 608-513-6434, grindej@firstweber.com.

Med vennlig hilsen.
Jon M. Grinde

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Kalendar

***Reminder NO first
Wednesday meetings
for July and August***

Officer List

2021 - 2022 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	Joelle Sommer
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

A reminder that there will be a celebration of life for Hild (Thoresen) Petre on July 24th, at Olbrich Botanical Gardens (in the Evjue Commons Room) from 2pm-4:30pm. Born in northern Norway, Hild began a new life when she met a Polish American rogue named Gilbert Petre. He convinced her to leave Norway behind and to live an adventure with him, first in Peru, where they were married, and then in Wisconsin, where they settled. Together, they raised four daughters. Hild was a blessing to all those around her, and she will be missed dearly. You can view her obituary at

<https://www.gundersonfh.com/obituaries/Hild-Thoresen-Petre?obId=22780591>

Norwegian Idioms

Å røyke fredspipe

Translation: To smoke a peace pipe

Meaning: To make up with someone following a disagreement.

Contact

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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 IdunLodgeMadison@gmail.com. Send address changes to Dee Grimsrud WINORSK@gmail.com.

August 23rd Picnic

On Tuesday, August 23rd, come enjoy food, fellowship, and indoor games in air-conditioned comfort.

Place: Lakeview Park shelter (indoor section) in Middleton
6300 Mendota Ave
(Corner of Mendota & Allen Blvd)

Time:

3:00 pm Games & socializing -- cards, indoor board games, outdoor lawn games

Shelter may have a permanent cornhole board outside

5:00 pm Dinner

Idun will furnish a main dish, beverages, plates and tableware. Bring a generous side dish or dessert to share. There is plenty of room for slow cookers for other foods. We will have access to a refrigerator and sink in the kitchen, but no stove. Since we gather on a Tuesday, we hope the working members of Idun can get here after their workday.

Photos of Syttende Mai Banquet



Robin Fossum (International Director of District 5)
playing the Hardanger fiddle.



Barry Levensen of the Mustard Museum (middle)
presented Poupon U certificates to Banquet
Committee members Lucy Ghashtin, Tom Elert and
Mary Zouroufy, and Lodge President Jon Grinde

Opportunities Abound

Since we will not be having a regular Wednesday meeting this July or August, it gives us much more time to check out some exciting events happening at other lodges and show our support for our district and our community at large.

2022 KAFFE STUE-Norwegian Luncheon, which looks to raise money for Vennelag's youth scholarships, is serving Saturday, July 16, 2022, 9 AM to 2 PM at Mt. Horeb Community Center.

Mandt Lodge located in Stoughton has many events planned, such as a Kubb tournament on July 23rd, and a bracelet class on August 6th!

You can find other events on www.sonsofnorway5.com. Click **Events** to see what is happening. If you are interested in organizing a fun summer event, contact one of our leaders with your idea and see if we can't pool our passions and skills to make something fun this summer!

Masse Moro is coming up, which is an exciting time for our younger members! And for the rest, The District 5 Adult Heritage Weekend presents an exciting event this October 7th-8th which hopes to provide many fun activities requested by district 5 lodge members! IT will be held in Spring Grove, MN, which is about 25 miles north of Decorah, Iowa.

Cheryl Miller will be offering a breakout session on *julekurver (woven heart baskets)*. They are not just for Christmas anymore! Learn how to use embellishments and papers to create one-of-a-kind baskets for gift giving or to enjoy at your home.

Mark Storsteen will be sharing his *techniques for making and shipping krumkake* to family here and abroad. His foolproof method has enabled him to share the joy of the season with the krumkake intact! In addition, Mark will have samples for tasting!

It's never too early to find your lodging and get registered before spots fill up! There will be more details to be finalized but you can see all this weekend has to offer at

<https://sonsofnorway5.com/events/details/766-District-5-Adult-Heritage-Weekend-Letter-Pdf>

District 5 Convention Photos



Sisters Mary Bennett & Asta Blanchar were recognized for coordinating cookie donations over the years at the Barnebirke



The Diedrich Sisters: Mathea wearing her mother's bunad, Anja, who made her very own, & Kaia wearing her grandmother's bunad

District 5 Convention Photos (cont.)



Welcoming & Registration committee volunteers (left to right) Dee Grimsrud, Tom Elert, & James Eliason from Idun Lodge



Sangerfest (Can you find our very own President of Idun Lodge, Jon Grinde among the performers?)



left to right: Dee Grimsrud, Mary Zoroufy, Mary Bennett, Lucy Ghastin & Judy Ghastin, Idun's planning committee

A Lit På Norske

Disse fuglene flyr halve kloden rundt uten pause

Nylig fløy en kjempehavørn seg helt bort og havnet på feil side av jordkloden. Men for terner og spover er det helt vanlig å fly halve kloden rundt to ganger i året.

I november i år dukket en rufsete kjempehavørn opp på østkysten av Canada. Den hadde flydd seg vill, og havnet omtrent 7.500 kilometer bort fra sitt naturlige område. Vanligvis lever den i Kina, Japan eller østkysten av Russland. Fugletittere strømmet til fra alle kanter for å se den sjeldne gjesten.

Det er vanlig at noen fugler forflytter seg over veldig lange avstander. Det er typisk for de fuglene som vi kaller trekkfugler, forklarer John Atle Kålås. Han er fugleforsker ved Norsk institutt for naturforskning, NINA.

Kålås tror ikke kjempehavørnen noen gang kommer til å finne veien hjem igjen, for den har hav på omtrent alle kanter.

Utrolig lange reiser

Mange av våre trekkfugler flyr «bare» til Spania eller Kanariøyene hvor de liker å være om vinteren. Akkurat som mange norske besteforeldre. Og om våren kommer de tilbake til Norge.

– Mange fuglearter kommer helst tilbake til dit de ble født og vokste opp, sier Kålås. Men noen trekkfugler flyr veldig langt, to ganger i året.

– Det er mange nesten utrolige eksempler på slike lange reiser, sier fugleforskeren John Atle Kålås.

Flyr over åpent hav uten å mellomlande

Terner fra Norge flyr helt ned mot Sydpolen om høsten og blir der over vinteren. Det er nesten fra den ene polen til den andre.

Lappspover kan fly helt Alaska og helt til New Zealand, utenfor Australia. Det er en strekning på over 15.000 kilometer. Rekorden ble registrert i fjor, skriver CTV News.

Da flyr de over åpent hav – uten å mellomlande en eneste gang for å ta en pause. Det er over åtte ganger så langt som Norge på langs fra Nordkapp til Lindesnes.

These Birds Fly Halfway around the Globe without a Break

Recently, a Pacific sea eagle flew completely off-course and ended up on the wrong side of the globe. But for terns and curlews, it is quite common to fly half-way around the globe twice a year. In November [last] year, a Pacific sea eagle appeared on the east coast of Canada. It had flown the wrong way, and ended up about 7,500 kilometers [4,600 miles] away from its natural area. It usually lives in China, Japan or on the east coast of Russia. Birdwatchers flocked in from all sides to see the unusual guest.

It is common for some birds to cover very long distances. It is typical of the birds that we call migratory birds, explains John Atle Kålås. He is a bird researcher at the Norwegian Institute for Natural Research, NINA.

Kålås does not think the Pacific sea eagle will ever find its way home again, because it has seas on almost all sides.

Incredibly long journeys

Many of our [Norway's] migratory birds fly "only" to Spain or the Canary Islands where they like to spend the winter. Just like many Norwegian grandparents. And in the spring they return to Norway.

"Many bird species prefer to return to where they were born and grew up," says Kålås. But some migratory birds fly great distances, twice a year.

"There are many almost incredible examples of such long journeys," says bird researcher John Atle Kålås.

Flying over the open sea without landing

Terns from Norway fly all the way to the South Pole in the autumn and stay there over the winter. It is almost from one pole to the other.

Bar-tailed godwits can fly all the way to Alaska and all the way to New Zealand, outside Australia. It is a stretch of over 15,000 kilometers [9300 miles]. The record was registered last year, writes CTV News.

Then they fly over the open sea - without stopping once to take a break. This distance is over eight times the length of Norway from the North Cape to Lindesnes.

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Kalendar

July

6 – No Member Meeting

August

3 – No Member Meeting
23 – Picnic at Lakeview Park

September

7 – Member Meeting

October

5 – 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.