



# IDUN NEWS

Volume 66

July - August 2020

Issue 4

## Fra Presidenten

*Kjære Venner,*

I hope you all are enjoying the beautiful weather. After months of staying home, it is nice to be able to be outside.

There is NO Idun Lodge meeting in July.

A picnic is being planned for the August meeting. A shelter in Vilas Park has been reserved for Wednesday, August 5 from 4:00 to 10:00 pm. More details will be released later.

We hope to be back at Trinity for our fall meetings.

In this time of uncertainty, please stay well and safe. It will be wonderful to see everyone again.

All the best,

Mary B

## In This Issue

### Page 2

2020-2021 Officer List  
Membership Update  
Contact

### Page 3

Upcoming news and articles

### Page 4

Articles

### Page 5

Litt På Norsk

### Page 6

Kalendar

## 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

**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](mailto:news@sonsofnorwaymadison.com). Send address changes to Dee Grimsrud.

## Membership Update

We're so sad to report that our dear member Arlyn Sandow was "called home" on June 8, 2020. He was born January 6, 1940 in Madison to Janet Bailey and Arden E. Sandow, and is survived by siblings, Bob, Arden and Patricia. He learned to love his Norwegian heritage from his maternal grandmother, Mable (Thorstad) Fisk. Arlyn and his late roommate, Charlie Larson (who also had Norwegian ancestry), both donated in 2014 to our fund for the new accessibility ramp at our former lodge building, so they'd be able to attend our meetings. We thank their caregiver, Juan, with Options in Community Living, for accompanying them to our monthly meetings since then. We will miss Arlyn's cheerful personality and enthusiasm for everything Norwegian.

## Meeting Notice

Due to the current Covid-19 quarantine, we will be unable to hold a member meeting in July. We hope to see you all at our next meeting.

## Contact

### Idun Lodge 5-74

PO Box 3210

Madison 53704

[www.sonsofnorwaymadison.com](http://www.sonsofnorwaymadison.com)

[news@sonsofnorwaymadison.com](mailto:news@sonsofnorwaymadison.com)

608-249-6329

### August 5 Picnic at Vilas Park Shelter

On August 5 we have a picnic planned to happen at supper time (time to be announced). We have rented the Vilas Park shelter starting at 4 pm and going into the evening. We cannot hold a potluck meal or buffet meal so we are pursuing a boxed, all-inclusive meal with bottled water and canned soda. If all goes well and there isn't a spike in COVID-19 virus cases, we have planned for Idun members to gather in August to socialize, eat and see one another after so many months apart. We will announce later via email what our picnic menu will be. Idun lodge will provide the food and members will need to make a reservation by a set date (TBD). Some of you will remember that a year ago we met at Vilas Park shelter for a picnic. This year will be different with the city park shelter rules during COVID-19. We will bring materials to sanitize the tables we use and will have sanitizer available so members can frequently keep hands clean. We will also furnish our own pump soap for washing up. Family groups can be together and will need to socially distance from other lodge members. Face masks are recommended, except while eating.



### Coming Soon: Viking for Kids

Coming this August, Viking for Kids will be a quarterly digital publication that will be available for download. It will include Scandinavian-inspired articles, quizzes, coloring pages and more! We are excited for our heritage members to have a magazine of their own and we look forward to the launch of Viking for Kids. For updates, visit [sofn.com/vikingforkids](https://sofn.com/vikingforkids).

## Jonathan Grinde, Carleton College Graduate

Jonathan August Lepeska Grinde earned his bachelor's degree in English and public policy from Carleton College, Northfield, MN, in a virtual ceremony June 13. A 2016 graduate of Verona Area High School, Jonathan attended St. James Catholic School for kindergarten through 8th grade. Growing up in Sons of Norway with his parents Jon and Jane and sisters Gabrielle, Johanne, and Anna, he attended district and international conventions and participated in Masse Moro as a camper and staffer.

Jonathan experienced Norway on his own the summer between his freshman and sophomore years of college. Awarded a Sons of Norway Foundation scholarship, he attended International Summer School and while there traveled to visit relatives and friends, including to the far north to visit his cousin Josie and her husband Kim Larsen. As a Carleton student, Jonathan studied off campus in London for a spring term and in California for a winter term.

Jonathan hopes to do a year of service and eventually go to graduate school



## Norway's Booming Surf Scene

Surfing is classically associated with tropical islands and sunny California, but recently an unlikely new hotspot has emerged: the frigid waters of northern Norway. As wetsuit insulation technology has advanced over the past decade, it has opened up new possibilities for thrill-seeking surfers to revel in the icy waves and rugged beauty of the Norwegian Sea.

In years past, early Nordic surfers improvised their own protection from the cold by soaking wool sweaters in oil and duct-taping rain gear and dishwashing gloves to their bodies. They also coated their skin in petroleum jelly for added insulation from the cold water. By contrast, today's modern wet suits are warm, flexible and lightweight, offering a completely different experience—some even include battery-powered heaters.

More than 100 miles above the Arctic Circle, Norway's Lofoten Islands are home to the world's northernmost surf competition. Elsewhere in Norway, a growing number of enthusiasts—including Norway's royal family—are braving the chill to catch waves beneath the northern lights or midnight sun.

**Reminder: Virtual walk to Norway** - the walk has now been extended to December 15, 2020

Check out [http://www.sonsofnorway5.com/programs/sports\\_and\\_recreation.php](http://www.sonsofnorway5.com/programs/sports_and_recreation.php) for more info. Please give Lucy Ghastin (leghastin@gmail.com) your monthly miles so Idun can keep track of these to report before December 15, 2020. Send your tallies on the first of each month.

## a little in English...

Viking men also had kitchen equipment in their graves

What were the gender roles like in the Viking Age? A Norwegian archaeologist believes that we often misinterpret the past.

“I think we must move away from a clear division between men and women in the Viking Age. There were not as many differences as we like to believe,” says Marianne Moen of the University of Oslo. She has earned a doctorate in Archeology on gender in the Viking Age and found that women and men in the upper class were largely buried with similar things. Moen has reviewed the contents of 218 graves in Vestfold and sorted them by type of objects.

## Not just housewives

In the tombs in Vestfold, both common tools and objects related to the home are fairly evenly distributed between the sexes. Men are buried with kitchen equipment as often as women. Ten graves with cookware belong to men, eight are women. Moen thinks this is fun. Because that could mean that men also cooked, she believes.

## Genderless graves

More than 40 percent of men's tombs contain personal ornamentation such as brooches or beads. Researchers in Norway are having trouble determining the gender of tombs that lack a clear distinction in weapons, jewelry and textile tools. Every fourth grave in Vestfold is genderless. “Archaeologists should lift their gaze and avoid focusing on buckles and swords as if they were the most important objects,” Moen writes in her dissertation. “Generally within Viking Age studies, grave goods are interpreted as associated with the deceased. So this should not change in those cases where the grave goods do not fit with modern expectations of what a man or woman should have in the grave.”

## litt på norsk...

Også vikingmenn hadde kjøkkenutstyr med seg i graven

Hvordan var kjønnsrollene i vikingtida? En norsk arkeolog mener vi ofte feiltolker fortida.

– Jeg mener vi må bevege oss bort fra en tydelig deling mellom menn og kvinner i vikingtida. Det var ikke så mange forskjeller som vi liker å tro, sier Marianne Moen ved Universitetet i Oslo. Hun har tatt doktorgraden i arkeologi om kjønn i vikingtida og funnet ut at kvinner og menn i overklassen stort sett er begravd med lignende ting. Moen har gått gjennom innholdet fra 218 graver i Vestfold og sortert det etter type gjenstander.

## Ikke bare husfruer

I gravene i Vestfold er både vanlige verktøy og gjenstander knyttet til hjemmet ganske jevnt fordelt mellom kjønnene. Menn er begravd med kjøkkenutstyr like ofte som kvinner. Ti graver med kokekar tilhører menn, åtte er kvinners. Det synes Moen er gøy. For det kan bety at også menn laget mat, tror hun.

## Kjønnsløse graver

Mer enn 40 prosent av mannsgravene inneholder personlig pynt som brosjer eller perler.

Forskerne i Norge får problemer med å kjønnsbestemme gravene som mangler et tydelig skille i våpen, smykker og tekstilredskaper. Hver fjerde grav i Vestfold er kjønnsløs.

Arkeologene bør løfte blikket og unngå å fokusere på spenner og sverd som om det var de aller viktigste gjenstandene, skriver Moen i doktoravhandlingen sin.

– Generelt innenfor vikingtidsstudier blir gravgods tolket som tilknyttet den avdøde. Da bør ikke dette endres i de tilfellene hvor gravgodset ikke passer med moderne forventninger til hva en mann eller kvinne burde ha med seg i graven.

IDUN LODGE  
PO Box 3210  
Madison, WI 53704

**ADDRESS SERVICE REQUESTED**



## Kalendar

### July

1 – No meeting

### September

2 – Meetings TBD

### August

5 – Picnic at Vilas Park

### October

7 – Meetings 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:

Greg W. Ragan, FIC  
7042 Kinnikinnick Dr  
Roscoe IL 61073

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