



Ways to get involved:

- Check out a book from our Library.
- Try the Norwegian Language Class.
- Celebrate **Syttende Mai** with us at Riverside Park Pavilion, 1725 Kilian Blvd. in St. Cloud, MN on May 16th.
- Attend our Summer Picnic on July 18th at the Riverside Park Pavilion, 1725 Kilian Blvd. in St. Cloud, MN

SAVE THE DATE: (Av Lagre Datoen)

Monday, May 16th
Celebration of Syttende Mai
6:00 PM
Riverside Park Pavilion
1725 Kilian Blvd. in St. Cloud, MN



Syttende Mai is Norwegian Constitution Day. Norway's Constitution of Independence was signed on May 17th, in 1814. This commemoration event for all ages includes a parade, flags, and a catered picnic with plenty of fun food.
COME ONE, COME ALL!

Sons of Norway
Trollheim Lodge 1-511
P.O. Box 632
St. Cloud, MN 56302



The mission of Sons of Norway is *to promote and to preserve the heritage and culture of Norway, to celebrate our relationship with other Nordic Countries, and provide quality insurance and financial products to our members.*

NORSK
HØSTFEST –
North America's
largest Scandinavian festival
September 28-Oct. 1, 2022
Minot, ND



The festival features world-class entertainment, authentic Scandinavian cuisine, Scandinavian culture on display, and plenty of handcrafted Norsk merchandise to purchase.
Reserve your tickets now!



Sons of Norway Trollheim Lodge 1-511

The Troll

Saint Cloud, Minnesota
May - June 2022 **Volume 42 Issue 2**



FIFTY YEARS STRONG!

Sons of Norway, Trollheim Lodge 1-511, was chartered in 1972, making this year, 2022, the 50th anniversary of our lodge. We would like to acknowledge this milestone by recognizing the many **Golden members** amongst us - those who have been members for more than 30 years and are over 65 years of age. These folks have kept this lodge going through the ups and downs while experiencing many changes over the years.

- Sidney L Aarestad (1976)*
- Joanne Alferness (1988)*
- Virgil Anderson (1976)*
- Dennis & Debra Backus (1977)*
- Bob Burtness (1981)*
- Elsa F Ditty (1980)*
- Ramona Franke (1977)*
- Marya Hage (1975)*
- Alta Johnson (1978)*
- Darryl & Mary A R Johnson (1989)*
- James Johnson (1976)*
- Anna Marie Larson (1986)*
- Mark K Larson (1982)*
- Leland & Carol E Lee (1988)*
- Alice Norbie (1979)*
- Roseann Ostendorf (1972)**
- Grayson Osteraas (1974)*
- David & Grace Peterson (1978)*
- Francis & Rosemary Roehl (1981)*
- Stan Severson (1972)**
- Dean Stromsborg (1972)**
- Sonja Strutz (1972)**
- Richard & Sharon Thyse (1969, 1983)*
- Lloyd Tobiassen (1981)*
- Talleiv & Karen Vollen (1973, 1974)*

Everyone, please congratulate and say 'thank you' to these members. Without their dedication and hard work, our lodge may not exist today. Many lodges had to disband and close during the pandemic. I for one, as the current president, am glad we can still celebrate our Scandinavian heritage together. ~ *Vicky Clausen*

**Denotes Chartering Member from 1972*



SYTTENDE MAI FAMILY PARADE

Once again, this year our lodge will be hosting a family parade in conjunction with our Syttende Mai celebration on **Monday, May 16th**. The parade is open to everyone. We will gather outside the warming house Pavilion at Riverside Park, 1725 Kilian Blvd., in St. Cloud at 6:00 p.m. The parade is an easy walk at your own pace. All children participating will receive a free Norway flag and ice cream. If we have enough flags and ice cream, we will also offer them to participating adults as supply allows. Following the parade, the lodge will have a picnic lunch for members and perspective members followed by a Syttende Mai program and entertainment.

TROLLHEIM LODGE FACEBOOK PAGE IS NOW ACTIVE!

If you are a Facebook user, you can now connect with Trollheim Lodge and receive automatic updates on lodge news and activities. Simply search on Facebook for Trollheim Lodge Sons of Norway St. Cloud and like our page. You will automatically receive a notice when something new is posted in the group.

SUMMER POTLUCK PICNIC



Trollheim Lodge is planning a potluck picnic on **Monday, July 18th**, at Riverside Park Pavilion. We will begin eating at 6:00 pm. Everyone please bring a dish to share, plus your own dishes, utensils and beverage. After we are finished eating, those who care to, can engage in a walk to Munsinger Gardens to enjoy the beautiful summer evening and magnificent flowers. We can also wear off some of the calories we may consume!!



Thanks to Shane Gordon & Minnesota Computer Systems for printing our newsletter. Contact him at shane@mncopy.com or 320-266-2402 for your copier needs.

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The Scandinavian Gift Shop in Alexandria is now next to the Traveler's Inn. When you need a unique gift, give them a visit.

Each year we seek sponsors from our members to help offset the cost of mailing our newsletter. The cost for individuals is \$15.00 and for businesses, \$25.00 for a business card sized ad. If you would like to contribute for **2022**, checks can be made out to Trollheim Lodge, or cash, and either sent or given to Karen Vollen: 1403 33rd Ave. N., Unit 29, St. Cloud, MN 56303

The following individuals have made contributions for **2022**:

- | | |
|-----------------------------------|--|
| <i>Dana & Al Amdahl</i> | <i>Virginia & Don Anderson</i> |
| <i>Debbie & Dennis Backus</i> | <i>Bob & Sandy Burtness</i> |
| <i>Vicky Clausen</i> | <i>Marlys & Jim Johnson</i> |
| <i>Mary & Darryl Johnson</i> | <i>Mary Loe Arlie Norbie</i> |
| <i>Monica & Larry Oseid</i> | <i>Rose Mary & Frank Roehl</i> |
| <i>Carolyn Reta</i> | <i>Stan Severson</i> |
| <i>Eric Vollen Jon Vollen</i> | <i>Karen & Talleiv Vollen Jan West</i> |

Velkommen medlemmer (Welcome new members)

New members are always welcome to our lodge. The Trollheim Lodge currently has 144 members. Do you know someone who would enjoy our lodge? Please invite them to an upcoming event!

Informert og tilkoblet (Informed and Connected)

Trollheim Lodge members can stay connected through our newsletter, our website at www.stcloudtrollheim.org and regular email blasts. This newsletter is also posted on our website for reference. If you are not currently receiving our email blasts, first check your SPAM folder. If you do not see it there, send a message with your email address to Frank Haynes at Haynes@albanytel.com to be added to the email list.

2022 Trollheim Board

Board Officers:

- President – Vicky Clausen
Vice President – Sally Marquette
Counselor - Debbie Backus
Secretary – Dan Halsey
Treasurer - Sandy Hegwer
Financial Secretary - Debbie Backus

Program Directors:

- Cultural/Social Co-Directors - Nancy Watkins, Jill Roberg-Abahsain
Sports - Nicholas Snavelly
Youth Director - *Open Position*

Program Support:

- Hospitality - Marlys Johnson, Diane Williams
Marshals (2)- Jim Johnson
 - *Open position*
Librarian - Carolyn Reta
Web Page/Publicity - Frank Haynes
Newsletter Support - Diane Williams
Newsletter - Cathy Peterson
Financial Benefits - Don Waage
S/N Foundation Director - Talleiv Vollen

Board Meetings:

First Monday of most months:

- May 2, 7 p.m. on Zoom

Upcoming Cultural Night:

Monday, May 16, 2022, 6:00 p.m. at Riverside Park, St. Cloud – *Syttende Mai Celebration*

PLEASE NOTE:

There will be no Lodge Cultural meeting in June.

LAUGH OF THE MONTH

Lars asked Ole, "Do ya know da difference between a Norwegian and a canoe?"

"No, I don't," said Ole.

"A canoe will sometimes tip," explained Lars.

A THANK YOU TO OUR WAFFLE MAKERS!

We had a wonderful turnout for our March Cultural meeting that included a celebration of waffle month. A big thank you goes out to our master wafflers, Doug Watkins and Sharon Thyse. It was through the fruits of their efforts that we were able to have a tasty waffle feast on March 21st.

There were also requests for Stine Aasland's cardamon waffle recipe which is listed as follows:

Norwegian Waffle Batter:

- 3 eggs
- 1/2 cup (8 tablespoons) sugar
- 1/2 tsp salt
- 4 cups (1 liter) whole milk
- 4 cups (1 liter) unbleached all-purpose flour
- 3/4 cup (2 dl) dairy sour cream
- 1 1/2 stick (150 gram) butter
- 2 teaspoons cardamom

2022 Lodge New Member Goal

Our lodge has been challenged by Sons of Norway International to add at least six new members to our lodge in 2022. If we accomplish this goal, we will receive a \$125 award for our lodge for use as we wish. Also, every member who recruits a member will receive an exclusive 2022 Recruiter Pin. In addition, we will receive \$20 from our District for any new members who sign up at our May 16, or September 19 cultural events. Who do you know who would enjoy learning more about Norway and its culture? Invite them to an upcoming event.

Greetings, Trollheim Members!

From Lodge Librarian Carolyn Reta

The news is that you may now find the complete listing of the Trollheim Lodge Library Books when you go to the Sons of Norway Trollheim Lodge Face Book Page. There is a link to the library book list there!

We have several new additions to our library. One is Sigurd Undset's "Return to the Future." In this collection, you will find Sigurd Undset's experiences and opinions of her travels from 1940. She left Norway during WWII and travelled in Norway to Sweden. From there she traveled through Russia to Japan, and then back to Norway. I found her observations to be interesting in each country and maybe you will also.

A second addition is a collection of items from a Concert held to celebrate Syttende Mai in May 17, 2015. Held at Bethlehem Church, it included the works of the Norwegian woman, Theodore Cormontan, presented by Bonnie and Michael Jorgensen. The packet contains: one piece of sheet music; two CD's; two song sheets; a news article and a copy of the Concert Program from 2015.

My biggest request is that anyone who might have checked out a book(s) from our library, that if you are ready to return them, please know that I will be at the Syttende Mai event on May 16th at Riverside Park, and will welcome any books brought back to me at that time. I am completing an inventory of all the books in our library, and it would greatly help me if more books were returned for completing this task. I will be glad to make arrangements to meet, so you can either pick up ordered books or to return any books to me! My email is: carolynreta@hotmail.com

THE NORTHMAN -

Synopsis: From visionary director Robert Eggers comes THE NORTHMAN, an action-filled Norwegian epic movie that follows a young Viking prince on his quest to avenge his father's murder. With an all-star cast that includes Alexander Skarsgård, Nicole Kidman, Claes Bang, Anya Taylor-Joy, Ethan Hawke, Björk and Willem Dafoe.

Trailer: <https://www.youtube.com/watch?v=oMSdFM12hOw>

IN THEATERS NATIONWIDE - APRIL 22

