



Ways to get involved:

- Check out the many cultural skills classes on the Sons of Norway website.
- Attend a Lodge Cultural Meeting night.
- Volunteer to make lefse or work at the upcoming Bake Sale.
- Come help and be a part of the Barnelopez.

UPCOMING DATES TO REMEMBER:

Monday & Tuesday, November 14 & 15: Lefse Making at Atonement Lutheran Church, 8:00 am – 4:00 pm

Monday, November 21: Cultural Night, Great River Library

Saturday, December 10: Bake Sale at the Sleigh Bells Craft & Gift Expo. Sartell

Monday, December 19: Christmas Jul Fest Cultural Night, Great River Library

Sunday, January 22: 15th Annual Barnelopez, Riverside Park

Please note – There will be no Cultural Meeting in January due to the Barnelopez.

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.*



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



Happy Holidays!



Sons of Norway Trollheim Lodge 1-511

The Troll

Saint Cloud, Minnesota

November - December 2022

Volume 42 Issue 4



NOVEMBER CULTURAL NIGHT

“Dressed to Kill”

Monday, November 21

6:30 p.m. – Social Time

7:00 p.m. – Program

At the Great River Regional Library, Mississippi Room, 1300 W. St. Germain St. in St. Cloud, MN

You will recognize our November speakers by their attire. Andrew and Melissa Grosberg of Red Bone Adornments are Viking re-enactors of St. Cloud. As owners of Red Bone Adornments, they not only dress as Vikings, they produce bone carvings, weavings and jewelry inspired by Viking and Celtic history as well.

Their program will include a look into the history of Viking jewelry and Viking hand weapons. After their presentation, they'll have a selection of the hand-made Viking jewelry that they make available for purchase (just in time for Christmas).

This past spring, Red Bone Adornments was also awarded the Homemade Brew Champion winner for their homemade mead at the River Lakes Beer and Wine Expo.

This evening will also be a celebration of our Lodge's 50th Anniversary. Charter members will be named and a special guest will also be in attendance to help in the anniversary observance along with some great refreshments. You'll not want to miss out on this unique cultural night.

Happy Thanksgiving!

"Thanksgiving is one of my favorite days of the year because it reminds us to give thanks and to count our blessings. Suddenly, so many things become so little when we realize how blessed and lucky we are."

~Joyce Giraud

DECEMBER CULTURAL NIGHT

Christmas Jul Fest

Monday, December 19

5:30 p.m. - Social Time

6:00 p.m. – Pot Luck Meal

Great River Reg. Library, Mississippi Room

Please join us for our annual Trollheim Lodge Jul Fest. This special evening is a potluck meal with the social beginning at 5:30 pm and the meal at 6:00 pm. Bring your favorite Scandinavian hotdish or delicacy to share with others along with a serving utensil. Plates, beverage/cups and eating utensils are being provided.

We will be collecting monetary donations for the Salvation Army, singing carols around the Christmas tree, hearing the reading of the Christmas story, engaging our brains in Christmas trivia, and, of course, enjoying delicious Scandinavian foods. Some assistance will be needed to set up and clean up the room, so arrive early or stay later to help.

LEFSE MAKING:

**Monday & Tuesday,
November 14 & 15**

8:00 a.m. – 4:00 p.m.

Atonement Lutheran Church
1144 29th Ave N, St Cloud, MN



Trollheim Lodge will be making lefse on Nov. 14 and 15 at Atonement Lutheran Church for our Annual Bake Sale. We will begin each day at 8 am. A few packages of lefse will be available for sale at our November Lodge meeting and the rest will be available at the bake sale on Dec. 10. We are in need of volunteers on both days, as some of our experts will be out of town and not available to share their talents and time. Any questions, call Vicky at 320-230-6460. Thank you in advance for your help!



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**:

- | | |
|------------------------|-------------------------|
| Dana & Al Amdahl | Virginia & Don Anderson |
| Debbie & Dennis Backus | Bob & Sandy Burnett |
| Vicky Clausen | Mary & Darryl Johnson |
| Mary Loe | Monica & Larry Oseid |
| Peter and Pam Lundholm | Rose Mary & Frank Roehl |
| Arlie Norbie | Carolyn Reta |
| Eric Vollen | Jon Vollen |
| | Karen & Talleiv Vollen |
| | Joan West |

~ Christmas is love come down to earth, a gift of infinite worth.

~ May you have the gladness of Christmas which is hope; The spirit of Christmas which is peace; The heart of Christmas which is love."

– Ada V. Hendricks

Velkommen medlemmer (Welcome new members)

New members are always welcome to our lodge. Please welcome the following new members: *At this time there are no new members.*

The Trollheim Lodge currently has 140 members. Do you know someone who would enjoy our lodge? Please invite them to an upcoming event!

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, – *Open position*
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 - Cathy Peterson
Financial Benefits - Don Waage
S/N Foundation Director - Talleiv Vollen

Board Meetings for 2022:

- First Monday of most months:
 • **November 7**, 7 p.m. on Zoom
 • **December 5**, 7 p.m. on Zoom

Informert og tilkoblet (Informed and Connected)

Trollheim Lodge members can stay connected through our newsletter, our website at www.stcloudtrollheim.org, our new Facebook page: Trollheim Lodge Sons of Norway St. Cloud, and by receiving the 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.

CRAFT & GIFT EXPO - Volunteers Needed:



Our Lodge is trying something new this year in conjunction with our Annual Bake Sale. A booth has now been reserved for our Lodge at the:

Sleigh Bells Ring Holiday Craft and Gift Expo Saturday, December 10 at the Sartell Community Center 850 19th St. South in Sartell

We will be selling our homemade lefse and baked goods donated by our members. Every member is encouraged to either donate homemade goods to the sale or to give a monetary donation towards our annual fundraiser. Other items may also be sold, if you have something of value to donate.

For this fundraising event, we are also in need of volunteers to come and work 2-hour shifts at our bake sale from 9:30 a.m. – 3:30 p.m. If you are able to help out, please contact Monica Oseid at 320-252-6199, or email her: lmoseid@charter.net.

CHRISTMAS IN NORWAY –

In Norway, the celebration and preparations for the holiday season begin early, usually the last weekend in November, with the baking of Christmas cookies (seven different kinds, at a minimum), shopping for gifts, and going to at least one cheerful Christmas concert. Christmas, called “jul” in Norway, actually predates the Christianization of the country. Pre-Christmas is a time for socializing, and a lot of great restaurants serve typical dishes. The menus usually consist of “ribbe” (pork ribs) or “pinnekjøtt” (lamb ribs). In bakeries, there’s Christmas cookies like “goro”, “krumkaker” or “berlinerkrans,” and in supermarkets you can buy a fun do-it-yourself kit for building your own miniature gingerbread house. On Christmas Eve, most Norwegians gather for the traditional meal and the opening of presents, and perhaps Father Christmas will pay them a visit. A favorite tradition is the reading of comic books on Christmas Day for an enjoyable, yet quieter celebration.

Interessert i å lære norsk? NORWEGIAN LANGUAGE CLASS – Are you interested?

The Trollheim Board of Directors is gathering interest about the possibility of hosting a basic Norwegian Language Class in the future for our lodge members.

Because an instructor has not been identified as of yet, the class would be based on the resources available through the Sons of Norway website. It has been discussed that the class would probably meet at 6:00 p.m. during the months of our Cultural Nights (on the third Monday of the month). If you are interested in attending a Norwegian language course, please contact Frank Haynes at Haynes@albanytel.com.

OUR LIBRARY - At the August board of directors meeting, a decision was made to disperse all the books that are owned by the Trollheim Lodge. The books have been stored at the Whitney Sr. Center. The books are being given away to lodge members, and were available at the October meeting. More books will also be brought to the November/December meetings for members to take. A listing of the books is available on our website and through a link on Facebook. If you’d like a specific book from the list, contact our Lodge Librarian, Carolyn Reta at carolynreta@hotmail.com.

15th Annual Sons of Norway Barnelopet

(Fun Youth Ski “Race” for ages 3 to 13)



**Sunday,
 January 22, 2023
 Riverside Park – St. Cloud
 11:30 a.m. Registration
 1 p.m. Fun Youth “Races”**

Free youth skis, boots and pole rentals are provided by the Minnesota Youth Ski League, plus free refreshments. For more information, contact Barnelopet Organizer, Nicholas Snavelly at 763-232-4921.