



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.*

**SAVE THE DATE -
MARK YOUR CALENDAR:**

- Friday, March 17 – Happy St. Patrick’s Day
- Monday, March 20 – Cultural Night: 6:30- Social, 7 pm - Program
- Sunday, April 2 – Palm Sunday/Cantus and Cantus Concert – 3 pm
- Sunday, April 9 – Happy Easter!
- Monday, April 17 - Cultural Night: 6:30 - Social; 7 pm – Program
- Saturday, May 20 – Syttende Mai Celebration: Walking Parade - 1 pm
Norwegian Bachelor Farmers Concert – 2 pm
- Monday, May 29 – Memorial Day

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



Sons of Norway Trollheim Lodge 1-511

The Troll

Saint Cloud, Minnesota
March - April 2023 Volume 43 Issue 1



**THE TROLLHEIM LOGDE
CULTURAL MEETINGS
ARE HELD:**

The third Monday monthly at

*TIME: 6:30 p.m. – Social Time
7:00 p.m. – Program*

*PLACE: The Great River Regional Library
Mississippi Room
1300 W. St. Germain St.
St. Cloud, MN*

*(Cultural meetings are held in March, April, May
and September through December.)*

**THE HISTORY OF
NORWEGIAN
SWEATERS**



Monday, March 20

Please wear your favorite Norwegian sweater and prepare to walk the fashion runway for this month's program. Laurann Gilbertson, from the Vesterheim Museum in Decorah, Iowa, will be our featured speaker in a virtual presentation of the history of Norwegian sweaters. We will learn not only about the different types and styles of sweaters, but also about the symbolism behind some of the patterns and colors.

It will be a fun evening made even more special as we get an early jump celebrating International Waffle Day (March 25). Yes....there will be



Norwegian WAFFLES fresh off the iron and ready for your favorite toppings. Come one, come all and enjoy!

**FROM VIKING BREAD
TO NORDIC
BUNDTS**



Monday, April 17

An analysis of what Vikings ate during their plundering years in the Middle Ages shows that the Norse people actually had a diverse diet that was surprisingly healthy. Come learn what they prepared and ate. Think of this cultural night's presentation as “The Great Viking Baking Show,” which will feature daily breads as well as the show stopper, blood bread, complete with a tasting opportunity.

The event will fast forward to dessert week with a brief history of Nordic Ware and the Bundt cake with another opportunity to taste more modern sweet confections.

TREASURER NEEDED!

Our lodge is in need of a treasurer. The job is not difficult or time consuming. The main responsibilities include making deposits and writing checks when needed. A brief monthly report needs to be given at executive board meetings and cultural events nights to keep members updated. **PLEASE consider volunteering for this position.**

LOST AND FOUND:

~ A black Eddie Bauer vest was **found** after the Christmas party at the library on Dec. 19th. The size is XL with two Santa pins on the front.

~ A Land’s End shirt jacket was **lost** at the Christmas party. The fabric is navy blue corduroy with white snowflakes in the design, size 2XL.

The black vest will be available at the March meeting.



Thanks to Shane Gordon & Minnesota Computer Systems for printing our newsletter. Contact him at shane@mnccopy.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.

SPONSORSHIPS:

At the beginning of each new 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 **2023**, checks can be made out to Trollheim Lodge, or cash, and either sent or given to Karen Vollen at: 1403 33rd Ave. N., Unit 29, St. Cloud, MN 56303

The following individuals have made contributions for **2023**:

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

Velkommen medlemmer (We welcome new members)

New members are always welcome to our lodge.

The Trollheim Lodge currently has 138 members. Do you know someone who would enjoy our lodge? Please invite them to an upcoming cultural meeting or event!

Go often to the house of a friend; for weeds soon choke up the unused path. -- Scandanavian Proverb

2023 Trollheim Board

Board Officers:

- President – Vicky Clausen
Vice President – Sally Marquette
Counselor - Debbie Backus
Secretary – Dan Halsey
Treasurer – *Open Position*
Financial Secretary - Debbie Backus

Program Directors:

- Cultural/Social Co-Directors - Nancy Watkins, – *Open position*
Sports - Nicholas Snaveley
Youth Director - *Open Position*

Program Support:

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

Board Meetings for 2022:

- First Monday of most months:
 • **March 6, 7 p.m.** on Messenger
 • **April 3, 7 p.m.** on Messenger

Informert og tilkoblet (Informed and Connected)

Trollheim Lodge members can stay connected though our newsletter, our website at www.stcloudtrollheim.org, or through 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.

SYTENNDE MAI FAMILY WALKING PARADE



As part of our annual Syttende Mai (Norwegian Constitution Day) celebration, Trollheim Lodge members will be hosting a Family Walking Parade prior to the Norwegian Bachelor Farmers concert. Registration for the parade will be at 1:00 at the Riverside Park Shelter (1800 Kilian Blvd). The parade will be a short family-friendly walk that will include free Norwegian flags to all participating children. The walk be approximately 20 minutes. Following the parade, we will be serving free root beer floats. This event is open to the public.



MEET THE REAL NORWEGIAN BACHEOR FARMERS

Mark your calendar for **Saturday, May 20th**

You can join us for a fantastic afternoon of Syttende Mai celebrating featuring The Norwegian Bachelor Farmers. Trollheim Lodge has booked a concert with this incredibly talented, funny duo from Iowa/Wisconsin. (*You can find the Bachelor Farmers on Facebook.*) The concert starts at 2:00 p.m. at the Riverside Park Shelter (1800 Kilian Blvd.) in St. Cloud. Bring your own chair or blanket because if the weather is nice, the concert will be outside along the Mississippi. The concert is free and open to the public, so invite family and friends to come and enjoy the afternoon. Free root beer floats will be served prior to the concert.

This event is being supported by a grant from the District 1 Sons of Norway International.

BARNELOPET REPORT 2023



Youth Skiers on Sunday, Jan. 22, at the Barnelopet.



Karen Vollen, making waffles, and Mary Johnson, serving her Krumkake on Jan. 22nd.

The 15th Annual Barnelopet ski event was hosted by the Trollheim Lodge, the St. Cloud Nordic Ski Club, the Central Minnesota Youth Ski Club along with the Syttende Mai Lodge of Minneapolis and the Vennekretsen Lodge of Anoka on Sunday, January 22, at Riverside Park. Approximately 110 children, ages 4-14, participated.

Takk for hjelpen (thank you) to everyone who volunteered at this successful Barnelopet event. Thank you to those who made sandwiches and cookies, and to Mark Larson for the hot chocolate. A special thanks to Karen Vollen for making waffles, Mary Johnson for demonstrating and serving krumkake, and Sharon Thyse for bringing rommegrot.

CANTUS AND CANTUS IN CONCERT

SUNDAY, APRIL 2 - 3:00 pm

O'Shaunessy Auditorium
 St. Catherine's University

Tickets: \$5 – Student
 \$50 or \$75 – Adult



Cantus, a male chorus in the Twin Cities, joins forces with Cantus, the Norwegian women's choir of the same name, for a can't-miss concert of audience favorites! Perhaps best known to American audiences for their musical contributions to Disney's Frozen, the Trondheim-based Cantus is an award-winning 30-member female chorus under the direction of Tove Ramlo-Ystad. Continuing the popular format of collaborative concerts, both ensembles will sing separately and together, offering audience members of all ages a rich and varied concert experience that highlights the versatility of vocal music.