



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:**

- Sunday, May 14** – Happy Mother’s Day
- Saturday, May 20** – Syttende Mai Celebration: Walking Parade - 1 pm
Norwegian Bachelor Farmers Concert – 2 pm
- Monday, May 29** – Memorial Day
- Sunday, June 18** – Happy Father’s Day
- Tuesday, July 4** – Fourth of July Independence Day
- Monday, July 17** – Trollheim Lodge Summer Picnic, Wilson Park



**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
May – June 2023 Volume 43 Issue 2**



**SYTENNDE MAI CELEBRATION
Saturday, May 20
Held at Riverside Park, St. Cloud, MN**

FAMILY WALKING PARADE 1:00 pm

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. There will be no cultural night in May. 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. Lodge members who have bunads are asked to please wear them. The walk be approximately 20 minutes. Following the parade, we will be serving free root beer floats, but no meal. This event is open and free to the public.

**NORWEGIAN
BACHEOR
FARMERS
IN CONCERT
2:00 pm**



Please join us for a fantastic afternoon of Syttende Mai featuring The Norwegian Bachelor Farmers, an incredibly talented, funny duo from Iowa in concert. (*Find the Bachelor Farmers on Facebook.*) The free concert will be held at the Riverside Park Shelter (1800 Kilian Blvd.) in St. Cloud. Bring your own lawn 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 this special musical afternoon. Volunteers are still needed to help with this event.

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

**OUR LODGE
NEEDS
YOU!**



Trollheim Lodge needs a few members to step up and support the functioning of our lodge. We have several positions that are imperative to our operation, and a few other opportunities, should you have an interest. If so, please call **320-230-6460**.

TREASURER: requires the ability to write checks, track basic transactions and create simple financial reports of income and expenses on a quarterly and year-end basis. No financial experience required. Without a treasurer, we cannot function as a lodge. Training and support available. No more than a few hours commitment each quarter.

CO-CULTURAL/PROGRAM DIRECTOR: help develop and secure Cultural Night programs. The programming for 2023 has already been planned, so you could be trained in before 2024. Nancy Watkins is the current Cultural/Program Director, please contact her at 2bitfarm@gmail.com.

BOARD MEMBER-AT-LARGE: serve on the Board of Directors, attend board meetings online to contribute thoughts on lodge administrative issues. The Board meets nine times per year for about an hour online.

SPORTS DIRECTOR: promotes Sons of Norway International Sports Program and assists with coordination of annual Barnelopet ski event in January. Requires providing newsletter articles as necessary, administration of sports program materials and support of Barnelopet.

HOSPITALITY: works with Vice President Sally Marquette to host the Welcome Table at our cultural nights. Sets up name tags, lodge materials and greets members and welcomes guests prior to each Cultural Night program. Requires arriving at cultural nights around 6:15 to set up table.

YOUTH DIRECTOR: this position has not existed for several years. Someone with an interest could use provided materials from Sons of Norway International to develop programming for the children of our lodge.



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 | Arline 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. This month we welcome:

~ **Jeremy and Nikki Wick, and their three children, Evelyn, Kaleb, and Jasmyn of St. Cloud, MN**

~ **Linda Hennen, Cold Spring, MN**

The Trollheim Lodge currently has 141 members. Do you know someone who would enjoy our lodge? Please invite them to an upcoming cultural meeting or event!

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 Snavelly
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:
- **May 1**, 7 p.m. on Messenger
 - **August 28**, 7 pm on Messenger

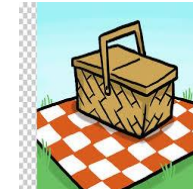
Informert og tilkoblet (Informed and Connected)

Trollheim Lodge members can stay connected through 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.

ANNUAL SOMMER PIKNIK MONDAY, JULY 17 – 6:00 pm Held at Wilson Park, 625 Riverside Dr NE in St Cloud, MN



Our annual Trollheim Lodge Sommerpiknik will be held on Monday, July 17, at 6 pm in Wilson Park. This is a potluck meal, so please bring along your favorite Scandinavian dish to share. You will also need to bring your own dishes, silverware, napkins and beverage. Come and enjoy an evening along the Mississippi with your fellow lodge members. Hope to see you then!

TUNNEL OF FUDGE BUNDT CAKE RECIPE

Requested by popular demand!



Ingredients:

- 1 3/4 cups sugar
- 1 3/4 cups margarine or butter, softened
- 6 eggs
- 2 cups powdered sugar
- 2 1/4 cups Pillsbury BEST® All Purpose or Unbleached Flour
- 3/4 cup unsweetened cocoa
- 2 cups chopped walnuts*

Glaze:

- 3/4 cup powdered sugar
- 1/4 cup unsweetened cocoa
- 4 to 6 teaspoons milk

Heat oven to 350°F. Grease and flour 12-cup fluted tube (bundt) cake pan or 10-inch tube pan. In large bowl, combine sugar and margarine; beat until light and fluffy. Add eggs 1 at a time, beating well after each addition. Gradually add 2 cups powdered sugar; blend well. By hand, stir in flour and remaining cake ingredients until well blended. Spoon batter into greased and floured pan; spread evenly.

Bake at 350°F. for 45 to 50 minutes or until top is set and edges are beginning to pull away from sides of pan. Cool upright in pan on wire rack 1 1/2 hours. Invert onto serving plate; cool at least 2 hrs.

TROLLHEIM LODGE RECEIVES ADDITIONAL GRANT

We were just informed that the Sons of Norway Board of Governors and Grant Committee has awarded our Lodge a \$1,000 Culture & Heritage Grant in support of our Syttende Mai Community Celebration featuring the Norwegian Bachelor Farmers. Earlier this year we received a \$1,000 grant from the District 1 Sons of Norway. We are pleased to receive this additional support from our district and international organizations to help cover some of the expenses of our upcoming concert on May 20th.

MANY THANKS TO OUR LODGE MEMBERS!

I would like to thank everyone who purchased Norwegian items from our collection, and also, thanks to the Trollheim members who helped with the sale of these things this past fall. To date, more than \$640 has been sent to the Sons of Norway Foundation in memory of my husband, Ken.

In Sons of Norway friendship,
Arline Norbie

LOST AND FOUND:

~ A black Eddie Bauer vest was **found** after the Christmas party on Dec. 19th. The size is XL with two Santa pins on the front. The vest is now being donated to a thrift store.

~ 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.

~ A men's black fur hat was also missing after the Christmas party on Dec. 19th as well. If someone knows the whereabouts of the hat or snowflake jacket, please let one of the board members know.

~ NORWEGIAN PROVERBS ~

- *That which is loved is always beautiful.*
- *Behind the clouds, the sky is always blue.*
- *You can go wherever you want, but you cannot escape yourself.*
- *Do not look to the ground for your next step; greatness lies with those who look to the horizon.*