



Mission Statement: The mission of Sons of Norway is to preserve the heritage and culture of Norway, to celebrate our relationship with other Nordic countries, and to provide quality insurance and financial products to its members.



Fra Presidenten

Greetings. The holidays are almost here, and the new year 2026 will arrive soon. The days are now short, making the candles and lights of Christmas appreciated and meaningful. Our lodge celebrates Christmas with our November cookie exchange and our December Christmas party.



Our October 18 lodge meeting featured our annual foundation auction, which is our main fundraising event for the year. We raised over \$500, which will go ½ to the Sons of Norway Foundation and ½ to our lodge's treasury. Thanks to all of you who brought items to the auction and to you who purchased items at the auction. A special thanks to our eloquent auctioneer, Dennis Lindborg.

Our November 15 lodge meeting will feature our cookie exchange. Bring your favorite holiday cookie(s) and copies of the recipes, and also learn about (and taste) new kinds of cookies that you might make for your family's own holiday celebration. Our lodge will provide plastic bags for you to bring cookies home. At the meeting we also will elect our lodge officers for the upcoming year 2026, and we will finalize our lodge meeting hosts for the year.

In addition to our lodge's Christmas events, there are many ways to celebrate the holidays in our area. Many towns have Christmas walks and mistletoe markets. My wife and I enjoy driving to see the holiday light displays – Washington Park in Michigan City, and Sunset Hill Farm Park in Valparaiso, both have extensive light displays. Many lodge members enjoy the St. Lucia program that is held annually in the Indiana Dunes National Park, but we do not yet know if that will (or will not) be held this December. Stay tuned for further information.

Again, I hope you can attend our lodge meeting and cookie exchange on November 15. Let the baking begin !

Takk for alt!!

Beste Hilsen,
David Carlson Hirschey

Cookies!



Our November Program -

November 15 12:00PM - 4:00PM
Westchester Library - Baugher Center
100 W. Indiana Ave, Chesterton, IN 46304

Getting down to business - 10/13 Board Meeting

Board Meeting Minutes respectfully submitted by Darlene Henderson, Secretary

Meeting was called to order by President David Hirschey at 1:10 PM. Present were board-members Sue Strohkirch, Dennis and Sidsel Lindborg, Darlene Henderson, and Mark Zimmerman.

Sue gave a Treasurer's report noting that she had receipts for Thor's project amounting to \$279.35 which she will forward to the home office grant program for reimbursement. She will also be purchasing \$30 worth of postage stamps for the birthday cards she sends to members. Oleif Olsaker will get an estimate for having a new sign made for our Norway Garden next Spring.

Comments regarding the September program were all positive.

It was noted that the bell tower and dragons will be repaired and stained next Spring and Thor will receive another coat of timber oil at that time. Darlene purchased special bags to cover Thor for the Winter.

Dennis offered to be the auctioneer at our Foundation auction in October. Sidsel will bring the auction paddles for bidding purposes. The remaining hand painted Viking Ship ornaments will be sold separately from the auction items for \$5 each. Sidsel and Sue volunteered to be the auction record keepers. Mark will be donating his watercolor picture of the Chesterton Bandstand.

Mark asked to check into purchasing a proper display pole for our smaller lodge banner. It was decided to not use the larger banner except for holidays and special occasions.

Sue and Dave presented Pat Potempa, our Norway Garden worker, with a plate of their special cookies as a token of gratitude. Sue also wondered if we could find out how many people actually visit the Ethnic Gardens in a year.

Board members discussed tentative programs and meeting dates for 2026. Suggestions and ideas for programs from lodge members are welcomed!

In November, Lodge members will vote on the slate of Officers as printed in the September newsletter. The host committee volunteer sheet for 2026 will also be circulated for members to sign.

Darlene will contact the home office regarding membership questions. She also gave each board member a copy of the updated membership directory and will contact the home office with any needed changes.

David will fill out the district survey request and forward it to the district secretary.

Our lodge will send Vesterheim a gift check for \$25 along with any matching member contributions.

The meeting was adjourned at 2:50 PM.

NEXT BOARD MEETING: November 10, 2025 at 1:00PM. Attend in person at the Baugher Center OR contact David to be included in a conference call, (312) 925-5371.

NOVEMBER MEETING EVENTS: In addition to cookie exchange, Lodge members will vote on the slate of Officers, printed on page 3. Also, the volunteer signup list for 2026 Host Committees will also be circulated at the meeting.

Getting down to business - 10/18 Lodge Meeting

Lodge Meeting Minutes respectfully submitted by Darlene Henderson, Secretary

After 25 lodge members enjoyed a very fine potluck luncheon, President David Hirschey called a brief business meeting to order at 2PM. Members stood and sang the US and Norwegian Anthems.

Guests were Jacob Hopkins and Rosemary Wignall.

David noted that we would be voting on the 2026 Slate of 2026 Officers at our November meeting and asked that members also bring cookies to share for our cookie walk and containers to take home your choices.

Sue Strohkirch took lefsa orders for members to enjoy with their family Christmas celebrations. Cost is \$6 for a package of 10 pieces.

Scandiana gifted a check for \$25 to Vesterheim Museum. Members matched the amount, and a total of \$50 was sent to be used at their discretion.

Sara Johnson shared a book she read entitled, "A Light in the North Sea", and encouraged members to read it. Darlene Henderson sent a get-well card to Paul Sams and asked members to keep him in their prayers as he was dealing with a serious health issue.

Meeting was adjourned at 2:15PM, after which Dennis Lindborg auctioned the many items donated by members for the SON Foundation and Scandiana's treasury. Sidsel Lindborg and Kathryn Rowberg volunteered to be the auction bookkeepers. Total taken in was \$503. \$251.50 will be sent to the Foundation and \$251.50 will be deposited in Scandiana's treasury.

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2026 Proposed Slate of Officers - Scandiana 5-600

President	David Hirschey
Vice President	Mark Zimmerman
Secretary	Darlene Henderson
Counselor	Darlene Henderson
Treasurer	Sue Strohkirch
Financial Sec.	Sidsel Lindborg
Social Director	Sue Strohkirch
Asst. Soc. Dir.	Kathleen Hays
Cultural Dir.	Kathryn Rowberg
Greeter	Dennis Lindborg
Sunshine	Sue Strohkirch (Birthday Cards) Darlene Henderson (Get well and sympathy cards)
Trustees	1st year - Sue Strohkirch 2nd year - Ann Thorvik 3rd year - Kathleen Hays
Historian	Darlene Henderson
Musician	Sidsel Lindborg
Editor	Ann Thorvik
Foundation	Hugh Hopkins
Publicity	James Nelson
Cultural Skills	Darlene Henderson
Stamps	Darlene Henderson
Garden	David Hirschey

INSTRUCTIONS

1. Preheat the oven to 350 degrees and butter a 9 x 5 loaf pan. Set aside.
2. Whisk the all-purpose flour, rye flour, baking soda, baking powder and salt together in a large bowl. Set aside.
3. Place the butter in a large skillet (preferably not nonstick or cast iron so that you can more easily see the color change) and heat over medium heat, swirling the pan frequently. Once the butter has melted, continue to cook over medium low, swirling the pan frequently, until the butter has a nutty aroma and is golden brown in color. Transfer brown butter to a medium-sized mixing bowl.
4. Add the cardamom and mashed bananas and whisk until homogenous in texture. Add the brown sugar and vanilla extract and whisk until thoroughly combined. Add the eggs, one at a time, whisking thoroughly after each addition.
5. Add the wet ingredients to the dry ingredients and fold together with a rubber spatula until the batter just comes together, taking care not to over-mix.
6. Pour the batter into the prepared pan and sprinkle the top with turbinado or raw sugar. Bake for 60-75 minutes or until loaf registers 200 degrees F on an instant read thermometer or a tester inserted into the middle of the bread comes out clean. Cool to room temperature before slicing and serving.

To store (room temp or refrigerator):

The banana bread will keep at room temperature for 3 days or tightly wrapped in the refrigerator for 5 days. If you want to retain the crisp texture on top of the loaf, store the bread at room temperature and place a piece of foil over the cut edge and around the sides leaving the top open.

To freeze:

Wait until the loaf has completely cooled to room temperature. Wrap in a layer of plastic wrap and then a layer of foil. Freeze for up to 3 months. You can also freeze individual slices- Slice the cooled bread and wrap each piece in plastic wrap.



Cardamom Banana Bread

Source: True North Kitchen (adapted from Milk Street and Smit-ten Kitchen)

Gently spiced, incredibly moist, and just a little earthy thanks to a touch of freshly milled rye flour (but you can take an easier route and buy pre-milled flour instead!)

Ingredients:

- 1-1/2 cups All Purpose Flour
- 1/2 cup rye flour
- 1 tsp baking soda
- 1 tsp baking powder
- 1 tsp salt
- 1/2 cup unsalted butter
- 1 tsp cardamom seeds, ground
- 2 cups mashed ripe bananas
- 1 cup packed light brown sugar
- 2 tsp vanilla extract
- 2 large eggs
- 2 Tbsp turbinado or raw sugar for topping

Match the Norwegian to English:

lunsj	frokost
hovedrett	kveldsmat
middag	matbit
forrett	
breakfast	lunch
dinner	appetizer
entree (main course)	
snack	midnight snack

Humor on social media - two sources for short, humorous, but informative takes on life in Norway and glimpses of differences in Nordic culture

As a Nigerian living in Norway, I've discovered the 4 holy foods every Norwegian is powered by. If you don't eat these, the government quietly swaps your passport for a Swedish one.

Brown bread with brown cheese

This combination is so Norwegian that if you eat it twice, you start speaking dialect automatically. One bite and suddenly you're saying "uff da" and checking the weather every 3 minutes.

Pølse

Norwegians can serve pølse anywhere, birthdays, national day, work lunch, your dog sneezes... PØLSE! Someone's crying? "Give them a sausage, it will fix it."

Pizza

Pizza is a religion here. Frozen pizza (Grandiosa) has more fans than some celebrities. Italians are confused. Norwegians are proud. Everybody's eating.

Pinnekjøtt (spiritually present at all times)

In December, if your apartment does NOT smell like sheep sauna steam... your neighbors will ring the bell like, "Are you okay?? Are you... SWEDISH?"

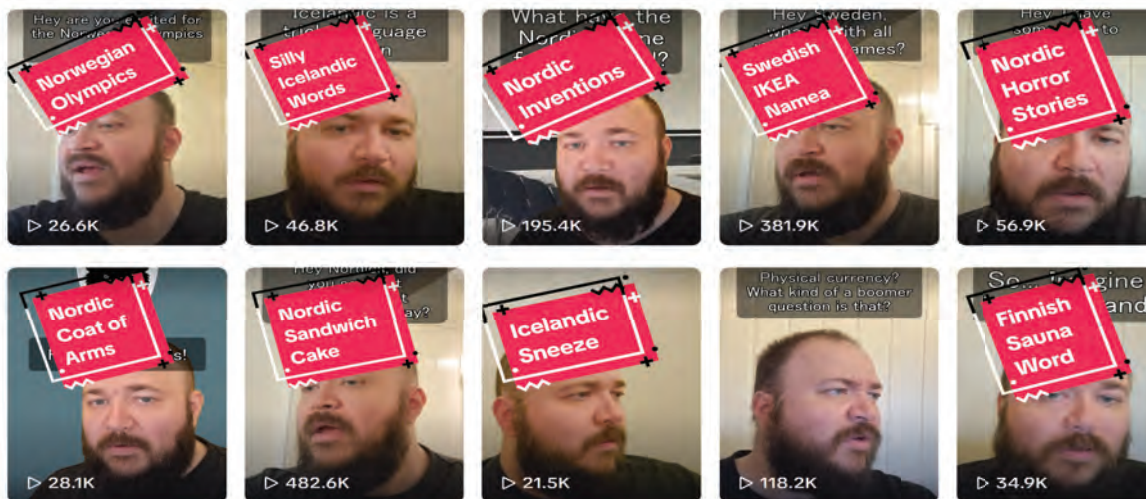
If you eat all four, congratulations you're officially ready to survive a Norwegian winter, complain about the weather, AND pay 80kr for a coffee without blinking.

Baba is a Nigerian who moved to Bergen, Norway and posts short humorous videos (reels) about life in Norway. Find him at:

Facebook: [Baba Update](#)
tiktok.com/@Babaupdate



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Ólafur Waage is "That Nordic Guy on YouTube" and a self-described "Icelandic nerd in Norway" - find him at <http://www.youtube.com/@olafurw> or as olafurw on TikTok.

Keeping with the food and desserts theme, here's the video of his take on the love of licorice: https://youtu.be/pT1L3-H64_Y?si=rs6EgMKdzd91_PaY

October's Translation Practice

Provided by the Sons of Norway Newsletter Service, excerpted from snl.no

På norsk

Prinsesse Ingrid Alexandra er på plass i Sydney

I starten av august begynner Prinsesse Ingrid Alexandra på en treårig bachelor i samfunnsfag ved University of Sydney, med fordypning i internasjonal politikk og politisk økonomi, og prinsessen er nå på plass på campus.

– Jeg gleder meg til å begynne å studere ved Universitetet i Sydney. Det blir spennende å bli student, og jeg gleder meg til å få nye perspektiver på både europeisk og internasjonal politikk. Jeg er sikker på at jeg kommer til lære mye, uttaler prinsessen i en pressemelding fra Kongehuset.

I anledning studiestart er det offentliggjort nye bilder av prinsessen, tatt både på universitetsområdet og foran det ikoniske operahuset i Sydney – som markerer starten på et nytt og viktig kapittel i livet hennes.

Universitetet har også uttrykt sin glede over å ønske det kongelige tilskuddet velkommen.

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– Vi ser frem til å ønske Hennes Kongelige Høyhet Prinsesse Ingrid Alexandra av Norge velkommen som medlem av St Andrew's College-fellesskapet, skriver Mycarla Wilson, rådgiver for markedsføring og kommunikasjon ved universitetet, i en uttalelse til VG.

Hun kommer samtidig med en vennlig oppfordring:

– Vi ber om at hennes privatliv blir respektert mens hun gjennomfører studiene sine ved Universitetet i Sydney.

University of Sydney er et av Australias eldste og mest prestisjefylte universiteter, og har også en sterk posisjon på internasjonale rangeringer. Prinsessen skal bo i studentbolig på campus og leve som en heltidsstudent under hele oppholdet."

Følger i foreldrenes fotspor

Prinsesse Ingrid Alexandra er ikke den første i familien som reiser ut for å studere. Både kronprins Haakon og kronprinsesse Mette-Marit har tidligere hatt studieopphold i utlandet.

Kronprinsessen var i sin ungdom utvekslingselev i Australia, og kjenner derfor landet godt.

Kronprinsen tok en bachelorgrad i statsvitenskap ved University of California, Berkeley fra 1996 til 1999, og fullførte senere en mastergrad i utviklingsstudier ved London School of Economics.

I 2002 bodde kronprinsparet sammen i London mens han studerte.

Nå er det prinsessens tur til å skaffe seg kunnskap og erfaringer i utlandet – denne gangen helt på andre siden av kloden.

Photo: Princess Ingrid Alexandra on the campus of the University of Sydney
(Photo by Raquel Pires Photography / The Royal Court)



October's Translation Practice

Provided by the Sons of Norway Newsletter Service

På engelsk

Princess Ingrid Alexandra arrives in Sydney

At the beginning of August, Princess Ingrid Alexandra will begin a three-year bachelor's degree in social sciences at the University of Sydney, with a specialization in international politics and political economy, and the princess is now on campus.

"I am looking forward to starting my studies at the University of Sydney. It will be exciting to become a student, and I am looking forward to gaining new perspectives on both European and international politics. I am sure that I will learn a lot," the princess says in a press release from the Royal House.

To mark the start of her studies, new photos of the princess have been published, taken both on the university campus and in front of the iconic Sydney Opera House – marking the start of a new and important chapter in her life.

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The university has also expressed its pleasure at welcoming the royal.

"We look forward to welcoming Her Royal Highness Princess Ingrid Alexandra of Norway as a member of the St Andrew's College community," writes Mycarla Wilson, advisor for marketing and communications at the university, in a statement to VG.

She also makes a friendly request:

"We ask that her privacy be respected while she completes her studies at the University of Sydney. The University of Sydney is one of Australia's oldest and most prestigious universities, and also has a strong position in international rankings. The Princess will live in student accommodation on campus and live as a full-time student throughout her stay."

Following in her parents' footsteps

Princess Ingrid Alexandra is not the first in her family to travel abroad to study. Both Crown Prince Haakon and Crown Princess Mette-Marit have previously studied abroad.

The Crown Princess was an exchange student in Australia in her youth and therefore knows the country well. The Crown Prince earned a bachelor's degree in political science at the University of California, Berkeley from 1996 to 1999, and later completed a master's degree in development studies at the London School of Economics.

In 2002, the Crown Prince and Princess lived together in London while he studied.

Now it is the Princess's turn to gain knowledge and experience abroad—this time on the other side of the globe.

Photo: Princess Ingrid Alexandra outside the Sydney Opera House (Photo by Raquel Pires Photography / The Royal Court)



Gratulerer med dagen

November Birthdays

16	Melvin Frank Sorensen
20	Patricia Paulsen
24	Oleif Olsaker

November Board Meeting

The November Board meeting will be held at 1:00 PM on November 10th in the Westchester Public Library's Baugher Center, 100 W. Indiana Ave., Chesterton, IN 46304

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Norwegian Cookie Popularity Survey

According to the results of a December 2022 Sons of Norway survey (1,744 responses), favorite Norwegian Cookies include:

1. 74.54% – Krumkaker / Krumkake / Norwegian cone cookies
2. 4.24% – Fattigmann / Poor man's cookies
3. 3.84% – Sandkaker / Sandbakkels
4. 3.1% – Rosetter / Rosettes
5. 3.1% – Smultringer / Doughnuts
6. 2.98% – Kransekake / Almond ring cake
7. 1.83% – Serinakaker / Norwegian butter cookies
8. 1.72% – Berlinerkranser / Berlin wreaths / Kringla
9. 1.61% – Pepperkaker / Gingerbread cutout cookies
10. 1.61% – Other
11. .46% – Goro / Waffle cookies
12. .46% – Sirupsnipper / Syrup snaps
13. .46% – Kokosmakroner / Coconut macaroons
14. .06% – Sjakkruter / Checkerboard cookies

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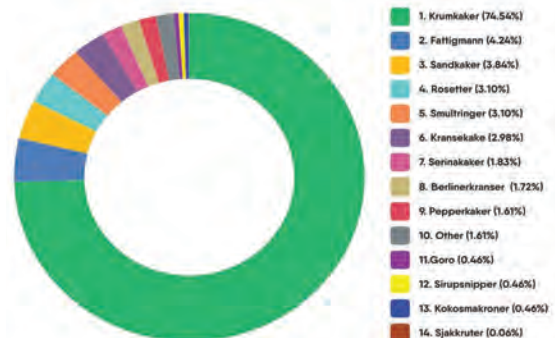
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November 15th Lodge Meeting

Hosts: Hosts: Kathryn Rowberg & Justine Sams

Please bring:

Last names A-J: Dessert

Last names K-N: Main dish

Last names O-Z: Side dish

Program: Lodge Cookie Exchange

Baugher Center doors open 12:00PM - 4:00PM

Lunch served at 1:00PM

