

LUREN



**SONS OF NORWAY-
CIRCLE CITY LODGE #5-614
CARMEL, IN**

September/October 2025 Issue

Mission statement:

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 its members.

Greetings from the President

Hilsen fra Presidenten,

I really enjoyed our last meeting. I want to thank Berit Skaare, Mark and Laura Graber and Twyla Rameriz (along with Myself) for presenting our trip to Tanzania earlier this year. It was a memorable trip for all of us. The Ilula Orphan Program (IOP) was started by Berit after a mission trip to Tanzania to help bring clean water to the area and the residents there. Berit saw a great need and knew her work was only starting.

IOP is now an orphanage, schools, farm of the future, an avocado farm and much more to help the residents in the area sustain themselves. Berit's 80th birthday party was a way to honor her work and as a fund raiser for IOP.

Don Nelson suggested we set out a collection box at each meeting for donations for IOP, something we can easily do.

September is going to be a busy month. Our Norsk classes will be on zoom on the 3rd, 4th and 25th and in person on the 13th before and after our meeting. The 13th we will be having a pitch in and meeting at King of Glory church starting at noon. Daron Olson will be giving a talk on Restauration. A timely discussion since a replica is on its way from Norway to the U.S.A as part of the 200th anniversary of the original sailing.

On September 20th our outing will be at Cataract Falls, inside Lieber State Recreation Area. It's the largest waterfall in Indiana by volume. From Indy take 70W to US 231 South, then west on N Cataract Road then onto Owen Park Road. The address to google is Cataract Falls SRA 2605 N Cataract Rd, Spencer IN. I have not been there myself so I am looking forward to seeing the falls and a nature hike. Berit is planning some activities so bring your family and pack your lunch and enjoy seeing more of our state parks.

In October our meeting will be on the 11th at King of Glory. On October 25th we will have another outing this time at Spring Mill State Park.

Last week I met with Sue DeGraffenreid. She has donated a large collection of Norsk literature to our lodge that belonged to her uncle. I will put together a list for our lending library. There were 14 boxes full. FYI they are all in Norwegian.

Karen Courtney has found some material that will work for our Indiana Bunad. Please let her know as she will be placing an order on our behalf. Approximate cost would be around \$50. each for the material. Glenna Divine has been working on the design.

Karen is also our representative to the Nationalities Council. The International Festival will be held in November and the topic is architecture. Please share any pictures on the topic with Karen. We will need volunteers to help with the booth.


I hope that many of you will be able to support our upcoming events and look forward to seeing many of you next month.

(FYI I may not be able to attend the meeting on the 13th due to a 5K Ovarian cancer walk that I will be attending. If I finish the 5K in time I will attend.)

Takk,

Nancy Andersen



As a part of my September Tour of “Songs from the Kingdom of Denmark” together with Pianist Claire Pendleton, we will be having a Concert in Indianapolis on Monday September 15 at the historic Indiana Landmarks Center (downtown Indy). I would LOVE to see you and our Scandinavian community represented there!!!

Tickets and More info:

<https://www.eventbrite.com/e/songs-from-the-kingdom-of-denmark-tickets-1602778386299>



**WELCOME TO AFRICA!
- TO VISIT “ILULA
ORPHAN PROGRAM”
(IOP) IN ILULA,
TANZANIA! – A
FANTASTIC PLACE YOU
WILL NEVER FORGET!**

**(please look it up on internet for
comprehensive information)**

TWO WEEKS AT IOP IN ILULA COULD LOOK LIKE THIS

.....given that you arrange the round-trip flight yourself to Dar es Salaam. Most likely you will spend one night in a guest house or a hotel there, not included in the following suggestion (but can be arranged by IOP). This suggested program will give you a great experience in African life, culture, and first-hand-experience of IOP to understand the work and challenges of the organization. The programs are during school hours, so afternoons and evenings are free to mingle with the children, touring the surrounding villages, or playing cards or games with children or volunteers in the evenings.

1 day – Travel from Dar es Salaam westward to Ilula through three different “nature zones”, from sea level up to 4,500 feet above, where Ilula is, in Iringa region – about 800 miles west of Dar. This may be a private mini-bus or van, depending on how many. You may stop for meals on the way (own expense).

2 days – touring IOP’s work, projects, and properties. You may find a lot of information by googling Ilula Orphan Program. IOP has five schools, an orphanage, two shops, a restaurant, a bank, carpenter work shop, a sewing room (where you can order an African outfit), a Library, Senior Club, Micro-Finance groups, entrepreneurship training, farming and life stock, chicken house, – just to mention a few of the projects.

1 day – You will give a program in the Senior Club, a group of 60-70 seniors who meet bi-monthly for social support, learning, health check, education, exercise, having fun and a good monthly meal. Seniors in Tanzania have no support whatsoever from the Government!

1 day – Visit to the Masaai Community – usually on a Sunday, to start with their Sunday Service. The Masaai Tribe is probably the most primitive in Tanzania. They are still living in mud/stick houses built by the women. Men often have more than one wife. Cows and goats are their capital. They are known for their big ears, huge plate-like necklaces, and the men’s jumping.

1 day – “A day in a family” – you will spend the day with a Tanzanian family and take part in the daily activities that they usually do, such as shopping at the local market, cooking, fetching water, doing dishes, laundry, working in the field, playing with the children, cutting fire wood, et etc

1 day – IOP’s Vocational School, also visit the “Young Single Mothers” and hear their emotional stories. When a girl (still a student in school) gets pregnant, she is kicked out of school, and often also shown the door by her family. Girls are still much inferior to boys

1 day – Farm For the Future – a 651 acres modern farm, still in development under the leadership of Mr. Osmund Ueland (Norway). A fantastic place, which also has a Children’s Farm for school children. Main crops are maize seeds (corn), potatoes, and macadamia nuts.

1 day – travel to Isagwa Village up in the mountains – a fantastic place “on top of the world”. During rain season the road can be a challenge, but we have never been stuck to the point that we did not get there! Visit the Government Elementary School and mingle with

the children. Also, see the 94 acres IOP

Avocado farm with irrigation system.

1 day – travel a good hour to Isimila Stone Age Park, with the most fascinating nature (see internet). Also go shopping in Iringa, lunch there, maybe, and visit the Masaai Market.

3 days – Ruaha National Park for Safari – it takes 4 hours to get there, and the same back, of course. Time for arrival at the Ruaha River Lodge (see internet) will depend on a number of factors, so arriving for late lunch will not give enough time for a good safari the same day – only a short one. One full day is absolutely suggested (you are probably in Africa once in your lifetime!). Leaving for Irina after breakfast the third day, you will have lunch at Neema Crafts, a center for handicapped, where they themselves run the restaurant and the craft production. You can find it on FB and internet.

2 days for private activities, relaxing, go shopping in the local village, play/sing/work/do laundry with Center Children (about 50), volunteer work, and whatever is the desire.

1 day – travel back to Dar.

At IOP all our guests will stay in the Guests' Cabins, double or single rooms with toilet and shower, as well as a sitting room. All meals will be taken at the IOP Center in the Hall. You can find the cabins on the internet.



No Food, No Water, a Broken Leg: How a Hiker Survived a Harrowing Week in the Wild

Alec Luhn, 38, an American journalist, hopes the lessons he learned from his ordeal in a national park in Norway can help others.

Aug. 20, 2022

Alec Luhn, an American journalist, was lost and injured for nearly a week in a national park in Norway this month. Veronika Silchenko

Almost everything had gone wrong on Alec Luhn's solo hike in a national park in Norway.

Mr. Luhn, 38, had spent six days without food, water, or a working phone, as he dealt with serious injuries. But then, miraculously, he was rescued from a remote and steep mountain this month.

"It was a really great ending to a story that started with a couple of bad decisions," Mr. Luhn said in a phone interview from a hospital in Bergen on Tuesday. "Hopefully, there are things to be learned from it for other people, as well."

Here's his story.

'Disaster struck.'



Mr. Luhn and his wife, Veronika Silchenko, traveled to Norway in July for a vacation with his family.

After realizing that they were staying near a national park with the country's third-largest glacier, Mr. Luhn, an American climate journalist and an experienced hiker, decided to extend his trip to hike to it.

On July 31, Mr. Luhn texted his itinerary to Ms. Silchenko, who had returned to their home in England, and then set off on a backpacking trip, heading into Folgefonna National Park from Odda, a nearby town.

Ms. Silchenko did not expect to hear from him for a few days because of spotty phone service in the park. Mr. Luhn planned to complete his hike on Aug. 4, catch a bus to Bergen and make his flight back to England.

“That was the plan,” Mr. Luhn said. “I didn’t get that far into it before disaster struck.”

‘I should have turned back.’

Early in the hike, things started going wrong. (This, Mr. Luhn said, is when he began making bad decisions.)

The sole of his left boot started coming off after a few hours. He decided to tape the sole with athletic tape, which compromised the boot’s traction.

“I should have turned back and gone into Odda and bought some new boots,” Mr. Luhn said.

Instead, he kept going. He passed gorgeous views and reached a height of nearly 4,000 feet.

“It was very steep terrain but I kept pushing through, and I made another bad decision,” he said. After 10 p.m., Mr. Luhn found a good camping spot. But instead of pitching his tent, he decided to press ahead.

Mr. Luhn also said he had not brought a GPS tracker.

A steep fall and serious injuries.

It was getting late and the terrain was steep. Then, Mr. Luhn took a misstep — and slipped and fell.

“I remember the terrible feeling of that fall beginning,” he said. He started picking up speed, and his backpack hit the rocks, causing his gear to fall out.

“I was spinning around really quickly and started bouncing around, like a pinball heading down the mountain,” Mr. Luhn said.

He landed on a rock, breaking his femur, fracturing his pelvis and a couple of vertebrae, severely scratching his hands and hitting his head.

Then, he said, he must have passed out.

No water, no phone, and he could barely move.

Mr. Luhn woke up on Aug. 1 aware that he was in a very bad situation.

His water bottle had fallen out of his bag during his fall, so he had nothing to drink.

His iPhone had fallen out of his pocket. He tried yelling to Siri to call emergency services, but his phone either was too far away or had been set to airplane mode (another mistake, Mr. Luhn said).

He could barely move.

He realized two things: Nobody would know to search for him until Monday, when he was scheduled to return to England. And he was not going to be able to get out of there on his own.

“I am going to need to stay here and just pull through until at least someone gets worried about me,” he recalled thinking. And then, “A lot of things were going to have to go right for me to survive.”

Dehydrated, Mr. Luhn took desperate measures.

On Saturday, Mr. Luhn started to worry about being without water.

His mouth was so dry that it was impossible to eat the granola bars and peanuts that had not fallen out of his backpack.

He could think of only one solution.

“I peed into one of my water pouches and then drank the urine to stay hydrated,”

Mr. Luhn said. “I was so parched, I basically had to wash the granola down with my urine.”

He added, “I had a big blister on one of my fingers, I even sucked the blood out of that to try to get a little fluid.”

It was not until a storm moved in on Sunday — weather that would hamper the search for him — that he could drink water again. He slurped rain from the creases of his sleeping mat and sucked on a wet bandanna.

50 rescue workers search for two days.

But unbeknown to him, his prediction had been correct: When he didn’t show up for his flight, Ms. Silchenko alerted the authorities, and by Monday night a major rescue mission had begun.

More than 50 rescue workers from the Norwegian Red Cross, using dogs, drones and experienced climbers, were looking for Mr. Luhn, in a search that took nearly two days.

“Most searches are over within a couple of hours,” Anja Kristin Bakken, a spokeswoman for the Joint Rescue Coordination Center in Norway, said in an email. “This one was extra challenging with heavy weather conditions.”

But, she added, “finding Alec Luhn alive is a very good example of why we keep going.”

As he sat on the mountainside hoping to be rescued, Mr. Luhn said he focused on the present. When his mind wandered, he thought about the people he loved, including his wife and family.

“I really felt like I wanted to survive and have a second chance at life,” he said.

‘I may have just missed my only shot’

On Wednesday, Aug. 6, after his coldest night yet, the sun briefly broke through.

“Right about then, I heard a helicopter,” Mr. Luhn said.

Though he couldn't stand, he started waving. "It was so close to me but it couldn't see me," he said. After about 45 minutes, the helicopter left.

"I thought: OK, well I may have just missed my only shot," Mr. Luhn said.

Mr. Luhn wrapped his red bandanna around a tent pole in the hope that he would be seen. About 45 minutes later, a helicopter returned and Mr. Luhn started waving again.

"Finally, the side door of the helicopter opened and a guy waved at me," he said.

"That was the moment that I knew that I was going to be able to make it through."

Mr. Luhn was taken to a hospital in Bergen, where he underwent surgery.

Two weeks later, he was still receiving treatment there on Tuesday, and said he was not yet able to walk because of frostbite on his feet.

Mr. Luhn said he hoped to return to hiking someday. "I've encouraged many people to go hiking, you just have to be safe about it," he said. "That's what I plan to do in the future."

But first, he said, "I owe my wife a vacation to a warmer climate where there are no glaciers."

Henrik Pryser Libell contributed reporting from Oslo.

[Claire Moses](#) is a Times reporter in London, focused on coverage of breaking and trending news.

A version of this article appears in print on Aug. 24, 2025, Section A, Page 6 of the New York edition with the headline: No Food or Water, a Broken Leg: A Hiker Survives a Week in the Wild. [Order Reprints](#) | [Today's Paper](#) | [Subscribe](#)

Norway's bicentennial! Join us October 3-5 for fun, delicious food, cultural activities, and Norwegian heritage. Register by September 1st—don't miss out! Details at the link below.

October 3-5, 2025

"Celebrating Norwegian Immigration

- The Sloop 200th Anniversary"

A three-day weekend of Norwegian Cultural fun featuring Sloop and Fox Valley Settlement pioneer history, traditional Norwegian culture programs and craft classes, Norwegian games and movie night, "Sluppen" fun walk, Norwegian barn dance with Norwegian folk music and food, traditional Norwegian worship service, and a chance to meet descendants of the first Norwegian-American sloop immigrants at their Sloop Society annual meeting. This is a Sons of Norway District 5 Adult Norwegian Cultural Weekend event to be held in Norway, Illinois, and sponsored by the Polar Star and Cleng Peerson Sons of Norway Lodges, the Norsk Museum, and the Sloop Society of America.

Pre-registration is required.

Download these three PDF files for the full weekend schedule information and registration forms:

- [Schedule - Information](#)
- [Weekend Registration Form](#)
- [Fun Walk Registration Form](#)

Tusen takk,
Dave Johnson

Historian, Sloop Society of America

Board President, Norsk Museum

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www.NorskMuseum.org



Letter from a Masse Moro camper

Stuff I did was sat around, did the daily activities at the end of the day, questioned people's sanity, and had fun!

I liked the fact that you can meet new people, learn new things from people that are from different states, the Viking Olympics, and the daily activities!

I didn't like that there was some drama and arguments between a few campers, mosquitoes, and the language learning time during camp. I usually liked the language learning time, in previous years, but I heard that different classes had different activities so maybe it was just mine that seemed repetitive and somewhat boring. But it is still fun.

So this is a huge thank you from a camper, and almost all of the things I mentioned that I didn't like is stuff you can't change or alter, so it's not your fault, so again, this a HUGE thank you for funding me to go to summer camp at Masse Moro and I would like to go again next year.

With love - Julius Divine.



Calendar of Events

September-October 2025

- Sept 3. 4:30 p.m. Intermediate Norsk class via Zoom
- Sept 3 7:30 p.m. Beginning Norsk class via Zoom
- Sept 13 10:30 a.m. Beginning Norsk class at King of Glory with Intermediate Norsk class after the meeting
- Sept 13. 10:30 Chip carving class
- Sept 13 12:00 noon Pitch-in dinner and meeting. Speaker: Daron Olson from IU-East in Richmond on the Restauration ship arriving in NYC in October
- Sept 20. 10:00 a.m. Cataract Falls in Lieber State Recreation Area (pack your own picnic lunch)
- Sept 25. 4:30 p.m. Intermediate Norsk class via Zoom
- Sept 25 7:30 p.m. Beginning Norsk class via Zoom
- Oct 11 10:30 a.m. Beginning Norsk class at King of Glory with Intermediate Norsk class after the meeting
- Oct 11. 10:30 Wood Carving Class
- Oct 11 12:00 noon. Pitch-in dinner and meeting
- Oct 23 4:30 p.m. Intermediate Norsk class via Zoom
- Oct 23. 7:30 p.m. Beginning Norsk class via Zoom
- Oct 25. Outing at Spring Mill State Park (more info coming)

Circle City Lodge Officers

| | | |
|----------------------|---------------------|--------------|
| President: | Nancy Andersen. | 317-626-5237 |
| Vice President: | Mary Jane Henrikson | 812-662-3728 |
| Secretary: | Jerome Rud | 765-720-5232 |
| Treasurer: | Alice Voris | 317-691-1370 |
| Cultural Director: | Berit Skarre. | 812-617-5678 |
| Membership Director: | Ben Olsen III. | 317-459-5913 |
| Sports Director: | Susan Alden. | 317-460-8891 |
| Foundation Director: | Karen Courtney. | 317-696-2852 |
| Lodge Councilor: | Stan Pederson. | 317-339-5249 |
| Historian: | Glenna Divine | 765-749-2567 |
| Newsletter Editor: | Glenna Divine. | 765-749-2567 |
| Directory: | | |

Read past issues of LUREN at:

www.sonsofnorway5.com

Check out our facebook group!

<https://www.facebook.com/groups/473869819402515>

Check out SOFN Website!

<https://www.sofn.com>

[https://www.youtube.com/watch?](https://www.youtube.com/watch?v=WKXhY-3CTVE)

[v=WKXhY-3CTVE](https://www.youtube.com/watch?v=WKXhY-3CTVE)



This was painted by
Sally Hurst