LUREN

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

March/April 2026 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

On Feburary 23 we (the board) held a zoom meeting to discuss items of interest for our lodge. In this President's letter I am going to review some of the topics that we discussed at the meeting. If you have ever wondered how we have great programs for our members or the fantastic meals that we enjoy it is because board and regular members give of their time and talents to keep things moving forward. If you are ever interested in joining a board meeting we hold our zoom meetings the third Monday of every month, I just need your name and email address to add to the zoom invite.

This year the SON District 5 Convention will be held in Stoughton . The dates are August 2-6. Our lodge will be able to send 3 delegates. It is a great way to understand the workings of SON at the district and national level. The expectation is that the delegates represent our lodge and also report back on any results of the business meeting that affects our lodge. Officers at the district level are also voted on at this convention for a 2 year term.

During the Convention many lodges receive awards, these are based on the achievements of the lodges during the year. Please thank Jerry for filling out and submitting the paper work for Lodge Achievement and also volunteer hours for Fraternal Alliance.

We discussed our lodge Syttende Mai Celebration on May 9th that will include a salmon dinner, reservation forms will be sent out in April for that dinner. We also discussed the trip to Stoughton for Syttende Mai . Several members plan on driving up and staying for a few days to enjoy the Stoughton Nordic dancers and their parade. They have lots of activities planned.

We have a membership committee that meets 3 times a year to discuss recruitment and retention. Our goal this year is to recruit 10 new members.

We discussed member participation in planning and operations of meetings. It was recommended, discussed and approved that we develop a “Kitchen Committee”. We need a group of people 3-4 that would be available to set up and clean up after pitch in and prepared meals. It would be great to set up the committee on a three-to-four-month rotation. There will be a sign up sheet at the next meeting.

Karen reported on the Nationalities Council, upcoming events include the Indy 500 Parade in May and the International Festival that will be held in October this year. Please let Karen know if you are interested in marching in the Parade. They do require that you wear Norwegian dress.

Glenna is checking on the possibility of sailing in September. Let her know if you have an interest.

So much going on! There is actually more but that can be discussed at the next meeting. I do want to let everyone know that the representative for the church contacted Jerry and me to apologize for the chaos that occurred at our last meeting and they assured us that the scheduling mix up will not happen again. I want to thank you all for your understanding.

Takk,

Nancy Andersen

(Please look up **FASTELAVNS** on the internet and read about the tradition and its origin. Too long to write abut here)

It was FASTELAVENS, in English it was LENT. It was the time from February to Easter. As a girl, I did not know it had anything to do with Easter.

In February we started to look for the “ducklings” – no, not the birds, but the small, down-like buds on the “SELJE” tree (goat willow or pussy willow). We broke off some small branches (or twigs) of «SELJE» and also silver-birch to take home, put in a vase with water, and just waited. Soon the small “ducklings” came out! We could rub on the them with our small fingers. They were as soft as velvet. Soon the birch would have small pale green leaves coming out, as big as mouse ears! My mother gave us a handful of colored feathers to tie on to the small branches. We bundled them up in small bouquets called FASTELAVENSRIS, and put them out on the tables in the different rooms.

FASTELAVENS Sunday (before ash Wednesday) was the only day in the year when we children were allowed to whip our parents – just for fun, of course. My sister and I had one FASTELAVNSRIS each and bravely went to our parent’s bedroom to wake they up with some soft whipping! They acted up and played the game of being hurt, and started crying!

From February to Easter was LENT (faste). During this time the **Women’s Health Association** had their major fund raising of the year. They sold thousands of FASTELAVNSRIS and they had raffles and tombola from small trailers everywhere there was an open little spot in town. Tombola was the most fun! We paid some small coins, the tombola was cranked around, and a little door in the barrel

was open. We could draw one ticket for each coin we had paid. If we had the correct number, we would win a prize – the smallest ones on the lower shelves in the trailer, the best prizes on the top. One time my grandpa came to visit, and I begged him if we could go to the tombola. He had a few coins he gave me for tickets, and I drew the equal number out if the barrel. I remember this day as if it was yesterday – because I had a number for the prize on top of the shelf! It was a handbag, shaped as a terrier dog, with a zipper to open it on the dog's back, from head to tail. I could not believe I was given such a huge prize!

During FASTELAVN the big Holmenkollen ski race and ski jumping also took place on the first Sunday in March. This was the time for the Boy Scouts and Girl Guides to sell the “Holmenkollen Ski” – a small metal ski 2-3 inches long, hanging in a red-white-blue ribbon with a safety pin on. This fund raising has a very long tradition, back to 1912, when the price for one “ski” was ten ore. The sales are still going on today! – but the price is 500 times more! – KR 50. During His time, King Olav was one of the first to buy it, and wore it on his skiing anorak when he was out in the snow – almost every Sunday.

Then – the best part last – the FASTELAVNSBOLLER! *Yammie – they were good!!*

We made sweet vanilla-and-cardamom-buns, cut them in two, and filled them with whipped cream and sprinkled power sugar or melted chocolate on the top! Ohhhhh, was it great!

So, friends, be ready for your children to whip you out of bed on lent-Sunday, before you enjoy some ***FASTELAVNSBOLLER!***

Berit

Sons of Norway recipe is below!

FASTELAVNSBOLLER!

Ingredients:

500 ml (2 cups plus 1 Tbsp.) milk

850 g (7 cups plus 1 Tbsp.) all-purpose flour

150 g (2/3 cup) butter, melted

150 g (3/4 cup) sugar

50 g (2 oz) fresh yeast or 17 g (1/2 ounce plus 1/8 oz) dry yeast

1 egg

1 tsp. cardamom

1/2 tsp. salt

1 egg for brushing

Hand-whipped cream (5 dl or 2 cups whipping cream, adding sugar to taste)

To make the buns:

Preheat the oven to 200°C / 400°F.

Warm the milk in a small saucepan over medium-low heat, until lukewarm. Pour into a mixing bowl and combine with the melted butter. Add in the yeast, sugar, egg, cardamom and salt and mix well. Slowly add the flour and mix with a wooden spoon. Start with 800 g (about 6 1/2 cups) of flour, adding more as necessary to create a soft and workable dough.

Turn the dough out onto a floured surface and knead until elastic. Place in a greased bowl, cover with a cloth and let the dough rise until doubled, 45 minutes.

Knead the dough lightly on the floured surface and divide into 18-20 portions, rolling into smooth balls. Prepare two baking sheets and divide the buns on the prepared sheets. Cover loosely with plastic or a cloth, and let rise until doubled, about 45 minutes.

Beat the egg with a fork and add 1 teaspoon water. Brush the buns with the egg wash.

Bake in the middle of the oven, 1 sheet at a time, for 15 minutes. Transfer to a wire rack to cool.

Once the buns are cooled, slice them in half, horizontally, and cover the bottom of the bun with whipped cream (and jam if you like). Replace the top and sprinkle generously with powdered sugar. Source: Nevada Berg, North Wild Kitchen

This article didn't get to me in time to put in the last newsletter but I thought it was too good to not be posted at all. So here it is.

THE WORLD WIDE SCOUT MOVEMENT'S WORLD EVENT 2025

By Berit Skaare – a Girl Guide since 1952

We may all be grabbed by hopelessness and loss of faith in man-kind sometimes ……. Ukraine, Israel, Palestina, Venezuela, Russia, Congo, etc …… as well as mass-shootings, political divisions and fights between neighbors …….

This fall a flame was lit in Bethlehem in Israel on behalf of the Scouts of the world! The flame – as the Olympic one – should be carried alive to all five continents along with a number of white peace flags. Every country in the world has been invited to pick up their flame in a central place, and let it travel to their regions and to the individual troop. By CHRISTmas every Girl Guide- and Boy Scout Troop in the world should have received its Peace Flame, and then ceremonially give light to all scouts who will come with their candles or lanterns and bring the Peace Flame to their homes by CHRISTmas Day. What a fantastic arrangement!!

I am currently in the Netherlands for the holidays. I was with a group of Girl Guides and Boy Scouts today who were beams of hope!!! At a central place in the Netherlands a number of representatives met for hoisting of the Peace Flag and to hear *the world wide message from Bethlehem for all Scouts to be peace makers!* We were all gathered for a beautiful ceremony in the Sea-Scouts' House in Meinsheerenland south of Rotterdam for the Peace Flame event. We all had a candle, a "wick", or a lantern to be lit to take home. But – as the MC said *"if you did not come with a candle, please light up the "wick" inside of you, and bring the Peace Flame to others by your words, your smile, or your actions".*

Good Words from a leader of young people who have promised to be "Always Prepared" …. At least try to be.

As I left the Scout house, my phone lit up. A life long Scout friend called to tell me about the Peace Flame ceremony in Hakadal, Norway, where I was a leader for 20 years! It struck me how *this arrangement really worked!!* The congregation had a Scout service this morning, when the main Peace Flame – picked up in another town – was carried in, and shared with all scouts in the church. Hakadal, Norway – in another part of the globe – carried a piece of the same flame as we in the Netherlands – and with the rest of the world. One spark can really start a fire – a Peace Fire! It should also be in American Scout troops!

May the world wide Peace Flame fill all of us with a Fire of Hopes for the New Year!

Everything you need to know about the Museum of the Viking Age

Why has the opening been delayed by several years? And why have there been economic challenges along the way? Here are the answers to key questions about the new Museum of the Viking Age.

Go to this web address to learn more.

https://www.vikingtidsmuseet.no/english/norways-new-world-attraction/

Ragnarok (TV series)

From Wikipedia, the free encyclopedia

Ragnarok is a Norwegian fantasy drama television series reimagining of Norse mythology[3] from Netflix. It takes place in the present-day fictional Norwegian town of Edda in Hordaland,[4] which is plagued by climate change and industrial pollution caused by factories owned by the local Jutul family. The Jutuls are actually four *jötnar* (supernatural beings, inexactly translated as "giants" in the English language overdub and closed captions) posing as a family.[4] They are challenged by Magne, a teenage boy who is surprised to learn that he is the reincarnation of Thor, the Norse god of thunder. He begins to fight against those who are destroying the town after his friend dies under mysterious circumstances. In the second season, he is joined by more people who embody other Norse gods. The series premiered in January 2020, with a second season released in May 2021. It is Netflix's third Norwegian-language TV series, following *Home for Christmas* and *Lilyhammer*. The series is produced by the Danish production company SAM Productions.

In November 2021, Herman Tømmeraas, who plays Fjor, confirmed that the series was returning for a third and final season. The third season was released on 24 August 2023.[5]

Calendar of Events

March 14	Noon - Pitch-in meal Program: Gergana May, IU Professor of Norwegian language – Current Music of Norway 10:30 Intermediate Norsk Class (After program) Beginner Norsk Class
March 26	4:30 Intermediate Norsk Class (via zoom) 7:30 Beginner Norsk Class (via zoom)
April 11	Noon - Pitch-in meal Program: Mary Morehead (via zoom) What is Rustid in Norway? 10:30 Intermediate Norsk Class (After program) Beginner Norsk Class
April 23	4:30 Intermediate Norsk Class (via zoom) 7:30 Beginner Norsk Class (via zoom)
May 9	Noon -Syttende Mai Celebration Prepared salmon and sides meal Program: Presentation by Jim Nelson (in person) -The Sami Who Came to Alaska 10:30 Intermediate Norsk Class (After program) Beginner Norsk Class
May 15-17	Group trip to Syttende Mai Celebration in Stoughton, Wisconsin
May 21	4:30 Intermediate Norsk Class (via zoom) 7:30 Beginner Norsk Class (via zoom)

Calendar of Events Continued

June 4	Noon – Pitch-in meal Program: Mary Whipple - Sheep Farmers in Norway 10:30 Intermediate Norsk Class (After program) Beginner Norsk Class
June 18	4:30 Intermediate Norsk Class (via zoom) 7:30 Beginner Norsk Class (via zoom)
July	No mtg or Norsk class

I was excited to receive my red hat that Berit knitted for me! I love it and the history behind it.

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
Co-Treasurer:	Jewell Morow	317-696-2903
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

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?v=WKXhY-3CTVE

Triple-level tine carved by Borgar Borgarson
Vest-Telemark Museum collection