



2025 Newsletter

Agnes Mathilde Wergeland

Daughtersofnorway#52@gmail.com

Lodge #52

Willamette Valley, Oregon

This may be viewed by the public

Editor: Jean Payne

October Meetings



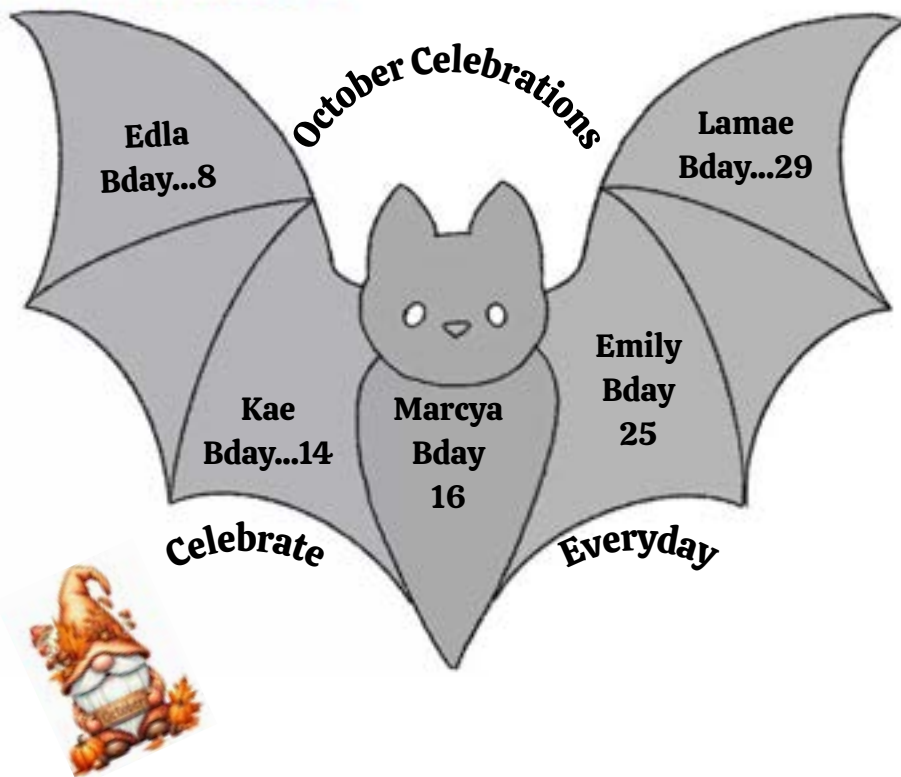
October 11: Our usual online Board Meeting-10:00am.

All of you are welcome to join us. Kae will send out a reminder with log on information on **October 8**.

October 18: Our General Meeting will be held at Faith Lutheran Church, 926 W. 6th Street, Junction City. Elections & Pizza/Birthday Party. Kae will send out a reminder on **October 15**.



The magic of Autumn in Norway



Mythical Creatures

Candice will be doing her article on **Mythical Creatures in Scandinavia & the US**. Watch there may be a lot of Gnomes showing up this month. I will also highlight Halloween & pumpkins this month.



Stamps for the Wounded

<https://www.stampsforthewounded.org/>

Representative Shirley



KEEP COLLECTING & SAVING THOSE STAMPS! We will continue saving stamps for Stamps for the Wounded Project. Please bring all of your collected stamps to the October meeting. Shirley will be sending them off after the meeting.

Stay Connected

Email: daughtersofnorway52@gmail.com

Face Book: <http://www.facebook.com/groups/amw52>

Email us with questions or comments. Check out our Face Book page. We try to post Scandinavian items often & we do post pictures of our in-person meetings.



Information (Informasjon)

Election Information

Yes, it is election time. The following were nominated at the September meeting.

Nominations

- President...Kathy Solheim
- Vice President...Linda Peterson
- Cultural Director...Amey Herman
- Secretary...Kae Ellingsen
- Treasurer...Ellen Costello
- Financial Director...Jill Arnold
- Marshall...Lamae Stout

Trustee Positions

1year Trustee...Katrine Fabian

2year Trustee...Marie Andersen

3year Trustee...Colleen Gribble

ALL POSITIONS ARE OPEN UNTIL THE ELECTION TAKES PLACE IN OCTOBER.

To be an officer you must be a member in good standing for at least 6 months & be willing to attend most/all board & general meetings (2nd & 3rd Saturdays of the month). ANYONE meeting these requirements CAN be ANY officer! Please don't wait to be asked, if you are at all interested in becoming an officer let Jean or Kae know. If you need information about position requirements email Jean or Kae & the information will be sent to you.

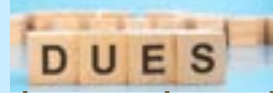


Submitted by Treasurer Ellen

It's time to budget how we will spend our funds next year.

Now is your chance to let us know how the funds should be budgeted for next year. After we pay for ongoing expenses like GL dues, membership expenses and insurance we will allocate funds for such items as 2027 convention, cultural programs (i.e. Speakers), field trips and scholarships.

Let me know your thoughts by sending me an email or if you would like to be more involved consider joining our budget committee.



Jill will be accepting dues starting at the October 18 meeting. Let's make it easier on Jill so she doesn't have to send out so many reminders & make a lot of phone calls this year & pay it sooner rather than later.

\$40.00 for the year

If you won't be attending you can mail (no cash please) to Jill at:

**Jill Arnold
1904 Terresa Ave.
Eugene, OR 97408-1661**

Dues is due NO LATER THAN DECEMBER 31, 2025



Marlene Turner

Posted on FB 9-21-25 by April Stricklan (daughter)

Come laugh, cry, and join us as we remember and honor the lives of two extraordinary souls—our beloved parents. Their love, kindness, and wisdom touched everyone they met. We look forward to gathering with family and friends not only to grieve their loss, but to celebrate the joy, laughter, and memories they gave us.

Together, let us honor their journey, cherish their memory, and find comfort in the love that will forever remain in our hearts.

Celebration of Life Info:

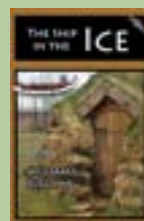
**Sunday, Nov. 16 3:00pm
Corvallis Museum
411 SW 2nd St.
Corvallis, OR**

**Military Service for Michael will be
Nov. 14 3:00 pm
Willamette Cemetary, Portland in
the Pavillion**



Library

The book "The Ship in the Ice" by William Sullivan was graciously donated to our Library by Linda. We now have all 4 in the series. Thank you!



Baby Yarn

Shirley is giving away her collection of baby yarn. If you would like any or all please contact Shirley.



Information (Informasjon)

Invite from Rick Steve's

From GL: Daughters of Norway received a communication from the Rick Steves Travel Company. It sounds like a fun, free presentation for anyone who is interested.

My name is Gabe Gunnink, and I'm reaching out on behalf of Rick Steves' Europe to invite you and your Daughters of Norway members to a free virtual travel event exploring "Norway Beyond the Nutshell."

On Monday, October 6, Norway tour guide Pål Johansen will offer a virtual tour of Norway's less-explored destinations — from seaside Ålesund and the Norwegian Riviera to the Gudbrandsdalen Valley wreathed with national parks. Along the way, Pål will share travel tips and stories, and at the end, he'll answer questions from the audience. The event will begin at 9:00pm Eastern / 6:00pm Pacific and last about 70 minutes. It's completely free to join, and you can register here: https://us06web.zoom.us/webinar/register/WN_1Rn0cf1FQ3Oyq7141odefw#/registration I believe the members of the Daughters of Norway will find the show fun and informative.



Julie Andrews Turning 79



She turns 89 on Oct. 1, 2025



this is hysterical! To commemorate her birthday, actress/vocalist, Julie Andrews made a special appearance at Manhattan's Radio City Music Hall for the benefit of the AARP. One of the musical numbers she performed was 'My Favorite Things' from the legendary movie 'Sound Of Music'. Here are the lyrics she used:

(Sing It!) - If you sing it, its especially hysterical!!!

Botox and nose drops and needles for knitting,
Walkers and handrails and new dental fittings,
Bundles of magazines tied up in string,
These are a few of my favorite things.
Cadillacs and cataracts, hearing aids and glasses,
Polident and Fixodent and false teeth in glasses,
Pacemakers, golf carts and porches with swings,
These are a few of my favorite things.
When the pipes leak, When the bones creak,
When the knees go bad,
I simply remember my favorite things,
And then I don't feel so bad.
Hot tea and crumpets and corn pads for bunions,
No spicy hot food or food cooked with onions,
Bathrobes and heating pads and hot meals they bring,
These are a few of my favorite things.
Back pain, confused brains and no need for sinnin',
Thin bones and fractures and hair that is thinnin',
And we won't mention our short shrunken frames,
When we remember our favorite things.
When the joints ache, When the hips break,
When the eyes grow dim,
Then I remember the great life I've had,
And then I don't feel so bad.



Check It Out

A Conversation with Restauration Replica Skipper, Kjell-Morten Ronaes:

<https://www.youtube.com/watch?v=XHeyu7cZMwk>



Traci: about Thompson Mills:

<https://stateparks.oregon.gov/index.cfm?do=park.profile&parkId=186>



Lynn: about Swan's Dahalias:

<https://www.dahlias.com/>



Candy: a fun link about Sasquatch-

<https://www.usda.gov/about-usda/news/blog/loss-space-threatening-north-american-sasquatch>.



A new Troll Museum in Bergen, Norway:

<https://bergen.trollmuseum.no/>



Candy: Icelandic Huldufolk

<https://www.thevintagenews.com/2017/10/22/many-icelanders-believe-that-the-huldufolk-a-race-of-elves-live-among-them-but-in-smaller-houses/>



EBF High School Student Exchange: We are so excited to share that two amazing Scandinavian students (Sweden & Norway) are looking for host families here in the U.S.!

<https://www.efexchangeyear.org/iec/donn-a-anderson/>



3 Newest Thomas Dambo Trolls in Rhode Island:

<https://turnto10.com/news/local/three-new-trolls-make-their-debut-across-rhode-island>



Mrs. Skipper



Eric Rock



Iver Mudslider

Faith Lutheran Church News

<https://www.faithlutheranjc.org/newsletters>

Giving Opportunities, Sisters we can also help.

Bunches of Lunches: (BOL) Leave your donations of fruit cups and/or applesauce cups in the blue tote in the hall.

Bring your empty egg cartons to the hall, Larry will deliver to Local Aid for use.

Help For Low Income Pets & their people. Collecting warm socks, hats and gloves for people on the street (neighbors in Christ), place your donations in the marked box in the fellowship hall.

Also, pet food (Kitty and Fido didn't like the new food you bought?) donate it... I take opened bags! Sandy W.

Donate your returnable cans and bottles. Use the blue bags found in the parish hall.



The Sloop Restauration

arrives in North America-October 9, 2025

<https://crossings.norwegianamerican.com/>



See Check It Out on page 2 for link to hear a talk by the skipper
October Events-there are a lot this month

- Oct. 2,9,16,23, 30: Men's Bunad Vest from Østerdalen Online Class
- Oct. 3-5: Celebrating Norwegian Immigration
- Oct. 3: Musical Migration with Laura Loge and Steven Luksan – Nordic Northwest*
- Oct. 4: Intro to Lefse Making Class
- Oct. 5,8: Book presentation: Crossing the Atlantic to America in 1825
- Oct. 5: Tracs in the Sea. Tracs in the Soul.
- Oct. 6: North Star Rising: Alisa Jordheim, Soprano
- Oct. 8: From Fjord to Frontier
- Oct. 8: Norway's Beautiful National Costumes
- Oct. 9: Public Gathering – Arrival of the sloop Restauration – "Folkefest"
- Crossings Commemoration Dinner and Program*
- Immigration in the 1950s and '60s: An Interview with Two Norwegian Americans
- Hardanger Fiddle Concert.
- Leif Erikson & Norwegian-American Centennial Cantata*
- Restauration: The Norwegian Mayflower by Rosanna Gutterud Johnsrud. A Community Play-Reading
- Oct. 10: Leif Erikson & Norwegian-American Centennial Cantata*
- Oct. 10: Kaizers Orchestra at Town Hall
- Oct. 12: 200th Anniversary Dinner and Program at the Sons of Norway
- Oct. 12: Leif Erikson & Norwegian-American Centennial Cantata*
- Oct. 13: Historic Nordic Wooden Instruments
- Oct. 15: Cleng Peerson, Sloopers and Immigration prior to Civil War
- Oct. 18: Bethesda Lutheran Church 69th Annual Scandinavian Coffee and Craft Fair
- Oct. 18: Musical Migration at the Saltwater Music Series
- Oct. 22: One Ocean Week Seattle: Statsraad Lehmkuhl*
- Oct. 23: Lecture: The Norwegian Discovery of America and the Creation of a Norway in America
- Oct. 23: Explore Your Norwegian Roots
- Oct. 24: Rosemaling with Marilyn Hansen (National Nordic Museum)*
- Oct. 25: Introduction to Needle Felting: Painterly PNW Landscapes*
- Oct. 26: Beginner/Intermediate Nålebinding (National Nordic Museum)*
- Oct. 27: Norgesskolen Akademi

*items are in the Pacific Northwest

Check the above website for more information including ongoing events plus places, times, & prices for all events.

Sorry to say most take place in the mid-west, though this month there are some on the west coast, some online.

Also we do have the book "Giants of the Earth" in our Lodge Library.



Information (Informasjon)

Happy Sunday from Sisters, Oregon Finn Ware tried Fika Sisters Coffeehouse, and it was definitely a treat!



Swedish Halloween

The first Halloween celebrations in Sweden took place in the 1950s, courtesy of some American exchange students who brought this tradition with them. It took until the late 1980s & 1990s, before Halloween became established in Sweden. Here, it is mainly celebrated in macabre fashion by children & young people with pumpkins & dress parties.



The Pacific Northwest Trolls Road Trip

takes you on an adventure to find six giant wooden trolls hidden across Washington and Oregon. Built by Danish artist Thomas Dambo...who has created more than 30 trolls across the US...these massive sculptures mix art with a little magic. Five trolls are scattered around the Seattle area, making it possible to see them all in a single day. To finish the quest, head south to Portland, Oregon, where the sixth troll waits, peeking into the roof of a small cabin. It's a quirky, one-of-a-kind road trip that brings the Northwest to life.

Pia The Peacekeeper (Bainbridge Island)
Oscar The Bird King (Vashon)
Frankie Feetsplinters (Ballard)

Jakob Two Trees (Issaquah)
Bruun Idun (West Seattle)
Ole Bolle (Portland)



Member News (Medlemsnyheter)

Sorry Traci & Lynn these had to wait until this newsletter. Sept. newsletter was done when you posted them.

Traci

Oregon's oldest water-powered mill. About ten-fifteen minutes from Corvallis (take Peoria Road to Fayetteville for a lovely drive!) and early enough to miss game-day traffic coming back— this is really cool. I never realized this precious grist mill existed until I moved out here! Kids love it and you'll all learn a lot!



Lynn

I spent several hours August 29 at [#swanislanddahlias](#) and it was amazing! So many beautiful dahlias and so much fun. I highly recommend visiting during their Dahlia Festival August through September.



Traci

Had a great week (last week of Aug.) tagging along on Steve and Chase's business trip to Boston and Rhode Island. Took a side trip to beautiful Plymouth to see this exact replica of the Mayflower, gifted to us from England in the 50's. Good river boat tour in Providence, great food all around! Perfect weather, too



Kae

Friday's (Sept. 5) Block Party in Springfield. I wanted to see them redo the painting of Kesey on the Planktown building.



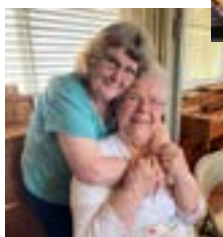
Carol

Made by my friend Ellen and me.



Randi

It was sooo good to see all of you and those HUGS I received were even better! A PERFECT DOT ABOVE THE 'I' as they say in Norway and that say -; perfection' !



Kathy

Fun with my Co-workers at our employee appreciation event today (Sept. 11)!



Member News (Medlemsnyheter)

Jill

I had planned to be in Wenatchee, WA for my 60th Class Reunion on Sept 13. However, I started feeling sick on the 8th and tested positive for Covid! Hadn't been to my home town in 23 yrs. and hadn't been sick in many years!



Kae

Earlier today (Saturday, Sept. 6), my grandson Marcel and I went to see the impressive metal horse that local artist Jud Turner of Oblivion Gallery has made for the City of Wenatchee (Washington). It is to commemorate the local P'Squosa tribe and will be located in the park next to city hall. It took him about 4 months, off and on, to complete this sculpture. He told us that it took him three tries to get the lips right -- the first two tries looked more like hot dogs stuck on there!! The first picture shows a perfectly spooky altar (?) just in time for Halloween!



Lynn



Early Sept. we spent a week in Coos Bay camping. The weather was perfect, the scenery beautiful, and the relaxation we desperately needed was amazing! And the dogs had fun too.



Carol

Our friends, Jim and Dawn, who were married the same month and year that we were but we didn't meet them until years later. We also both visited Victoria for our honeymoon so decided to go back for our 50ths!



Michelle

Lots of work to do but it's still 40 acres of heaven. We have moved to South of Winnemucca, NV, in Grass Valley.



Loretta

I recieved a nice letter from Loretta with an update 9-22. I will paraphrase & add quotes from the note. "Yep, proof of life--my note". They had a bad storm at some point & tree limbs came down on her house & damaged the roof & woodstove. It was being repaired as of 9/22. The stove from Sweden was repaired, repainted & replaced in the room. She sold her car & bought another "for myself to myself for Mother's Day, it's silver to match my hair--bling bling". Last New Year's Day folks braved the snow to celebrate her 70th birthday. Her kids are all doing well. Her mom had kidney & congestive heart failure & passed Aug. 18 at 92! She & the kids are planning family trips beginning Spring 2026. "Tell my Sisters all hello & I send my love, prayers & blessings."



Kae

On September 24, at the SofN, 150 pounds of potatoes were being turned into lefse dough and we rolled and baked lefse on the 25th, 26th. (Kae took the pictures, so she is not in them). Pictures show steps: peeling, mixing, setting overnight, rolling, cooking.



Emily

Picked up my sweet bubba today. (Sept. 22)



Meeting Information (møteinformasjon)

September Meeting-September 20, 2025

I was unable to attend the meeting, so we have a report from Amey & info from the minutes.

Amey: Kathy, Traci, Amey and Ellen shared their Convention experiences. All especially appreciated the bunad show which took the time to showcase each region of Norway individually, some with ornately embroidered backs too. A local presenter portrayed Laura Ingalls Wilder, with a wonderful display of artifacts of her life and photos. Kathy and Traci decided to visit one of Laura's homes near Sioux Falls on their way to Minneapolis after Convention.

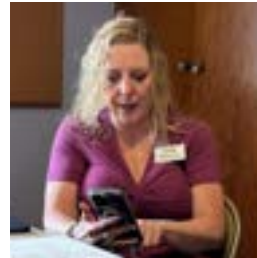
Each attended cultural classes, which will be presented as separate cultural programs over the next year.

From the minutes: Amey and Doug camped unless it was raining. Traci and Kathy showed us pictures from their after-Convention road trip, including the Laura Ingalls Wilder museum & Ellen visited her oldest daughter in Charlotte, NC, then went to Charleston, SC to see her middle granddaughter and then flew back home. Colleen graciously brought delicious chocolate chip cookies. The door prize was a Dala Horse bag, potholders, & a plate donated by Carol & won by Traci. Exciting news; Karin L. & her daughter will be going on the Daughters of Norway Cruise next July. Thank you to those of you who took pictures for Shirley. Thank you to Kae for the minutes, helpful information.

Meeting Pictures



Presenter Pictures



Convention Pictures



Laura Ingalls Wilder Pictures



Culture (Kultur)

Culture for October



There will be no Culture in October, instead we will have elections, the business meeting and adjourn to go to Abby's Pizza Parlor to celebrate a good year past & a Happy Birthday Lodge #52. Pizza & drinks will be provided by the lodge. If for some reason you can not eat pizza the lodge will pay for a salad, so no excuses, please come cast your vote (see pg. 2) & enjoy lunch. Let's have a big showing this year & Celebrate!

Gage Books

[etsy.com/shop/VikingGrammy](https://www.etsy.com/shop/VikingGrammy)



Gage Books, weaving Norse folklore, ghostly tales, and magical adventures. Written by Lizbeth & Sarah Gage, we bring imagination to life through stories that spark wonder, laughter, and a touch of the unexpected. From spooky ghost tales to whimsical children's adventures, our books are crafted to entertain readers of all ages.

Thomas Dambo

<https://www.thomasdambo.com/>

We've heard of Ole Bole #120 at NordicNorth West. Thomas Dambo is an artist based in Copenhagen,



Denmark. He makes beautiful & fun sculptures out of recycled materials. By doing this he hopes to inspire everyone to have fun & think of "trash" as a valuable resource. His last sculpture was unveiled in Sept. in Rhode Island. Find the map & list of all 163 of them on the above website. See page 3 for link to Rhode Island Trolls. Also page 5 for the NW tour info.

Our Sister Lodge

<https://www.daughtersofnorway.org/>

Submitted by Amey

Nellie Gerdrum #41

in Bellingham, Wash. was founded in 1999. They meet the 2nd Saturday of the month at a Lutheran church, skipping July and August. The lodge hosts an annual



Scandinavian festival every November in Bellingham. The lodge does field trips and has a choir which has performed in many Norwegian cities. The choir is open to all women in the area, which helps introduce the community to DN through concerts and other outreach activities. The lodge supports local charities benefitting women and children in need, as well as the DN scholarship fund.

Lodge Name

Nellie Gerdrum, born Petronelle Rejersdatter in Norway in 1856, married a Norwegian man in 1884 before they emigrated to the US in 1885. Their daughter was born when they moved to Chicago. The family moved to Tacoma, then settled on a homestead of 130 acres on Silver Lake, which became a popular tourist destination for camping and fishing. Nellie would house and feed the visitors, and her husband gave guided tours of the area. Their home became the first resort on the lake, and is now a museum. Nellie was trained as a nurse in Oslo, and was the only midwife where she lived in Washington.



Culture (Kultur)

I thought October was a good month to talk about mythical creatures. There are many different magical beings in Scandinavian mythology. Here are some along with one from the United States.

NECKS



The Danish Nokke, Finnish Vetehinen, Norwegian Havmann, Swedish Neck, & Icelandic nykur is a male water spirit. The modern Scandinavian names are derived from an Old Norse "nykr", meaning "river horse." He is a shapeshifter, often described as 1/2 man & 1/2 horse who dwells in water. A master musician who sang until the 16th century, then favored the harp or violin, he preyed on unsuspecting women & children by luring them to the water to be drowned. The music he weaves is magically enchanted. He has the ability to stretch his back so as many as possible could ride at the same time, then he dives deep to drown them.



Common
Fall Gnome

HULDUFÓLK



(Hidden people) They are similar to humans, but live in a parallel, unseen world within, beneath or behind the rocks, living in harmony with nature. They are friendly and helpful, but they will retaliate with hardships if they or their habitats are threatened or disrespected. There have been roads in Iceland that have odd curves around rocks called elfstones because of strange misfortunes during construction. Huldurfolk are described as small & fancifully dressed. They are somewhat magical, & can make themselves invisible.

TROLLS



Trolls are usually thought of as large, ugly, brutish giants that are hostile to humans. They live in mountains & caves & deep forests. They carry trees as clubs & live alone or in small family groups. They are anti-Christian and hate bells. They're afraid of lightning and they turn to stone in the sunlight. There are many places in Norway named after trolls including Trolld-Tindterne (troll peaks), Trollstigen (troll's ladder) mountain pass, & Trolltunga (Troll's Tongue) mountain road.

SASQUATCH

(Bigfoot) The name Sasquatch comes from the Salish word meaning "Wild man". "Bigfoot" was coined in 1958 after large footprints were found in the forest. He's described as a large, hairy, ape-like humanoid that lives in the forests of North America, especially in the Pacific Northwest. It is not to be confused with a Yeti, which is a different creature from a different part of the world. Native Americans often said it was a messenger of warning telling man to change his ways, after noticing he often appeared in times of danger. The debate of his existence is widespread & there are entire organizations that exist to study and document it.



HALTIJA

A haltija is a spirit, gnome, or elf-like creature that is guard and protector over a specific place, thing or person in Finland. They are usually unseen but can appear as human or animal. They are usually helpful but can cause mischief or displeasure if disrespected. Respect is crucial! They come in many forms. Tonttu are attached to a house the Metsanhaltija to the forest, & Vedenhaltija are connected to the water.



ELVES

(The Alfar or älvor) are slim & tall, with pale skin and hair. They either don't age or age very slowly. They are said to have supernatural powers. They are from Alfheim, (One of the 9 realms of the world tree, which you've got mail is ruled by Freyr). They can inhabit the forests and hills in Sweden & elsewhere, where they are closely related to the mist.



A Dream of Milk & Honey

A stop video animated film of the immigration from Norway to America by Vesterheim

Museum:

<https://www.youtube.com/watch?v=KtK9AbrGaQQ>



Finnish & Swedish Immigration



In March 1638, Finnish and Swedish settlers arrived in the Delaware Valley aboard the ships Kalmar Nyckel and Fogel Grip, establishing the colony of New Sweden. This marked the first permanent European settlement in the area, with the initial fort, Fort Christina, built at the site of present-day Wilmington, Delaware. The colony eventually extended along both banks of the Delaware River, encompassing parts of present-day Delaware, New Jersey, Pennsylvania, and Maryland, according to The Swedish Colonial Society.

H.R.H. Crown Prince Haakon of Norway visits the US!

His Royal Highness the Crown Prince of Norway will visit New York, Iowa, and Minnesota from October 6–9. As we celebrate 200 years of organized immigration from Norway to the United States, this royal visit will further strengthen the close ties between our two nations. The Crown Prince will visit key sites and communities that have shaped—and continue to shape—the Norwegian-American friendship.

From October 6–8, His Royal Highness will visit Decorah, Iowa, and Minneapolis/St. Paul, Minnesota. On October 9, The Crown Prince will welcome Restauration at Pier 16 in New York — a replica of the ship that launched organized immigration 200 years ago.

Foreign Minister Espen Barth Eide and Minister of Trade and Industry Cecilie Myrseth will be joining the visit, representing the government. We look forward to welcoming His Royal Highness and celebrating the shared heritage and continuing friendship between our two nations.



Danish Immigration



Danish immigration to America in the 1800s was driven by economic hardship following a war with Germany in 1864, population growth leading to scarce jobs and land, and religious opportunity, particularly for Mormon converts headed to Utah. The largest wave of immigration occurred in 1882, with immigrants primarily settling in the Midwest to become farmers and contribute to the growing dairy industry.



Norwegian Immigration



On May 20, 1862, the U.S. passed the Homestead Act, offering 160 acres of free land to anyone willing to live on it, farm it, and make improvements.

For many Norwegians facing limited farmland and economic hardship back home, this was a life-changing opportunity, and it greatly increased Norwegian migration to America.

Recipes (oppskrifter)

Recipe of the Month (Månedens oppskrift)

Pumpkin Collar Cookies (snipp med gresskar)

<https://northwildkitchen.com/pumpkin-collar-cookies/>

Ingredients:

- ½ cup thick pumpkin puree
- ¾ cup buttermilk
- ½ cup butter, melted
- ½ cup granulated sugar
- ½ cup brown sugar
- ½ teaspoon ground cardamom
- ½ teaspoon ground ginger
- ¼ teaspoon ground nutmeg
- 1/8 teaspoon ground cloves
- ¾ teaspoon baking soda
- 2 ½ cups all-purpose flour



Directions

1. Preheat the oven to 400°F (200°C). Line 2 baking sheets with parchment paper.
2. In a large bowl, whisk together the pumpkin puree, buttermilk, and melted butter. Add the granulated sugar and brown sugar and mix to combine. Add the cardamom, ginger, nutmeg, cloves, and baking soda. Fold in the flour and combine to form a soft dough.
3. On a well-floured surface, using a rolling pin and more flour as needed to prevent sticking, roll out the dough until about ½ inch thick. Using a small knife, cut out about 30 to 40 "collar" or diamond shapes, each about 4 inches long. Sprinkle the tops of the cookies with cinnamon and sugar. Arrange the cookies on the prepared baking sheets, leaving space in between, and sprinkle the tops with cinnamon and sugar.
4. Bake for 10 to 12 minutes, or until golden. Transfer to a wire rack to cool. Makes 30-40 cookies. Store in an airtight container for up to 1 week.



According to Randi our expert

Norwegian Cook

the FÅR-I-KÅLEN recipe in the Sept. newsletter is wrong:



"That was much too much water to be added and it's supposed to SIMMER for at least 2 Hrs., all the while one has to shake the pot every so often so the food does not stick to the bottom, because no more than maybe one cup of water has been added.

The finished product should not have more than a tablespoon of liquid when served.

PS: By adding the flour slurry and additional spices, the flavor of the dish WILL disappear, guaranteed!"

SofN Lefse Recipe:

The procedure is as follows:

1. Cook 150# potatoes
2. Peel the potatoes
3. Rice the potatoes
4. Mix the riced potatoes by:
5. Scoop out 10 cups of potatoes and add salt, sugar, and cream, then mix in the Kitchen Aid mixer until you get a good dough.
6. Then mound it on a tray lined with wax paper and cover the dough with plastic wrap and a kitchen towel and put it in the cooler overnight.
7. The next day, you mix in the flour, make fist-sized balls, roll them out and bake them on the griddle. Voila! See pics on pg. 6



Judy's Recipe Corner

Ham, Zucchini & Pumpkin Risotto

<https://www.food.com/recipe/ham-zucchini-pumpkin-risotto-41288>

Ingredients

- 3 tablespoons butter
- ½ cup finely chopped onion
- 1 clove garlic, minced
- 1 cup dry white wine
- 2 cups arborio rice
- ½ teaspoon salt
- ⅛ teaspoon black pepper
- ½ cup ham, diced
- 6-8 cups hot chicken stock
- 1 ½ cups pumpkin, OR diced butternut squash
- 1 ½ cups zucchini, diced
- 1 ½ teaspoons dried basil
- ¾ cup grated parmesan cheese

Directions

1. In a large saucepan, melt 2 tablespoons butter over medium-low heat.
2. Add onion and garlic and cook for 2-3 minutes until onion has softened.
3. Add the wine and cook until the liquid is reduced by half. This should take 3-5 minutes.
4. Add rice, salt, pepper and ham and stir to coat evenly.
5. Add 2 cups of stock and stir over medium heat until absorbed. This should take 5-6 minutes.
6. Stir in pumpkin and zucchini.
7. Continue to add as much stock as needed, 1 cup at a time, stirring until rice is creamy and tender but still firm in the centre. This should take 15-18 minutes from the time you add first stock.
8. Remove from heat and stir in remaining 1 tablespoon of butter, basil and parmesan cheese.





Halloween Word Scramble

1. okypos _____
2. pkpinum _____
3. treta _____
4. oghst _____
5. ydanc _____
6. rpivame _____
7. keonstel _____
8. luhgo _____
9. pecyre _____
10. tomcuse _____
11. nthua _____
12. owaercrcs _____
13. iyderah _____
14. oblod _____
15. labck act _____
16. ogbiln _____
17. mymmu _____
18. rasye _____
19. piserd _____
20. sremca _____

JOKE OF THE MONTH (Månedens Vits)



Mythical Creatures Word Search

N	W	B	L	B	S	H	D	Z	O	O	E	H	F	C
E	E	N	Y	U	B	A	E	E	L	M	O	C	H	S
I	R	C	N	Z	D	L	T	N	A	I	G	T	U	E
R	E	N	K	I	K	T	X	X	T	S	R	A	L	T
Y	W	H	X	S	O	I	M	B	P	K	D	U	D	M
K	O	N	L	O	T	J	J	I	I	R	M	Q	U	O
L	L	Y	F	S	G	A	R	Y	A	N	K	S	F	T
A	F	G	O	P	Z	I	E	G	R	T	L	A	O	Q
V	I	H	O	G	T	F	O	R	F	I	U	S	L	A
B	G	U	D	N	L	N	L	A	I	X	A	B	K	O
K	I	C	Z	F	T	B	B	E	I	P	Y	F	A	Z
W	W	R	R	R	N	Y	E	T	I	J	M	W	G	N
Y	T	R	O	H	L	E	P	R	E	C	H	A	U	N
Y	N	L	M	E	M	O	N	G	O	M	P	G	V	R
N	L	C	M	P	H	R	N	D	I	A	M	R	E	M

Find the word in the puzzle. Words can go in any direction.
Words can share letters as they cross over each other.

Word List

BIGFOOT

GNOME

SASQUATCH

WEREWOLF

GHOST

MERMAID

VALKRIE

ELF

HULDUFOLK

TOMTE

FAIRY

LEPRECHAUN

TROLL

DRAGON

HALTIJA

SPIRIT

YETI

GIANT

NECKS

VAMPIRE

Did You Know This About Pumpkins?



1. Although we often think of pumpkins as vegetables, they're actually fruits!
2. Every part of the pumpkin is edible, including the skin, leaves, flowers, and stem.
3. The 'Pumpkin Capital of the World' is Morton, Illinois. Home of Libby's pumpkin industry.
4. Pumpkins were once considered a remedy for freckles and snakebites.
5. Pumpkins have been around for at least the last 5000 years.
6. Pumpkins are actually made up of 90% water.
7. A small sugar pumpkin is the best choice for baking.
8. Every October 26th you can celebrate National Pumpkin Day.
9. Over 45 different varieties of pumpkin exist.
10. The practice of carving Jack-O'-Lanterns was brought to America by Irish immigrants.



Upcoming Events (Kommende arrangementer)

SONS OF NORWAY

SONJA DAUGHTERS' ANNUAL
HOLIDAY FAIRE & BAKE SALE
SATURDAY - NOVEMBER 1, 2025
9AM - 2PM
710 McKinley St, Eugene
Christmas & Scandinavian Items
Handicrafts
SILENT AUCTION



Bake Sale Featuring

Lefse, Breads, Krumkake, Cakes, Pies,
Cookies

LIGHT LUNCHEON AVAILABLE

Yellow Split Pea Soup & Vegetarian Soup
Norwegian Open-Faced Sandwiches
Desserts & Gluten-Free

Cash, Check or Venmo ONLY

Bazaars/Fests

We may or may not be participating in the following Holiday Events:

- Yule Fest-Junction City
- St. Helen's Catholic Church Bazaar
- Faith Lutheran Church Bazaar

Watch for emails, check minutes & next months Newsletter for further info.



Save the Date

Our Holiday Get-together has been set up with Judy at her Senior Living Home again this year for: **Sunday, Dec. 7, 1-3 pm.** More details in Nov. newsletter.



An Afternoon With The Norsemen



The Norsemen will be performing an afternoon concert at 2:00 pm on October 5th, 2025. The concert will be held in the meeting room at Sonja Lodge followed by light refreshments. \$15 at the door via cash, check or credit card (there is a slight cost added for CC purchase).

For advance ticket CC purchase online:

<https://m.bpt.me/event/6717857>

Scandinavian of the Year

Nominations are open for the Scandinavian of the Year Award. Scandinavian of the Year is a prestigious award given annually by Nordic Northwest to an individual who has made an outstanding contribution to their organization and to the wider Nordic community in the Pacific Northwest.

The deadline is November 1, 2025. We invite your organization to nominate a person who has made such a contribution. In addition, we encourage the person you nominate to be present on Saturday, December 13, 2025 for the awards ceremony at ScanFair – Nordic Northwest's Nordic Christmas Market in the Convention Center and to remain at the festival as long as possible.

Please send nominations to Nordic Northwest (8800 SW Oleson Road, Portland, OR 97229) or email them to sassac@nordicnorthwest.org.

Nordic Northwest Events for October

<https://www.nordicnorthwest.org/upcoming-events>

Go to website for more info, tickets, etc.

- Oct. 2, 9, 16, 23, 30-The Cinema of Ingmar Bergman with Professor Thomas Birnie
- Oct.3-Musical Migration Concert
- Oct. 12-Eeppi Ursin - Family Concert
- Oct. 17, 18-Fogelbo Tour
- Oct. 18-Harvest Flower Crown Making
- Oct. 19-Mini Woven Wall Hanging with The Nordic
- Oct. 21, 25, 28, 30-Swedish Roots in Oregon Genealogy Sessions
- Oct. 22-Lillördag




There are also multiple knitting, conversation, etc. events on a monthly basis.

Faith Lutheran Church Event November 14 & 15 Holiday Bazaar


This is everyone's bazaar, managed by the Women's Group (DLA). Proceeds to charitable organizations and for church projects. What can you contribute to the bazaar? Your homemade talents are needed! Baking, cooking, crafting. Wood working items, pottery, jewelry, etc. Can you provide breads, cookies, pastries, candies, pies, pickled items, jams or jellies? We again have a gently used Secondhand area where you can donate items. Dorothy Senchina (541.554.9632) is who to contact regarding what is acceptable. Examples: Christmas home decorative items, dishes, glassware, unused gifts (check the back of your closet), linens, CDs, DVDs, nice Christmas ornaments (no strings of lights), books, puzzles, etc. Time to get on board and plan what you'll make and donate. We'll serve cinnamon rolls and sandwiches, soups, and desserts for lunch both days.



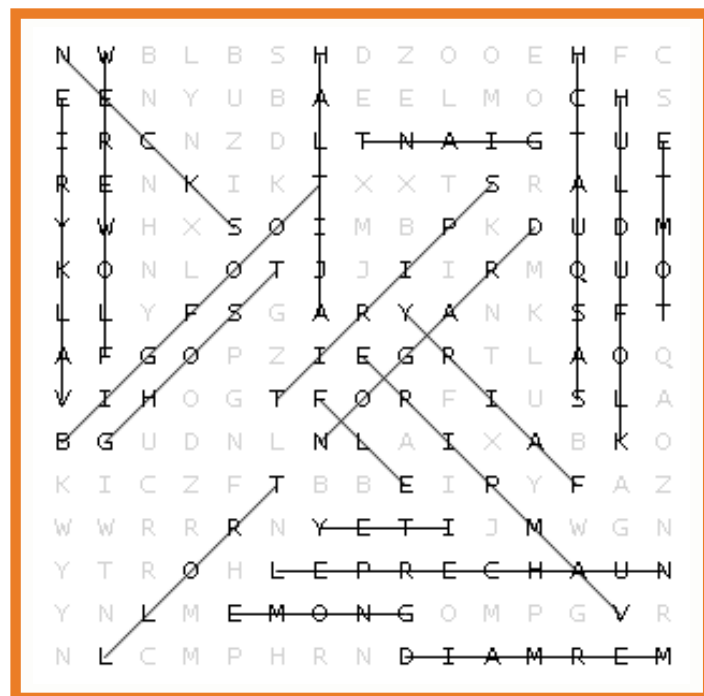
Kae says: Hearing Laura Loge sing is a real treat. Nordic Northwest is having a concert on Oct. 3. 7:00-8:00. See page 4 & above for more details



Halloween Word Scramble



1. okypos	spooky
2. pkpinum	pumpkin
3. treta	treat
4. oghst	ghost
5. ydanc	candy
6. rpivame	vampire
7. keonstel	skeleton
8. luhgo	ghoul
9. pecyre	creepy
10. tomcuse	costume
11. nthua	haunt
12. owaercrcs	scarecrow
13. iyderah	hayride
14. oblod	blood
15. labck act	black cat
16. ogbiln	goblin
17. mymmu	mummy
18. rasyc	scary
19. piserd	spider
20. sremca	scream



HAPPY HALLOWEEN SISTERS
A BIG THANK YOU TO ALL WHO HAVE
HELPED WITH THE NEWSLETTER
THIS MONTH..TUSEN TAKK