



SONS OF NORWAY

Edvard Grieg Lodge 657 District 5

Cincinnati-Dayton, Ohio & Kentucky

- First Lodge in Ohio -

20th Anniversary

Sons, Daughters and Friends of Norway Newsletter

May 2020

Official Statement from Sons of Norway International Headquarters

LODGE MEETINGS AND IN-PERSON EVENTS

Sons of Norway has been following the COVID-19 (coronavirus) pandemic closely. In light of the declaration of a national emergency in the United States, and the CDC's recommendation to avoid in-person gatherings, we strongly recommend that all Sons of Norway lodge meetings and in-person events be postponed through at least May 31. We will continue to communicate updates as the situation evolves.

We recognize the difficulty this poses to all of us, but it is important that we work together as an organization to respond to this crisis responsibly. Please continue to follow all state and local guidelines as you make decisions for your lodge. If we can help in any way, don't hesitate to contact the Fraternal department at fraternal@sofn.com.

Notes from Lodge President

I hope everyone is safe and well. The impact of COVID-19 on the life of the lodge has been substantial: in person monthly meetings for March and April have been canceled, and it is highly likely to result in cancellation of our annual Syttende Mai celebration (see the statement from the Sons of Norway above) One of our major fund-raising events (the Dayton International Festival) has been canceled. The Dayton International Festival was also a major source of new members, thanks to the recruitment efforts of our members at the booth (led by Esther Charlton, Nelda Chandler and Sharon Smythe). Summer events are like-wise up in the air. Nonetheless the life of the lodge goes on. We had a fun and well-attended coffee hour via Zoom on Saturday April 25th, and are planning a Syttende

Mai Zoom event with requisite singing and revelry (please practice Ja Vi Elsker!) on the 17th, details forthcoming. We will NOT let this get the best of us: Susan and I plan to host a belated Syttende Mai celebration in the fall if possible. Our Julefest this year will be doubly festive, celebrating the season as well as the 20th anniversary of our Edvard Grieg Lodge (as well as the 125th anniversary of the founding of the Sons of Norway). In the meantime, stay tuned for Zoom and web-based events: we are able to offer presentations via Zoom, and some of the other lodges are sharing access to some of their virtual events (e.g., the weekly Nordic News radio show I shared with you earlier this week). It is my hope, no, my belief that we will emerge from this a stronger, more closely knit Lodge.

Finally, rest assured that the Edvard Grieg Board places priority on the health and safety of our members. We will heed the advice of the Ohio governor and health professionals in determining when it is safe to gather again.



Lodge President Jim Herman

I close with a quote from the Norwegian Prime Minister: 'Denne kampen kjemper vi sammen' ('this fight we are fighting together').

Hilsen, Jim

Membership

We would like to make the Lodge aware of the death of Tom Johncox, a Lodge member living in Rochester, NY (Jim Herman's brother in law). Many remember his contributions to our Syttende Mai celebration two years ago. He will be sorely missed.



Member Tom Johncox on 17 mai 2018

Birthdays

May

Nathaniel Powers[1], Niki Powers[14], Liv Ramstad[15], David Bruestle[22], Marilyn Bossman[27].

June

Lance Larsen[2], Shane Russell[4], Clare Williams[7], Pam Nelson[13], Karl Hoalst[14], Theodore Powers[19], Gail McGinn[22], Dominic Sedler[25], Carol Stone[25], Carol Luiso[28], Marilyn Lau[30].

July

Soren Russell[5], Janice Ohlsen Betscher[7], Angel Shirkey[8], Tim Holmen[9], Ben Powers[11], Monica DuShane[13], Maria Luiso[13], Roy Solvik[16], Jorgen Jorgensen[17], Lawrence Ethun[20], Katherine Herman[23], Conor DuShane[25], Tom Varland[29], Kristin Szava[31].

May 2020 lodge meeting

Syttende Mai Celebration
(Norway's Constitution Day)!!

Sunday, May 17 by Zoom, meeting at 1:00pm. Look for an email in the week prior for the Zoom meeting link info.

We will celebrate our heritage, but will definitely miss how we have typically celebrated with all the great food dishes and fun time gathering together in a member's home.

June 2020 lodge meetings

Celebrate the Summer Solstice!

Saturday, June 20 starting at 4:00pm

Stay tuned for more info as we all get through May. Potluck dinner and Pool party at Susie & Glenn Mikaloff's home in Springboro.

Recaps

March 1st was the last time several of our lodge members gathered together at an event. It was the Cincinnati Civic Orchestra concert "Music of the Nordic Lands". The sanctuary space was packed with musicians and guests and the program was a great variety of known as well as rarely heard pieces. The reception was a hit: over 30 dozen delicious Scandinavian cookies were provided by our members and members of the Scandinavian Society! Here are a couple pictures from that day:



LtoR: Lodge members Elisabeth Pettersen Sonoff, [Miti von Weissenberg, member of the Scandinavian Society, in Finnish costume], Esther Charlton, Carol Luiso in Norwegian bunads.



Esther Charlton preparing punch for the reception.

Unfortunately, in early March the libraries closed, and we were unable to hold our March meeting (Norwegian Winters), as well as our April meeting (Karl Halvorson on his 2019 Appalachian Trail Thru-Hike Attempt). And you know the rest! We had a fun first time Zoom Coffee Hour on April 25, with 15 members who participated and 6 pets made appearances!

Something I forgot to report in the March newsletter: our lodge knitting group created 24 gorgeously cute red baby hats which I delivered on January 3 to the AHA office on Madison Road in Cincinnati for them to distribute. Thanks to lodge members here (and member Arlene in WI) who worked on the project.

Susan Herman, Social Director

Festivals

Many events are being canceled this spring, because of the coronavirus. The two in which we have participated have been canceled for this year.

The Asheville Viking Festival which always has been the last weekend of April was canceled. In fact they waited quite a long time before making it official that it would not happen this year.

The Dayton International Festival has always been on the third weekend of May. At first they were going to reschedule it for the third weekend in October, but now have decided to just cancel for this year. All you wonderful people that have helped with the Dayton event in the past we will hope to see you in May of 2021.

We will all hope and pray that our life and world around us gets back to a more normal pattern soon.

We Honor & Celebrate:

So many young adults all over this country and the world have given away their last semester of High School, Proms, Graduations, graduation parties, rites of passage. They gave it up to save others and we will, at some point in the years to come, look back and know they were heroes for what they gave away. These young adults are our future, and we look to them to make changes, use their creative skills and minds to invent and create solutions, and make this a better world. We are blessed to have one in our lodge that many of us know and we wish to honor and celebrate her:

Maria Luiso, granddaughter of long time Sons of Norway member, and former lodge officer, Carol Luiso, is a member of the Summit Country Day School graduating class of 2020, who like most seniors, will not experience the traditional graduation ceremonies or senior festivities this year. You may remember her from her duet with her grandma at Julefest 2018 or when she sang a Norwegian song this past year at Julefest.



Maria's final performance in high school musicals, Fiddler on the Roof with St. Xavier High School,

was cancelled due to Covid19, but she thoroughly enjoyed playing her favorite role in the show, Hodel, during rehearsals. Last year, she was a vocal semi-finalist in the Overture Awards competition, accompanied on piano by our very own Edvard Grieg Social Director, Susan Herman. Maria also played the role of Maria in the Sound of Music at the Summit Country Day School as a sophomore.

Her passion for singing and theatre arts is only a small part of who she is, however. Maria is a National Merit Scholar finalist who, in addition, scored a perfect score on her ACT. She has been recognized as an AP scholar for her consistently high scores on her AP course exams. She serves as Vice President of the Summit Country Day National Honor Society and serves as a birthday bag and cake maker for the homeless through Our Daily Bread. As an athlete, she has been a regional qualifying cross-country runner twice in her high school career and also a regional qualifier in the 800 meter run.

In the fall, Maria will begin her Engineering studies at Northwestern University. She has been interested in Northwestern since she first visited with her family at age eight when her older brother toured it. A well rounded young woman, Maria is excited about the wealth of opportunities to pursue her different academic and extracurricular interests at Northwestern University!

Fun News & Contests

If you are not aware of our District 5 website, you should check it out right now! The home page is: <http://www.sonsofnorway5.com/>. It is full of information, and right now while you are staying at home, taking walks, doing yardwork or other activities, you can participate in the Virtual Walk to Norway (which has now been extended thru December 15, 2020). From the D5 website: 'When the challenge was designed, the Sports and Recreation Committee identified three purposes of the walk:

- 1) To promote fitness among our members
- 2) This challenge provided an opportunity for our District to celebrate the 125th Anniversary of the Sons of Norway, as we headed toward the site of the 2020 International Convention.
- 3) To help provide some on-going support for Masse Moro, the 5th District's heritage camp.'

http://www.sonsofnorway5.com/programs/sports_and_recreation.php

Our lodge does not have a sports director, but if you are interested in participating in this virtual challenge, let me know and I will help with information/questions as best I can. There is a whole 'Activities to Steps Conversion Chart' in place to make it easy for you to calculate steps (30min vacuuming = 87steps or 30min yard work = 111steps). You can earn a sports medal or two or three. Please join me in taking on this challenge! susan.herman3501@gmail.com

District 5 Scandinavian Photo Contest (submit up to 5 photos by July 5, 2020 deadline)

http://www.sonsofnorway5.com/conventions/convention_contest.php

Did You Know?



Did you know that the word Norge means the way to the north?

Did you know the national animal of Norway is the Elk? It is the largest mammal in Norway. Drivers are extremely concerned about hitting one, especially at night when visibility is poor.

Did you know that the national flower of Norway is the purple heather? It grows in almost all parts of the country, from the coasts too high in the mountains. It blooms in the summer with small pink petals, which provide nectar for bees and other insects.

Did you know that the national bird is the Dipper Bird? It is a rather small bird that lives on the larvae and the plants that it finds in rivers and streams.

This was posted to the newsletter by Linda Burge in October 2002. I found a copy when going through some old papers and thought it worth reprinting. For those who are newer members, Linda was a very active member who passed away a few years ago.

-Nelda Chandler

Norwegian Easter Holiday

Originally I had planned to write for this newsletter about how Norwegians traditionally spend the Easter holiday. In "normal" years, Norwegians would flock to their cottages (hytter) in the mountains for skiing vacations. Not so this year.

Norway was hit early on by the Corona virus pandemic and the country implemented strict regulations to prevent rapid spreading of the virus. Among others, you were not allowed to spend time at your cottage unless it was in the same county as where you reside. Reason being was that most cottage communities would not be able to deal with the health care situation if widespread infection of vacationers were to happen.

So what were people to do? What follows is a tale of two Easters. Traditionally the King and Queen would spend Easter at Prinshytta (The Royal Mountain Chalet) in Sikkilsdalen. However, that is far away from Oslo in the mountains of Jotunheimen. Not an option to go there this year.

But within the limits of Oslo they have a second "hytte", Kongsseteren, the Royal lodge. So the King and Queen legally spent their Easter at this "hytte". Not exactly a simple cottage. It has 26 rooms, built in wonderful traditional architectural style, with lots of traditional furnishings and with painted decorations and wood carvings. From here the King and Queen sent an Easter message to the country.



Sitting outside on a wooden bench dressed in ski clothes and with a wooden fire burning nearby, a pot of daffodils on the steps and a picnic basket filled with oranges and a thermos with "gløgg", they jointly addressed the Norwegian people about "how together we will get through this" and wishing everybody a Happy Easter. Very well done!

My nephew does not have a "hytte" within the city limits of Oslo. But not wanting to be outdone by the Royal Couple, he made his own virtual "hytte" stay.



Renaming his garage "hytte", he dressed in a ski outfit, set up his skis nearby and also had his thermos filled with black currant gløgg, his favorite. Maybe not as elaborate a stay as at Kongsseteren", but not with any less creativity. Makes me smile whenever I look at the picture of my wonderful, fun-loving nephew.

-Elisabeth Sonoff, Cultural Chairperson

How will Oslo celebrate May 17, 2020?



According to Pia Farstad, the chairperson of the May 17 Committee, it will be a very different celebration. There will be no children's parade. As in other years wreaths will be placed at monuments, there will be folkdancing events, church services and concert, but no time schedule will be given for the events prior to May 17 in order to avoid large gatherings where the events will take place. The events will have to be followed digitally.

At 1:00 PM, a 21- shot salute will be fired off at Akershus Festning (Fort) in Oslo. At this time all Norwegians are encouraged to be dress in their National Costumes, stand on balconies or by windows and join with the Norwegian Soloist Choir to sing the National Anthem, Ja vi elsker dette landet.

Marching bands will be permitted to march in the streets and play as long as they keep a proper distance of 6 feet between band members. People are supposed to watch from their windows and balconies, not at street level.

The Norwegian Broadcasting Corporation will be televising a program from the roof of their headquarters starting at 7:50 AM until 5:00 PM. Important guests and artists will participate.

The Committee states it has been difficult to make these decisions, because the health of everybody comes first.

Hopefully, in 2021 May 17 can be celebrated like never before.

-Elisabeth Sonoff, Cultural Chairperson

Frikadeller

(Norwegian Meatballs)(2019) Jim Herman's recipe adapted from Mary Herman's recipe



For Patties:

1.5 lbs ground pork (or turkey)
1.5 lbs ground beef (with fat, 80/20 or less)
3/4 to 1 cup dry breadcrumbs (unseasoned)
3 eggs
1/2 cup milk
2 tsp salt

1/2 tsp pepper
3/4 tsp nutmeg
1 tsp ginger
1 large onion (grated)
Vegetable oil for frying

1. Mix meat with salt, pepper, nutmeg, ginger and grated onion.
2. Add egg and milk, then breadcrumbs little by little, mix thoroughly so that mixture has good consistency for patties.
3. For frikadeller, make 2 1/2 or 3 inches in diameter (about the size of slider). For meatballs, roll into balls of desired size
4. Heat oil (medium heat) and brown slowly on both sides, about 5 min per side.
5. Place in baking pan, bake uncovered at 350 F until done (about 30 min or so)
6. During heating, deglaze pans in a small amount of beef broth and save for sauce.
7. Cover with sauce and serve, or cover with sauce and store in refrigerator until warmed.

For Sauce:

2 tbsp butter
2 tbsp flour
2 cups beef broth

1. Heat butter in saucepan until foam subsides, and then add flour to make a roux. Add pan drippings and broth
2. Stir until desired consistency. Add a dash of nutmeg and ginger.
3. Pour over frikadeller/meatballs and warm to serving temperature, or pour over frikadeller/meatballs and store in refrigerator
4. More sauce may be required depending on how much gravy is desired or how much sauce is required to cover frikadeller/meatballs. A supplemental batch can be made on the day of serving, making broth-based gravy with dashes of nutmeg and ginger to taste.

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