



SONS OF NORWAY

# Edvard Grieg Lodge 657 District 5

Cincinnati-Dayton, Ohio & Kentucky

*- First Lodge in Ohio -*

Sons, Daughters and Friends of Norway Newsletter

May 2022

## Notes from Lodge President

Hei all,

I am looking forward to getting together to share our love of Norwegian culture and heritage at our upcoming Syttende mai and the Midsommer celebrations. These are traditional times of celebration in Norway and for our Lodge, and I look forward to seeing you there. Details are noted in the Social Director's article below.

In June, Kathy Skinner, Larry Bannick and I will be attending our District 5 convention outside Madison, WI. We are looking forward to sharing ideas with other Lodges and learning more about the Sons of Norway organization. See our Lodge ad (below), designed for the conference program by Kathy Skinner.

I would especially like to thank everyone who participated in our hybrid meeting in April, we had a lively discussion of our SWOT analysis and how to help move the lodge forward. We came up with some great ideas on how to market the lodge and support our membership. We will be working on implementing some new approaches and strategies soon, so stay tuned!

I would also like to remind all that there are plenty of opportunities to become involved in the life of the Lodge. If you are interested in volunteering, please let me know and we can get you connected ([jpherman.edvardgrieg@gmail.com](mailto:jpherman.edvardgrieg@gmail.com)).

In addition, we would like you to consider serving as a member of the Lodge Board. We are currently seeking a Publicity director to coordinate marketing activities, and will be seeking candidates to run for Lodge President and Vice-President this fall (Adam Sokol and I have reached our term limits and cannot run for reelection).

Jim Herman

## Membership

We welcome Linda Welin into the lodge. She is the wife of Larry Welin a charter member of our lodge. Hope to meet Linda and Larry at our meeting on May 14. Incidentally, it is quite easy to change your membership from an individual to family membership.

We would also like to welcome new member Amy Rone to our lodge. Her great-grandparents were from Stavanger, Rogaland. She says she feels lucky to have spent time with her Great Grandmother here in Cincinnati before she passed years ago. Both sides of her Dad's family are from Norway. Looking forward to meeting Amy at future meetings as well.

If you know of someone that would be interested in our lodge, do pass along their name to me.

Esther Charlton, Membership Secretary

## Birthdays

### May

Nathaniel Powers[1], Nikki Powers[14], Liv Ramstad[15], Randall Twistol[19], David Bruestle[22].

### June

Lance Larsen[2], Shane Russell[4], Clare Williams[7], Pamela 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 betscher[7], Angel Shirkey[8], Tim Holmen[9], Benjamin Powers[11], Maria Luiso[13], Roy Solvik[16], Jorgen Jorgensen[17], Lawrence Ethun[20], Katherine Herman[23], Tom Varland[29], Kristin Szava[31].

## Recap of recent events

The March meeting was held at Symmes Township Library and it was our first time back there in over 2 years. It just felt great to be together again....13 in person and 4 by Zoom. We were treated by a wonderful presentation by Adam and Kathryn Sokol on their July 2021 trip to Iceland. Members were very interested in their pictures, stories and tales, and asked lots of questions. Tusen takk Adam and Kathryn for sharing your trip with us!



*Kathryn & Adam Sokol - Iceland Presentation*



*Lodge Members at the March Meeting*

At our April meeting we had 12 attend in person and 7 by Zoom. Adam Sokol shared many great Norwegian tidbits and relevant info in the first of our “*Did you know this about Norway (in 3 to 5 minutes)*”. Several members gave kudos to Kathy Skinner for calling them about the cooking class. Jim Herman then led the meeting for discussion on SWOT (Strengths, Weaknesses, Opportunities, Threats) of our lodge. Many ideas were shared on what we can strive to make better, what we do well, other ideas to help advertise and get our info out to the public, how to help members with Zoom.



*Lodge members at the April meeting (photo by Paul J.)*

## Upcoming Calendar of Events...

### May 2022

#### **Cooking/Baking Zoom Social** **Thursday, May 12 at 1:30pm**

Topic: Syttende mai foods and traditions

Contact our Social Director if you are interested and would like to join us for this or future cooking/baking meetings. (Zoom link is emailed only to those interested rather than the entire lodge membership.)

#### **“Celebrating Syttende mai Together”** **Saturday, May 14 at 4:00pm**

The Edvard Grieg Lodge and Scandinavian Society of Cincinnati will be sharing in a potluck meal and presenting together to celebrate 17th of May.

Location: Friendship United Methodist Church  
1025 Springfield Pike, Wyoming, OH 45215  
(There are further details ahead in this newsletter from Esther Charlton)

### June 2022

#### **Zoom Board Meeting** **Saturday, June 4 at 2:00pm**

All members are welcome to attend this meeting.

#### **Summer Solstice pool party and potluck** **Saturday, June 11 at 3:30pm**

At Susie & Glenn Mikaloff’s,  
7472 Stone Ridge Dr, Springboro, OH 45066-9086.

Bjørn burgers provided! Please bring a dish to pass. RSVP by June 8 to Susie: text to 937-689-8693 or email: [g\\_mikaloff@msn.com](mailto:g_mikaloff@msn.com).

#### **District 5 Convention in Madison, WI** **June 15-19**

Voting delegates attending who will represent our lodge are: Jim Herman, Kathy Skinner, Larry Bannick. Other lodge members attending are Esther Charlton and Susan Herman.

### July 2022

Stay tuned for info on a pop-up date/time for a “meet for lunch/brunch” at IKEA.

Susan Herman, Social Director  
For questions, Zoom link, or more information on any of these events please contact me:  
513-227-8790 or [susan.herman3501@gmail.com](mailto:susan.herman3501@gmail.com)



# Come to the Norwegian Party!

## Saturday, May 14



The Scandinavian Society of Cincinnati  
and  
Edvard Grieg Lodge (Sons of Norway)  
celebrate together

### Syttende Mai (Constitution Day)

Saturday, May 14<sup>th</sup> at Friendship United Methodist Church

1025 Springfield Pike, Cincinnati Ohio 45215

Doors open at 3:30 p.m. / Program begins at 4 p.m.

#### Program to include:



Eli Lucas, CCM student: Making Henrik Ibsen's *Ghosts* into an opera



The popularity of the Singing Society



Children marching in a parade – Norwegian's grand custom. Bring your child, get a flag!

*This is a potluck dinner so bring your favorite dish to share. We will supply the traditional Norwegian food of Pølse and Ice cream which is what is customarily eaten on Syttende Mai in Norway.*

Cost: Adults - \$10 / Children, ages 5-12 - \$5

Please RSVP to Esther Charlton by Tuesday, May 10, with what you will bring for the celebration at [esthersofn@aol.com](mailto:esthersofn@aol.com) or 513-923-3798

### Norwegian Handicrafts

#### Smijern (Wrought Iron)

Wrought iron is an iron alloy with a low content of carbon and other alloying element. It was developed in the early Iron Age. It was produced by heating oxygen-rich iron ore with charcoal. The resulting porous "svampjern" (swamp iron) was hammered while hot to get rid of impurities such as ash. The finished product was called "smijern" (wrought iron) because it was produced by "smiing" (forging). Since pure iron is rather soft, smijern was not as widely used as copper and bronze for everyday items. Later on, it was used to make weapons and to make links for chains that were used in transport of prisoners.

In the Middle Ages blast furnaces became common in Europe. The "pig Iron" produced in these furnaces was further processed by removing impurities and by passing a strong air flow over the melted iron. The resulting solid iron was then processed into wrought iron by hammering out residual slag and made into rods that were suitable for further processing. About this time wrought iron started to be used for ornamentation in Europe. Elaborate wrought iron grids can be found in many cathedrals in Spain from this period. In France it was used for balconies, patios and gateways.

The trend to use wrought iron for ornamentation also reached Norway in the Middle Ages. Norwegian wrought iron traditions have roots in the decorations used on stave churches and



ornamentations used on large farms. Decorating everyday items that were part of daily life was common. It was believed that nothing was too insignificant to be decorated. Typical items were keys, fittings for chests and hutches, and knives and locks. Farmers took pride in the quality of the wrought iron made on their farms.



*Wrought iron on a stave church*

Smithies (smie) were often found on larger farms. They were usually located some distance from the courtyard because of fire hazard. In some areas in Norway there might have been a smithy on every farm, particularly in the western part of Norway and in Hedemark and Oppland. However, in Norway as a whole there were more farms without a smithy than with.

Wrought iron in cities: When Kristiania, later Oslo, grew into a large city around 1870, wrought iron as a decorative element got a boost. Norwegian architect students often got their education in Germany and came back with inspiration from the decorative works they had seen in that country. At home they found demand for wrought iron balconies, railings, gates and fences, and other decorative items. Architects and wrought iron smiths worked closely together on projects. When designing new villas and apartment buildings, it was important that the new construction fit harmoniously in with the existing architecture. If you ever are in Oslo, take a walk around the old neighborhoods where wrought iron work from this era can still be seen.

What could be known as the golden age of wrought iron decorative work came to an end around 1930 when functionalism took over?

Perhaps the best known Norwegian wrought iron artist was Gustav Vigeland. He started working on the designs for the wrought iron gates for Vigelandsparken in 1923-24. The wrought iron artist Alfred Mikkelsen accepted the assignment to make the first four dragon fields of the main gate to the park. Take time to admire the gate if you are visiting Vigelandsparken.



*Wrought iron gate at Vigelandsparken*



*Modern Norwegian wrought Iron wall lamp*

Wrought iron is still popular in Norway. Today, good quality wrought iron items such as candle sticks, lamps, fire screens, fire place tools and drawer pulls, can be purchased at Husfliden stores. Such items look particularly good in rustic Norwegian cottages. Custom wrought iron work can be ordered from workshops specializing in such work. Blacksmiths are in increasing demand to rehabilitate and restore old wrought iron. By doing such work they may be the counterweight to the "use and throw away mentality".

Elisabeth P. Sonoff, Cultural Chairperson

## New Fitness Trend Good for Your Health and the Environment

*Excerpt from SoN ePost*



For reasons other than health and wellness, people across the United States and around the world are joining the latest fitness craze, plogging.

Created in 2016, the term is a hybrid of the English word jogging and the Swedish term plocka upp, meaning “pick up,” and involves participants gathering litter while out jogging or running.

Ploggers bring trash bags with them to help collect litter, and sometimes add rigorous elements like squatting or hill sprints for an added physical challenge. While plogging can clearly be good for your health, the trend’s recent rise in popularity has more to do with its environmental benefits and the increased awareness of plastic levels in the oceans. Ploggers believe they can have a huge impact in local communities and help eliminate unnecessary waste around the globe. Plogging gives the satisfaction of knowing you’re not just helping yourself, but also something much larger—the planet.

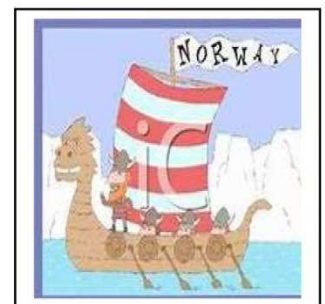
The trend is becoming so popular that Swedish fitness app Lifesum now allows users to log their plogging activity in the same way they can log running or walking, including calories burned. Lifesum also teamed up with the non-profit organization Keep America Beautiful so participants can log the amount of trash they’ve collected.



**Edvard Grieg Lodge 5-657**

**Cincinnati, OH**

“Beste  
ønsker,  
delegater”.



## Officers & Chairpersons

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### Tubfrim

Open

### Edvard Grieg website:

<http://www.evensens.net/sons/sons.html>

### SofN financial info:

[https://www.sofn.com/financial\\_products/products\\_we\\_offer/](https://www.sofn.com/financial_products/products_we_offer/)

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