



SONS OF NORWAY

Edvard Grieg Lodge 657 District 5

Cincinnati-Dayton, Ohio & Kentucky

- First Lodge in Ohio -

Sons, Daughters and Friends of Norway Newsletter

| July 2021

Notes from Lodge President

I am overjoyed to report that the Lodge held its first in-person meeting since the beginning of the pandemic, celebrating summer solstice at the Mikaloff's. It was great to be together: we had a fun time of great food and lively conversation, and we look forward to future gatherings (including Julefest!) as the year progresses. I am sorry the outdoor event did not permit including our remote members, but we hold all of you in our hearts and will resume the Zooms when we head inside again.

I would also like to comment on feedback we received from our member survey. Thank you for taking the time to complete the survey, the feedback was as always very valuable. Some take-home messages:

1. Opinions on holding Zoom meetings were divided: most everyone that attended them thought they were valuable and fun, but some were unable to attend due to lack of appropriate equipment or felt the format was not optimal for them.
2. Those who attended the Zoom meetings were highly satisfied with the content and delivery.
3. Most members felt the Lodge was meeting their needs, and that they would recommend membership to family and friends.
4. The vast majority of respondents enjoyed receiving the Viking magazine and our newsletters.
5. Strong interest was expressed in receiving additional information on genealogy.

It was clear from our responses that we need to continue to offer Zoom options for our members. We have some distant members that have

connected/reconnected with the Lodge and we need to do all we can to offer Zoom-live hybrid options when we 'go inside'. Meanwhile we will continue the 'cooking' social that has been very popular during the pandemic, and will explore speaker options that may be more accessible by Zoom (e.g., David Ellingsen's presentation on kayaking the Norwegian fjords).

Have a safe and wonderful 4th of July!
Jim Herman

Birthdays

July

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

August

Sara Chubb[3], Sandra Nelson[12], Austin Scherbarth[13], Eloise Drinan[21], Evelyn Hetzler[29], Alisa Suzanne Jordheim[29].

September

Kjell Evensen[3], Ordelle Hill[4], David Bratten[9], Noel Julnes-Dehner[13], Charles Reeder[15], Larry Welin[19], Chris Butterworth[20], JoAnn Krugh[26], James P.Herman[28].

Edvard Grieg website:

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

Click on link to calendar of upcoming events for information and updates.

July

Pop-up Gathering: Wednesday, July 21, 12 noon EDT
Location: Liv Ramstad's home/backyard, 2608 Ardmore Ave., Cincinnati 45237

A lunch get-together! Bring a craft or handiwork if you wish to work on it while we sit and chat. Hotdogs and metts provided, and some iced beverages. Bring a side dish, fruit, vegetables, salad, dessert, or hotdog buns.

Please RSVP to Liv by June 20th and indicate what food item you will bring.
ramstad.liv@gmail.com or 513-543-9012.

August

Board Meeting: Saturday, August 7, 2:00 pm EDT
All members are welcome at board meetings.
More detailed information will be posted on the website.

Lodge Meeting: Saturday, August 21, 4:00 pm EDT
'Picnic/potluck, Lawn games & Conversation'
We plan to gather at a conveniently located park or member's home. More details will follow on our lodge website and by email.

September

Lodge Meeting: Saturday, September 18, 4:00 pm EDT

'Fall Gathering in Tipp City'

Location: Kathy Skinner's home/backyard, 307 S. Hyatt St., Tipp City, OH 45371.
More details will follow on our lodge website, September newsletter, and by email.

Save the date for Julefest 2021:

Saturday, Dec. 4, 4:00-7:00 pm (dinner at 5:00)

Norwegian Baked goods and Butikk gift items for purchase, glorious dinner spread, carols and singing around the Juletre, all celebrating our Norwegian heritage!

Location: Mason UMC, 6315 S. Mason-Montgomery Road, Mason, OH 45040

Recap of lodge events

On May 15 our lodge combined with the Scandinavian Society of Cincinnati in "Celebrating Syttende Mai Together". Although we still met by Zoom, it was a nice celebration and well received. Here are some comments received by email:

"Great 17 Mai celebration!"

"I loved the videos!"

"Brought tears as it was so lovely."

"Stoughton Norwegian Dancers were great!"

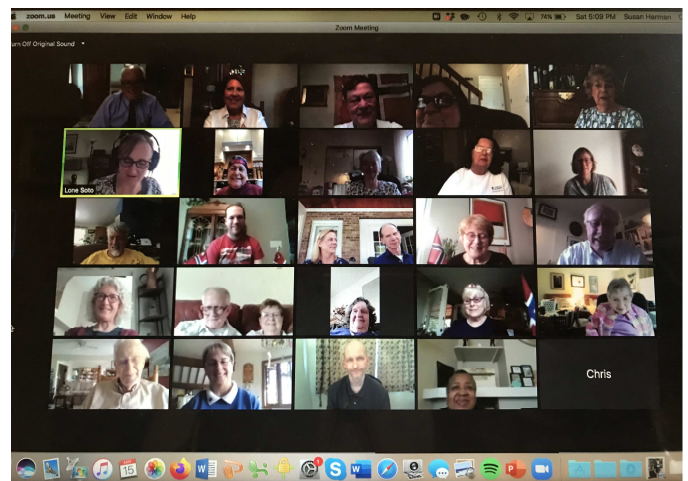
"Seeing and hearing Alisa sing again brought tears to my eyes."

"I enjoyed it very much."

"Feel like I'm reliving the day (17mai) in Norway."

A note that I jotted down so I would remember when writing this: 'have you been to a sports event and experienced the crowd doing "the wave?"' Since zoom has a time delay in singing or unison speech, I enjoyed "the wave" of sound as Jim Herman led the cheer and members followed saying "Hipp hipp hurra! Hipp hipp hurra!"

Next year we will celebrate even more when we gather together in person!



The cooking/baking group met on May 21 with the topic being Summer Souffles. Elisabeth shared two recipes with us: Blomkålomelett (cauliflower souffle) and Fiskegrateng (or fish gratin). She gave variations of the first souffle, as really any vegetable can be used, and 'spekeskinke' (cured, dried ham) can also be added. The day after I

decided to make a broccoli, mushroom, green onion souffle with a little prosciutto for dinner. It turned out really well and was quite tasty. This recipe was much easier than my first and only other attempt at making a souffle back in high school! If you are interested or curious and would like to join us for future cooking/baking meetings, we will resume these classes in September. Look for more information in the September newsletter.

Our Summer Solstice party on June 26 was a Super Success! Tusen takk to Susie & Glenn Mikaloff for hosting our lodge's first gathering of members in person since January 2020!

We had a wonderful time, the weather cooperated nicely and all enjoyed sitting poolside eating, conversing, and seeing the next generation (grandchildren) enjoy the water.



LtoR: Larry Bannick, Barb Smith, Lois & Kjell Evensen



LtoR: Raymond & Elisabeth Sonoff, Glenn & Susie Mikoloff (Solstice hosts)



LtoR: Kathy Skinner, Nelda Chandler, Carol Luiso



LtoR: JoAnn Krugh, Nelda Chandler, Jim Herman, Carol Luiso, Sandy Nelson



LtoR: Jim Herman, Kathryn & Adam Sokol, JoAnn Krugh



Members enjoying Summer Solstice conversations



Before the cake cutting! LtoR: Liv Ramstad (foreground), Kathy Skinner, Larry Bannick, Lois Evensen (walking), Nelda Chandler, Carol Luiso, Sandy Nelson, JoAnn Krugh (hidden), Elisabeth Sonoff



Members enjoying conversations



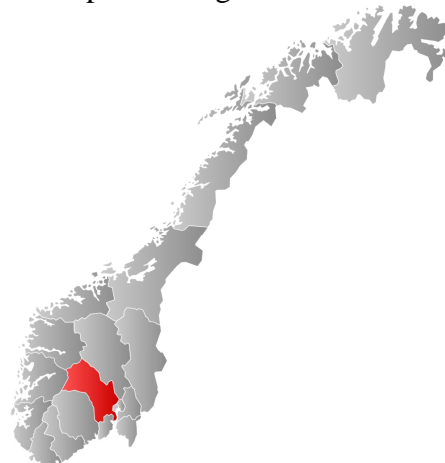
Before the cake cutting! LtoR: Nelda Chandler, Sharon Smythe, Susie Mikaloff (walking), Carol Luiso (seated), Sandy Nelson, JoAnn Krugh, Lois Evensen (hidden), Elisabeth Sonoff

A gorgeous dessert treat was the marzipan cake made by Elisabeth Sonoff, decorated with crystallized pansies and marzipan roses and leaves. When the cake was brought outside, we all joined in singing a surprise 'Happy Birthday' to Carol Luiso (6/28).

Susan Herman, Social Director

Buskerud

Buskerud was originally part of Akershus but was in 1685 made into a separate smaller amt (county). Only three districts made up this new county, namely Eiker, Hallingdal and Ringeriket. Several other districts were added in 1760. In 1964 the district of Skoger was transferred from neighboring Vestfold Fylke. The county was named after an old manor, Buskerud, in Old Norse Biskupsrud ,which means the bishop's clearing.



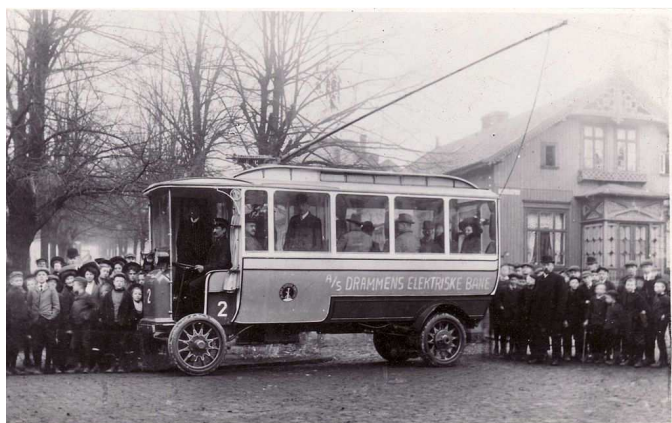
Geography: Buskerud borders Oslo, Akershus, Oppland, Sogn og Fjordane, Hordaland, Telemark

and Vestfold. It stretches from Oslofjorden and Drammsfjorden in the southeast to Hardangervidda Mountain Range and Hemsedal Mountains in the northwest.

The western part of the county is a mountainous plateau with forested valleys and high, grassy pasture. The eastern part contains a lowland basin with many lakes and streams. Four large valleys run parallel to each other to the northwest toward the high mountain region, which in some areas is more than 1000 meters (3281 feet) high. The valleys are from west to east Numedal, Sigdal, Hallingdal and Ådal. Part of Norway's largest national park, Hardangervidda National Park, is located in Buskerud. Several large rivers run through the county. Hydroelectric power stations are located on some of these rivers.

More than 60 per cent of the Buskerud population lives in the southeastern part of the county. This is where the largest cities are located. The three largest are Drammen, Kongsberg and Hønefoss.

Drammen is located on Drammensfjorden which is west of Oslofjorden and 44 kilometers (27 miles) southwest of Oslo. More than 66,000 people live in the city and the number is steadily increasing. The location of the city made it favorable for seafaring, shipbuilding, timber trade, and paper and pulp industry. In 1909 the first trolleybus system in Scandinavia opened in the city. Driving from Drammen to Oslo one passes through an area called Lier. It is famous for its agricultural products such as apples, strawberries and vegetables as is often called Oslo's "green lung."



The second largest city in the county is Kongsberg located on Numedalslågen at the entrance to Numedal. It was founded by Danish-Norwegian

king Christian IV in 1624 when silver was discovered in the area. The silver mining industry made it the largest industrial center in Norway before the industrial revolution. In order to be closer to the source of the raw material the Royal Mint was moved from Akershus to Kongsberg in 1686. The Royal Norwegian Mint produces Norwegian coins and also coins and collector's coin for other countries. In 2004 it was sold to private investors. It has a population of about 26,000.

Hønefoss is located northwest of Oslo. It is named after a waterfall on the Begna River. Translated the name means Chicken (hen) waterfall. However, the chicken part of the name has nothing to do with poultry but something related to meadow. It is an industrial town. Earlier it was the largest producer of newsprint in Europe, but the mill closed in 2012. Ringerikets Museum is located nearby. It is known for its collection of rune stones and the collection of private items owned by Jørgen Moe, the author who collected and edited in collaboration with Peter Christian Asbjørnson Norske Folkeeventyr (Norwegian folk tales).

Buskerud was traditionally an industrial county. Although industry does not employ as many today it is still an important part of the economy. Wood pulp mills and related industries were the most important in earlier years but are now almost non-existent. Today metal ware, machines, data and electric, and production of ships and oil platforms are the most important industries.

Grain is produced on farms in the southern part of the county while animal husbandry is important in the in higher locations. In some mountain valleys, the cattle are still brought to the mountain farms (seter) in the summer.

Buskerud is a popular tourist destination, particularly during the winter. Many Norwegians have cottages in the high valleys of Hallindal, Hemsedal and Numedal. Skiing is popular in the winter, hiking fishing and hunting in the summer and fall. There are many hotels and house/cottage rentals in the areas. Norefjell, Blefjell, Gol, Geilo and Ustaoset are some of the popular areas in the region.

Other attractions in Buskerud are the stave churches in Nore, Ulvdal og Torpo. In Kongsberg one can

visit the Silver Mines and the Mining Museum. Farms dated back to the Middle Ages can be seen in Numedalen.



Traditional foods: Foods based on milk and grains were served in all areas of Buskerud. They were served at least at one meal a day. Flatbread was served with all meals. After baking ovens became available in early 1800, bread made with yeast replaced some of the flatbread. Lefse made with oats flour, water or milk and potatoes were also commonly served. A different type of lefse was made in Sigdal. Eggs, buttermilk, sour cream and flour were mixed into a dough that was rolled out and baked on a griddle. After baking they were covered with a towel to keep soft and warm. They were spread with butter while still warm and sprinkled with sugar. If allowed to cool they would become brittle and difficult to spread with butter. It was then folded in half and cut into wedges.

As many as seven different bunder are worn in Buskerud depending upon which area you come from. The bunad from Hallingdal is possibly most

popular. The distinctive elements in this bunad are the contrast between the dark fabric and the vivid colors used in the embroidery.



As of January 1, 2020 Buskerud was joined with Østfold and Akershus into the new "fylke" called Viken.

Elisabeth Sonoff, Cultural Chairperson

RECIPE

Norwegian Hot Sauce --Author Anonymous

1 cup unflavored yogurt

1/2 cup small curd cottage cheese

1/2 cup skim milk

Mix well. If needed, stir in enough cornstarch to thicken.

If this is too spicy for your taste, you may substitute distilled water for the milk.

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