



SONS OF NORWAY

Edvard Grieg Lodge 657 District 5

Cincinnati-Dayton, Ohio & Kentucky

- First Lodge in Ohio -

Sons, Daughters and Friends of Norway Newsletter

September 2018

Notes from Lodge President

Kjære venner,

We look forward to our upcoming special concert, "Scandinavian Song," on Sunday, September 9th at 5pm by Alisa Jordheim! It will be at Friendship United Methodist Church in Wyoming (see details under Lodge Meetings). Alisa has emerged on the international scene as an up-and-coming vocalist, and this will be a very special opportunity for us to experience songs of our heritage and hear her in concert. Please invite friends and family and help us support Alisa and our lodge!

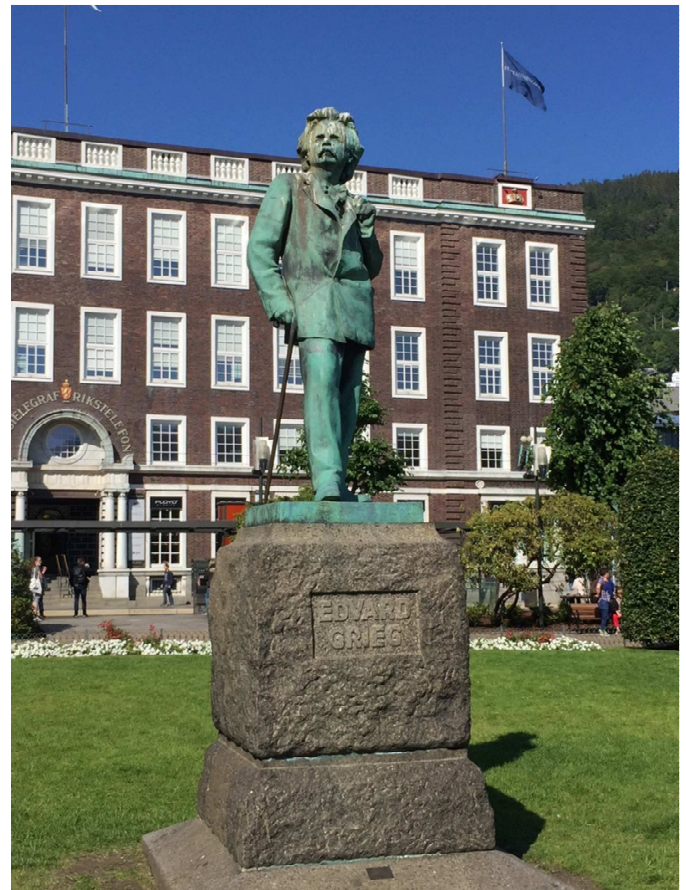
Edvard Grieg lodge delegates to the D5 Convention enjoyed a few days in LaCrosse, WI at the end of June. It was a long drive for everyone, but we all arrived there and back safely. Many thanks to Liv and Kathy for their time and commitment in representing our lodge this year and helping to further Sons of Norway.



Edvard Grieg Lodge delegates 2018
Susan Herman, Liv Ramstad, Kathy Skinner

6 years of service on the District 5 Board as an officer and D5 delegate. It is hours of volunteer work plus travel, but I am sure Esther enjoyed it and found it a rewarding time of service. She provides a wealth of knowledge and resources for all of the Zone 6 lodges that she served. Thank you, Esther.

Member George Kaufman visited friends in Norway in July and sent this picture to me of our lodge namesake, Edvard Grieg, from Bergen. Birds tend to enjoy perching on those statues, so at least none were gracing Grieg for the photo op. Thanks for sharing, George!



Edvard Grieg Statue

I also want to express gratitude and appreciation to Esther Charlton who, at the end of June, completed

We kicked off Fall with an End of Summer potluck (plus Crazy Bingo) on August 18th at the Mikaloff's with wonderful food (as always) and lots of fun and laughter. The bingo was quite a big hit with those attending, complete with antics, shenanigans or however you wish to call it!



Crazy Bingo was full of pranks, and much laughter!



*Awesome Desserts at End of Summer picnic:
From top center, clockwise: Tilsørte bondepiker (Veiled peasant girls), Oslo Kringle, Anne's kake, Cheesecake.*

Be sure to take a look at your September Viking issue. Member Elisabeth Pettersen Sonoff's article 'Baking from the Heart' can be found on pg. 38. Plus, our 17.mai lodge celebration picture made it in as well on pg. 31.

See you soon at Alisa's concert!

Hilsen, Susan Herman

Norwegian Flag Days



September

None

[26—Høstfest begins, Minot, North Dakota]

Oktober

None

[9—Leif Erikson Day]

Reading Circle & Board Meeting

Saturday, Sept. 1, 2018

2:00pm Reading Circle followed by 3:00pm Board Meeting

All members are welcome at either or both meetings.

Location: Forest Park Library (meeting room), 655 Waycross Rd., Cincinnati 45240

Contact Susan Herman, 513-227-8790 or susan.herman3501@gmail.com

September Lodge Meeting

September 9 at 5:00pm

Concert by Alisa Jordheim on Scandinavian Song

Friendship United Methodist Church (sanctuary)
1025 Springfield Pike, Cincinnati, OH 45215
Open to the public. Light reception follows the concert.

This concert is made possible by a grant from Sons of Norway Foundation and is a great opportunity to hear Scandinavian songs (highlighting the differences in languages) sung by member Alisa Jordheim, a rising star on the international music scene (and a lodge member!).

Please help us publicize by inviting or e-mailing friends or family, posting the flyer in your church, library, bookstore, coffee shop, grocery store, or go to our Edvard Grieg Lodge Facebook page and click on the concert event info posted by Jim Herman.

October Lodge Meeting

October 20 at 2:00pm

Program by Elisabeth Pettersen Sonoff

Symmes Township Branch Library (meeting room)
11850 Enyart Road, Loveland, OH 45140

“Norwegian Sandwiches from Everyday Use to Fancy Situations”

Come for a ‘late lunch’ and enjoy tasting the different sandwiches that Elisabeth will talk about!

RSVP by Oct. 17 to Jim Herman, Social Director at jpherman.edvardgrieg@gmail.com

Membership

We have new members to introduce to all of you. I just love the words New Members.

David Peterson, along with his wife Shawn and daughter Erica, have joined the lodge. Dave’s great grandfather was born near Vefsn, Norway and was baptized at the Dolstad Church. Their family is planning a trip to Norway next year and will visit these places from their family background. Dave’s grandparents spoke Norwegian in their home.

Kathy Skinner brought her friend Barb Smith to our Midsommer picnic. Barb decided that Sons of Norway was the place for her and joined our lodge.

Jan Betscher, who has been a member of Sons of Norway since 1971, and is a charter member of our lodge, has moved to Ashville, North Carolina. She says that she is enjoying the mountain air.

We are very sorry to say we have lost one of our charter members. Linda Burge passed on July 31. Sandy Nelson’s remarks echoed the sentiments of all of us.

“It is with a heavy heart that I report the passing of Linda Burge. She is a friend and a Charter Member of Edvard Grieg Lodge. She loved and was so proud of her Norwegian heritage and visited her relatives in and around Voss, Norway several times. She was

especially close to her cousin, Sissel, and family in Norway. Many of us met Sissel at one of the lodge meetings that Linda held at her home in Landen several years ago. I will miss her as well her lovely family.”

On a personal note, my husband Bob was in the hospital for 8 days (Aug.8-15) with serious kidney and heart issues. He is now home, but on a very strict diet.

If you have any questions on membership contact me.

Esther Charlton, membership secretary

Birthdays

September

Kjell Evensen[3], Ordelle Hill[4], Nancy Vallette[6], Erica Peterson[12], Larry Welin[19], Christine Butterworth[20], Brandi Norman[20], JoAnn Krugh[26], James P. Herman[28].

October

Curtis Anderson[13], Judy Pieper[15], Susan Herman[16]. Bryce Pillman[20], Nelda Chandler[25], Arlene Nelson[31].

November

Dario Sedler[1], Dianne Clark[5], Nina Downs[9], Evelyn Rewerts[10], Glenn Mikaloff[14], Thomas Johncox[15], Trine Wernes[15], Michael Luiso[29], Shelby Sansom[29]

District 5 Convention Recap

Five members from our lodge travelled to LaCrosse, WI at the end of June for our 54th biennial District 5 Convention. Lodge delegates were Susan Herman, Liv Ramstad, and Kathy Skinner. Esther and Bob Charlton attended, Esther serving as a District 5 delegate.

Tusen takk to Edvard Grieg Lodge for covering a portion of expenses for our lodge delegates so that we could take part in the business of our organization on a District level, meet new people, ask questions of other delegates as well as District and National officers, get ideas from other members and lodges to bring back to our lodge, see and participate in cultural activities, sing, dance and experience more things Norwegian.

Sons of Norway Foundation

Well, it is that time of the year when we show support for the Foundation. This means we gather our financial resources to share with other lodges. A reminder, our lodge will not have the 'auction' fund raiser this year (agreed upon by the Board), so bring your good cheer and resources to the October meeting. This is important for the success of our lodges and the Foundation's work. The funding we provide supports cultural, education and community goals.

October is Foundation month, so please remember to bring your donation in the form of coins, bills, or check. If you cannot attend the meeting, give it to our treasurer, Liv Ramstad by the end of 2018.

Charlotte Ellingson, Foundation Chair

Friendship Flag pins

Contribute \$5 and receive a national flag pin of your choice to wear proudly, or purchase as gifts to give to friends or family members. Purchase at a lodge meeting or contact Susan Herman. Proceeds go directly to the District 5 Legacy Foundation to support Nordic heritage activities throughout District 5.

Show your Nordic pride with a US-Nordic "friendship flag" pin

Contribute \$5 to the District 5 Sons of Norway Nordic Legacy Foundation and get your national flag pin to wear proudly.

The **Nordic Cross** symbolizes Christianity and is part of the symbolism of all modern Scandinavian flags, except Greenland. Its origins goes back to the Crusades, when it was used in the 12th century as a Holy Roman Empire war flag.



Norway's flag was designed in 1821 by Fredrik Meltzer, a member of the Storting, after Norway gained independence from Denmark. Norway was ruled by the king of Sweden at this time, so the flag was approved only for civilian use and was legal until 1844. As Norwegians worked for disunion from Sweden, the "pure" flag was reinstated by the Storting and became the national flag in 1905. The red, white and blue colors were influenced by the French Tricolore, as a symbol of liberty, with inspiration also coming from the United States flag.



Denmark's flag originated from the Holy Roman Empire and the Crusades. A legend states that the red "Dannebrog" (Danish Cloth) flag was used in the Battle of Lyndanisse in 1219 with the flag descending from the skies during battle. The current design was first used by Danish merchant ships in 1748 and flown in Norway until 1821. Citizens could first to fly the flag in 1854.



Sweden's flag of blue and yellow has been used as Swedish colors at least since King Magnus III's royal coat of arms of 1275. The first legal description of the flag was made in 1562 as "yellow in a cross fashioned on blue." The flag as we know it today was created in 1905 as part of the disunion from Norway.



Finland's flag was created in 1918 after Finland gained independence the year before. The blue is symbolic of blue skies and the thousands of lakes in Finland. The white represents the winter snows. Artists Eero Snellman and Bruno Tuukkanen specified the final form of the flag. A Helsinki yacht club began using a similar blue-crossed design in 1861.



Iceland's flag was established in 1944, when Iceland became a republic. For the Icelandic people the flag's coloring represents their country's landscape. Red is the fire produced by the island's volcanoes, white recalls the ice and snow that covers Iceland, and blue is for the blueness of the mountains.

In search of creative ideas for lodge banner

We have a new opportunity to create something that will represent our lodge wherever we want; at meetings, conferences, or anywhere we volunteer. A lodge banner, hanging or free standing, will be a great addition to how we show ourselves to the world. We would love to hear your ideas on what to include on this pictorial account.

Please send your ideas to Sharon Smythe, sasmythe43@aol.com.

Kvikk Lunsj and the Candy Bar War

posted on Fri, Aug 17 2018 9:21 am by Jana Velo

Norway's Kvikk Lunsj and England's Kit Kat have long been the subject of comparison - Which came first? Which tastes better? Who has cooler packaging? Recently the candy bar war has extended to "Which one should own the trademark to the four-bar shape?" (Spoiler alert: neither one.)



image credit: dailydeliciouseats.com

Origin story

While Kit Kat began production in London in 1935, Freia started producing Kvikk Lunsj ("Quick Lunch") in 1937. The son of Freia's factory owner Johan Throne Holst had tried a Kit Kat while visiting England and his father came up with a similar product for the Norwegian market after consulting with Kit Kat's producer. The four-bar look remained consistent, but the recipe was adapted to Norwegian tastes and changed the packaging to a wrapper with red, yellow and green stripes.

Taste tests

Various bloggers have made reviews of the two candy bars or held blind taste tests. A reporter for

British newspaper The Guardian rated the two bars based on look, feel, snap, chocolate, nibble-ability and texture, with Kvikk Lunsj winning handily, 24-17.

A national pastime

While Kit Kat is sold worldwide, Kvikk Lunsj is only sold in Norway and in the duty-free shops in Sweden and Denmark. The cultural connotations of Kvikk Lunsj are deep: the candy has been associated with hiking and skiing adventures and Easter holidays, when many Norwegians visit rustic mountain cabins. First marketed as “tursjokolade” or touring chocolate, it’s often paired with coffee and oranges as the perfect trail food. On average, Norwegians consume nine Kvikk Lunsj bars per year, with one third of them consumed at Easter.

Sentimental value

It’s clear that Kvikk Lunsj is more than just a candy bar to Norwegians. Its name has been hashtagged 46,000 times on Instagram, largely in rugged outdoor settings. You can find a Kvikk Lunsj hat pattern, purchase cufflinks and—of course—make your own wool hiking socks. The product is so closely associated with friluftsliv (outdoor recreation) that Freia has incorporated maps, hiking tips and portraits of famous trekkers on the packaging. An ad campaign, “The Tour Awaits” was created for Kvikk Lunsj’s 80 year celebration. The spot portrays how closely hiking culture and Kvikk Lunsj are related.

Norway Keeping Trash out of Nature

posted on Mon, Aug 20 2018 9:33 am by Amber Hanson



It’s no secret that Norwegians want to protect their natural wonders from garbage. While recycling is commonplace for Norwegians, other countries are looking to Norway as the recycling expert.

The U.K. is looking into starting a recycling program based on Norway’s, after stats came out showing that Norway has the world’s most effective bottle recycling program. Through this program, 97 percent of all plastic bottles are recycled. Less than 1 percent of the bottles are ending up in Norway’s environment.

In this bottle recycling program, Norwegians pay an extra charge on recyclable bottles when they purchase an item, about \$0.12-0.30 depending on the size of the bottle. That fee is returned to the purchaser once the bottle is emptied and brought to a machine.

Recycling isn’t the only way Norway is trying to keep their country clean; the country also advocates for the use of compostable materials. For example, for the last two years running, the Edible City Party, a large food festival in Norway, has used beer glasses made of bio-plastics. These glasses are made of compostable materials such as sugar cane, vegetable oil and cornstarch. These compostable cups have become increasingly popular in Norway and are now also being used at other festivals.

But what about the trash that’s already in nature? Oslo recently called upon the help of underwater drones to locate garbage in the fjords to assist with cleanup efforts. Once the garbage is located, divers can go into the water to retrieve it.

From beer glasses made from compost, to running an effective bottle return program, it’s easy to see why other countries would look to Norway when it comes to recycling. Learn how to have a sustainable vacation in Norway here.

A Little Norwegian Humor

Ole was never very bright in school, but one day the teacher started speak'en his language. She asked the class, "Can anyone use the words defense, defeat and detail in one sentence?" Ole sprang to his feet with his arm stretched in the air. The teacher very surprised, told him to go ahead. Ole proudly stated, "Ven de horse jumps over de fence de tail comes after de feet."

So, Ole asks Sven, "Why do scuba divers always fall backwards off 'der boats?" To which Sven replies, "Well, you know, if they fell forwards they'd still be in de boat!"

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