



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

Nov 2020

## Notes from Lodge President

Kjære Venner:

Our Lodge continues to hold virtual meetings with interesting programs, most recently including presentations from Karl Halvorson on his Appalachian Trail through hike, the Nordic News program on immigration via the Erie Canal, and biking through Northern Europe and Norway. Our next presentation (Nov. 14) is by Dave Ellingson on kayaking the Norwegian fjords. He is an accomplished adventurer and author, and I hope you will join us for his presentation. Please tune into the Zoom: it is very easy to log in, you will be able to chat with your SoN friends and experience an enjoyable program. The Zoom format works very well, and folks that have joined in have found our sessions very rewarding. Please try to join us if you are available.

Unfortunately we will be unable to hold our annual Julefest in person, as the venue is not available due to Covid restrictions and many of our members would not choose to attend for safety reasons. This is especially sad given this our 20th anniversary as a SoN Lodge but we are preparing a virtual Julefest event that will allow us to be together and have some fun, song and fellowship. See more details within this newsletter.

I would like to highlight our success in fund-raising for Sons of Norway Foundation Month. As part of our lodge's 20th Anniversary we asked our members to contribute to the foundation as part of our celebration, and as usual Edvard Grieg has answered the challenge. We raised \$450 for the SoN Foundation and our Board voted to round up and send \$500 from Edvard Grieg Lodge. The SoN Foundation program funds scholarships and educational opportunities across the SoN community, and what you contributed is a great reflection on the commitment and dedication of our members to the SoN. I thank you all.

Another happy note: our lodge sends congratulations to Alisa Jordheim on her recently announced engagement! And, with Veteran's Day approaching we thank those members in our Lodge, who are veterans, for their service to our country.

Finally, it is time once again for election of Lodge officers. This year we will need to identify new members to serve as Lodge Secretary and Treasurer, as Sharon Smythe and Liv Ramstad have served two terms, which is the limit according to our Bylaws. On behalf of the Lodge I thank them heartily for their service, as they have done a great job of helping our group grow and flourish. Adam Sokol (Vice President) and I (President) are eligible for nomination for another 2 years of service. If you are interested in serving the lodge in any of these capacities, please let me know as soon as you can. I would be happy to let you know what the jobs entail.

Vær trygg og vel,

Jim

## Birthdays

### November

Dario Sedler[1], Dianne Clark[5], Harold Shirkey[10], Glenn Mikaloff[14], Trine Wernes[15], Michael Luiso[29].

### December

Lois Evensen[5], George Kaufman[5], Lyndsey Heatherton[6], Susie Mikaloff[7], Esther Charlton[12], Leah Sedler[12], Nicholas Chandler[13], Edmund Charlton[13], Aida Storetvedt[26], Konrad Nelson[29].

### January

Aimee Russell[4], Connie Holmen[10], Anders Russell[26], Kelly Lawson[28].

## Recaps

At September's virtual meeting we viewed 'The Erie Canal: Immigrant Gateway to the West' as presented by Daryl Wunrow, Fosselyngen Lodge, Milwaukee, WI (for the Nordic News of District 5), followed by discussion and conversation. If you are interested in various topics of Nordic and Nordic-American heritage, you can view recorded presentations of around 30-45 minutes in length by going to the District 5 website:

[http://www.sonsofnorway5.com/programs/speakers\\_bureau.php](http://www.sonsofnorway5.com/programs/speakers_bureau.php).

These weekly presentations have been happening since the end of April as a way to remain connected with members of our District and share various topics of interest.

Our October meeting was "Biking the North Sea Cycle Route". It was as if we were all swept away on a tour of Europe, 'riding' thru England, Scotland, Norway, Sweden, Germany, Netherlands, and France together! It was a great escape from our current daily routines, and we experienced fun, laughter, thrill and awe along the journey. Tusen takk to Carolyn McClintock and Tracy Burge for presenting their 2019 extraordinary journey with us. Carolyn and Tracy explained how they planned and prepared, shared their passion and love of adventure, joy of experiencing the people and culture along the way, and wove their memories with excitement to give us the feel of travel that many of us have sorely missed this year.



Carolyn and Tracy with bike/gear



Carolyn and Tracy presenting

## Upcoming (virtual) lodge activities

**November Social meeting (Cultural)**

**Friday, Nov. 6th at 1:30pm Eastern standard**

'Cooking and Baking questions/discussion on seasonal Fall foods' with member Elisabeth Pettersen Sonoff (author of "*Baking the Norway Way*")

**RSVP** before 11/6 to receive the zoom link: [susan.herman3501@gmail.com](mailto:susan.herman3501@gmail.com) or 513-227-8790.

**Ask questions in advance** (preferable) to Elisabeth on seasonal Fall foods: something from your local area, or your ancestral home in Norway, or something you have heard about. Email: [epsonoff@sonoffconsulting.com](mailto:epsonoff@sonoffconsulting.com)

**November lodge meeting**

**Saturday, Nov. 14 at 4:00pm Eastern standard**

Virtual (zoom link will be emailed to members 1 week in advance)

Topic: "Coming Home: Kayaking the Fjords of Norway"

David R. Ellingson, Adventurer-Author-Speaker

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

Dave, a retired professor/pastor, has been interviewed by Rick Steves, has his own podcasts, and is the author of several books. Join us on Nov. 14 as Dave shares stories and pictures from a month-long kayak adventure on his ancestral fjords. This will be an inspirational presentation you won't want to miss.





David Ellingson

local area, or where your ancestors came from in Norway, or something you have heard about.

Email: [epsonoff@sonoffconsulting.com](mailto:epsonoff@sonoffconsulting.com)

Also: have your favorite cookie recipe ready to share with all of us!



**December Social meeting (Cultural)**  
**Friday, Dec. 4th at 1:30pm Eastern standard**  
 'Cooking and Baking questions/discussion on Christmas Food Traditions with member Elisabeth Pettersen Sonoff (author of "*Baking the Norway Way*")



**December 'Julefest' celebration**  
**Saturday, Dec. 12 at 4:00pm Eastern standard**  
 Sharing Julefest memories thru pictures, music, stories!



**RSVP by Dec. 2nd** to receive the zoom link:  
[susan.herman3501@gmail.com](mailto:susan.herman3501@gmail.com) or 513-227-8790.

**Ask questions in advance** (preferable) to Elisabeth on Christmas Food Traditions: something from your



Please send any photos (by email) you may wish to share of past Julefest dinners from our lodge gatherings, or special Julefest pictures from your family traditions. These will be compiled into a slide show. If you are not be able to join us by zoom and would like to share a story or memory, please write it in an email and it will be read during the celebration. (send photos or memories to Susan Herman)

For more info on any of these events, contact Susan Herman, Social Director at 513-227-8790 or [susan.herman3501@gmail.com](mailto:susan.herman3501@gmail.com) . Also, you can check the Lodge website for updates on socials and meetings (<http://www.evensens.net/sons/sonscalendar.html>).

Susan Herman, Social Director

## This and That

Bored and need something new to read or watch? Remember our Lodge Library and check out the collection on our website:

<http://www.evensens.net/sons/20180201lodgelibrary.pdf>

Contact Esther Charlton to borrow items, or if you have books to donate: 513-923-3798, or [Esthersofn@aol.com](mailto:Esthersofn@aol.com).

## Members Gather for some Socializing

Four members got together for a BYO Lunch Social on Sept 9<sup>th</sup> at Esther Charlton's House.



Liv Ramstad, Sharon Smythe, Esther Charlton (photo: Susan Herman)



Esther Charlton, Sharon Smythe, Liv Ramstad (photo: Susan Herman)

Five members met at Winton Woods on a nice October 14 day to catch up.



L to r: Nelda Chandler, Sandy Nelson, Esther Charlton, Liv Ramstad (Photo: Susan Herman)



Liv Ramstad and Sandy Nelson waving from the top of the Winton Woods Pavilion (Photo: Susan Herman)



*Liv Ramstad, Sandy Nelson, and Susan Herman atop the Pavilion overlooking Winton Woods reservoir*

## Membership

We are thrilled to introduce our new member Diana Owens, who lives in Dayton. She has working on her family history on her father's side which is the Norwegian link to her heritage.

This is the time of year to think about giving the gift of membership to a family member. If you need a membership application, contact me. The gift memberships should be to me by December 15.

Esther Charlton, Membership Secretary

## Reflections

As I think about the 20 years of our lodge, so many things come to mind, people, places and our passion for our Norwegian heritage.

There was the article that Helen Hippert put in the newspaper about a lodge to be formed in our area. When I called her to offer my help, she almost fainted. Helen had belonged to a lodge in Santa Rosa, California, before moving to Cincinnati.

Susie Mikaloff had belonged to a lodge in Northern Indiana and was helpful in guiding us as we formed our own lodge. We have had all of our Midsommer events at the Mikahoff's.

Linda Burge, who has passed, was instrumental in helping our lodge in our early years. I remember one gathering at her house when her cousins from Norway were visiting. They treated us to a lovely concert singing beautiful Norwegian songs. Another one of

our early members was Leif Torkelsen, who has passed. Leif was from Bergen and enjoyed talking about Bergen.

At the first meeting, April 2000, when we were to accept memberships, Nelda Chandler and her mother Elma Reede were our first members along with me.

Lois and Kjell Evensen have been with us from early on, as they attended one of our organizational meetings when we were explaining the process of forming a lodge. Lois has been most wonderful at taking care of our lodge website.

Sandy Nelson was so great as our first lodge secretary, we had a very hard time finding a replacement to fill the position.

Over the years we have participated in a couple of festivals. For 16 years we have had a booth at the Ashville Viking Festival. This festival is like a renaissance festival but with a focus on Vikings. For the last ten years we have participated in the Dayton International Festival. This festival has over 30 countries involved, with many having food from their countries. These festivals help us promote Sons of Norway, recruit new members and serve as a fund raiser for our lodge.

Over the years, our celebrations of Syttende Mai has been one of our highlights along with our Julefest in December. Sad to say the pandemic has put a damper on our events this year.

Just think, in five years we will be celebrating our lodge's 25th anniversary.

Esther Charlton

## Norwegian Fylker (Counties)

### Østfold

Østfold is the southernmost county on the eastern side of Norway. It borders Sweden to the south at Svinesund, a sound of the Iddefjord near Halden. The county borders Sweden to the east and the former county Akershus to the north, a little south of Oslo. To the west it borders the Oslofjord. The name, Østfold, means east of the fjord (fold in Old Norwegian) which is the Oslo fjord.

Østfold is one of the oldest areas in Norway. Evidence has been found that people lived in this area 8,000 to 10,000 years ago. Burial mounds and



rock drawings have been found throughout the region. In 2018 a burial mound was discovered in a field on the farm Gjellestad near Halden. The mound has been examined by georadar and shows that a 23 to 24 meters (about 75 to about 78 feet) Viking ship is buried in the mound. Careful excavations were started in 2019. On October 22, 2020, the Museum of Cultural History published a picture out the excavated outline of the ship. It will be exciting to see what else they will discover as the excavation continues.

The county is mostly covered by forest to the east. Rolling hills run north to south. However, very tall mountains are not found in Østfold. The tallest is only 336 meters (about 1102 feet) tall. The longest river in Norway, Glomma, runs through the county. Numerous islands are found in the Oslofjord at the southern end of the Oslofjord. These are popular vacation destinations. Many families have second homes on the islands. It is also possible to stay at charming hotels and B & B's or at one of the many camping grounds.



*Østfold Norway Bunad*

There are six cities in Østfold. They are in descending order of population: Fredrikstad, Sarpsborg, Moss, Halden, Askim and Mysen.

Sarpsborg is one of the oldest cities in Norway. It was established as a fortress by Holy Olav in 1016. The town was burned by the Swedes during the Nordic seven-year war in 1567. A new town was established by the mouth of Glomma. It was named Fredrikstad after the Swedish king Frederik. Around year 1600 a large fortress was built in town. At

about the same time, Fredriksten fortress was built in Halden. In November 1718 the Swedish king Karl 12 occupied Fredriksten with his troops. On December 1 he was killed by a bullet. To this day nobody knows who fired the shot. But it brought the Great Nordic war to an end.

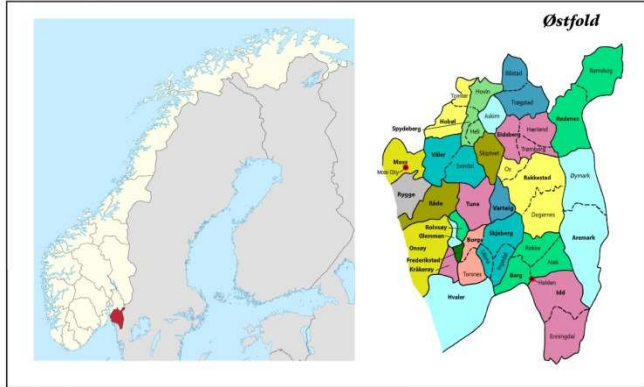
Østfold was Norway's most industrialized county until around 1970 when the oil industry became the largest industry in other parts of the country. In 2014 the largest industry was food production by among others dairies, slaughter houses and breweries. Stabburet, a Norwegian food company well known in this country has its headquarters in Fredrikstad.

Wood processing is the second largest industry in the county. It started at the end of 1800. Most of the production took place in Sarpsborg where Borregaard is located but significant amounts were also produced in Halden. Moss city was known for a factory producing cellulose. The volatiles released from the production were very smelly and became known as Mosselukt or Moss Smell. Although improvements were made to reduce the smell, people in Moss had to live with it until the factory closed in 2012. Some people say they miss the smell!

Other industries in Østfold include production of chemical, iron and metal wares, rubber and plastic. Agriculture is important although only about 2 per cent of the population is farmers. Most farmers were earlier dairy farmers but in recent times, grain production has become more important. Commercial fishing is no longer an important industry.

Tourism is important in Østfold. The coastal area is a very popular destination during the summer. The fortress in Halden and Fredrikstad are also visited by many tourists. In the old part of town in Fredrikstad, Gamlebyen, one can see old timbered houses, moats, gates and drawbridges. Two hundred cannons were located on the perimeter wall for the defence of the city. Traveling the Oldtidsvei, Old Times Road, between Fredrikstad and Skjeberg will take you by many sites dating back from the Stone ages to the Viking Ages. In 2009 a national park was established in the coastal area south of Fredrikstad to the Swedish border.

The traditional foods of Østfold are based on the foods produced on the farms or available in the wild such as wild berries, fish and game. Although we think of lefse as the thin potato lefse we all enjoy at Julefest, in Østfold their lefse is made like our buttermilk pancakes and served with cheese and jam or lingonberries mixed into whipped cream.



As of January 1, 2020, Østfold is no longer a separate county but was incorporated into the new, larger Viken County with Akershus and Buskerud. It is supposed to make governing the region more efficient. Not everybody agrees it is for the better!

Elisabeth P. Sonoff,  
Cultural Chairperson

## KNITTERS



We have borrowed 11 Norwegian knitting books from the Cincinnati Library for your perusal. There are books on hygge knits, Christmas knits, vintage sweaters, Norwegian designer sweaters, fair isle knitting, mittens, and my favorite "55 Christmas Balls to Knit" by Arne & Carlos who have videos on YouTube!

The weather service says Monday, November 9, will be warm, up to 71 degrees!! So if you're interested in knitting or just curious, please join our knitters at Winton Woods Park (Harbour Entrance on Winton Rd.) We will gather at the picnic tables. There is lots of space for social distancing so bring your knitting and/or anything you've knitted during quarantine time that you'd like to show us, or leave the knitting at home and just bring yourself and your mask. We're thinking 1 pm, Please let Liv Ramstad or Susan Herman know if you plan to come so we will know to contact you in case the weather forces us to change our plans.

Hope to see you there, Liv.

[ramstad.liv@gmail.com](mailto:ramstad.liv@gmail.com)

or

[susan.herman3501@gmail.com](mailto:susan.herman3501@gmail.com)

## Ole & Lena Humor

Ole and Lena had never been camping and they heard about a nice campground near Cincinnati, Ohio that was owned by a couple of good Norwegians. Lena was worried about the toilet facilities, so she wrote a letter to the campground owner. Up North where Lena lived, people would say "L.C." or "Lavatory Commode" instead of "toilet". Being rather prim, Lena didn't want to say toilet or Lavatory Commode, so she simply asked in her letter if the camp has an L.C. The campground owner read Lena's letter and puzzled about the initials L.C. finally decided it meant LUTHERAN CHURCH and wrote back to Lena the following letter:

*"I am happy to inform you there is a local L.C. located nine miles north of the camp ground. I realize this is kind of far if you are used to going regular. It is a really nice one and seats 250 people. The last time my wife and I went was 6 years ago and it was so crowded we had to wait 20 minutes to be seated. Some people like it so much that they bring their lunch and make a day of it. There is going to be a fund raising dinner in the basement of the L.C. and they're going to use the money to buy more seats. It pains me that I can't go more often like I know I should, but it gets more difficult when you get older, especially in the winter. So, you come down and stay at our camp, and maybe we can go with you the first time and sit with you and I'll introduce you to all the nice folks around here, because, after all, this is a very friendly community."*

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