



SONS OF NORWAY

# Edvard Grieg Lodge 657 District 5

Cincinnati-Dayton, Ohio & Kentucky

*- First Lodge in Ohio -*

Sons, Daughters and Friends of Norway Newsletter

Nov 2022

## Notes from Lodge President

Hei all, I hope everyone is having a nice autumn. I apologize for the delay in the newsletter, things have been hectic for Susan and I of late. I have some good news from the Lodge: this weekend the board approved a slate of officers for election at our December meeting (Julefest!). Larry Bannick has agreed to run for President, I will run for Vice President, Pam Nelson for Treasurer and Liv Ramstad for Secretary. Other Board members will include Esther Charlton (Membership), Elisabeth Sonoff (Cultural), and Susan Herman (Foundation), with the position of Social Director still needing to be filled. In response to our SWOT analysis and planning meetings, we have added a new Board-level position, Publicity Director, which will be assumed by Kathy Skinner. The Publicity Director will help with development of strategies to expand efforts to recruit new members through advertising, social media, etc.

I am also very pleased to announce that we raised \$1000 at our October fundraiser in support of the Sons of Norway Foundation, making it the second year in row we have hit this mark. Thanks to Pam and Konrad Nelson for organizing the event, including the silent auction and raffle; Sandy Nelson for help with arranging the venue and set-up; and Elisabeth Sonoff, Laurie Johnson and Susan Herman for prepping and cooking the waffles.

Also as a result of our strategic planning meetings, we are forming a member care committee to reach out to our members and see how we can better serve them and connect them with the Lodge. Please consider serving on this very important committee. As noted, we still need someone to serve as Social Director. So please consider pitching in to help the Lodge. You would have plenty of help from the

Board, and there is no shortage of ideas for meeting programs.

Finally, Julefest is coming up. For many of us this is the highlight of the Lodge year, and we hope for a big turnout.

Jim Herman

## Membership

It's that time of year to think about giving the gift of membership to Sons of Norway. I am sure your family member or good friend would be delighted with the gift. You could also add a family member by changing your membership to a family membership. Contact me for details of either of these membership areas.

Esther Charlton, Membership Secretary

## Birthdays

### November

Dario Sedler[1], Dianne Clark[5], Harold Shirley[10], Glenn Mikaloff[14], Trine Wernes[15], Michael Luiso[29], Karen Barth[30].

### December

Lois Evensen[5], George Kaufman[5], Lauren Keyser[5], Lyndsey Heatherton[6], Susan Mikaloff[7], Esther Charlton[12], Leah Sedler[12], Ed Charlton[13], Aida Storetvedt[26], Konrad Nelson[29].

### January

Aimee Russell[4], Connie Holmen[10], Anders Russell[26], Kelly Lawson[28], Linda Welin[29].

## Calendars

We will again have calendars of Norway and Sweden for sale. This year they will be \$14.00. They will be available at Julefest. If you are not able to be at Julefest, contact me and we will arrange to mail the calendars to you.

Esther Charlton, Membership Secretary

## Upcoming calendar events:

### November 2022

Friday, November 18 at 1:30pm -- Cooking/Baking  
Zoom Social

Topic: Sharing favorite Thanksgiving side dish or stuffing recipes.

If you are interested in joining this class, please email or call me.

### December 2022

#### Julefest

Saturday, December 10 at 4:00-7:00pm  
Shop Baked Goods & Butikk, enjoy appetizers (4pm), Dinner (5pm), program (5:45pm)  
Location: Mason United Methodist Church  
6315 S. Mason-Montgomery Rd.  
Mason, OH 45040

There are lots of opportunities for volunteering to make Julefest a memorable celebration together and we ask for your help in that endeavor! If you are able to help in some way (day before: unloading boxes/bags of supplies from 2-3 cars, tablecloths and setting tableware, decorations; at event: greeters, help with food prep or serving, music, cleanup, packing up, loading cars) please email or give me a call. I will be doing the same to fill the areas of need. Anyone interested in providing or creating a centerpiece decoration for a round dinner table, please let me know at your earliest convenience!

Friday, December 16 at 1:30pm -- Cooking/Baking  
Zoom Social  
Topic: Christmas cookies

If you are interested in joining this class, please email or call me.

## January 2023

A Norwegian fairy tale comes to life at Music Hall in Cincinnati on January 13 and 14<sup>th</sup>. For those interested in attending the CSO's performance of Grieg's Peer Gynt (adapted by Bill Barclay), let me know! I am looking into group info with the CSO for this concert. Several members already have tickets for the 14<sup>th</sup> at 7:30pm. Watch this 2 minute link of Peer Gynt from the Boston Symphony Orchestra.

<https://www.youtube.com/watch?v=Sybw-YQ6TWQ&t=17s>

#### Lodge Meeting:

Saturday, January 14 at 2:00pm – Regular Lodge Meeting

Location: Symmes Township Library (meeting room)

Program: Installation of Officers and TBD

Soups and appetizers/snacks....more info to follow!

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)

## Recent events

At our September meeting Kathy Skinner gave a presentation on "Ohio Gardens". She shared information and slides on many gardens around the state and encouraged us to take trips to visit these places either as a short day trip, overnight, or making a side stop when traveling elsewhere. Tusen takk, Kathy, for inspiring us to check out and explore these many amazing places in Ohio. As for food to enjoy, everyone brought a dessert to share, so it was also a very sweet meeting! And...fun taking home goodies from other bakers. Check out the Topiary Garden in Columbus based on Georges Seurat's post-impressionist painting:

[https://www.columbus.gov/recreationandparks/parks/Deaf-School-Park-\(Topiary-Garden\)/](https://www.columbus.gov/recreationandparks/parks/Deaf-School-Park-(Topiary-Garden)/)





*Kathy Skinner with slide of topiary garden in Columbus which is based on Georges Seurat's painting "A Sunday Afternoon on the Island of La Grande Jatte"*



*September meeting at Sharonville Library*

Our October meeting occurred on an extremely gorgeous Fall day. Tusen takk to Foundation Directors Pam & Konrad Nelson for all they did to make the annual Foundation fundraiser event successful and fun, and to everyone who participated in any way. (see also the Foundation Directors' article)



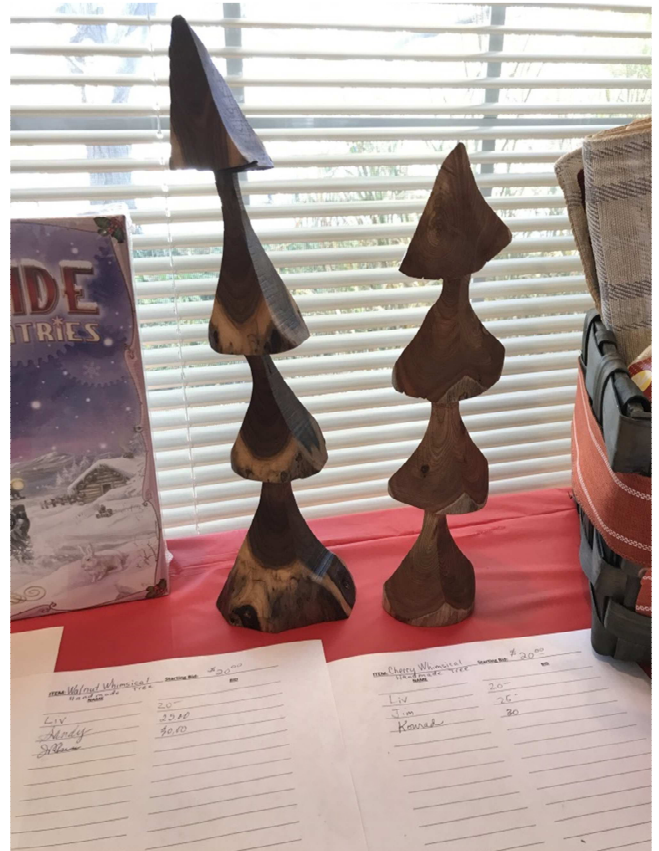
*Some raffle items*



*Waiting for waffles*



*Sandy Nelson & Liv Ramstad checking out silent auction items.*



*Paul Johnson's whimsical tree carvings in Walnut or Cherry*





*Nelson family (Foundation Directors Pam & Konrad in center)*

Cooking/baking classes took a break in July and August but resumed again in September via Zoom. Everyone was happy to be back together to chat and share stories and recipes. Elisabeth led the discussion on Fårikål, and also apples. In October she shared discussion and recipes for kanelboller (cinnamon buns) and hot rice porridge, risengrynsgrøt. In Norway this year, Oct. 4 was cinnamon bun day and the 23<sup>rd</sup> was hot cereal (grøt) day.

Tusen takk, Elisabeth, for sharing your passion and knowledge of Norwegian cooking/baking with us, always enthusiastic and inspiring.

## Foundation News

Thank you again to everyone who made our October Foundation Waffle and Raffle event such a great success! Thank you, Sandra Nelson, for securing the Clubhouse at the Mallards of Mason again. It is the perfect venue for this event. The Norwegian Waffles (prepared by Susan and Lori) topped with the traditional jam and sour cream were so tasty!

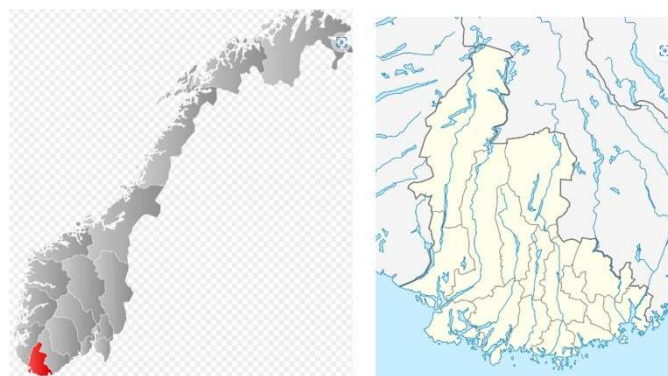
So many of our talented and generous lodge members donated to the auction and raffle. There were several hand-made items, an author-signed book, a Norske Nook basket, Scandinavian

children's toys, and a Dale of Norway sweater. Thank you to all who contributed.

The total amount raised was \$914.48. That is only \$30 less than last October. This is remarkable, as we had fewer people attend than last year!

Thank you to everyone who made this event such a huge success. Pam and Konrad Nelson

## Vest -Agder



Vest-Agder (West-Agder) was until January 1, 2020 a separate county, fylke. It was then combined with Aust-Agder to form Agder fylke. It is the southernmost part of Norway. To the east it borders on Aust-Agder and to the west to Rogaland. Most of the inhabitants live along the coast line and this is where the major cities, Kristiansand, Mandal, Flekkefjord, and Farsund, are located. Around 31 fjords are located in this region. The warm Golf Stream touches the coast line and is why this area is often called "the Norwegian Riviera." The whole of Agder is also called "the California of Norway."



*Urdalsknuten Mountain*

From the coast, six valleys stretch north into the county. The northern most part of the county is

mountainous and sparsely inhabited. It is used for pasturing cattle and sheep. The highest mountain in the county is Urdalsknuten at 1433.5 meters (4703.1 feet). It is located in the north between Sirdal and Valle.

There is proof that humans have lived in the region for a long time. In 1997 skeletal remains of a woman were found on an island outside Søgne. It was dated back to about 6500 BC and is the oldest remains of human ever discovered in Norway. A Neolithic burial site from 3400 BC has been excavated in Kristiansand. Many sites dedicated to the God Ull or Ullr have also been found in Vest-Agder. It is believed that the first all-national king of Norway was raised in Kvinesdal Valley. He was followed by his son Harald Hårfagre, Fairhair, who had his easternmost manor at Kongsgård near Kristiansand. From 1300 onwards there were trading centers at Kristiansand and Mandal, but due to poor conditions for agriculture the region was relatively a poor part of Norway.

Later, in the 16th century, Dutch vessels started to visit southern Norway to purchase salmon and other goods. They also bought oak which was well suited for shipbuilding back in the Netherlands. When the country later suffered from labor shortage, many families from the Agder region immigrated to the Netherlands

Historically the region was known for the manufacturing and repair of sailing ships. In the 19th century steamships began to replace sailing ships which resulted in a decline in the sailing ship industry. Many from the region immigrated at this time to the United States. However, when there was an economic upswing later on in Norway, many returned back to Norway, particularly to Kvinesdal and Farsund. The region still maintains strong cultural links to the United States.

During World War II there were substantial German fortifications and German personnel in the area. There were major bases and airfields in Lista, Mandal and Kristiansand.

Farms are mostly found in the inner and northern parts of Vest-Agder. Husbandry is the most important form of farming and dairy products the most important farming products. Sheep are found

more in the northern parts of the county. Vegetables and fruit are produced on farms along the coast line. Most of the fisheries take place out at sea mostly for cod and mackerel. Shellfish, particularly shrimp, are also caught. Only a smaller part of the harvest is sold locally.

There is not a lot of industry in Vest-Agder. Most important is engineering industry. The production is concentrated in the Kristiansand area. Other industries of importance are wood products and food production.

Vest-Agder is a popular summer vacation location. There are many summer vacation homes and tourist centers along the coast line. Alpine centers are found in the northern parts of the county. The majority of the tourists are Norwegian. Popular tourist attractions are Lindesnes Lighthouse, Christiansholm Fortress, Dyreparken, the Animal Park, in Kristiansand, and the charming old houses in Ny-Hellesund. The largest shopping center in northern Europe, Sørlandssenteret, is located in Kristiansand.



*Ny-Hellesund*

Norway's most unique restaurant, Under, is located at Båtlø in Lindesnes. It is a submerged building where diners can watch schools of fish swimming by through a large panoramic window. In 2020 the restaurant made Forbes list of "10 coolest Places to Eat." If you plan to go, reservations must be made way in advance.

Kristiansand is the largest city in Vest-Agder and the sixth largest city in Norway. The region around the city has been inhabited for more than a thousand years. Although the town has had many fires over the years, interesting old buildings can still be seen.



Kristiansand is an important harbor town. There is a ferry connection to Hirtshals on the Continent.

Mandal is the second largest city and is known for its beautiful beaches. It is also home to museums and art galleries. Many well-known artists came from the region.

Farsund is located close to many scenic fjords. The guest harbor is considered one of the best in Norway and is full of boats during the summer season. Several old churches are located close by. Valle church is located at Lista and is probably the oldest church dating, perhaps, back to 1037.

Flekkefjord is the western most city in Vest-Agder. The town has had strong ties to the Netherlands through export of pine used for buildings. Most of the houses in Amsterdam built in 19th century were built with Flekkefjord exports. A section of Flekkefjord is called Hollenderbyen (Town of the Dutch) and dates back to the 18th century.

Several notable persons come from this region. The poet and writer Henrik Wergeland was born in Kristiansand. Jørgen Moe who together with Per Christian Asbjørnsen collected and published Norwegian eventyr (folk tales) was bishop of the Diocese of Kristiansand. The famous sculptor Gustav Vigeland was born in Mandal.

The Norwegian Crown Princess Mette-Marit was born in Kristiansand in 1973.

Food traditions from Vest-Agder are based on what could be grown, harvested, or fished. The region had early on contact with the Continent and as early as 1600 lemons, spices such as pepper, allspice, nutmeg and cinnamon were imported to the cities along the coast. In the inner parts of the region, foods were based on what could be produced on the farms. Grains were the basis for much food consumed. Grøt (porridge) was served at most meals. Meat was mostly salted, dried and smoked. It was used to make sodd, a soup-like stew. Fresh meat was considered a luxury and only served for special occasions.

Jenteost (Girl Cheese) is food traditionally from Vest-Agder. Fresh milk is curdled by adding sour milk. It is strained and the curdles are mixed with caraway seeds and a little salt. It is then wrapped in a cloth and pressed till it is firm enough to be sliced.

Slices are served along with "brennevin" at weddings and funerals.



*The women's bunad from Vest-Agder*

The women's bunad from Vest-Agder comes in several different variations depending on which of three style skirt one chooses, how the bodice is shaped, and what type of apron is used. Sigrun Skar published in 1950 the book "Agder Bunad" about old bunad traditions. It has been used to develop the modern bunad. Work with the design is still ongoing.

Elisabeth P. Sonoff, Cultural Chairperson

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