



SONS OF NORWAY

Edvard Grieg Lodge 657 District 5

Cincinnati-Dayton, Ohio & Kentucky

- First Lodge in Ohio -

Sons, Daughters and Friends of Norway Newsletter

|

Mar 2022

Notes from Lodge President

Hei all, it is great to see the beginning of spring and hopefully the end of COVID restrictions! We have a busy season ahead of us, with a full slate of lodge meetings and gatherings. I hope all can attend.

For the past several weeks I have been helping teach a Creative Leadership course offered by District 5. Teaching this has been very eye-opening for me, and we have discussed a lot of very interesting ideas on how to attract new members and engage our current ones. The discussion is lively and informative. If you would like to join in, let me know and I would be happy to forward the zoom link. We are currently on week five of the six-week course, but each session is a different topic and not dependent on the prior sessions. Prior sessions have been recorded and are available on the D5 website:

https://sonsofnorway5.com/programs/leadership_workshop.php. This week we will discuss building strong teams, and next week we will discuss strategic planning.

On the basis of what I've taken away from the class, I've asked the board to conduct a SWOT analysis of our Lodge, in order to get a better handle on where we stand and what we should be thinking about doing to keep us growing. The goal of this exercise is to identify the strengths and weaknesses of our Lodge, identify opportunities for growth and discuss potential threats to our sustainability. We will present the results for discussion at one of our upcoming lodge meetings, so I hope all can attend and participate in the conversation.

Jim Herman

Membership

This month we remember with our prayers some former members of the lodge.

Jean Crocker-Lakness's husband James Crocker-Lakness passed on January 19, 2022. Jean was a charter member of our lodge along with her parents Melvin and Patricia Lakness. Jean had been one of our lodge's guides during the World Choir Games. She and Jim had enjoined coming to our Julefests. She was a 20-year member but recently became ill with Parkinsons.

Then on January 23, 2022, Dan Beckman passed. Dan was a charter member of the lodge and was a member for 15 years. During his years of membership he presented several programs on Ski for Life. Ski for Life is a program where sighted people guide blind people cross country skiing. He and his wife Carol hosted the lodge at their lovely Hidden Valley home a couple of times.

Charlton, Membership Secretary

Birthdays

March

Elisabeth Pettersen Sonoff[12], Larry Bannick[17], Kathy Johncox[19].

April

Sonja Kinney[1], Harriet Drinan[2], Katherine Sanders[2], Barb Smith[6], Glenn Danielson[12], Kathy Skinner[12], Rachel Powell[13], Ray Sonoff[18], David Johnson[19], Sharon Smythe[22], Erin Rykhus[24], Laurie Johnson[30].

May

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

Recap of recent events

Our January meeting via Zoom was Genealogy Basics Part 2 with 17 members present. We watched a short recorded D5 Nordic News program from 9/8/2020 with Dana Kelly from the Norwegian-American Genealogy Library in Madison, WI. Following that was a discussion of a few more resources and a few members shared some family history or memories with the group. If you are interested in the information given out at either the November 2020 or January 2021 meetings, please contact me and I will be happy to send it to you.

Our social Zoom cooking/baking classes with Elisabeth Sonoff met on January 21 and February 18. The topic for January was pork, as we learned the Norwegian food day on January 17 is pig. Elisabeth shared a recipe for making “medisterdeig.” February’s topic revolved around Valentine’s Day, Morsdag (Mother’s Day on 2nd Sunday in February), and Feb. 6 which in Norway is the Sami people’s day. Elisabeth shared an authentic recipe for “Bidos” for Sami day (stew made with reindeer meat), the most traditional Sami dish, giving great instructions on how to properly cook and season the reindeer. Discussion and laughter followed about the dilemma of finding reindeer meat in the US and concluded we should try tasting it next time we visit Norway!

March 2022

Regular lodge meeting **Saturday, March 12 at 2:00pm**

Hybrid meeting: in-person and Zoom
Invite and bring a friend or family member!
Presentation by Adam (& Kathryn) Sokol on their 2021 trip to Iceland.

Bring an appetizer, snack or dessert item to share.
Drinks provided by the lodge.

Location: Symmes Township Library (meeting room)
11850 Enyart Rd, Loveland, OH 45140

Masks encouraged but not required (current library policy)

Cooking/Baking Zoom Social **Friday, March 18 at 1:30pm**

Topic: Spring themed recipes or fish (March 4 food day) or waffles (March 25 food day).

Contact our Social Director if you are interested and would like to join us for this or future cooking/baking meetings.

April

Zoom Board Meeting **Saturday, April 2 at 2:00pm**

All members are welcome to attend this meeting.

Regular lodge meeting **Saturday, April 9 at 2:00pm**

Hybrid meeting: in-person and Zoom Presentation by Kathy Skinner on Ohio Public Gardens.

Location: Sharonville Library (meeting room)
10980 Thornview Drive, Cincinnati, OH 45241

Masks encouraged but not required (current library policy)

May

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



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

More information to follow.

Location: Friendship United Methodist Church
1025 Springfield Pike, Wyoming, OH 45215

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

All members are welcome to attend this meeting.

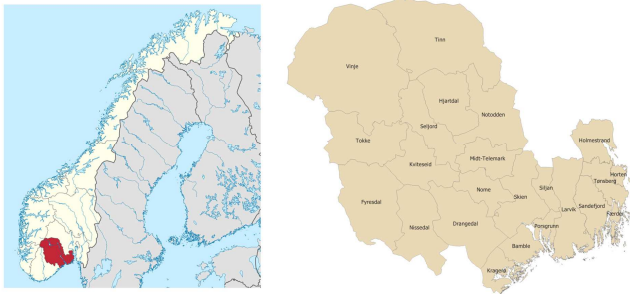
June 15-19 is the District 5 Convention in Madison, WI

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

Vestfold



Vestfold is a region located on the west side of the Oslofjord. It borders in the north to the former county of Buskerud, and to the west to the former county of Telemark. It was the smallest county, "fylke", in Norway until it was combined with Telemark into one region in 2020. Vestfold is the old name of the region. It means "west of the Oslofjord". Vest translates into west and fold is the old name for the Oslofjord.

Vestfold was first mentioned in a written source in 813 when Danish kings were in Norway to quell uprising among the nobles in the region. Kaupang , a town located near Larvik, dates back to the Viking age and is believed to be the first town in Norway. However, it was abandoned in the tenth century. Tandberg, which dates back to ca. 900, is the oldest town still in existence in Norway.

Geography: Vestfold has a long shoreline starting from Drammensfjorden in the north to Langesundsfjord in the south. The total length of the coastline is 610 miles. There are 1407 islands along the shoreline. There are 634 freshwater lakes in the region. The highest location in Vestfold is 2, 080.2 feet above sealevel located at the area of Vestfjellet and Skibergfjellet.

The largest cities in Vestfold are Larvik, Tønsberg, Sandefjord, Horten and Holmestrand. They are all located along the coast.

The world's most northerly located beech forest, Bøskeslogen, is located in Larvik. Fredriksvern verft, Norway's first naval base is located in nearby Stavern. In 1875 Dr. Holm, a health and resort pioneer, discovered a spring rich in minerals close to the Farris River. Shortly thereafter he established Larvik Bad (bath) where people came to drink the mineralized waters and other treatments. Many famous Norwegians came here, among them the author Bjørnstjerne Bjørnson. In 1907 a brewery started bottling the the water which was eventually given the name Farris. Even today, Farris is very popular in Norway and accounts for 71% of all sparkling mineral water sold in Norway.



Tønsberg Fortress on Castle Mountain

Tønsberg and Sandefjord: Tønsberg was founded by the Vikings in the ninth century. It is regarded as the oldest town in Norway. It was an ancient capital of Norway. It may be one of the oldest towns in Scandinavia. The old name of the city was Tunsberg which means fenced area and mountain. The name originally referred to the fortifications at Slottsfjellet, Castle Mountain, in the town. The town and neighboring Sandefjord were earlier the center for the world's modern whaling industry. The only European museum dedicated to whaling is located in Sandefjord.

The largest burial mound site in Northern Europe is located in Horten at Borrehaugene. It is also home to the Royal Norwegian Navy Museum. Åsgårdstrand is part of the town. Early in the twentieth century it became known as an artist colony. Edvard Munch spent seven summers in his summer home in the village.



Borre Burial Mound

Holmestrand is known as "the Town under the Mountain" because it is located close to the highest mountain area in Vestfold. It is home to the Aluminum Museum and the Ironworks Museum at Eidefoss.

The traditional industries in Vestfold have been whaling and shipbuilding. However, whaling ended around 1960 and shipbuilding has also been reduced. Information technology is now a growing industry. Almost 20% Vestfold's total area is used for farming, the highest percentage of any region in Norway. Grains are the major production. Almost 20% of the vegetable production in Norway comes from Vestfold.

Tourism is an important industry in Vestfold, particularly in the summer. The islands along the coast line are popular summer destinations. Many Norwegians own summer cottages on the islands, particularly in the areas around Tønsberg, Sandefjord and Stavern. On Tjøme, an island near Tønsberg, the populations increase from 4,500 to around 50,000 in the summer. That has earned the island the nickname Sommerøya (the Summer Island). Sandefjord has been nicknamed Badebyen (The Bathing City) because of the many beaches in the area. The town became a world renowned resort destination from 1837 to 1939 after Sulphur springs were discovered in the town. The spa was one of the most visited spas in Europe up to the closing.

Vestfold has a rich history going back to the Viking age. Important Viking discoveries have been made in the area. The Oseberg Burial site was discovered on the Oseberg Farm in Tønsberg in 1903. The ship and contents are now on display at the Viking Museum in Oslo. The Gogstad Mound in Sandefjord was where the Gogstad Viking ship was excavated in 1880. It is the largest Viking ship ever found. It is now on display at the Viking Museum in Oslo. Tourists can

visit the locations where the ships were excavated. There are information boards posted on the sites. Another Viking burial site was discovered at Gulli in 2003 to 2004. It was discovered during the construction of the highway E18. In all 60 graves were discovered. Artifacts from the site are now on display at Midgard Historical Centre in Borre.

Bøkeskogen, the Beech Forest, in addition to being the largest beech forest in Norway, is also an important archeological site. Almost 90 burial mounds have been discovered in the area.

There are 21 churches in Vestfold dating back to medieval times. The only stave church, Høyjord Stave Church, is located in Andebu near Sandefjord.



Høyjord Stave Church

Notable people from Vestfold: Sven Foyn from Tønsberg pioneered methods for hunting and processing whales. He was the first to hit a whale with a grenade harpoon in 1870. This invention made hunting whales much less dangerous. It launched Norway into the profitable whaling industry in which it was dominant for many years. Henrik Henriksen and Henrik Johan Bull also from the Tønsberg area were the first to sail to whaling ventures in Antarctica.

One of Norway's most beloved speed skaters, Hjalmar Andersen, was born in Vestfold. He won three gold medals in the 1952 Winter Olympics.

Magnus Carlson, the Chess Grandmaster and World Chess Champion, was born in Vestfold in 1990.

Traditional Foods: Vestfold has rich food traditions. Many of these are based fresh local products.

However, many new impulses and foods were brought to the area by returning seamen. With a long coast line, seafood has been important in the coastal districts.

Kjøttmatgryte, Meat Pot, is considered the typical traditional Vestfold dish. It consists of different types of meat, sausage made from offal, whole barley grains and potatoes. The stock is often served separately with flatbread on the side. Another popular dish is kotelett-i-kål, which is like får-i-kål only made with pork chops instead of lamb.



Vestfold Bunad

Bunader: There are several different bunader for both men and women from Vestfold. They are based on folk costumes and what was worn by farmers in the nineteenth century. The most historically correct bunad was designed by Klara Serb. It comes in three different color combinations with bodice and skirt in different colors that includes either: green and black, red and blue, or red and black.

Elisabeth P. Sonoff, Cultural Chairperson

The Great CyborGoat Invasion

Excerpt from Sons of Norway E-Post



Combining the age-old livelihood of farming with the newest in satellite technology, armies of “CyborGoats” have been unleashed across the nation of Norway.

No need to hide under a bridge. There are no robotic rams shooting laser beams at grouchy old trolls. CyborGoats are simply goats equipped with state-of-the-art GPS collars, utilizing cellular and blue tooth technologies. The human in charge of the goats uses an app on their cell phone to track each creature, and most importantly to set digital boundaries for their herds. If a goat strays outside the prescribed longitude and latitude, their collar will start to beep. If the animal ignores the warning and remains outside the boundaries too long, the beeping continues and they will receive a small electric shock. Goats are very smart. They have adapted to the new collars quickly, though many enjoy the challenge of grazing just outside the digital lines, leaping back to safety at the very last moment.

Over 2,400 farmers in Norway have taken advantage of this new technology, which has revolutionized their profession. If an area is in danger of being overgrazed, new virtual boundaries can be set with the app, which is especially helpful in the most mountainous regions. Based on their movements, a caretaker can tell if an animal is stuck or is being chased by a predator. Wayward goats can be located easily for a quick and effective rescue.

With digital fencing in place, CyborGoats are now being rented to municipalities and individuals to chomp on unwanted brush and weeds. Goats can safely graze next to roadways or power lines, both clearing and fertilizing the land simultaneously.

It estimated that over 27,000 creatures in Norway are now sporting GPS collars to keep them safe within virtual boundaries. Unfortunately, cows and sheep have not responded as well as these clever kids.

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