



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 2023

Greetings from the Lodge President

Hei alle,

Those of you that have lots of trees will soon be in the leaf removal business, the yards are looking very fall like with the leaves on the ground. We have two good activities planned for the remainder of the year and some very good news. Karl Halvorson has agreed to take over the website, if you get a chance thank him for this important endeavor. For 23 years, since the lodge was formed, Lois Evenson has directed that effort; give her special thanks as well.

In October the annual foundation event was held, there were many interesting things to auction. This is an important event for the lodge as we send the proceeds for a variety of projects. Each year it gets better, our goal is for more people to attend next year, how can you not want to eat some Heart waffles and toppings. As always we look forward to members bringing out their creative side for things to auction.

Look at the article for the November 11th meeting to learn about the Norwegian Elkhound. We have an excellent speaker that will have her dog with her. Bring something for the snack table. We look forward to seeing members come and participate and learn.

Put 09 December on your calendar. It is time for Julefest. This is always an event that brings old and new members together for fellowship and a good time. This brings us the feeling of hygge. Hygge is a word in Norwegian that describes a cozy contented mood evoked by comfort and conviviality.

The Hopewell Ceremonial Earthworks, which includes the Earthworks at Fort Ancient, has been included in the UNESCO World Heritage list, the only place in Ohio that is on the list. We do plan on going in the spring so look for the announcement.

President Larry

Membership

We introduce our newest members of the lodge, Frank and Bonnie Golich. They are neighbors of the Mikaloff's, in Springboro. On their walks around the neighborhood, they noticed the Norwegian flags at Susie's. They got to talking about Norway as Frank had been an exchange student and has kept in touch with his host family.

We also welcome new Member Lorna Sullivan. She wrote:

"I am 100 percent Norwegian descent. I was born and raised in North Dakota. I am interested in joining this Norwegian Group in Cincinnati. I live in Milford Ohio. I've been to Norway twice. Still have relatives there. One grandfather came directly from Norway. Great grandparents came too. I have written a book on the genealogy of my Norwegian descendants including those living in the US, Mainly North Dakota, Minnesota, Wisconsin, and Iowa."

On a sad note we extend our sympathy to Elaine Varland and family on the passing of Walter Varland. Walt and Elaine had been charter members of our lodge and had been members for around 17 years.

Again, if you have any questions on membership, do contact me.

Esther Charlton, Membership Secretary

Birthdays

November

Dario Sedler[1], Diane Clark[5], Harold Shirkey[10], Glen Mikaloff[14], Michael Luiso[29], Konrad Nelson[29], Karen Barth[30].

December

Lois Evensen[5], George Kaufman[5], Lauren Keyser[5], Lyndsey Heatherton[6], Esther Charlton[12], Leah Sedler[12], Ed Charlton[13], Frank Golich[18], Laurie Sorman[19], Aida Storetvedt[26], Richard Distad[29], Morgan DuShane[29].

January

Diane Kosobud[1], Aimee Russell[4], Connie Holmen[10], Anna Reeder[11], Kenneth Leque[15], Anders Russell[26], Kelly Lawson[28], Linda Welin[29], Deborah Bowman[31].

Lodge Publicity

One of the most important goals of our Lodge is acquiring new members. My job is to publicize Sons of Norway and our Lodge, looking for local people who have an interest in their Norwegian heritage or a desire to learn the language.

Cincinnati, Dayton, and Centerville libraries have agreed to post a monthly flier in all of their branches with information about our monthly meetings, including what programs will be presented.

We have had several people contact Esther and me with questions and a few have come to meetings and become members.

I have also contacted a Norwegian officer who is stationed at Wright Patterson Air Force Base in Dayton. He and another officer and his wife might be interested in attending Julefest!

If you have any ideas about getting the word out about us, please let me know and I will do my best to make it happen.

Kathy Skinner, Publicity Director

Foundation

Tusen takk for a successful Foundation meeting in October. The clubhouse was festively decorated, the waffles were amazing with several toppings to choose from, lots of wonderful gifts and baskets to raffle or bid on, a nice crowd and time to catch up with friends and family. Thanks to everyone who helped pull it all together, volunteered in some way, brought items for the event, or donated towards waffles, raffle tickets or winning a bid! Our lodge took in \$796. If any members, who live outside of Greater Cincinnati driving distance or weren't able to attend, still wish to contribute you can mail a check to our Treasurer Pam Nelson (contact Pam at nelsonkap@cinci.rr.com for mailing address, make check payable to 'SofN Edvard Grieg 5-657' and notate for Foundation).



Enjoying waffles and conversation



Members perusing the raffle table items



Vafler makers Liv Ramstad and Laurie Johnson



Konrad & Pam Nelson, Jim Herman, Sandy Nelson

Scholarships: If you have children or grandchildren (or even yourself), check out the domestic and international scholarships which are available through Sons of Norway. Scholarships opened October 1. Check submission deadlines as some are January 15, others February 15.

<https://www.sofn.com/foundation/scholarships/>

Susan Herman, Foundation Chair

November Meeting

Saturday, November 11, 2023, 2 P.M.

Deer Park Library, 4020 E. Galbraith Rd
Cincinnati, 45236

Come and learn about the Norwegian Elkhound. We have an excellent speaker that will have her dog with her.

Bring something for the snack table.

For questions or comments contact Esther Charlton
esthersofn@aol.com

Food Zoom Class

Elisabeth Sonoff leads our discussion sharing food knowledge, skills, and stories about Norway. Our class in November will be on Friday the 17th at 1:30pm (EDST). Topic and recipes to share will revolve around Thanksgiving, Christmas, or New Years foods/traditions that you continue in your families.

There will not be a class in December, but look in the January 2024 newsletter for the January class date and topic.

If you would like to join us for one or all Food Zoom classes, please email susan.herman3501@gmail.com to get on the email list for the Food Zooms.

Lefse Pre-orders

To make sure you have enough lefse for your holidays and beyond, you can pre-order by emailing susan.herman3501@gmail.com by November 14th with the number of packages you would like to reserve and purchase. There are 6 pieces per package and the package price should be similar to last year. Orders can be picked up at Julefest (or at setup on the 8th). Lefse will also be available at Julefest until we sell out.

Julefest Entertainment

Julefest is coming December 9th and we need some entertainment! If you and/or your family members have a talent you'd like to share with us OR if you have any ideas, please contact Liv Ramstad at ramstad.liv@gmail.com. God Jul!

Julefest 2023

Saturday, December 9 at 4:00-6:30pm

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

Our annual Julefest event will take place at Mason United Methodist Church, starting with appetizers at 4 PM and dinner at 5PM. Join us for fun, fellowship and Norwegian food and culture. Our annual **Butikk** offers opportunities to purchase unique Norwegian/Scandinavian themed items, and is a great place to shop for holiday gifts for family and friends. We will also have baked items available for sale, and lefse will be available to purchase for the holidays.

The Lodge will provide meatballs, mashed potatoes & gravy, and drinks. Please bring a dish to pass. Norwegian or Norwegian-themed foods are always appreciated!

As always, we could use your help with Julefest, be it at the sales booths, in the kitchen, help with set up/take down, music or greeting. If you are available and have time to help, please contact Jim Herman (jpherman.edvardgrieg@gmail.com)

Baked good donations for the bake sale are appreciated as well.

We look forward to seeing you all there, and I'd encourage you to bring along friends and neighbors!

Jim Herman, VP, Julefest Coordinator

Broderi (Embroidery)

Embroidery as a form of expression goes way back in history. It is performed with needle and thread in order to make fabrics more beautiful. Early embroidery traditions were developed in China, Siberia, and Egypt. The oldest examples of embroidery in Europe go back to the Stone Ages. Some Danish Bronze Age clothing dating back to 1500 - 1000 BC were decorated with simple embroidered borders. In Norway, some pieces of embroidered textiles were found in the Oseberg ship (around 850 AD). During the Middle Ages distinctive

embroidery styles were developed particularly in Italy, France, Germany and England.

In the Middle Ages embroidery was mostly used to decorate fabric and items used in churches. During the Renaissance it became common to use embroidery on items for domestic use such as clothing and upholstery fabric. The first embroidery pattern books were published in the first half of 1500s although they were meant to be used by craftsmen but women from wealthy families would use them to embroider for themselves and their families.



Bryst klut

From 1700 on it became popular to embroider flowers and vines in wool onto folk costumes. It was known as "rosesaum", rose sewing. At this time embroidery was an important part of the education of young women from well-to-do families. Starting in the 1800s embroidery was introduced into the curriculum of Norwegian schools, particularly in the cities. Embroidery was considered an appropriate activity for women of the bourgeoisie class in addition to their duties as wife and hostess. For farm women embroidery became a source of extra income. It was something they could do after their chores were done in the evening.

Many types of embroidery became popular from 1900 on. Often these embroideries were for use in the home such as bell pulls, embroidered pictures to hang on the wall, tablecloths, and decorative towels. Patterns were published in magazines or could be ordered by mail.

There are two main types of embroidery, "Tellesøm" (Counted Stitches) and "Fritt Broderi" (Free Form Embroidery). Tellesøm is worked on fabric where the structure is such that one can count the horizontal and vertical threads. Fritt Broderi is worked on closely

woven fabric such as wool fabrics and woolen felted fabrics.

Examples of Tellesøm include Hardangersøm, Cross Stitches, Holbein stitches, Kloster stitches, and Smøyg (Smooth Embroidery).



Hardangersøm

Hardangersøm is named after the district of Hardanger in the western part of Norway. The origin of the stitch may have been in Persia and Asia. By 1700 the type of embroidery had spread to the northern part of Europe. In Norway it flourished in the period between 1650 and 1850. Traditionally it is geometric embroidery and cutwork technique worked in white linen thread on white linen fabric. Hardangersøm is used to decorate bunader (National Costumes) and other items of clothing such as household linens, curtains and bedspread. It is often just called Hvitsøm (White work).



Svartsøm

Svartsøm (Black work) is another form of Tellesøm. Cross stitches are worked in black thread on white

fabric. It is often used on bunad shirts on the collar and cuffs, and on headscarves.

Fritt Broderi includes techniques such as Plattsøm (Flat Stitch), Tungesting (Blanket Stitch), Kjdesting (Chain Stitch), and Kontursting (Contour Stitch). These stitches are often used for the embroidery on bunader. Traditionally, they have also been used to decorate knitted mittens which were symbolic gifts during betrothals and weddings. Finely crafted mittens and gloves were worn to church and other special occasions.

Pearl- and sequin embroidery is also used in traditional embroidery styles in Norway. Bringekluten, a chest front-piece on the Hardangerbunad, is richly decorated with this type of embroidery.



Embroidered Mitten

Today Norway has a rich bunad tradition using many of the different embroidery stitches. In the first half of 1900 many women would embroider bunader at home that were sold through Husfliden. Later on many women took paid jobs and fewer women would earn money by embroidering at home. However, refugees arriving from Vietnam in Norway in 1970 -1980 had embroidery skills. Today a good part of bunader available commercially are embroidered by the descendants of these immigrants.

Elisabeth P. Sonoff, Cultural Chairperson

Reindeer Ranch

In September this year, Sharon Smythe and our lodge president, Larry Bannick, had the opportunity to visit Hardy's Reindeer Ranch near Rantoul Illinois. The fall is the best time to visit this unique farm because both male and female reindeer have their horns. Other activities at this location in the middle of the corn fields of the Midwest include an

elaborate corn maze, go carts, and a western style *night club where everyone can have the time of their lives.*



President Larry Kissing a reindeer

People come from all over the country to interact with these gentle, hand raised fjellrein (Norwegian word for reindeer) from the northern most parts of Europe. Part of the tour included “feeding” the reindeer bits of graham crackers by holding the cracker in your own mouth and offering it to the deer, who gently takes it with relish. The deer don't have front teeth so they can't bite you. The owner of the facility gave a very good presentation of reindeer and how they got their first ones obtained from Alaska and shipped on Delta airlines to the lower 48. Their herd has grown to about 40 individuals. Call ahead to go visit: 217-893-3407

AND...We're off!

A member sports challenge was approved by the D5 Board at our recent fall board meeting and in advance of the June convention in Indianapolis.

*The Board encourages our members to exercise via the mode they prefer. Hike, bike, walk, snowshoe, ski, or swim your way to Indianapolis! Keeping ourselves healthy and strong is the goal. Fight off the winter doldrums and create a new you in 2024!

*The challenge will run from October 19, 2023, to May 19, 2024. Local sports directors can plan specific outings for their lodge, or individuals can

chart their own course. Choose a warm time of the day and simply GO FOR IT!

*Another perk, members can also earn Sons of Norway sports medals in the process.

If your lodge is planning a friluftsliv event, include the challenge as part of your day!

*Keep track of your miles and submit them to your lodge's sports director or give them to your lodge president for recognition.

Participants could be recognized at your Syttende Mai banquet or May lodge meeting.

We will also acknowledge members at the 2024 District 5 Convention. Their names will be posted to the D5 webpage, and they will receive a participant award from their local lodge. A template will be provided.

The route:

All participants will begin by leaving their residence and heading to our northernmost lodge geographically, Dovre Lodge, in Chetek, WI.

They will redirect themselves to our southernmost lodge, Vikings of the Smokies Lodge, in Knoxville, TN.

Lastly, participants will head for the finish line in Indy!

Cheryl Wille-Schlesser

District 5 President and Interim Sports Director

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RACING TO THE FUTURE



SONS OF NORWAY
District 5 Convention
Indianapolis, Indiana
6/19/24 - 6/22/24

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