



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 2026

## Greetings from the Lodge President

Hei all:

I hope all have braved most of the winter and are looking forward to spring. We have an active programming coming up for you in the coming months, including our long postponed 'Julefest' meal! Details:

### Norwegian Lunch 2026 Saturday, March 21st

#### 🕒 Schedule:

- 1:00 PM – Dinner
- 2:00 PM – Program

#### 📍 Location:

### Friendship United Methodist Church

1025 Springfield Pike  
Wyoming, OH 45215

Our program will include a presentation by Kathy Skinner on the International Seed Vault in Svalbard, and the same delicious food planned for December. Please plan to bring an appetizer, side dish or dessert, the more Norwegian, the better. RSVP to Esther Charlton ([esthersofn@aol.com](mailto:esthersofn@aol.com)) by March 17<sup>th</sup>, with the number that will attend and what dish you plan to bring. As was the case for Julefest, the lodge will supply lefse, meatballs, potatoes, gravy, punch and water.

We had a great lodge meeting this weekend, featuring a presentation by a Norwegian high school student from Oslo, here as an AFS student staying with a family in Northern Kentucky. In the picture below, she is the fourth from the left on the top row, next to her is the local representative from AFS, the rest are friends and supporters. It was great to learn about her experiences here and her thoughts on the

cultural differences between being a student in Norway and the US. It was a very fun and illuminating conversation and we truly appreciate her willingness to meet with the Lodge. It was also nice to meet her local family and friends.



As always, we ask for your help with the Lodge as a member of the Board. Our social director position remains open if you are interested, and over the next few months we will be looking for nominees for our elected positions (President, Vice-president, Secretary and Treasurer) for the next two years.

Jim Herman

## Birthdays

### March

Pamela Knudson[7], Elisabeth Sonoff[12], Larry Bannick[17], Kathy Johncox[19] Marjorie Davis[28].

### April

Sonja Kinney[1], Harriet Drinan[2], Katherine Sanders[2] Barbara Jean Smith[6] Kathy Skinner[12], Gabriel Chubb[20], Sharon Smythe[22] Laurie Johnson[30].

### May

Nikki Powers[14], Liv Ramstad[15], Maren Halvorson[17], Anna Nelson[21].

## Upcoming Meetings & Events

### FOOD ZOOM

Upcoming dates:

Date: Friday, March 20th at 1:30pm (EDST)

Topic: "Muffins, Scones, Sweet Breads"

Date: Friday, April 17<sup>th</sup> at 1:30pm (EDST)

Topic: TBD

We share recipes with each other on the monthly topic, discuss, ask questions and spend an hour of fun conversing over food and stories. If you are interested in joining us, please email [susan.herman3501@gmail.com](mailto:susan.herman3501@gmail.com) to receive the Zoom link prior to the class.

### Norwegian Lunch

**March 21st:** See Additional Information in "Greetings from the Lodge President" on page one.

### Dayton International Festival

Again, our lodge will have a booth at this festival.

It is the first weekend in May (May 1-3)

Here are the hours for the festival:

Friday 5 pm to 10 pm

Saturday 11 am to 10 pm

Sunday 11 am to 6 pm

The festival is at the Greene County Fairgrounds.

If you can help at our booth, contact

Esther [esthersofn@aol.com](mailto:esthersofn@aol.com)

It is a lot of fun!

### Dayton Dragons Game

Dragon's game on June 14, at 1:05 PM? Tickets are \$15. Tickets are limited so if you are interested let Kathy Skinner know by April 15th.

[publicity@son-swOhio.org](mailto:publicity@son-swOhio.org) or (937) 609-5471

### Archaeological Discovery

*Information from a variety of sources*

A hiker in Norway made an unexpected archaeological discovery while exploring remote

mountain terrain. The find was an ancient device buried for centuries in ice and snow.

Officials say the discovery now offers scientists a valuable look into past human activity.

The device turned out to be part of a reindeer hunting trap built about 1,500 years ago. It included wooden structures and tools that hunters used to funnel and capture animals. At first, the hiker simply noticed something unusual emerging as the ice melted.



Local hiker Helge Titland spotted exposed wooden logs at around 4,600 feet elevation in Vestland County. At first, Titland was unsure what he was seeing and reported it to authorities. Archaeologists were soon called in to examine the material.

Beyond wooden structures, the team found decorative items and hunting tools, including arrows and iron spear points. The arrangement of these items indicated this was not random debris. Instead, it pointed to deliberate construction by those ancient hunters.

### What the Find Reveals and Why it's Worrisome

Researchers quickly noted that the site was buried in ice and snow for centuries before it became exposed. That long preservation occurred because the climate at high altitudes stayed cold for many generations. But recent warming trends have changed that.

Scientists say the melting ice that revealed this ancient trap also signals accelerating loss of mountain ice in the region. Ice that once protected this archaeological site from the elements is now

disappearing at a rapid pace. These changes reflect broader warming patterns affecting mountain ecosystems worldwide.



Norwegian archaeologists documented a 1,500-year-old wooden mass-capture reindeer hunting facility emerging from melting ice on Aurlandsfjellet, underscoring exceptional preservation and research value. The University Museum of Bergen identified a funnel of parallel wooden fences, a rare Iron Age reindeer hunting system revealed by glacial archaeology in Norway. First spotted by mountaineer Helge Titland and excavated after a year's weather delay, the site yielded antlers with cut marks and iron weaponry, plus complete bows and carved tools. Researchers note selective harvesting, unusually preserved wood and bone, and a decorated wooden oar found far below the main site. The facility was likely abandoned around 500 CE and preserved in ice.

Larry Bennik, Cultural Chair

## Best Beaches in Norway

Many people start dreaming about beach vacations as the cold of winter sets in. Travel agents might point people towards Florida, Spain, or the Caribbean for sun and sand, but Norway provides some stiff competition when it comes to beautiful beaches. It does claim one of the longest coastlines in the world after all!

Norwegian beaches are unique in that they typically serve a purpose. Some are ideal for swimming, others for their stunning photogenic beauty, and others for sports like surfing. They aren't fancy, and you most likely won't find cabanas, vendors, or even toilets nearby.

Starting in the south is Bystranda or "the city beach" of Kristiansand. Because of its location,

there's great space for swimming and volleyball and it's close to shops and places to eat.



### *Borestranden Beach*

Another southern town with beaches worth visiting is Lista. Because of strong winds, it's ideal for surfing-related activities. As you head up the coast towards Stavanger, Borestranden is another popular beach spot that attracts surfers from all over Europe.

If you are looking for a slightly more spa-like experience to go with your sunbathing, head to Solastranden, outside of Stavanger. The coast is ideal for walks along the beach, and you can unwind at the nearby Sola Strand Hotel.

Hopping over to Oslo, you can visit Huk beach which is located on the Bygdøy peninsula and provides a break from bustling city life.

If you visit the lake beach of Hornindalsvatnet, you will be pleasantly surprised to find it's one of only four green sand beaches in the world.

Birdwatchers will be delighted visiting Refviksanden beach of white sands in western Norway. The nearby cliffs are home to many birds such as oystercatchers, lapwings and terns. Human visitors can even stay a while, with space to park a camper van or pop up a tent.

Norway also boasts a beach with red and white sand, Mjelle Beach, near Bodø, which results from garnet mineral particles.

The Lofoten Islands have beaches that are perfect for those willing to brave the cold. Otherwise, they have some of the most picturesque beaches in the country.

Finally, if you want to check visiting one of the northernmost beaches in Norway, head to Bleikstranda on Andøya Island. Just don't forget the camera!

## Officers & Chairpersons

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Open

### Cultural Chairperson

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