



SONS OF NORWAY

# Edvard Grieg Lodge 657 District 5

Cincinnati-Dayton, Ohio & Kentucky

- First Lodge in Ohio -

Sons, Daughters and Friends of Norway Newsletter

September 2019

## Notes from the Lodge President

We had a great August potluck at the Johnsons'. Thank you to Paul and Laurie for hosting! It was fun to get to know some new members, including the Powers - Ben, Nikki, Nathaniel and Teddy - and Glenn Danielson, who joined at the meeting. We also had fun playing Kubb, which Glenn, Ben, Teddy, and Nathaniel took to like old pros.

When you receive your September issue of Viking, turn to the District 5 page (32) to notice that a picture submitted by Edvard Grieg lodge was once again selected, this time a nice one of Esther and Sharon at our booth at the Dayton International Festival. It is nice to see us featured so often in the Viking, as it reflects the vitality and energy in our Lodge.

At our October meeting we will serve "fårikål": Norway's national dish, according to a recent poll. From Elisabeth Sonoff, 'This is a fall dish. Sheep were brought back to the farms in the fall after having been let free in the mountains over the summer. Some "fattened" sheep were slaughtered and pieces of the meat from the shoulder and breast were layered with cabbage in a big pot. Pepper corns, salt and stock were added and the pot set to simmer for 2 to 3 hours until the meat was very tender. If desired, the stock was thickened with flour. Some people like to tie the pepper corns in cheese cloth in order not to have to pick them aside on the plate. Boiled potatoes are always served on the side. Some like to add carrots to the pot, but they are not required.' I look forward to seeing you then.

Hilsen, Jim Herman

## Membership News

We continue to make great progress in growing the lodge this year. We only need a few more new members to achieve our yearly recruiting goal!

Ron Thompson is one of our newer members, and he writes:

*I joined Sons of Norway because of my Norwegian heritage, which I think might be somewhat unique. I'm a 6th generation American and still 100% Norwegian. My father's family emigrated to Minnesota from the Oslo area in the mid 1860's and told stories of life during the Indian wars. My mother's family emigrated from near Bergen towards the end of the 1800s. Southern Minnesota immediately after WWII was very segregated. Everyone was either Norwegian or German, and the two ethnic groups rarely socialized. For the most part there were only two religions: the Norwegian Lutherans and the German Lutherans. Blood lines generally stayed pure.*

*I joined Sons of Norway to meet other people who like lutefisk with their lefsa, and are perhaps willing to share their krumkake and sandbakkels over the holidays. I'm anxiously awaiting this year's Julefest.*

As always, if you know of anyone who may be interested in joining the lodge, please do let me know.

Esther Charlton, Membership Secretary

## Birthdays

### September

Kjell Evenson [3], Ethan Peake [6], Nancy Vallette [6], David Bratten [9], Erica Peterson [12], Larry Welin [19], Chris Butterworth [20], Judy Stewart [25], Joann Krugh [26], James P. Herman [28]

### October

Curtis Anderson [13], Judy Pieper [15], Susan Herman [16], Nelda Chandler [25], Arlene Nelson [31]

### November

Dario Sedler [1], Diane Clark [5], Evelyn Rewerts [10], Glenn Mikaloff [14], Thomas Johncox [15], Trine Wernes [15], Michael Luiso [29]

## September Reading Circle & Board Meeting

**Saturday, September 6**

1:45pm Reading Circle followed by 2:30pm Board Meeting (note time changes for this date only).

All members are welcome at either or both meetings.

Location: Panera Bread (near Tri-County Mall)  
405 E. Kemper Road  
Springdale, Ohio 45246

## September Lodge Meeting

**Speaker: Bryce Carlson**

**Saturday, September 28, at 2:00pm**

A science teacher in Mt. Adams, Mr. Carlson became the first American to row solo and unassisted across the North Atlantic.

Mr. Carlson, who made this amazing journey in the Summer of 2018 in his 20-foot boat named Lucille, will share his story along with pictures and videos.

Please invite and bring family, neighbors, friends! Don't miss a fantastic opportunity to hear about this incredible journey and ask questions!

Bring an appetizer or snack to share. Beverages provided.

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

RSVP to Susan Herman at:  
513-227-8790 or [susan.herman3501@gmail.com](mailto:susan.herman3501@gmail.com).

## October Lodge Meeting

**Fall Dinner and Auction for Foundation!**

**Saturday, October 12, at 4:00pm**

“Fårikål” and dessert will be provided by the lodge. Bring an appetizer, salad, or side dish (no desserts please). Bring a main dish if you do not eat lamb. Beverages provided.

Please also bring an item to donate for the auction (more info in Foundation article).

Location: Susie & Glenn Mikaloff's home  
7472 Stone Ridge Dr., Springboro, OH 45066

RSVPs are important to ensure we make enough main dish for your dinner! Please RSVP by Oct. 6th to Susan Herman, Social Director at 513-227-8790 or [susan.herman3501@gmail.com](mailto:susan.herman3501@gmail.com).

## November Reading Circle & Board Meeting

**Saturday, November 2**

2:00pm Reading Circle followed by 3:00pm Board Meeting. All members are welcome at either or both meetings.

Location: Forest Park Library (meeting room)  
655 Waycross Rd., Cincinnati, OH 45240

## December Lodge Meeting

**Julefest 2019!**

**Saturday, December 14**

Beginning at 4:00pm for appetizers, Butikk and Bake Sales; dinner at 5:00pm.

Location: Mason United Methodist Church  
6315 S. Mason-Montgomery Road, Mason, OH 45040

More details to follow on the lodge website and in the November newsletter.

## Foundation

October is Foundation month. We will hold a White Elephant Auction after dinner at our Lodge meeting on October 12<sup>th</sup> (see info in Lodge Meetings for details). Please bring a “gently used or new” item to be auctioned off. All proceeds will be sent to our Foundation Headquarters Office in Minneapolis.

Foundation funds go towards grants and scholarships which are awarded to individuals and lodges each year. Our lodge submitted a grant proposal in December 2017 and received a grant award of \$1,000 to sponsor our 'Scandinavian Song' concert by soprano Alisa Jordheim in 2018. Foundation is a great cause! Remember to bring cash or your checkbook for items you bid on and win. For more info on Foundation, go to the SoN International website at [www.sofn.com/foundation/](http://www.sofn.com/foundation/)

## Knitting Group

Love to knit? Perhaps you haven't in years? Want to try it?

We are starting a cultural project and thought it would be fun to try our hands at knitting small red baby hats (to send to the AHA or local hospitals). Don't live within driving distance? You can still knit on your own, at your own pace and join us by helping with this project. The first get together for those in the greater Cincinnati area will be:

Wednesday, September 25<sup>th</sup>, 12:00pm at the home of Elisabeth Pettersen Sonoff. Lunch will be provided.

Contact Elisabeth and she can send you her address. We can also get you a pattern or two to try if you want to knit on your own. Please RSVP to: [eponoff@sonoffconsulting.com](mailto:eponoff@sonoffconsulting.com)

## Recap of Events

### Potluck at the Johnsons'

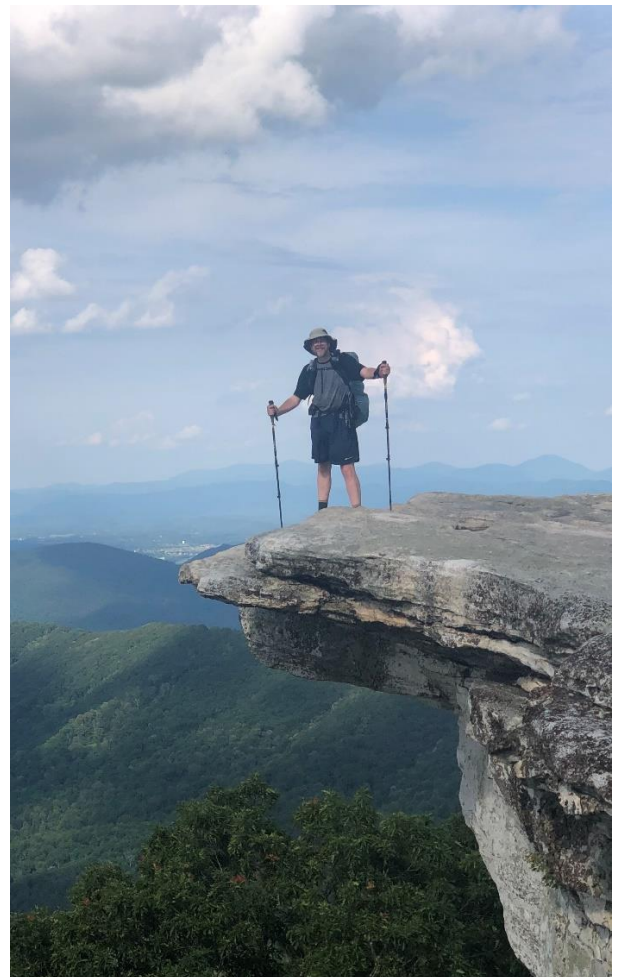
We had a great turnout at this year's August potluck. It was a lot of fun to meet new members and share our love of Norwegian food, or just food in general! The weather was perfect for a game of Kubb, which many got to experience for the first time.



## Karl Halvorson's Hike of the Appalachian Trail

Karl started hiking from Amicalola Falls State Park in Georgia on April 7th, and finished June 27th at Rockfish Gap near Waynesboro Virginia. The total distance of his hike was 875.9 miles, with 225,685 feet of total ascent and 225,632 feet of total descent. That is equivalent to climbing up and down Mount Everest 7.8 times!

Susan Herman, Social Director



Karl at McAfee Knob, Catawba, Virginia, June 6, 2019



Karl reaches his 800<sup>th</sup> mile, June 11, 2019

## Norwegian Food Records

By Elisabeth Pettersen Sonoff

All countries like to boast that they have created something that is the biggest in the world. Recently I came across an article listing Norwegian giant food products. They are:

### World's largest fish cake

It was created in Harstad on May 11, 2019 and it weighed 319.5 kg. (702.9 lbs.). It was made in batches of 100 kg. in a giant commercial food processor. A special frying pan and lid had to be constructed to fry the fish cake. The lid was heated in order to cook the cake on the top and bottom at once, thus avoiding having to flip it over. Officials from the consumer department were present to make sure the cake reached a safe internal temperature before it was cut up and distributed to the spectators. Representatives from the Guinness Book of World Records were present to confirm the record.

### World's largest Pavlova

It was created by the students at Nannestad High School with help from a pastry chef. It was made as a stunt during a relay race sponsored by Tine, a food company representing Norwegian dairy farmers. It measured 23.244 meters (76.26 feet) by 3.812 meters (12.51 feet). The area was 88.6 square meters. The previous record was 52 square meters set by New Zealand.

### World's largest Gingerbread Man

The giant gingerbread man was baked at IKEA in Furuset in 2009. It weighed 651 kg. (1432.2 lbs.) and was baked all at once. Must have been a giant oven! It made it into the Guinness Record book.

### World's largest caramel

It was made in 1997 by the candy company Nidar for the opening of Hunderfossen Family Park. It weighed 1.6 tons (3520 lbs.) which is equivalent to 320,000 regular "Smørbukk" caramels. It is also in the Guinness Record book.

### World's largest ice cream cone

In July 2015 a giant ice cream cone was brought by helicopter from the factory of Henning-Olsen to Kristiansand where it was presented at the yearly Tall Ship race. It was 3.08 meters (10.1 feet) high and was made from 1080 liters (1142 quarts) of ice cream and 40 liters (42.25 quarts) of strawberry jam, and the waffle cone itself weighed 75 kilos (165 pounds). Servings of about 2 scoops were served to between 10,000 and 12,000 spectators. The remaining 200 liters were served to some very lucky pigs. The cone is currently listed in the Guinness Book of World Records. The previous record was 2.81 meters (9.04 feet) set in Italy in 2011.

Reading this really makes one hungry for something sweet!



The world's largest ice cream cone

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\*\*Here is our Edvard Grieg website link. Once on the main page, click on the calendar link to view information/details and updates on our lodge events.  
<http://www.evensens.net/sons/sons.html>

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