



SONS OF NORWAY

# Edvard Grieg Lodge 657 District 5

Cincinnati-Dayton, Ohio & Kentucky

- First Lodge in Ohio -

Sons, Daughters and Friends of Norway Newsletter

March 2021

## Notes from Lodge President

Dear Edvard Grieg Lodge members,

I hope all are safe and well. I know I am looking forward to the end of winter. The Lodge continues to meet remotely via Zoom, and we all look forward to the time we can meet in person again. Many of our members have received COVID vaccination, providing a ray of hope for the end of our isolation, but it will still be awhile before the pandemic subsides. While I miss our times together, the safety of our members is most important, and the Board will pay close attention to our state and local health officials regarding when it is safe to reconvene.

Despite COVID we continue to be an active lodge, meeting monthly via Zoom. I know Zoom is not the same as being together in person but it offers us the chance to see each other and share pleasantries. We have had some excellent programs, ranging from exciting external speakers to Norwegian Jeopardy. We have some fun programs planned for the next several months, and I hope you all will join us. Look for the Zoom link by e-mail.

I would also like to make everyone aware of some exciting programs offered by Sons of Norway District 5. The D5 leadership has organized a Norwegian-American History course via Zoom, which is currently ongoing. This week is week 6 (of 16), but you can certainly still join in: each session is self-contained, and past sessions have been recorded and are available free of charge on the District 5 website:

[http://www.sonsofnorway5.com/programs/norwegian\\_american\\_history.php](http://www.sonsofnorway5.com/programs/norwegian_american_history.php) .

There is a nominal (\$25) charge if you want to participate in the live Zoom, which includes a

stimulating question and answer session. I would also like to remind you of the Nordic News, streamed live Tuesdays at 7:20 PM, again with the recordings archived if you want to see them later. Upcoming and archived sessions can be found at:

[http://www.sonsofnorway5.com/programs/nordic\\_news\\_radio.php](http://www.sonsofnorway5.com/programs/nordic_news_radio.php) .

Jim Herman, Lodge President

## March Meetings

**Board Meeting (Zoom):** Saturday, March 6 at 2:00pm EST

All members are welcome at board meetings.

For the meeting link, contact:

[susan.herman3501@gmail.com](mailto:susan.herman3501@gmail.com)

**Lodge Meeting (Zoom):** Saturday, March 13 at 4:00pm EST

### **Scavenger Hunt: 20 Things Norwegian!**

Look forward to a fun event, 'hosted' by member Kathy Skinner. Kathy has put together a list of 20 items that will be 'unveiled' to everyone at the beginning of the meeting. There will be a short set amount of time to scavenge your home for as many of the items on the list that you have or can find! The lucky winner will receive a donated gift item.

The hunt requires some degree of advanced planning so we will need to know if you plan to participate. Please e-mail me no later than March 4: [susan.herman3501@gmail.com](mailto:susan.herman3501@gmail.com)

**Social Cooking/Baking (Zoom):** Friday, March 19 at 1:30pm EDST

Topic will be all things Easter. **Ask questions in advance** (preferable) to Elisabeth: [eponoff@sonoffconsulting.com](mailto:eponoff@sonoffconsulting.com)

## April Meetings

**Lodge Meeting (Zoom):** Saturday, April 17 at 4:00 pm EDST

### *'Friluftsliv'*

Elisabeth Sonoff will share information on Norwegian love of nature and outdoor life.

**Social Cooking/Baking (Zoom):** Date TBA.

## May Meetings

**Board Meeting (Zoom):** Saturday, May 1 at 2:00pm EDST

All members are welcome at board meetings.

For the meeting link, contact:  
susan.herman3501@gmail.com

**Lodge Meeting (Zoom):** *Syttende mai*

Look for updates on our lodge website. As our plans come together, we will share more details at our April meeting and also in the May newsletter.

## Recap of lodge events

January's lodge meeting was playing Norwegian Jeopardy. Divided into two teams, most questions were answered correctly (yay!), with only a few questions that stumped the teams. The winning team: Team Sokol! They have the bragging rights. (Thanks to a former member who made this game for our lodge to play back in our first year or two as a lodge.)

February didn't disappoint either: an appropriate topic on 'Norwegian Winters,' as we experienced some of our own right here in Ohio and across the country.



Carol Luiso, age 9 or 10, at her family's farm in WI

Members shared great pictures and stories, plus a nice audio recording from Trine Wernes, remembering and sharing memories of her early life years in Norway.



Elisabeth Sonoff (on left) skiing with friends at Easter 1966, Ringebu fjellet (mountain area NE of Lillehammer). They stayed at her parent's cottage down in the valley to the east of where they are standing.



Carol L's friend Solveig from Gjovik (on left). 'Skiing in 1956. Those were the days!'

We had two wonderful cooking/baking meetings. January was about substantial soups and sharing of recipes. Elisabeth gave us the history of Innherred Sodd (or just Sodd), and also shared her memories of Betasuppe. Here is a picture of Elisabeth's Betasuppe.



A beautiful presentation and I am sure it was a tasty treat. All told, we shared 11 recipes with each other!

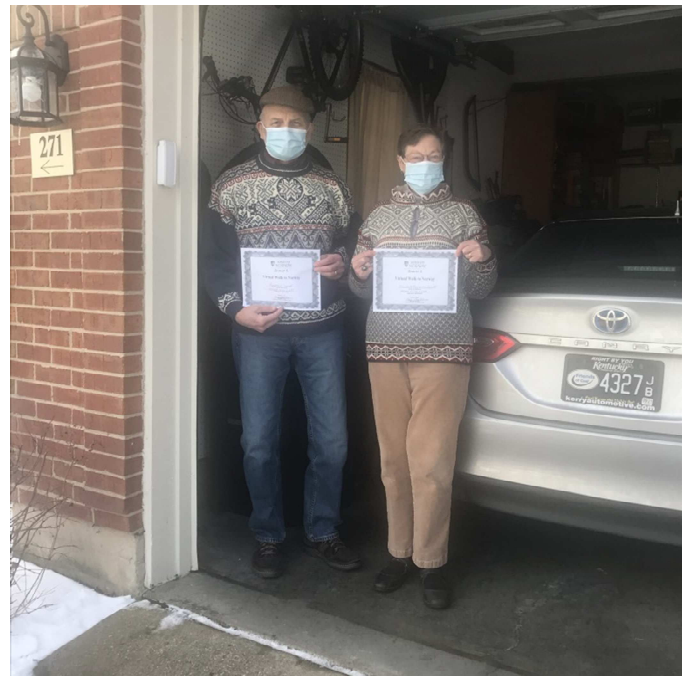


*Susan's Fastelavnsboller*

February was learning about Fastelavnsboller and a few Lenten traditions in Norway. I was so intrigued with learning about Fastelavnsboller and

Berlinerboller that of course I had to make some. It was so much fun trying a new recipe and making Fastelavns for the very first time, plus the joy of eating them. Delicious!

Correction to January newsletter on Virtual Walk to Norway. The collective mileage walked by the Sonoff's and Herman's was 5,268 and not 4,687 as stated (4,687 was the distance from Cincinnati to Minneapolis to Ringsaker, Norway). These four participants from our lodge each received a certificate of participation from District 5. Here are Raymond and Elisabeth receiving their certificates on January 29 (and sporting awesome Nordic hand knit sweaters).



## Birthdays

### March

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

### April

Sonja Kinney[1], Katherine Sanders[2], Barbara Smith[6], Glen Danielson[12], Kathy Skinner[12], Rachel Powell[13], Raymond Sonoff[18], Sharon Smythe[22], Laurie Johnson[30].

### May

Nathaniel Powers[1]. Nikki Powers[14], Liv Ramstad[15], Randy Twistol[19], David Bruestle[22], Marilyn Bossman[27].

## Membership

With this newsletter we introduce our newest lodge member Randy Twistol. We will find out more about Randy soon. What is unique is that Randy lives on the same street as another of our newer members Diana Owens in Dayton.

Two of our members have let their membership lapse because of very serious health issues. Do keep Nancy Cooper and Jean Crocker-Lakness in your prayers. Both of them had enjoyed attending our lodge Julefests.

We have just learned that Monica DuShane and her family have moved to Buffalo Grove, Illinois. Their family had been a real help for the lodge at our booth at the Dayton International Festivals.

Another member to put in our prayers is Trine Wernes who is recovering from some health issues.

If any of you know of someone that might enjoy our lodge with their Norwegian heritage, do let me know of them. I will then send them with information on Sons of Norway.

Esther Charlton, Membership Secretary

## New Members

We asked some of our newest members to tell us a little bit about themselves and/or their Norwegian connection:

### Noel Julnes-Dehner

“My grandparents, Marie (Sandnes) and Nils Julnes came from Norway from Julnes through Canada in the 1920s. My grandfather belonged to Sons of Norway in Seattle. Marie, my father Norval and his brother returned around 1938 for a long visit, so he had the opportunity to go to school in Norway. During WWII the Nazis turned Julnes into a bunker because of the view of fjord and sea. Now it is a park.

My grandparents and father were proud of their Norwegian heritage, as are my brother and I. We have been to Norway, a beautiful country with wonderful family.”

### Evelyn Hetzler

“I’m Evelyn Hetzler, sister of Susan Herman. My husband and I have been married almost 50 years

and have lived almost all of that time in Muscatine, IA. We have been members of Vesterheim for many years, and I would like to say that maybe I could have been a small influence in my sister becoming more interested in Vesterheim and the Nordic culture. I love reading the Vesterheim publications and most recently the issue on immigrants. We have traveled to Decorah a few times expressly for viewing the exhibits at the Vesterheim museum and the Open Air Division.”

## Akershus

Originally Akershus was one of the four main counties or "amts" in Norway. It covered almost all of Eastern Norway. In 1682 the area of the county was reduced when Akershus was established to include only the capital, Christiania, and the surrounding areas. Over the years, areas of Akershus were moved to be included in Christiania/Oslo. In 1948 the area named Aker was also moved to Oslo leaving only four original areas in Akershus. Two, Asker and Bærum, are located on the west side of Oslo, the other two, Romeriket and Follo, west and east of Oslo. The two areas do not have connecting borders but are separated by the area called Osломarka, an area of woods and fields where many citizens enjoy outdoor activities.



Geography: Akershus bordered in the south to the sound of Moss and the border with Østfold County. In the north it borders on Skreikampen, a mountain on the south end of Mjøsa, in the west to the hills around Lier and in the east it borders on Sweden.

The name Akershus is taken from the name of the fortress Akershus in Oslo which was built in 1299. The old meaning of the name was "the (fortified) house of (the district) Aker." However, today Akershus Festning is not located in Akershus county but in the county of Oslo.

In Akershus one finds rolling forested hills in the east. The lower lying areas are mostly urban areas, but some areas are used for farming. The areas around

the Oslofjord are considered some of the best agricultural areas in Norway. Farming took place here as early as in the Iron Age. Only about 16% of the area of the county is in agricultural production. Almost all the area is used for grain and oil plant production. There are some dairy farmers in the county but their numbers have been going down. Pork and poultry were the most common products.

Norway's longest river, Glomma, runs through Akershus. Rånåsfoss Hydro Electric Power Company is located in Nes community. It produces about 0.8% of all power production in Norway. It was built in the early twenties. Other waterfalls along the river are now protected from power production.

There is not much industry in Akershus. Most important are electro-technic and machine industries. There are also graphic and newspaper printing companies.

A large part of the working people living in Akershus work in Oslo. Most of them live close to Oslo making daily commuting easy.

There are five main railroads located in Akershus making it easy to reach many parts of Norway by train. Most visitors to Norway have most likely used the Gardermoen train to reach Oslo from Gardermoen Airport. Major highways are located in the county, E 6 going north and E 18 south along the west side of the Oslo fjord. During the summer it is possible to go by boat to many of the idyllic places along the Oslo fjord.

There are five cities in Akershus: Drøbak, Jessheim, Lillestrøm, Sandvika and Ski.



*Drøbak Shopping district*

Drøbak was established as a parish of its own in 1823 and as a municipality in 1838. Because the

Oslofjord would freeze in severe winters, boats from Oslo were brought to Drøbak for the winter. The Norse name of Drøbak was Drjugbakki which means "hard, long uphill." Having visited the town several times I can agree with what the name stands for. In the summer time many cruise ships stop at Drøbak. It is a charming town with many art galleries. It is known for its Christmas Shop, Julehuset. Many letters to Julenissen from Europe end up here. A bronze sculpture of three mermaids can be seen in the town's marina.



*The Three Mermaids, Drøbak Norway*

Oscarsborg Fortress is located on two small islets on the Drøbak Narrows.



*Oscarsborg Fortress*

It was constructed during the reign of Christian IV of Denmark and Norway as first defenses of Oslo in the Hannibal war. It was ready in 1644 but was never involved in battle during the war. Afterwards the war fortress was dismantled. A new fortress was constructed in two stages from 1848 to 1853. It was at this time the fortress was given the name of Oscarsborg after the Swedish-Norwegian king Oscar I. From 1890 the fortress was upgraded with new German guns and an underwater torpedo battery. On April 9, 1940 a German flotilla came sailing up the Oslo fjord. The cruiser, Blucher, was hit and sank. This delayed the German entrance into Oslo and allowed the Norwegian King and

Government to flee the city. They even managed to take the gold reserve with them. The fortress was returned to Norway on May 12, 1945.

The fortress is now largely a resort and tourist attraction. It is even possible to stay in part of the fortress turned into a hotel.

Another historic location is Eidsvollbygningen, the Eidsvoll Building, north of Oslo near Eidsvoll. It was here the Norwegian Constitution was signed on May 17, 1814. It is now a museum well worth visiting. A new renovation of the building started in 2011. The goal is to bring the building back to, as much as possible, as it looked at the signing.



*Eidsvoll Building, north of Oslo near Eidsvoll*



*Traditional Akershus Bunad*

Traditional foods: Many of the traditional foods from Akershus are based on what was available on

the local farms. Bollemelk was one such dish. Little balls were shaped from a batter made from eggs, sugar, heavy cream, cracker crumbs, lemon and currants which were simmered in milk and served in a sauce made from milk, heavy cream and eggs. It was served as dessert. Another popular dish was Potato puffs. They were made from mashed potatoes mixed with hardboiled eggs and ham and seasoned with pepper, shaped into small balls that were fried.

On January 1, 2020 Akershus together with Østfold and Buskerud became part of a new county, Viken. Local politicians were much against the combining of the old counties into one and are now working on turning the three old counties back to how they were as separate counties. Hopefully, this should happen in 2022. Stay tuned.

Elisabeth P. Sonoff, Cultural Chairperson

## From the Secretary's Desk

At the end of each year the board is required to send a report of lodge activities and hours spent by members doing SON related projects, to SON National. The two categories in the report are:

Community Service, "Activities on behalf of Sons of Norway that assist needy or improve community (visits to nursing homes, blood/food/clothing drives, scholarships, tutoring children, etc.)"

Fraternal Support, "Activities to conduct business of the lodge, promote member fellowship, advance purposes of Sons of Norway, or personal development of members."

If you have any hours, including travel time, to report, please send them to me, as they are accrued. This will make the reporting at the end of the year easier and more accurate. We want to get credit for all that we do!

Takk,  
Kathy Skinner, Secretary  
[kathyaskinner@msn.com](mailto:kathyaskinner@msn.com)

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