



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 2021

Notes from Lodge President

Greetings to all, and I wish you all well. The lodge has been able to have in person meetings in August, September and October, mindful of the current public health recommendations. Our October Foundation Month event was a smashing success, raising \$1000 (!) in support of the Sons of Norway Foundation. The Foundation funds scholarships, cultural events and supports members in need, and I am very appreciative of all the hard work that went into planning and holding the event for this great cause. As you may recall, we received a SoN Foundation grant to support Alisa Jordheim's recital of Norwegian songs, which was a great experience for our Lodge and the community. Thanks go out to Sandy Nelson for securing the venue, Elisabeth Sonoff for prepping the waffles, and Susan Herman and Pam and Konrad Nelson for organizing the event.

We continue to look cautiously into the future. We plan to have an in-person/Zoom hybrid meeting in November, starting our venture into genealogy, and are planning an in person Julefest in December (see below). We continue to host our 'cooking' social via Zoom (thanks to Elisabeth Sonoff for her leadership).

I am very proud of how our Lodge has stayed together despite the challenges of the last two years. We have remained a vital Lodge, and have answered the challenges of the COVID era, powering through Zoom meetings, social distancing when together and creating new opportunities to meet as a lodge and in small groups. I thank all of you for your patience and continued interest in the lodge, and I look forward to seeing you all as we are able to further open up our gatherings. Meanwhile, the lefse has been ordered, preparations are underway for Julefest and I look forward to getting together.

Jim Herman

Birthdays

November

Dario Sedler[1], Diane Clark[5], Harold Shirkey[10], Glenn Mikaloff[14], Trine Wernes[15], Michael Luiso[29].

December

Lois Evensen[5], George Kaufman[5], Lyndsey Heatherton[6], Susan Mikaloff[7], Esther Charlton[12], Leah Sedler[12], Nicholas Chandler[13], Ed Charlton[13], Aida Storetvedt[26], Konrad Nelson[29].

January

Aimee Russell[4], Connie Holmen[10], Anders Russell[26], Kelly Lawson[28].

Membership

It's that time of year to think about giving the gift of membership to Sons of Norway. I am sure your family member or good friend would be delighted with the gift. You could also add a family member by changing your membership to a family membership. Contact me for details of either of these membership areas.

Esther Charlton, Membership Secretary

Calendars

We will again have calendars of Norway and Sweden for sale. This year they will be \$14.00. They will be available at Julefest. If you are not able to be at Julefest, contact me and we will arrange to mail the calendars to you.

Esther Charlton, Membership Secretary

Recap of lodge events

Did you miss the September lodge meeting in Tipp City? It was a hot summer day rather than a more Fall-like one, but it was a beautiful late afternoon, sitting in the shade on the backyard patio with views of the gardens. Kathy Skinner welcomed us to her home and made the entire meal for us all: a delicious spread of turkey chili, beef chili, cornbread muffins, apple cake and homemade cinnamon ice cream. We each shared something about our heritage or connection to the lodge as we met and welcomed member Randy Twistol at this gathering. Some of us took a short drive down Main Street to see the beautiful historic district and sights of Tipp City before we drove back home. Tusen takk to Kathy for hosting us!



The social Zoom cooking/baking classes with Elisabeth Sonoff met on September 24 and October 22. The topics were “Putting up the Harvest Bounty” and “Autumn Root Vegetables”. Elisabeth shared a recipe for Tutti Frutti Jam (pear, plum, apple) with us for September’s class, and we all shared recipes in October. It is enjoyable each month to share recipes, ideas, stories and lots of laughter together.

Also in October was our very successful Foundation Month “Heart Waffles, Raffle & Silent Auction”.

November 2021

Regular lodge meeting

Saturday, November 13 at 2:00pm

Hybrid meeting: in-person and Zoom

Genealogy 101: Discussion on basics of researching

Sharonville Library (meeting room)

[10980 Thornview Dr., Cincinnati, Ohio 45241](https://www.google.com/maps/place/10980+Thornview+Dr.,+Cincinnati,+OH+45241)

Invite and bring a friend or family member!

Beverages supplied; bring a snack or dessert to share.

RSVP to Susan Herman by Nov. 11th.

Zoom Board Meeting

Saturday, November 20 at 2:00pm

All members are welcome to attend this meeting.

Contact Susan Herman for more information or the Zoom link.

Cooking/Baking Zoom Social

Friday, November 19 at 1:30pm

Topic is: Pies!

Discussion and sharing of favorite pie recipes just in time for Thanksgiving.

If you are interested and would like to join us for this or future cooking/baking meetings, contact Susan Herman to be added to the email list for information and the Zoom link.

December 2021

See separate article on *Julefest 2021*.

January 2022

Regular lodge meeting

Saturday, January 15 at 2:00pm

Zoom option only for January.

Genealogy continued: More exploration on finding information. We will also be sharing letters, items, or stories from family members.

Contact Susan Herman for more information or the Zoom link.

February social gathering

Thursday, February 10 at 7:30pm

The St. Olaf Choir, a 75 member collegiate choir from Northfield, MN, will be performing at the Cathedral Basilica of Saint Peter in Chains at 8th & Plum Streets, Cincinnati, OH. Anton Armstrong is Conductor, only the 4th in the choir's history.

Founded in 1912, by Norwegian immigrant F. Melius Christiansen, this choir has set standards of choral excellence and serves as a model for choirs of all levels.

More information to follow on tickets, but **SAVE THE DATE!!**

Susan Herman, Social Director
513-227-8790 or susan.herman3501@gmail.com

A Wonderful Foundation Month!

Thank you to all the wonderful members who made our October Foundation Waffle and Raffle event such a great success! We gathered at the Mallards of Mason clubhouse to enjoy Norwegian Waffles (prepared by Elisabeth and Susan) topped with the traditional jam and sour cream.



Many lovely items were donated to the auction and raffle. We had several hand-knit hats, mittens, and Christmas ornaments, an IKEA basket, a Norwegian Artist book, 2 handmade Timber Toss lawn games, several home-made baked treats, and lots of other items! Our lodge certainly has its share of talented members!



Julefest 2021

Saturday, December 4th
Mason United Methodist Church
6315 S. Mason-Montgomery Road
Mason, OH 45040

4:00 pm for appetizers and browsing the Norsk Butikk (great gift shopping) and Baked Goods table (good eating)!

5:00 pm dinner: Meatballs, potatoes, gravy, lefse and beverages provided by the lodge.

**Bring a side dish to share: appetizers, salads, fruits, vegetables or desserts.

Volunteer to help at the Butikk tables by contacting Esther Charlton at (513) 923-3798 or esthersofn@aol.com.

Baked Goods to purchase: Baked goods items appreciated for our sale table! There will also be a few lefse packages for sale (this year we took pre-orders thru Oct. 25 to help plan our order).

To bake and bring item(s) or to help out, please contact Elisabeth P. Sonoff at (859) 261-5903 or epsonoff@gmail.com.

It takes many hands to set up, pack up and make this event a success from beginning to end. If you would like to help out in any way that you are able, please contact Susan Herman at (513) 227-8790 or susan.herman3501@gmail.com.

Invite and bring a friend or family member to Julefest this year!

And, please RSVP to Esther Charlton by November 30 with number attending and what you are bringing. (513) 923-3798 or esthersofn@aol.com.

Tusen takk og god jul!

Susan Herman, Social Director



We raised a record \$830.75 on Saturday. Combined with some other donations that were mailed in, the total was \$945.80! The board voted to round that up to an even \$1000.00 to send to the Sons of Norway Foundation!

Thank you to everyone who made this event such a success. It was so great to gather in person once again!

Pam & Konrad Nelson, Foundation

Decorate a Julefest Table

Julefest is coming soon and part of the planning includes centerpieces, provided by members, for the tables. We are hoping to have enough guests to fill six tables.

If you are interested in making / contributing a centerpiece please contact Kathy Skinner, kathyaskinner@msn.com or (937) 667-6897.

The first six people to respond will be notified that they have been chosen to supply a centerpiece. The extra people will be notified if we need additional centerpieces.

Thanks ahead of time! Kathy

Telemark

Telemark is a region on the west side of the Oslofjord. It was a separate county until 2020 when it was joined by Vestfold to create Vestfold and Telemark County.



Telemark can be separated into four areas: The Kragerø region along the Skagerak coast line, also called Vestmar, Vest-Telemark (West-Telemark), Øst-Telemark (East-Telemark) which includes Rjukan and Notodden regions, and Grenland which includes Skien and Porsgrunn regions. Historically Telemark can be separated into several regions. The largest was known as Telemark. Today it is called Upper Telemark. It is located inland and covers about two thirds of the county. In medieval times this was the region in Norway where more farms were owned by the farmer than in other areas.

The people living here held on to old traditions far longer than in other parts of Norway. The dialect of the region is considered the closest to Norse of all

Norwegian dialects. The name Telemark means "mark of Their", a North Germanic tribe that lived in the upper part of the area in the Viking age.



Geography: Telemark extends from the rugged coast line along the Oslofjord to the high mountain plateau of Hardangervidda. It does not have long straight valleys as one finds in the eastern part of Norway. Several rivers run through Telemark. In earlier days they were important for moving timber, goods and people because the roads were few and almost impassable particularly for wagons on wheels. There are lakes throughout the county. They were used to transport goods in boats during the summer and in sleighs on the ice in winter. Mountains are found in the northwestern part of Telemark. Forests are found in the lower areas of the regions.

Timber trade, saw mill activities, and shipping were the most common businesses along the coast line in Telemark in early days. However, an economic

depression in late nineteenth century saw a marked reduction in these businesses. Fishing was also an important activity in this region. Early on the fishermen sold the fish themselves. Later, fish dealers took over. Fishing is no longer an important occupation.

Farming and timber trade were the most important occupations in the areas away from the coast. Most of the agricultural products were consumed by the farmer and his family. The timber trade could provide some cash for the family. The best farming conditions are closer to the coast. The conditions here are considered particularly good for farming. Farming at higher altitudes is more challenging because grains do not grow there.

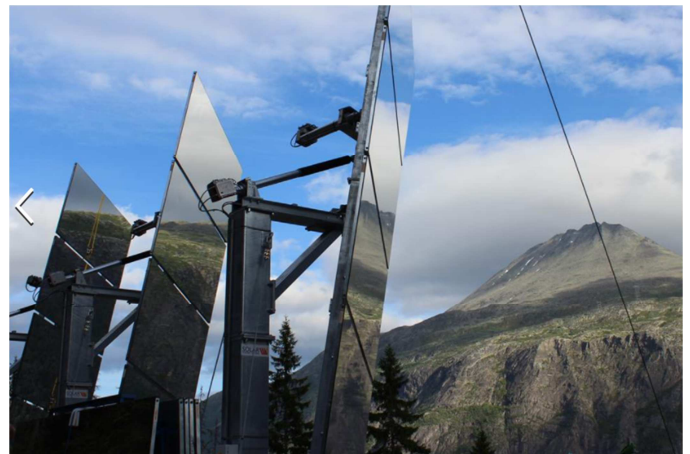
Mining has long traditions in Telemark. Copper was mined in the upper part of Telemark as early as 1690. Very little mining takes place today.

At the beginning of 1900 Sam Eyde had a vision of "making the waterfall do important work for the humans". In 1903 Eyde and his partner Birkeland bought Rjukan Waterfall and established Norsk Hydro.

In 1911 the world's largest power station was finished at Vemork harnessing the power of the fall. The electric power produced was used to build an industry in Rjukan. At first fertilizer was the main product. In 1934 an adjacent hydrogen plant was built. A by-product of hydrogen production by electrolysis is heavy water. And the importance of heavy water to the history of this region is probably well known to all. Fertilizer is no longer produced in Rjukan and the old plant is now a museum.

The largest population centers in Telemark are Skien, Porsgrunn, Notodden, Rjukan and Kragerø. Skien is the administrative center of Telemark. It is also the birthplace of the author Henrik Ibsen. Porsgrunn is a center for industry where, among others, Norsk Hydro has a magnesium plant. The best known china in Norway is manufactured at Porsgrunn Porselensfabrikk. Rjukan is located in a deep valley. The mountain sides on either side are very steep and sun does not reach down to the city for 6 months out of the year. Sun can be seen high up in the mountain side but not in the city itself. The lack of sun and the effect it could have on the people living in town was of concern to Eyde. He

was proposing to use mirrors set up high above town to bring sun reflection down to the town. It did not happen in his lifetime, but in 2013 three gigantic heliostats finally brought reflected sunlight down to the town square.



Eyde did bring sunlight to the citizens of Rjukan by building a cable car system taking people up to the foot of Hardangervidda, the Hardanger Mountain Plateau, where they could enjoy the sun. Kragerø is known as a tourist destination during the summer. Many families have summer homes on the many islands in the area.

Notable people from Telemark: Many famous and also infamous Norwegians were either born or lived in Telemark. Several modern authors and artists come from the region. The artist Theodor Kittel Sen was born in Kragerø. He is famous for his illustrations of three collections of Norwegian Folk Tales by Asbjørnsen and Moe. The most infamous person born in Telemark was Vidkun Quisling, the Collaboration Leader during World War II.

Tourism: Important tourist destinations in Telemark are both in the mountain regions and along the coast line. Hardangervidda, Lifjell and Blefjell are popular mountain resorts for hiking in summer and

skiing in winter. Boating on the rivers is also popular. In order to make transport on the rivers easier many canals with locks were built at the end of the nineteenth century. These are no longer used for commerce but are enjoyed by pleasure boaters in the summer. Morgedal is another tourist destination. It claims to be the cradle of skiing. Sondre Nordheim from Morgedal is known to be the father of modern skiing. He developed new skiing techniques and skis just for "pure rush of downhill skiing". There is a Ski Museum in town.



Two stave churches are located in Telemark. Heddal Stavkirke is the largest in Norway. The other is Eidsborg Stavkirke. There are also many stone churches from the Middle Ages in the county.

Traditional foods: Foods based on grains were the most important part of the diet early on. Oat and barley were grown in Telemark. They were made into porridge that was eaten at most meals. Later on potatoes were introduced to the diet. Most farms had farm animals and produced butter and cheese that was used by the farm family or as barter for needed items. Fresh meat was only eaten at slaughtering time and at special celebrations. The fresh meat was salted, dried and smoked to preserve it for later use. Along the coast cod and mackerel were important parts of the diet.

Elisabeth P. Sonoff, Cultural Chairperson

Norwegian Betasuppe



Serves 12

Ingredients:

1 pound yellow split peas
1/2 cup ham (finely chopped)
1 onion (finely chopped)
1 Tbsp. thyme
10 cups water
2 cups potatoes (diced)
2 cups rutabagas (diced)
2 cups celery root (diced)
1 1/2 cups leeks (chopped)
1 Tbsp. salt

Directions:

Combine peas, ham, onion, thyme and water in a large Dutch oven and simmer for 1 1/2 to 2 hours. Add potatoes, rutabaga, celery root, leek and salt, and cook for another 30 to 45 minutes.

Recipe by: ElaineAnn, food.com

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