



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 2023

Greetings from the Lodge President

Hei all,

Thanks to all the lodge members who entrusted me to be the next Edvard Grieg president. I will do my best to live up to the standards that Jim Herman has set for the last four years. I am sure I will make mistakes, but with help from everyone and a little patience I will understand just what it is that I should be doing. I look forward to leading the lodge this year and the next.

So, you ask, who am I. I am Larry Austin Bannick, charter member. I live in Enon OH and according to ancestry.com I am 53% Norwegian, 22% Swedish/Denmark, 21% English and 4% Irish. I am interested in genealogy and am making some headway on my Scandinavian side from my mother. My great grandparents sailed from Bergen, Norway, and eventually settled in the Fox River Valley south west of Chicago IL.

At the advice of someone we now doubt was speaking the truth about some great land in South Dakota, grandfather relocated the family. So my youth was spent in South Dakota, college graduate from the University of Alaska, spent 20 years in the US Air Force, and after that I have worked with defense contractors and was ordained as a Lutheran pastor when I was 66. Never too old to accept a call from the Lord. Soon I will retire and my last Sunday leading a congregation will be on Easter of this year.

I have worked with Nelda and Esther at the Ashville Viking Festival and with the International Affair in Dayton, OH. It's fun to put our heritage out front for people to see.

As president I look forward to working with everyone as we look to the future of our lodge and the Sons of Norway. We will have a great year.

Larry Austin Bannick

Membership

We welcome back to our lodge Rob and Deborah Bowman. They were members in the past but now are retired and hope to make some of our lodge meetings.

Do remember if you encounter someone that might be interested in our lodge and Sons of Norway do pass along their name to me.

Our thoughts and prayers go out to Laurie Johnson with the passing of her husband Paul and also to Sonja Kinney with the loss of her ex-husband, Glenn. Glenn Kinney had been a member of our lodge for around 15 years.

Esther Charlton, Membership Secretary

Birthdays

March

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

April

Sonja Kinney[1], Katherine Sanders[2], Harriet Drinan[2], Barb Smith[6], Glen Danielson[12], Kathy Skinner[12], Raymond Sonoff[18], David Johnson[19], Sharon Smythe[22], Erin Rykhus[24], Laurie Johnson[30].

May

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

Upcoming calendar events:

Cooking/Baking Social Zoom dates:

Friday, March 17 at 1:30pm

Friday, April 21 at 1:30pm

Topics to be selected.

For more information or the Zoom link please contact:

susan.herman3501@gmail.com

or call/text 513-227-8790.

Recent events

January 14 was a full day for many members who attended both the regular lodge meeting and then joined together at Music Hall for an evening of music which included Grieg's Peer Gynt in a concert-staged production. We had great attendance at both, especially for January! The 2pm meeting was hybrid, with 17 in person, 2 by Zoom, plus our Zone 6 directors Wendy Winkelman and Bill Bultinck from Carbondale, IL. A wonderful spread of food was shared: chili made by Barb S. and sweet/sour cabbage/carrot soup by Laurie J., cornbread muffins, baked corn chowder, veggies, smoked salmon, chips, and lots of yummy desserts. We played a game of "New Year's Quiz about Norway" (not easy with no microphone plus a noisy HVAC system in the library room). Kathy S. was the winner and received a Freia Melkesjokolade candy bar. After food, business and a bit of fun, Wendy W. led the Installation of Officers ceremony for us.



Esther Charlton (Membership), Kathy Skinner (Publicity), Susan Herman (Foundation), Larry A. Bannick (President), James P. Herman (Vice President), Elisabeth P. Sonoff (Cultural Chairperson), Pam Nelson (Treasurer), and Wendy Winkelman (District 5, zone 6 Director). Not pictured: Liv Ramstad (Secretary), Karl Halvorson (Newsletter Editor), and Lois A. Evensen (Webmaster).



Members at the January 14 meeting



Members at the January 14 meeting

Our lodge was able to have display tables in the lobby of Music Hall both on Friday night and Saturday night, giving us a nice opportunity to be visible, converse with people and share information about our lodge and Sons of Norway. Tusen takk to Esther Charlton, Jim and Susan Herman for setting up and greeting people on Friday night, and to Kathy Skinner and Barbara Smith for greeting people on Saturday eve and packing up. Attending the concert were 13 members and 5 family/friends, and takk to all who joined in on this special social event!



Members at Music Hall event



Members at Music Hall event



SoN Edvard Grieg Lodge Display at Music Hall event

District 5 Heritage Youth Camp scholarship

The Sarah Paulsen Memorial Scholarship Committee announces the following: There will be 2 scholarships made available for the year 2023, each in the amount of \$250.00 to cover 25% of the total fee for the year 2023 District 5 Heritage Youth Camp.

Visit the following sites for additional information on the program and registration:

Rules:

<https://sonsofnorway5.com/library/original/docman/2022SarahPaulsonScholarshipRules.pdf>

Registration:

<https://sonsofnorway5.com/library/original/docman/2022SarahPaulsonScholarshipApplication.pdf>

The completed Application must be postmarked by April 15th, and mailed or emailed to the address in the registration form. I am really happy to see us still being able to continue this scholarship program this year and for a few years to come. Hopefully it will help promote 2 weeks of MASSE MORO, and providing an award for each of the deserving applicants.

Fraternally Oleif Olsaker, Treasurer -7- The Sarah L. Paulsen Memorial Scholarship Fund

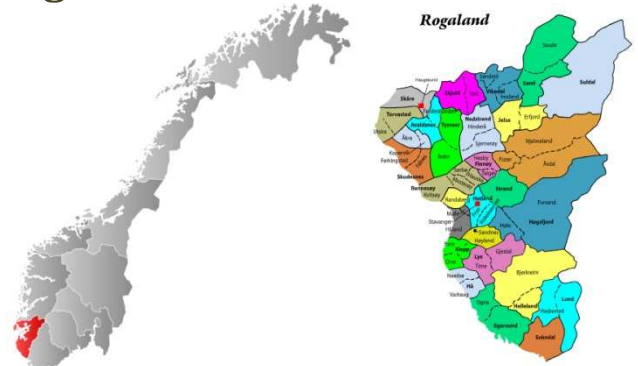
FOUNDATION NEWS

In 2022, the Sons of Norway Foundation distributed over \$220,000 in awards.

- **\$150,000 In Scholarships** for students to study in the United States, Canada, and Norway
- **\$60,000 In Grants** for Norwegian culture and heritage programs
- **\$10,000 In Camperships** for kids across the United States to attend Norwegian cultural camps.

(From SofN.com)

Rogaland



The county, fylke, of Rogaland is located in the south-eastern part of Norway. In the west it borders to the North Sea, in the north to Hordaland, in the northeast to Telemark and Vestfold, and to Agder in the south. The county has been called "Norway in miniature" because Rogaland has a little bit of all landscapes found in Norway. It faces the North Sea for around 350 kilometers (217.5 miles). The actual coastal line is more than 2000 kilometers (1240 miles). The county is located on both sides of the wide Boknafjord where many islands are located. Karmøy is the largest of the islands.

Rogaland can be divided into four geographical districts. To the north is Haugalandet where the city of Haugesund is located. Ryfylke is located in the northeastern part and includes islands, fjords, valleys and uplands around the inner part of Boknafjord. Stavanger is located in this area. Jæren lies to the south of Ryfylke. It is a very flat area, unusual in Norway. It is one of the best agricultural districts in Norway. It is said to be one of the few places in Norway that resembles Denmark. The southern district of Rogaland is called Dalane. The name in Norwegian means "the Valleys." It is hilly and rugged. The coastline is mostly unprotected by islands. Egersund is the largest urban area in the district.



Jæren Rogaland fylke

Rogaland is mostly a coastal region with fjords, beaches and islands. Many fjords branch off from Boknafjorden. Lysefjorden is probably the most beautiful of the fjords. It is surrounded by very steep cliffs, up to 3,300 feet tall. The famous tourist attractions Preikestolen, the Pulpit R, and Kjeragbolten are located by this fjord. Valleys and hills are located in the eastern part of Rogaland. Most of the hills are between 700 and 1,000 meters (2,300-3,300 feet) tall. The tallest mountain in Rogaland, Vassdalseggen, is located in the area. It is 1,655 meters (5,430 feet) tall. Many large lakes are also found in the highlands. Some are used for hydroelectric power production.

There is evidence that humans have lived in Rogaland for a very long time. From around 7000 BC it is believed that a small population of

hunter/gatherers lived here. Signs have been found that people from the Stone Age lived in Stangelandshelleren. The skeletons of a woman and a teenage boy, also from the Stone Age, have been found in two other locations. The population of Rogaland increase during the Bronze Age. This is likely because Rogaland was situated close to the North Sea, Great Britain and the Continent. Many chieftains live here. They were buried in burial mounds. Some of the richest finds in Norway from this age have been found in Rogaland. Many stone paintings have also been found at several locations. During the Viking Age the area was known as Rygjafylke. The area around what is now Stavanger had a natural harbor and the first known viking raid on England in 793 came from this area. Early on the region was divided up into smaller kingdoms under a chieftain. However, after the battle at Hafrsfjord somewhere between 872 and 900 the country was unified by Harald Hårfagre, Harald Fairhair, and became known as the kingdom of Norway. Harald and his descendants settled in Rogaland and had two of their five royal courts there. After the battle at Hafrsfjord, Stavanger grew into a market town and center for church administration in the region. A cathedral was built in town around 1100 to 1150. It was built of timber and burned down in 1272. Later a new stone cathedral was built that is still standing today.

Rygjafylki is the old Norse name of Rogaland. It is believed that "rygja" is the genitive case of "rygir", the name of an old Germanic tribe. It has also been thought that it could stand for the grain rye, "rug" in Norwegian.

Rogaland is the most important agricultural area in Norway because of the favorable climate and soil conditions. Almost half of this area is located at Jæren. Meat and milk production are important all over the Rogaland. Sheep farms are located at higher locations. About one third of the farming under glass in Norway takes place in Rogaland. Tomato and cucumber are the most commonly grown vegetables. Some fruit farms are found on the islands in the Boknafjord.

Commercial fishing for fish and shellfish takes place in the sea bordering Rogaland. Fish farming is also important. Both salmon and other types of fish are raised by aquaculture. Salmon and trout are caught in rivers in many parts of Rogaland.

More of the inhabitants of Rogaland work in industry than in any other parts of Norway. The petroleum industry employs more than half of them. Most work with oil extraction. Ship building and oil platform production are localized in Stavanger and Haugesund. The food industry is primarily located at Jæren and includes dairies and slaughter houses, fish conservation and fruit and berry conservation. The largest wool product factories in Norway are located in Rogaland.

Most people in Rogaland live in urban areas. The largest cities are Stavanger/Sandnes and Haugesund. Egersund is the largest town in the southern part of the county.



Old Stavanger

Stavanger is almost 900 years old and is one of the oldest cities in Norway. The name is believed to come from Old Norse, "Stafangr", which is believed to have been the name of the narrow inlet of water in the city center of town known as Vågen. Today the area is called "Gamle Stavanger," a tourist hotspot. For many years the sea and herring industries were major parts of the city's economy. That changed in 1969 when oil was discovered at Ekofisk in the North Sea. Shortly thereafter Stavanger was picked as the center of the oil. It is now often called "the Oil Capital."

Sandnes is located south of Stavanger in the district of Jæren. The landscape is quite flat and there are several nice beaches along the coast. Øgland bicycle factory and Sandnes Woolen Factory are located in the area.

Haugesund is located on Karmsund, an important sound where ships can travel without traversing heavy sea. The city has a strong bond to the sea. The sound was earlier rich in herring which led to the growth of the city. The herring is now mostly gone and the petroleum industry has taken over in importance. It is the main trading center in the Haugeland region and several large shopping centers are located there.

Egersund is a charming coastal town with historic wooden houses. Large parts of the urban area are now regulated as historic special areas. Old rock carvings can be found on the top of Varberg Mountain.

Tourism is not as important in Rogaland as in nearby counties on the western coast of Norway. Summer tourists favor in particular the islands in Boknafjord and along the coast. The valleys and the mountain region attract skiers in the winter. Attractions in Rogaland include the Cathedral, "Old Town," and the Stone Age farm at Ullandhaug, all in Stavanger, the Utstein Cloister from the middle ages and the mountain plateau known as Preikestolen, the Pulpit Rock, high above Lysefjord.



Pulpit Rock

Notable people from Rogaland include the mathematician Niels Henrik Abel (1802-1829), the writer Alexander Kielland (1849-1906), and Christian Bjelland (1858-1927), the founder of Chr. Bjelland and Colts fish processing company. Their King Oscar brand is still popular in the US.

Rogaland food traditions are based on what is produced locally. Potatoes are made into komle,

potato dumplings. Other rather unusual specialties are Smalaføtter, sheep's feet, and Smalahove, sheep's head. Haugesund is known for having created a rich dessert for the royal visit in 1906. It is a port wine flavored Bavarian cream layered with grated chocolate. It is called Queen Maude Pudding. She probably did not indulge in it often since her waist only measured 18 inches!



Rogaland-bunad

The Rogalandsbunad is based upon the bunad work by Magnus Våge from around 1900. It was continued by a local committee at the beginning of 1950s. The embroidery is based upon what was found on a shawl in Suldal. The skirt can be either black or blue. The bodice comes in several color choices. It can be worn with a silk apron.

Elisabeth P. Sonoff, Cultural Chairperson

Kokosboller Recipe



Ingredients

- 4 egg whites
- 1 cup granulated sugar
- 1/4 cup light corn syrup
- 1/3 cup water
- 1 tsp. vanilla extract
- 30 small cookies or crackers
- 10 ounces dark chocolate, at least 60% cacao
- 1–2 Tbsp. shortening
- Sweetened coconut flakes for garnishing

Instructions

- In a saucepan, combine the granulated sugar, corn syrup and water. Cook over high heat until a candy thermometer registers 242°F/117°C (soft ball stage).
- In the bowl of a stand mixer, whip the egg whites on high until stiff peaks form.
- With the stand mixer on high, pour the hot syrup down the side of the bowl. Continue whipping until the mixture cools to room temperature (about 10 minutes).
- Add the vanilla extract, mixing until just combined.
- Spoon the marshmallow mixture into a piping bag with a large, round tip.
- Pipe marshmallow onto cookies/crackers.
- Allow the marshmallow to set until firm in the fridge (about 2 hours).
- Over a double boiler, melt the chocolate. Stir in vegetable shortening to thin.
- Place the kokosboller on a fork and spoon chocolate over them to coat.
- Place on a cooling rack and sprinkled with coconut flakes.

Recipe and photo directly from: <https://thesimple-sweetlife.com/kokosboller/>

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