Nordahl's Tidende

FOUNDED FEBRUARY 16, 1946
SONS OF NORWAY, NORDAHL GRIEG LODGE, 52

Volume 61, No. 4 | April 2015 | Meetings on 2nd Friday

En hilsen fra Presidenten

Kjære Venner (Dear Friends),

The trees have leafed out, my roses are blooming, and I'm ready for baseball season to start. Spring must be here! But, there is concern about the drought and I am wondering what to do about my lawn. It is a busy time for everyone and there are a lot of things going on within Sons of Norway and the Scandinavian community – just look at the *Connections* in this *Tidende*.

I want to bring you up-to-date about our Lodge. The Lodge Activity Report and Lodge Achievement Form was submitted to our Zone Director by March 1, as required. Special thanks go to **Vicki Everly** for compiling the statistics required which assisted me in completing this Lodge evaluation. The information is an eye-opener!

COMMUNITY SERVICE is an essential component of our activities in order to maintain our non-profit status. We provided monetary contributions to community groups and organizations, but we also participated in 16 events and provided 256 hours of service during 2014. This is an increase from 2013.

In 2015, we will expand our efforts in this area since the Lodge has committed to participate in the Los Gatos Relay for Life on June 6.

We gave 344 pounds of food donations to West Valley Community Services, sent 44 pounds of stamps to *Tubfrim*, and provided calendars and books to the Veterans Administration Hospital in Palo Alto. I thank all of you for your participation in donating to these causes. But, I am especially grateful to our members **John Stubblebine**, **Meg Laycock**, **Marv and Lois Bertelson**, **Dave Melius**, and **Claire Smyth** for their dedication to these outreach efforts. Let us continue our contributions throughout 2015.

The weakest area in our Lodge is in the area of YOUTH PROGRAMMING. This is even more of concern with the demise of the *Barneleikarring* in late 2014 because of erratic and decreased attendance.

(continued on next page)

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AGENDA ALERT

Business Meeting
Friday, April 10…

7:00 PM Beginning Norwegian Language
Meet in the Solveig Room – all are welcome!

7:30 PM "The Invasion of Norway 1940"
Presentation on ***"The Shetland Bus,"*** a story of escape and survival in Norway during WWII by the British Naval Officer who ran a Norwegian-manned spy ring.

8:00 PM Business Meeting
Refreshments provided by **Meg Laycock** and **John Stubblebine**.

Skål! Aquavit Anyone?
Friday, April 24 at 7:30 PM
Tasting Party
…sample the results of our March Infusion Party.
All are welcome!
See details elsewhere in this *Tidende* issue.

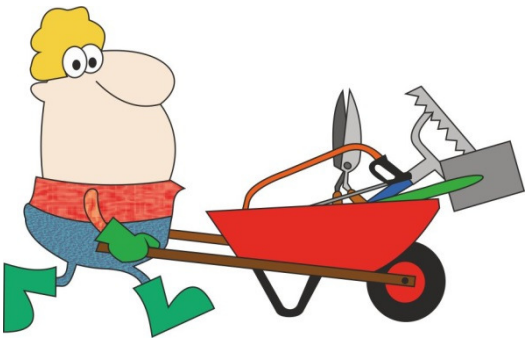
(President's Message:
continued from front page)

There has been discussion about having a Junior Lodge again, but finding a Lodge member willing and able to take on this task has been difficult. What ideas do you have about increasing our visibility with our youth? Let us know.

Lodge goals for 2014 were met in several ways. A survey of members' interest in Cultural Skills was completed and is now in the process of implementation. There has been some cultural programming in association with our business meetings, which continues this year. We developed and implemented guidelines and application procedures for the Lodge's Scholarship and awarded our first college scholarship in 2014. And, we continued our community service projects and are seeing expansion of these in 2015.

We have things to accomplish, however. Membership always needs attention – not only recruiting new members, but also retaining members. Along with membership, it is important to continue to involve current members in the life of the Lodge. I invite you to help in these areas.

Fraternally,
Shirley Shoup, President



Work Party at Nordahl Hall...

Sunday, May 3

We will roll up our sleeves at 8 AM… there are lots of tasks to complete, so we can use your help!

There will be coffee and goodies in the morning.

Lunch will be served. Please join us!

April Birthdays

1	Hans Skogheim
4	Donald Schilling
4	Ken Peterson
6	David Melius
7	Marsha Owen
8	Anstein Hunsbedt
11	Kay Broadway
14	Rebecca Bennett
17	Terrie Sterling
18	Raymond Howard
18	Alissa Hansen
19	Alissa Bjerkhoel
19	Kato Andersen
19	Sharon Bratton
19	Solveig Haller
21	Timothy Evjenth
21	Lois Lindseth
21	Kenneth Leventon
22	Homer Stennes
25	Tor Hanssen
26	Linda Larsen
26	John Stubblebine
27	Beverly Smestad
28	Timothy Knutson
29	Kathy Whitesel
29	Anna Likens

Heritage Member:

14	Ryan Heath

Gratulerer med dagen!

Nyheter Fra Solveig Club

No fooling! April is here and so is Spring. The roses are blooming and the trees are green again.

When I was growing up in North Dakota, April was greeted with glee! It meant the snow had melted just enough to fill the slough by the barn… and thanks to freezing temperatures every night… that meant that we kids had a skating rink. No one had skates, but our shoes worked just fine. Sometimes after a good run, we could slide about six feet. We certainly got lots of exercise with this activity.

Easter wishes to all! This is a very special holiday. A new Easter bonnet used to be the norm, plus a new dress. We still have an egg hunt at our house and invite the neighborhood children to participate along with the little ones in our 5-generation family.

We hope all the campers are getting their letters written for a campership. The deadline to submit letters is May 1, so don't miss out!

The Solveig Club's March meeting had ten members in attendance. **Sharon Bratton** was our hostess with Easter as the theme and two kinds of delicious home-baked bread. The Solveig Club will next meet on Wednesday, April 15 at 10:30 AM; **Ginny Hansen** will be hostess.

Happy Easter and drive carefully.

Ha det bra,
Elderid Everly, Solveig Club President

Planning a Party or Special Event?

Welcome to Nordahl Hall Banquet & Meeting Center

Perfect for weddings, parties, meetings and more!

Convenient Campbell–Los Gatos Location.

Please contact: Viking Property Management at 408-909-9055

Nordahl Grieg Lodge Gets Ready to Conquer Cancer!

Our Lodge is hosting a team at this year's Relay for Life in Los Gatos to benefit the American Cancer Society:

Saturday, June 6, from 2 PM to 10 PM.

As of March 27, our team – ***the Sons of Norway Uffda! Gang*** – has seven team members and has raised $220 of our $1,000 goal. The money we raise will go to the American Cancer Society to support research, patient services, and advocacy. YOU can help us in any of the following ways:

- Sign up as a team member. Raise $100 in donations, walk a few laps around the track, or help staff the booth – all of these tasks are needed.
- Be a "silent" team member. Contribute ideas for how to decorate our booth and for how to raise money before and during the Relay. Help make items to sell or rent. Help make decorations for the booth.
- Go to our team web page and make a contribution to one of the team members, or to the team as a whole.

To join the team or donate… just google "Relay for Life of Los Gatos" and then click on the link for our team. Click "Donate Now" to make a team gift, and click any of the team member names to contribute to that member.

For more information about the American Cancer Society and the Relay for Life in general, go to http://www.relayforlife.org

Following the April business meeting, we'll take a few moments to brainstorm fund-raising and decorating ideas as we enjoy our coffee and post-meeting refreshments.

Meg Laycock 408-255-2111
meg@jstub.com
Judy Purrington 408-799-3262
judypurrington@aol.com

Save the Date

Celebrate Syttende Mai!

Sunday, May 17 from 2 to 5 PM at Nordahl Hall

Enjoy traditional food, music, dancing, and a parade!

Look for more details in the May *Tidende*.

News about Members

INTERESTING NEWS!

Vidar Dalløkken, our immediate past vice-president, has a new job in Southern California. His wife, **Lian**, and daughter, **Marina**, are still living in Sunnyvale until Marina graduates from high school in June. They then will move to the Southland. Marina will be off to college in the fall. Good luck, Vidar, in your new job. We miss you!

Kristin Jones, daughter of **Leslie Jones** and niece of **Russ Behel**, will be studying in France next fall. Kristin attends Georgia Tech and was accepted into the College Abroad program for this experience. Congratulations, Kristin, and enjoy this wonderful opportunity.

Did you notice that **Janie Kelly** was mentioned in the *"Velkommen"* column of the March *Viking* magazine? The column, by International President **Jon Tehven**, singled out Janie in recognition of her leadership in Sons of Norway. March was National Women's History Month and Jon noted that 55% of Sons of Norway members are women and are holding leadership positions at all levels. When Sons of Norway began, women were not allowed as members, so we have come a long way, baby! Kudos to Janie for being recognized; we are proud of you.

HEALTH NEWS

Elderid Everly tells us her wrist is improving and she will be back making lefse soon. It was hard for her to be "grounded." We are happy you are on the mend, too, Elderid.

Ginny Hansen's sister, **Pat Fogerty**, former Lodge member, has been in Cardiac ICU at Kaiser, San Francisco, in recent days. Ginny has been with Pat while she has been undergoing any number of procedures. Ginny, take care of yourself, and we wish Pat better days ahead.

Egil Larsen is going to physical therapy for his neck and shoulder pain. He says he is improving and is over his pneumonia. We miss you, Egil and **Grace**, too. Take good care of yourselves!

Janie Kelly is also having physical therapy following her extensive knee surgery. She has been using a walker without weight bearing and is trying not to overdo. So, try to take it easy, Janie, and we'll see you back on your feet again soon.

Duane Overby had his knee replacement canceled again. He doesn't know when it will be done. And, he is very busy trying to sell a house, and doesn't know when he'll have time to go under the knife. He sends greetings to all!

SAD NEWS!

We recently learned that **Dick Compton**, president of the Modesto Lodge, has passed away. Dick was a pleasant fellow who was very committed to Sons of Norway and supportive of its activities. We send our condolences to the Compton family and all the members of the Modesto Lodge.

Fraternally,
Shirley Shoup, Sunshine Chairperson

Please contact Shirley if you have news to share about a Nordahl Grieg Lodge member:
(408) 264-0912
shoupshirley@yahoo.com

Luther College Concert Band

Shirley Shoup, **Lois and Marv Bertelson**, **Carol Johnson**, and I attended the concert at Grace Lutheran Church in Palo Alto on March 17.

The Luther College Concert Band from Decorah, Iowa performed beautifully, leading with *"The Star Spangled Banner"* arranged by John Williams. The music was spectacular! At intermission, the band socialized with the audience. We learned that the ensemble tours every year, with international travel every four years.

The second half of the concert was as outstanding as the first. Since its formation in 1878, the band has always concluded its concerts with *"Who Puts His Trust in God"* by Bach, and *"Stars and Stripes Forever"* by John Philip Sousa.

Our own Marv Bertelson graduated from Luther College in 1950. If you are interested in learning more, go to ***www.luther.edu.*** If you are interested in purchasing one of the band's CDs, go to ***www.luther.edu/bookshop***. You can also watch select performances on demand via streaming link at ***www.luther.edu/music/concert-band/.*** They are also on Facebook: ***LutherConcertBand.***

…Submitted by Barbara Shoup

Membership Update

We have one new member! We welcome this young lady who has been working at Lutefisk Dinners and other functions for a long time.

Adela Vestberg,
1690 Lewiston Drive, Sunnyvale, CA 94087
408-504-0592 *adelavestberg@gmail.com*

We received two dues checks from SON International, and I wish to thank all of you who paid your dues. We have caught up on several members who had been on the Past Due list. Unfortunately, we have at least six members still on that list, and their membership may have been dropped by the end of March.

As of February 28, 2015 we have 275 members, including Juvenile members with active insurance.

Fraternally,
Kari Warner, Financial Secretary
408-248-5046 *karia107@earthlink.net*

MEMBERSHIP NAME BADGES

Would you like to have a name badge to show you are a member of this great lodge? All you have to do is to notify **Kari Warner**, our Financial Secretary, and one will be ordered for you.

The first name badge is free; if you break it or lose it, you will be charged $5 for a replacement.

Subscribe to eTidende…

the electronic version of *Nordahl's Tidende*.

To add your name to this mailing list, please send an email to: ***webmaster@nordahl-grieg.org***
You can read *eTidende* anytime on our web site at: ***nordahl-grieg.org/site/newsletters/***

We received a message to extend greetings to all from our past VP, **Vidar Dalløkken**. He has started his new job in the Los Angeles area and says he misses us all, but especially misses **Lian** and **Marina**.

Love Your Lodge Donations

Platinum Level

Solveig Club (donation, Mar 2015)

In Memory of Harold Everly
5 Generations of the Everly Family (donation, Feb 2015)

In Memory of Karl and Agot Heistein
Gunnar & Gloria Heistein (donation, Mar 2014)

Gold Level

Donald Slama (donation, June 2014)

Bronze Level

Duane Adams (donation, Feb 2015)

Bob Goodenough (donation, Feb 2015)

Victoria Slama (donation, Feb 2015)

In Memory of Clarian Pintacura
Alan Pintacura (donation, Nov 2014)

In Memory of Hank (Elmer) Graslie
Sharon & Daniel Fisher (donation, Oct 2014)

Shirley J. Hansen (donation, June 2014)

Kate Slama (donation, June 2014)

In Memory of Hank (Elmer) Graslie
Sharon & Daniel Fisher (donation, Mar 2014)

Donald Peterson Family Living Trust
(donation, Dec 2013)

Eileen & Richard Grindeland (donation, Dec 2013)

In Memory of John A. Hansen
Virginia Hansen (donation, Nov 2013)

In Memory of Maybelle Jacobsen
Virginia Hansen (donation, Nov 2013)

Special Raffle Donation

In Memory of Elmer Graslie
Linda Garcia & friends & family (donation, Mar 2015)

Tusen Takk for your support!

Donations made before November 2013 are not listed. Please view past issues of *Tidende* to see the donors and honorees from earlier contributions. *Takk!*

Skål!

We Don't Just Drink Aquavit... We Have Created Our Own!

Help us celebrate Aquavit... the classic Norwegian spirit

Join us on Friday, April 24 at 7:30 pm for the Tasting Party

In March, we had an "Infusion Party" mixing herbs and spices with Vikingfjord Vodka (from Norway) to make unique Aquavit flavors.

How did it turn out? Come to the Tasting Party and find out.

To round out the evening, we'll pair up our aquavit with some smørbrød and pickled herring.
Cost: $10.00 per person, payable at the door.

Everyone is invited - you did not have to attend the March infusion party to sample the results.

Join us at Nordahl Hall for this event... and SKÅL!

NORDAHL HALL, INC.

2014 ANNUAL REPORT TO MEMBERSHIP BY BOARD OF DIRECTORS
March 13, 2015

Nordahl Hall, Inc. was incorporated as a California Non-profit Corporation on August 17, 1967.

The By-laws state that the Board of Directors "shall supervise the affairs of the corporation and shall have full power to do any and all things necessary and proper for the welfare of the corporation pursuant to law, the Articles of Incorporation, and By-laws."

The following individuals served on the Board of Directors in 2014:

- 2012 – 2014 Term: **Ginny Hansen**, **Don Schallock**, **Terje Nordberg**
- 2013 – 2015 Term: **Fred Hymans**, **Vicki Everly**, **Dave Melius**
- 2014 – 2016 Term: **Larry Hulberg**, **Mark Hunsbedt**, **Earl Rosebraugh**
- Lodge President: **Shirley Shoup**
- Lodge Vice-President: **Vidar Dallokken**

Officers: President, **Larry Hulberg**; Treasurer**, Fred Hymans**; Secretary **Vicki Everly** and **Dave Melius**. Terms expiring this year include **Ginny Hansen**, **Don Schallock** and **Terje Nordberg**. Ginny Hansen and Don Schallock have agreed to serve another term (subject to election by Lodge members). This leaves one vacancy.

Janie Kelly, operating through her business Viking Property Management, has been our Rental Manager since March 2011. Under her stewardship, the cleanliness of the Hall has improved and needed maintenance has been performed. Bookings for 2015 appear strong. However, rental income in 2014 was down from the prior year ($41,395 versus $45,125 in 2013) which limited our ability to tackle major projects. Due to the anticipated reduction in income, we decided to delay work on the roof overhang, focusing instead on parking lot repair. Fortunately, this provided the necessary funds to repair the broken water main in January 2015, but at this time we have just enough to get by.

The ***Love Your Lodge*** campaign has raised $15,405 in donations to date. Expenditures total $7,738.73 and the current balance in the Hall Capital Improvement Fund is $7,666.27. We also have $2,507.76 in the Hall Improvement Fund. Our sincere thanks to all those who contributed. Please encourage your fellow members to do likewise, and note there's a "Donation" link on the Lodge website to make it easy.

Special recognition goes to **Dave Melius**, **Craig Slama**, and **Mark Hunsbedt**, who completed many projects, both large and small. In particular, Dave has steadily increased lutefisk bar sales from $3,294 in 2012, to $3,588 in 2013 (9% increase), and $3,981 in 2014 (11% increase). **Marcia Hulberg** also donated a chest freezer to the lodge. Significant projects completed during the past year include:

- Purchase of a reconditioned refrigerator for the bar
- Installation of a front awning with the words "Nordahl Hall"
- Oven and dishwasher repair
- Addressing the Solveig Room roof leak
- Replacing motion detector lights
- Upgrading electrical outlets with GFI circuits
- Repair of burst water main in January 2015
- Building a box to deter theft of copper pipes

Respectfully submitted,
Larry Hulberg, Hall Board President

Hall Board Update

In March, **Dave Melius**, our Bar Manager and Hall Board member, attended a "Licensee Education on Alcohol and Drugs" (LEAD) course offered by the Town of Los Gatos in conjunction with the California Department of Alcoholic Beverage Control (ABC), and is now *LEAD* certified. The course is designed to offer participants practical information on serving alcoholic beverages and applicable laws for licensees. Benefits include reducing the risk of liability and providing helpful tips on dealing with difficult situations. Congratulations Dave, and thank you for going the extra mile for the Lodge!

Cultural Skills Program

The Lodge is busy helping members complete activities required for the cultural skills programs. Then, upon receipt of a few forms, the head office in Minneapolis sends a pin for each program in a beautiful *rosemaling* design that can be worn with pride.

Currently, the following areas have a Nordahl Grieg volunteer member available to guide and direct you in achieving a pin.

- Folkdance: **Meg Laycock**
- Knitting: **Bruce Fihe**
- Stamp Collecting: **Bruce Fihe**
- Cooking: **Kristen Hulberg**
- Literature: **Kathy Whitesel**
- Genealogy: **Marsha Owen**
- Music: **Elaine Edwards**
- Language: **Elaine Edwards**

Perhaps you have already achieved a level of expertise in one or more of these areas. We want to recognize you, and by filling out a few forms and possibly completing an extra activity, you can be qualified to receive the beautiful pin. Contact the members listed above for information on the requirements.

The Lodge also wants to recognize any member who is experienced in the following areas: Hardanger Embroidery; Chip Carving; Weaving; Figure Carving; and Rosemaling. Let us know of your accomplishment in any of these Norwegian cultural skills, and we will be happy to help you achieve a pin of recognition.

Elaine Edwards, Cultural Director

Scholarship Deadline Reminder

Applications and a full list of eligibility criteria for both scholarships listed below are available at ***www.nordahl-grieg.org.***

Solveig Club College Scholarship

Any daughter, granddaughter, or great-granddaughter of a member in good standing of Nordahl Grieg Lodge is eligible following at least one completed year of college or university work. Applicant must be no older than 30 years of age.

Deadline to apply is June 1, 2015. Submit applications to:
Elderid Everly, Solveig Club President
1596 Spring Street, Mountain View, CA 94043

Nordahl Grieg College Scholarship

Any child, grandchild, or great-grandchild of a Nordahl Grieg Lodge member in good standing is eligible. Applicant must be a full-time student, no older than 30 years of age, have completed at least one year of college or university, and have a cumulative minimum 2.75 GPA.

Deadline to apply is June 30, 2015. Submit applications to:
Shirley Shoup, Nordahl Grieg President
5315 Calderwood Lane, San Jose, CA. 95118

Trollfjell Folkehøgskule & Camp Trollfjell

Children, grandchildren, and great-grandchildren of District Six members in good standing are eligible to attend camp. This year there are two separate camps:

- ***Trollfjell Folkehøgskule*** for 14-17 year olds – July 6 to 11
- ***Camp Trollfjell*** for 8-13 year olds – July 12 to 25

Check out the "youth" tab at *www.sofn6.org* for additional info.

Nordahl Grieg Lodge and the Solveig Club will award campership scholarships; children, grandchildren, and great-grandchildren of Nordahl Grieg members in good standing are eligible.

To apply, campers must write a letter that includes:

- Camper's name and age
- Name of sponsoring Nordahl Grieg member
- Reasons camper wants to attend camp.

Letters must be postmarked by Friday, May 1, 2015, and mailed to:
Elderid Everly, Scholarship Chair
1596 Spring Street
Mountain View, CA 94043

Connections ...ways to connect with your Norwegian heritage

Sister Lodge Activities!

Oakland's **Bjornson Lodge** is celebrating its 105th Anniversary with a dinner on Saturday, April 11 at Francesco's Restaurant, near the Oakland Airport. Social hour at 6 PM with dinner at 7 PM. Salmon, beef, and vegetarian entrees are available. For more information or to make a reservation, contact **Nancy Eikeberg** at 510-530-3721 or *nceikeberg@comcast.net.*

Henrik Ibsen Lodge in San Francisco celebrates its 107th Anniversary with a dinner on April 25 at 6 PM at 855 Brotherhood Way in San Francisco. Ibsen Park opens its summer season on June 6 with a dinner at the Park. Find further information and details at *henrikibsenlodge.org*.

Folk Dance Weekend at Camp Norge – April 17-19. Come to beautiful Camp Norge for a fun weekend of folk dancing, including dances for the Sons of Norway Cultural Skills program. **Meg Laycock** and **Ginny Lee** will teach figure dances, couple dances, and song dances, as well as dance basics. Live music for teaching sessions and the Saturday party will be provided by **Bill Likens**. For more information, check the *Nordahl Grieg Leikarring og Spelemannslag* website at ***ngls.net***, or call Meg Laycock at 408-255-2111.

41st Scandinavian Festival – April 18 and 19 from 10 AM to 5 PM each day at California Lutheran University in Thousand Oaks. There will be dancing groups, food demonstrations, children's crafts, and Saami and Viking encampments.

Trollfjell Folkehøgskule for 14-17 year olds will be July 6-11 with classes in *handverk* (handwork), culinary arts, and carpentry. There is a limit of 18 campers.
Camp Trollfjell for 8-13 year olds will run from July 12-25 with classes in *Rosemaling*, folk dancing, heritage, crafts, and Norwegian language. This year campers will also learn money management with bank books, *Norske Krone*, and a daily *kanteen* for purchasing special treats. They will also enjoy more authentic Norwegian food at mealtimes.
On-line registrations are now open for both camps at their new website: ***www.sofn6.org/arv***.

Norway DNA Project – for more information visit: ***www.norwaydna.no/norway-dna-project/***

Tell us about activities and ideas to CONNECT with our Norwegian Heritage!

Activity Snaps... can be viewed at ***www.nordahl-grieg.org*** and at ***www.facebook.com/Nordahl.Grieg.***

Save the Date...

Lefse Lesson!

Sunday, May 31 from 1 to 4 PM at Nordahl Hall

A fun day for "students" of all ages! Learn to make this traditional Norwegian potato flatbread.

Whether you are a first-time lefse roller or just want to brush up on your skills… all are welcome.

The best part of the day will be eating all the lefse we make! If you've never tasted fresh lefse just off the griddle… you've missed out on a real treat!

Look for more details in the May *Tidende.*

February 13, 2015 Business Meeting Highlights *(condensed from minutes approved in March 2015)*

- Minutes from the business meeting of 01/23/2015 were approved as distributed.
- Co-Secretary **Duane Adams** announced receipt of a thank you letter from Tor Hansen regarding his invitation to the Anniversary Dinner; a 40th Anniversary Ski for Light brochure; and a copy of the Bjornson Lodge newsletter.
- President **Shirley Shoup** announced that Lodge Achievement Forms are due to International by the end of February; members were asked to notify Secretary **Vicki Everly** if they have tracked any volunteer hours during 2014. Forms for tracking 2015 hours were distributed. The importance of tracking volunteer hours is critical for maintaining SON's not-for-profit status.
- Financial Secretary **Kari Warner** announced receipt of a check from the Draxton Scholarship as reimbursement for some of the campership money.
- Treasurer **Mike Block** provided a verbal report of income and expenses.
- **Dave Melius**, a Hall Board member, provided an update on problems from the recent rainstorm and made an appeal for donations to the Love Your Lodge fund.
- Relay for Life: **Meg Laycock** discussed the Lodge's potential involvement in this event sponsored by the American Cancer Society. Guest **Elizabeth Trevey** provided additional details. A question was asked about the potential sales of lefse and cookies; Meg responded that it is acceptable, but all proceeds must be donated to the American Cancer Society. **Judy Purrington** volunteered to serve as co-team captain with Meg. Motion passed to participate in the Los Gatos event.
- 70th Lodge Anniversary is in 2016: the need to establish a committee to begin planning the event was discussed.
- Best wishes were extended to **Lucille and Jim Basso** on their 65th wedding anniversary.
- Webmaster **Bruce Fihe** stated he is working to establish a PayPal donation spot on the website which will provide options for contributions to go to the general fund or to Love Your Lodge.
- **Lois Bertelson** announced that 30 pounds of donated stamps were taken to the Seaman's Church this past week.
- **Meg Laycock** reminded members about the folk dance weekend in April at Camp Norge.
- **John Stubblebine** announced that 21.4 pounds of food collected at our recent meetings was taken to the food bank. Tonight, **Kathy Whitesel** donated 30 pounds of pinto beans received from a neighbor.
- President Shoup thanked **Barbara Shoup** and **Duane Adams** for helping with the goodies for tonight's meeting.
- Meeting was adjourned at 8:25 PM for Valentine's Day treats and a beautiful musical performance by "Gabriel the Violinist."

Nordahl Hall – Love Your Lodge Fund Drive

Become a supporter of the "Nordahl Hall Capital Fund"

Help us repair and upgrade Nordahl Hall.
All donations will be used for improvement projects.

Your donation*–*at any of the following support levels*– will be listed in *Tidende* each month. Donations may be designated as *"In Memory of…"* or *"In Honor of…"*
Donations can be made at any time.

Love Your Lodge Support Levels

Platinum $1,000
Gold $500
Silver $250
Bronze $100

Please make checks payable to: *Nordahl Grieg Lodge*
Write *"Hall Capital Fund"* on the memo line.
Then mail to:
Mike Block, Treasurer
110 Flintlock Lane
Ben Lomond, CA 95005

For more info, ask any Hall Board Member, or contact Larry Hulberg at 408-813-2615 or *lwhulberg@gmail.com*

* Donations are not tax deductible. Please consult your tax professional.

…from the Sons of Norway Newsletter Service

New Nordic Diet Hailed as Successor to Mediterranean Diet

For years nutrition experts have been singling out the Mediterranean diet as one of the best ways to prevent some chronic diseases. However, multiple research studies conducted over the past few years are now putting the New Nordic Diet at the forefront of the latest and greatest trends in healthy eating.

If you're already familiar with the guiding principles of the new Nordic food movement you probably recall that Viking magazine featured "New Nordic Cuisine" a few years ago in the August 2011 issue. Today, the diet has gained so much mainstream publicity that a cursory search of the Internet yields articles hailing the diet's merits from sources ranging from Prevention Magazine, Vogue and National Public Radio to the School of Public Health at the University of California, Berkeley.

Centered around local, seasonal and fresh fare, the diet has its beginnings in Denmark with Noma restaurant chefs René Redzepi and Claus Meyer. What began in 2003 as a mission to focus on local and seasonal ingredients at Noma grew into a larger movement of 12 leading Scandinavian chefs who sought to define the elements of modern Nordic cuisine. Their collaborative efforts produced the New Nordic Diet principles being used today.

- *More fruit and vegetables every day*
- *More food from the seas and lakes*
- *More food from wild landscapes*
- *Avoid food additives*
- *More home-cooked food*
- *More whole grain*
- *Higher-quality meat, but less of it*
- *Organic produce when possible*
- *Meals based on seasonal produce*
- *Less waste*

Beyond its status as the latest diet trend, the New Nordic Diet does boast reliable nutritional studies that support its current status. In 2013 a study by the Journal of Internal Medicine found that participants with cardiovascular risk factors experienced lower blood cholesterol levels and inflammation on the diet as opposed to a typical Western diet. Just last year the American Journal of Clinical Nutrition found that New Nordic dieters saw a reduction in their weight as well as blood pressure while on the diet. It is also important to note that participants achieved their weight loss results without calorie restrictions, indicating they were satiated with the foods available to them.

Interested in testing out the New Nordic Diet for yourself? The official website of Denmark offers New Nordic Diet recipes for starters, main courses and desserts at *http://denmark.dk/en/lifestyle/food-drink/new-nordic-recipes/*

Easter Traditions in Norway

Easter is an important holiday in Norway. The traditional Norwegian way to celebrate Easter can be linked to nature hikes, good food, leisure, and time spent with family and friends. Many travel to the mountains at Easter to go on the last ski trip of the year, many put their boat in the water, or others visit relatives. Most however, celebrate Easter at home.

Easter Vacation: Easter vacation is actually a special Norwegian phenomenon. They have a five day long weekend starting Thursday until the second Easter day which is always on a Monday. With the long holiday people have the opportunity to travel a bit during Easter.

Easter Crime: Easter and crime – it's a strange tradition. Both on TV and in books, Norwegians are given a variety of murders and mysteries for the short holiday. Easter crime is a tradition that has several explanations and is an odd Norwegian phenomenon.

Easter Nuts (Trivia): Are you smarter than a fifth grader? As soon as Easter Eve arrives, along comes Easter Trivia on TV. Norway's Easter Nut-general Roald Eye has resigned, but NRK's Øystein Bache and Rune Gokstad have captained the Easter Trivia boat safely ahead. For eight days they present seven exciting and entertaining puzzles for the whole family.

Easter Egg: The perfect Easter eggs can be filled with, for example, jewelry, chocolate and candy – depending on the eye of the beholder. Each year the Easter eggs are filled with something for everyone in the family. Some like salty, other like sweet. Some like things crunchy and others simply like soft candy.

Easter Food: Easter is a time for togetherness, relaxation, and hanging out with family and friends and with that there is also good food. Easter is also full of traditions when it comes to food. First and foremost it's about lamb, eggs, chicken, chocolate, marzipan and oranges.

Last but not least… Easter Beer: Having a beer outside is great. Once the snow has melted and the sun is high in the sky, the world awakes again. Easter kickstarts Spring, and what can be better than enjoying a beer outside in the sun?

SONS OF NORWAY
Nordahl's Tidende

Nordahl Grieg Lodge, 6-52
Kari Warner, Financial Secretary • 1000 El Camino Real Apt. 107 • Santa Clara, CA 95050-4284

✂ ***Save the stamp on your Tidende envelope for Tubfrim!***

DEADLINE TO SUBMIT ARTICLES FOR THE NEXT ISSUE IS THE 15TH OF THE MONTH.
PLEASE EMAIL INFORMATION FOR INCLUSION TO THE *TIDENDE* CO-EDITORS LISTED BELOW.

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April 10, Fri	Norwegian Language Class, Discussion on the 1940 Norwegian Invasion, and Business Meeting
April 24, Fri	Aquavit Tasting Party
May 1, Fri	Deadline to mail Campership applications
May 17, Sun	Syttende Mai
May 31, Sun	Lefse Lesson
June 1, Mon	Deadline to mail Solveig Club College Scholarship applications
June 6, Sat	Los Gatos Relay for Life
June 12, Fri	Business Meeting
June 30, Tues	Deadline to mail Nordahl Grieg Lodge College Scholarship applications

See *"Connections"* for other important event.
Dates will be added as they become available.

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