Nordahl's Tidende

FOUNDED FEBRUARY 16, 1946
SONS OF NORWAY, NORDAHL GRIEG LODGE, 6-52

VOLUME 63, NO. 3 | MARCH 2017 | BUSINESS MEETINGS ON 2ND FRIDAY

En hilsen fra Presidenten

Kjære Venner (Dear Friends),

Aloha ahiahi Hau`oli la Ho'omana'o, Good Evening, Happy Anniversary, was how I opened our 71st Anniversary Dinner for the lodge. The evening had a Polynesian theme to recognize the 70th anniversary of Thor Heyerdahl's historic Kon-Tiki expedition. Hjertelig Takk to our Social Director **Duane Adams** for doing such a wonderful job organizing the evening. It was also nice to have members of **Vigeland Lodge** in attendance.

Many of the membership anniversary award recipients attended the dinner and, as always, distribution of the awards went as smoothly as it could. Luckily, only one certificate from International had a misspelled name on it… but unlucky for me, it was mine. I guess I will just have to wait until my 15-year anniversary to finally have a certificate presented to me. This year, we had two significant anniversary awards that I could present. Both recipients have made my time in the lodge so enjoyable and I'm so honored to be able to call them friends. **Virginia Hansen** received her 50th anniversary certificate and pin, and **Donald Slama** received his 60th. We are truly a special lodge to have so many of our long-term members still being so active. I hope that I can continue to be as active when I receive my 50th or 60th year awards.

One of my favorite moments of the evening is to announce the special awards. Throughout the year, I received so many suggestions from members as to who was deserving that it was difficult to narrow it down to the final recipients.

The first special award I presented was the **Tusen Takk Award** to **Claire Smyth** and **Dave Melius**. They are such deserving individuals and are most often the first members to arrive at a lodge event and the ones that stay late to secure the building at the end of the evening. The second award presented was another **Tusen Takk Award** to **Sharon Bratton**, who also received her Golden Membership certificate this year. Sharon has always done so much for our lodge and many times goes unrecognized.

This year I gave the **Hjertelig Takk Award** to **Donald Slama**; with all he has done for our lodge over the last 60 years, this was the least I could do.

The **King Olav Service Award** is presented annually in recognition and appreciation for outstanding service to Nordahl Grieg Lodge, Sons of Norway and the Norwegian community. I had the pleasure of awarding it to **Bruce Fihe**, who has spent years exemplifying what this award stands for. ***(continued on next page)***

AGENDA ALERT

- **Friday, March 10 at 7:30 PM**
  Business Meeting & Nordahl Hall Annual Meeting
- **Friday, March 24 at 7 PM**
  Lodge Social

KON-TIKI

Thor Heyerdahl's original 1951 Academy Award-winning documentary film.
See details on page 5

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(continued from page 1) Events like this always make me so honored to be your president! Seeing our members and visitors spend a happy evening celebrating together reminds me again how glad I am that I joined the wonderful organization that is Sons of Norway and Nordahl Grieg Lodge

Fraternally,
Laura Porter, President

Nyheter Fra Solveig Club

Congratulations to **Linda Garcia** and **Rhonda Ansok**, winners of the Solveig Club's Anniversary Dinner Raffle. They each won a beautiful Norwegian cookbook. We hope everyone enjoyed the dinner and we want to thank you all for supporting the Solveig Club's Nordic Boutique and Raffle.

Special thanks and gratitude are extended to **Sharon Bratton** and **Vicki Everly** for the countless hours of work they devoted to setting up and managing our boutique at the dinner, and to **Shirley Shoup** for serving as our raffle ticket seller.

Next month's meeting will be on Wednesday, March 15 at 10:30 AM, in the Solveig Room, hosted by **Sharon Bratton**. Bring a sandwich and join us!

Beste hilsen,
Duane Adams, Solveig Club President

Membership Update

In our February report from Sons of Norway International, we have 8 members on the past due list; please pay your dues; we do not want you to lose your membership in our Lodge.

Sila Capp has cancelled her membership.

Ron Michael has been suspended for non-payment of dues.

The report also included one reinstated member. Welcome back!

Sandra Peters 555 Tiffany Drive, Hollister, CA 95022 408-623-3995

A brand new member joined at our recent Anniversary Dinner, and details will be included in next month's *Tidende*.

Our Lodge has 266 members at this time including Juvenile Members with active insurance.

The ***"Nordahl Grieg Membership Directory"*** is a work in progress. Somehow, several errors invaded the report we used to create the directory; **Bruce Fihe** and I are both busy trying to make the corrections. Please let us know about errors in your name or address, and they will be corrected and published in next issue of the *Tidende*.

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

March Birthdays

1	Jeanne Shada
1	Lucille Basso
3	Cathy Felkey
6	Ray Vannatta
7	Liv Braaten
10	Rena Slama
10	Vivian Schatz
11	Richard Grindeland
11	Karen Aaker
14	Mona Madson
14	Mary Estensen
15	Richard Kurkowski
15	Roberta Heimark
17	Dennis Enget
21	Shelley Curtis
22	Janet Pankratz
24	Patrick Kelly
24	Robyn Tyson
25	Duane Adams
26	Sandra Peters
27	Ruth Cole
29	Terje Kristiansen
30	Kathleen Moe
30	Meagan Hansen
30	Pamela Petersen

Heritage Members

11	Kaylee Kramer
18	Kai Porter

Gratulerer med dagen!

News About Members

It was good to see **Bob Goodenough** at the Anniversary Dinner. He was sporting a cane as he broke his hip in January and had another hip replacement. He is doing well getting around. We are glad he is "on the mend." He plans to be careful, as all of us should be.

Condolences to **Meg Laycock** in the unexpected loss of her sister in Oklahoma. Meg is there now to be with her family. Our thoughts are with you, Meg, at this difficult time. We are glad you were able to spend some time with your sister recently.

Our condolences also to **Kathy Whitesel** who lost her father recently when he lost his long battle with cancer. Kathy was able to spend some time with him in Virginia just before he died, for which we are grateful. You are in our thoughts, Kathy, as you cope with your loss of this important person in your life.

Many of our members have experienced problems with all the wind and rain we have been having. We have missed seeing them at our get-togethers and look forward to seeing you soon when the weather improves. I am ready for SPRING!

Fraternally,
Shirley Shoup,
Sunshine Chairperson

*Thank you, **Don Slama,** for volunteering to serve as Lodge Counselor in 2017!*

Camp Norge News

The Good News and…
the Bad News!!!

*"Fueled by an atmospheric river that funneled a vast amount of moisture into Northern California, the severe winter storms that hit last month caused countywide damage. Perhaps the most prominent is the culvert failure and washout of Morton Road in Alta. The incident isolated 15 homes **[and Camp Norge]**. An alternative access was established, however it traverses a steep, windy gravel road over private property." Placer County newspaper.*

The picture above is where the road used to be and you can see the depth of the washout. This was a major event!

The county expects to put out the bid, to build a permanent bridge over the washout, in mid-February and "hopes" to complete construction by the end of June 2017. They have $3 million to complete the project. So… can we expect access to Camp Norge by the end of June? We don't really know, and we won't know until the project is complete, to be completely honest and realistic.

As of now, we are cancelling all activities, including Camps *Trollfjell* and *Trollfjell Folkehøgskule*, scheduled through the end of July. With this natural disaster occurring, there will be no revenue for Camp during these months. Therefore, our Caretaker has graciously agreed to resign from his position and leave the Camp. The Camp will remain closed to any visitors, whether Sons of Norway members or not, until this road repair is completed.

The Recreation Center Board of Directors has met over this issue and the Camp Trollfjell's Administrative Committee has had conversations. The Camp is financially prepared to be closed at this time. However, there are always ongoing expenses that must be met. Any Lodges or Sons of Norway members who wish to contribute to Camp Norge expenses are encouraged to do so. We will also be applying for a "Helping Hands to Members" Grant through the Sons of Norway Foundation to aid in this disaster.

Thank you all for your patience and understanding. We are looking forward to the opportunity to turn this "lemon into lemonade" and reopen later this year with great programs and activities, especially Hardanger Camp in August, Northern California Kretsstevne over Labor Day weekend, and Rosemaling in October!! We'll keep you posted!

Fraternally,
Mary Beth Ingvoldstad, President–District Six
Marybethd6pres@aol.com (707)580-8052

Spring Cleaning at Nordahl Hall

Sunday, March 12 starting at 9 AM.

It's time to spruce up our hall and we could really use some helping hands.

We'll start at 9:00 AM, but please come when you can. You don't need to commit to a whole day; even just a couple of hours of your time and energy would be very much appreciated. As they say, many hands make light work.

As always there will be coffee, morning snacks, and lunch for all volunteers!

Here's a list of tasks we'd like to accomplish. There are some large jobs and many small tasks. Most are household tasks, so no special skills are required. We look forward to seeing you. *Tusen Takk!*

- *Install a projector screen at the stage*
- *Adjust locks on storage room door and key lockbox*
- *Fix the light fixture in Solveig Room storage*
- *Post "No Trespassing" signs*
- *Fix the bar water shut-off valves*
- *Add shelving above the pantry counter*
- *Clean the floor-wall juncture in toilet rooms*
- *Clean windows*
- *Drain dishwasher reservoir*
- *Clean refrigerators*
- *Polish kitchen stainless*
- *Vacuum vents*
- *Trim shrubs*
- *Sweep up/blow debris in parking lot*

Love Your Lodge Donations

Platinum Level

In Memory of Elmer Graslie
Clara Graslie (donation, Jan 2016)

In Memory of Ann Smestad
Linda & Ron Smestad (donation, Aug 2015)

In Memory of Greg Ansok
Don Ansok (donation, June 2015)

Solveig Club (donation, Mar 2015)

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

Gold Level

In memory of Minnie Munson
Jane & Tom Marshburn & Laura Porter
(donation, Oct 2016)

Silver Level

In honor of their many friends at Nordahl Grieg Lodge
Glenn and Peggy Riddervold (donation, Nov 2016)

Bronze Level

Shelley Curtis (donation, April 2016)

In memory of Shirley Hansen
Solveig Club (donation, April 2016)

Don Slama (donation, April 2016)

In Memory of Clarian Pintacura
Anne Herbert (donation, Feb 2016)

In Memory of Clarian Pintacura
Alan Pintacura (donations, Jan 2017, Nov 2015, Nov 2014)

In memory of Noel Whaley
Sydney Whaley (donation, April 2015)

Duane Adams (donation, Feb 2015)

Bob Goodenough (donation, Feb 2015)

Victoria Slama (donation, Feb 2015)

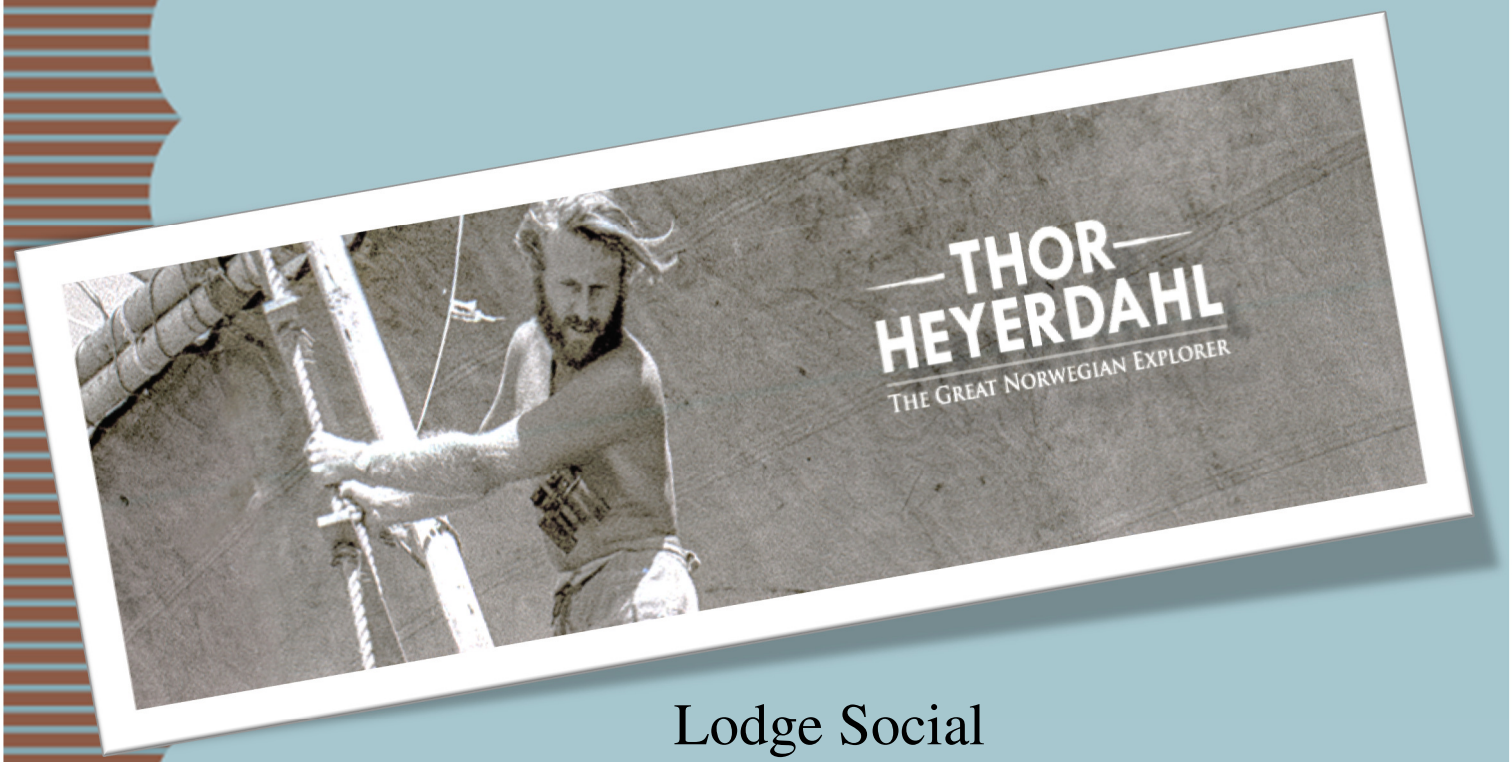
In Memory of Hank (Elmer) Graslie
Sharon & Daniel Fisher (donation, Oct 2014)

Special Raffle Donation

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

Tusen Takk for your support!

Donations made before June 2014 are not listed.
Please view past issues of *Tidende* to see the donors and honorees from earlier contributions. *Takk!*



Lodge Social
Friday • March 24

Celebrating the 70th anniversary of Thor Heyerdahl's KON-TIKI expedition

7:00 PM social time
7:30 PM showing of *KON-TIKI*

The original 1951
Academy Award-winning documentary film

Filmed and narrated in English by Thor Heyerdahl • 58 minutes

"It is probably the most epic journey ever undertaken just to prove a point."

Enjoy Polynesian-inspired refreshments following the program.

Kon-Tiki Trivia
Heyerdahl's successful voyage, international bestselling book, and documentary film sparked an interest in Polynesia, contributing to the mid-century craze for Tiki Bars.

Annual Shareholders Meeting
Nordahl Hall, Inc.
Friday ▪ March 10 at 7:30 PM

All members of Nordahl Grieg Lodge are shareholders in the corporation that owns Nordahl Hall. Each March, on the evening of the regular Lodge business meeting, the President of the Nordahl Hall Board of Directors presents an annual report and the Treasurer presents a financial statement.

Shareholders (that's you!) will have the opportunity to inquire about any concerns or make suggestions for improvement. At this meeting, we also elect new directors to fill expired terms or vacant seats on the Board.

The Hall Board has four board positions open. One is for the 2016-2018 term as a board member has stepped down early, and three positions are for the 2017-2019 term. Please plan to attend!

Connections ...ways to connect with your Norwegian heritage

Cinequest Film Festival – Once again, Norwegian films are featured in this year's festival. Check their website at ***http://cinequest.org/*** for ticket and show time information:

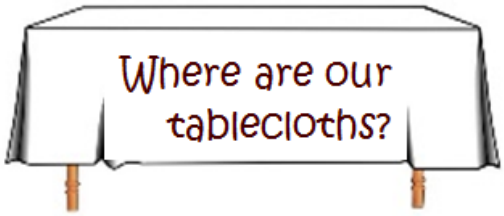
- **All The Beauty *(Alt Det Vakre)*: What lasts longer – art, or the relationship that inspired it?** David invites Sarah to his summer house to help finish his play. But Sarah has her own idea about its subject: their decades long, tumultuous love affair.
- **Pyromaniac *(Pyromanen):* He can't say no to the urge to burn.** In a peaceful and closely-knit Norwegian village, fear spreads as an unidentified arsonist goes on a wrecking spree of starting a series of fires.
- **Revenge *(Hevn):* She doesn't want to simply kill him – she wants him to suffer.** Under the serene surface of a little Norwegian resort, things are not quite what they seem. There's a stranger in town, and she's on a mission under a false identity seeking revenge for a horrible crime committed many years ago.

New Scandinavian Cooking –

- **Sunday, March 5 at 6:30 AM on KQED Plus:** *South West of Norway "Fat Ducks and Sweet Apples"*
- **Sunday, March 19 at 6:30 AM on KQED Plus:** *The Mountain Region of Sothern Norway "On Top of Norway"*

Vesterheim Museum Tour – Join in a District 6 sponsored tour to this renowned museum in Decorah, Iowa. Tour dates are September 20-24, 2017, and details are available at ***http://sofn6.org/newsletters/***.

Norwegian Folk Dancing – Wednesdays at 7:30 PM at the Masonic Hall, 890 Church Street (one block off Castro), Mountain View. Everyone is welcome, whatever your experience level. Enjoy live music, friendly folks, and lots of fun! For info, contact **Meg Laycock** at 408-255-2111 or ***meg@jstub.com***.



We're missing five white tablecloths and several red and blue ones. If you took them home to launder and forgot to return them, please bring them back! Thank you.

TELL US ABOUT ACTIVITIES AND IDEAS TO CONNECT WITH OUR NORWEGIAN HERITAGE!

VIEW NORDAHL GRIEG ACTIVITY PHOTOS ***www.nordahl-grieg.org www.facebook.com/Nordahl.Grieg***

College Scholarships

Nordahl Grieg Lodge #52 announces two college/university scholarship opportunities.

Applications and a full list of eligibility criteria for each scholarship are available at ***www.nordahl-grieg.org***.

Solveig Club College Scholarship

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

Deadline to apply: June 1
Submit applications to:

Duane Adams, Solveig Club President
3415 Winkle Avenue
Santa Cruz, CA 95065-1640

Nordahl Grieg College Scholarship

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

Deadline to apply: June 30
Submit applications to:

Barbara Shoup, Scholarship Chair
814 Maryann Drive, Apt. 2
Santa Clara, CA 95050-5057

To Parents and Grandparents of our Young Campers:

We sincerely regret the cancellation of Language Heritage Camp this year and understand this is a huge disappointment for our campers. Please be assured that camperships will be available again next year for ***Trollfjell Folkehøgskule*** and ***Camp Trollfjell***.

Included below is a synopsis of scholarships available from various SON sources; amounts awarded and full details are available as indicated.

The first three scholarships listed are administered by SON International. Candidates may only receive two scholarships in a 5-year period. Full requirements and applications are available at ***www.sofn.com/foundation/scholarships***.

Nancy Lorraine Jensen Memorial Scholarship

- ✓ Female SON member or daughter/granddaughter of a SON member; with membership for at least 3 years.
- ✓ Full-time undergraduate who has completed at least one term of study with a major in chemistry or physics, or in chemical, electrical, or mechanical engineering.
- ✓ SAT score of at least 1800 with a math score of 600 or better, or an ACT score of at least 26.

Deadline to apply: April 1

Bernt Anker Scholarship

- ✓ Applied to or enrolled in an accredited, 4-year post-secondary institution, or 2-year community college with the intent of continuing toward an undergraduate degree.
- ✓ Preference given to students without parents or to students raised by single parents.

Deadline to apply: April 10

Orel and Marie Winjum Memorial Scholarship

- ✓ Applied to or enrolled in an accredited 4-year college or university, or 2-year community college.
- ✓ Either Norwegian and/or German heritage.
- ✓ Grade point average of 2.5 or higher.

Deadline to apply: April 10

District 6 Scholarship

- ✓ Full-time undergraduate student who has completed at least one term of study at an accredited post-secondary school or training institution.
- ✓ Current Unge Venner or Youth Member of a District Six SON Lodge. *(Unge Venner is a youth between the ages of 16 and 23, who is a lineal descendant or resides in the same household as a District Six SON member in good standing.)*
- ✓ College or university GPA of 2.50 or higher.
- ✓ Application available at ***www.sofn6.org*** under Scholarship.
- ✓ Questions? Email District Six Scholarship Chairperson, **Carl Ingvoldstad** at ***cingvoldst@aol.com***.

Deadline to Apply: April 1

Peder P. Johnsen Scholarship

- ✓ Offered by Henrik Ibsen Lodge in San Francisco. Contact **JoAnn Wentker** at 415-587-9210 for an application.
- ✓ Full-time student with a minimum 2.7 GPA.

Deadline to apply: April 1

2017 Anniversary Dinner Photos

President Laura Porter presenting special awards...

From left, **Dave Melius** and **Claire Smythe** receive a ***Tusen Takk* Award**; **Sharon Bratton** receives a ***Tusen Takk* Award**; **Don Slama** receives the ***Hjertelig Takk* Award** and **60 year** membership pin, and **Bruce Fihe** receives the **King Olav Award**.

Presentation of longevity awards for continuous membership in the Sons of Norway. Please note that some awards were accepted by family members on behalf of the recipient. We apologize if we have missed any of the recipients who were present.

10 year recipients

20 year recipients

25 year recipients

30 year recipients

Golden Member recipients

40 year recipients

50 year recipient

Blood Donation Olympics

Sponsored by
Stanford Blood Center & Nordahl Grieg Lodge

When

Saturday, April 8, 2017
10:00am - 3:00pm
(Note: you must check-in by 3:00pm)

Where

Nordahl Hall
580 W. Parr Ave., Los Gatos, CA

To Schedule an Appointment: www.sbcdonor.org (use sponsor code 2432)

"Olympic" game rules:
Guess on the time it will take you to donate 1 unit of blood.
The closer you guess, the better your score!
The first 8 donors who guess within 10 seconds of their actual time **win a $25 Amazon Gift Card!***

For More information:
Stanford Blood Center
(650) 723-7831
Make sure to reference the Olympics!

Hot Food & Beverages will be served all day!

* At the last event 7 people joined the 10 Second Club!

STANFORD BLOOD CENTER
Give blood for life!

Special Gift: AMC movie tickets and other awesome give-aways!

Blood Donors Wanted!

Sixth District Century Club

November 22, 2016

Nordahl Grieg Lodge 6-052
c/o Michael Block

Again the Century Club say **"Tusen, Tusen Takk"** to Nordahl Grieg members for your generosity. It is very much appreciated that you opted to donate your "coin march" proceeds to the Century Club.

The Century Club was established in October, 1996 to help with the maintenance of Camp Norge. The Founders saw the need to assist in the upkeep of the District's "jewel" in the Sierras. The Century Club is such a vital support to Camp Norge.
We are committed in using our funds to preserve our past, protect our present and promote our future.
A heartfelt **"THANK YOU"** to you all and wishing you a wonderful Christmas.

Fraternally

Lise Fleming, Treasurer

Save the Date

Lodge Social

Sunday, April 23
1:30 – 4:30 pm

Bring the whole family to our
Viking Extravaganza
featuring
the ***Vikings of Bjornstad***

More information in next month's Tidende

Nordahl Hall – Love Your Lodge

Support 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

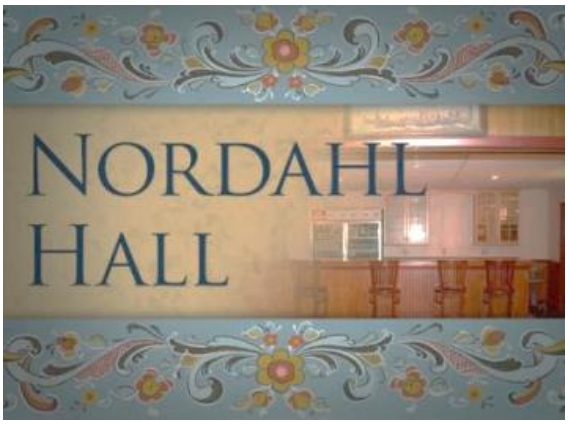
Platinum	**$1,000**	**Silver**	**$250**
Gold	**$500**	**Bronze**	**$100**

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 Leslie Jones at 408-927-9966 or *lesbehel@sonic.net*

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



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
For rental information, contact:
Viking Property Management at 408-909-9055

One day Lena confided to her friend Hilda that she had finally cured her nervous husband, Ole, of his habit of biting his nails.

"Good gracious," said Hilda, "How did yew ever dew that?"

"It vas really simple," was Lena's reply. "I yust hid his false teeth." ☺

a little in English...

Happy Salmon Swim Longer.

Salmon's reluctance to swim far may be due to anxiety or fear.

After being born in a freshwater river, salmon swim out into the vast ocean to grow big and strong. Many salmon swim far to get where they are going, but it's not always the case.

Scientists at Umeå University in Sweden now think that anxiety or fear may be the reason why some salmon don't want to swim as far as their friends. "By treating salmon with anti-anxiety drugs, we could see that happy salmon wandered further and faster than untreated salmon," said Gustav Hellström, one of the researchers behind the study, in a press release from Umeå University.

Twice as fast. The study was conducted both in controlled environments and in a natural environment, specifically in a farm outside Umeå in northern Sweden. Half of the fish were given doses of the drug oxazepam, which is used to treat people for anxiety and unease, among other things. Half of the fish were given no treatment. In both controlled and natural surroundings the now-anxiety-free salmon swam almost twice as fast as their untreated brothers. This effect diminished gradually, however, as the drug disappeared from their blood.

Two previous studies have shown that anti-anxiety drugs can have an effect on fish. Researchers therefore believe that the increase in migration may be due to lower levels of anxiety which normally would have the effect of the salmon taking fewer risks.

An anxious animal. It is the salmon's nature to be anxious. It has many enemies who want to eat it, and thus it relies on hiding in the river to avoid predators. So says Torbjørn Forseth, senior scientist at the Norwegian Institute for Nature Research, NINA. "One can certainly describe salmon as an anxious animal. We know for example, that the biggest salmon rarely swims up in smaller waterways, probably because it has fewer hideouts there," says Forseth. Young salmon that migrate out to sea, *smolt*, also have good reason to be anxious. On the way they meet many potential enemies, and there are few who survive the perilous journey. "Fewer than five percent survive, and it could be as little as under one percent," the now-late Ove Skilbrei of the Institute of Marine Research told *forskning.no* last year. ***(http://forskning.no/2015/04/smolt-historien-om-en-dramatisk-ungdomstid)***

Torbjørn Forseth at NINA says that smolt mostly swim at night, partly because darkness provides protection against predators. He believes that it thus seems logical that a fish with lowered anxiety takes greater chances than a fish with a normal level of anxiety.

litt på norsk...

Glad laks svømmer lenger.

Laksens motvilje mot å svømme langt kan skyldes angst eller redsel.

Etter at den blir født i en ferskvannselv, skal laksen svømme ut i det store havet for å vokse seg stor og sterk. Mange laks svømmer langt for å komme seg dit de skal, men det er ikke alltid tilfellet.

Nå tror forskere ved Umeå universitet i Sverige at angst eller redsel kan være årsaken til at noen laks ikke vil svømme like langt som sine venner. – Ved å behandle laksen med angstdempende legemidler, kunne vi se at den glade laksen vandret lenger og fortere enn den ubehandlede laksen, sa Gustav Hellström, en av forskerne bak studien, i en pressemelding fra Umeå universitet.

Dobbelt så fort. Studien ble gjennomført både i kontrollerte omgivelser og i et naturlig miljø, nærmere bestemt i et oppdrettsanlegg utenfor Umeå nord i Sverige. Halvparten av fiskene fikk doser av legemiddelet oxazepam, som i mennesker brukes i behandling av blant annet angst og uro. Halvparten av fiskene fikk ingen behandling. I både kontrollerte og naturlige omgivelser svømte den nå angstfrie laksen nesten dobbelt så fort som sine ubehandlede brødre. Denne effekten avtok derimot etter hvert, i takt med at legemidlet forsvant fra blodet.

To tidligere studier har vist at angstdempende legemidler kan ha en effekt på fisk. Forskerne tror dermed at økningen i vandring kan skyldes lavere nivå av angsten som normalt ville gjort at laksen tok færre risikoer.

Et engstelig dyr. Det ligger i laksens natur at den er engstelig. Den har mange fiender som vil spise den, og dermed er den avhengig av skjul i elva for å unngå rovdyr. Det forteller Torbjørn Forseth, seniorforsker ved Norsk institutt for naturforskning, NINA. – Man kan fint beskrive laksen som et engstelig dyr. Vi vet blant annet at den største laksen sjelden svømmer opp i de små vassdragene, sannsynligvis fordi den har færre skjulesteder der, sier Forseth. Unglaks som vandrer ut mot havet, smolt, har også god grunn til å være engstelig. På sin vei møter den mange potensielle fiender, og det er få som overlever den farefulle ferden. – Under fem prosent overlever, og det kan være så lite som under en prosent, sa nå avdøde Ove Skilbrei ved Havforskningsinstituttet, til *forskning.no* i fjor. ***(http://forskning.no/2015/04/smolt-historien-om-en-dramatisk-ungdomstid)***

Torbjørn Forseth ved NINA forteller at smolt stort sett svømmer om natta, blant annet fordi mørket gir beskyttelse mot rovdyr. Han mener at det dermed virker logisk at en fisk med hemmet angstreaksjon tar større sjanser enn en fisk med normalt angstnivå.

http://forskning.no/fisk-fiskehelse/2016/12/glad-laks-svommer-lenger

….from SON Newsletter Service

SONS OF NORWAY
Nordahl's Tidende
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SONS OF NORWAY

DEADLINE TO SUBMIT ARTICLES FOR THE NEXT ISSUE IS THE 15TH OF EACH MONTH.
PLEASE EMAIL INFORMATION FOR INCLUSION TO *EDITOR@NORDAHL-GRIEG.ORG*.

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Mar 10	Business Meeting and Nordahl Hall Annual Shareholders Meeting
Mar 12	Hall Clean-up Day! Daylight Saving Time Begins
Mar 17	Happy Saint Patrick's Day
Mar 24	Kon-Tiki Social Event
Apr 8	Blood Drive at Nordahl Hall
Apr 23	Viking Extravaganza Social Event
Jun 1	Solveig Club College Scholarship Deadline
Jun 30	Nordahl Grieg College Scholarship Deadline

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

Remember to bring community service donations to Lodge events… non-perishable food for a local food bank and used paperback books for the VA Hospital. Tusen Takk!

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