SONS of NORWAY

Nordahl's Tidende

NORDAHL GRIEG LODGE 6-52 ▪ FOUNDED FEBRUARY 16, 1946

VOLUME 64, NO. 4 | APRIL 2018 | BUSINESS MEETINGS ON 2ND FRIDAY

En hilsen fra Nordahl Grieg Presidenten

Kjære Venner (Dear Friends),

The past is something that we can never get back. Each lodge has a wealth of information and memories from our older members… memories that are starting to be lost. We need to make sure that all that wealth of knowledge is imparted to future generations.

At Nordahl Greig, we had the opportunity in March to hear from our long-time member **Marv Bertelson** with a presentation about his World War II experiences. I am so glad that **Barbara Shoup** and **Duane Adams**, our Social Directors, planned this event. There are so many life experiences that our more mature members have lived through that I truly hope I can learn from before the stories are lost forever.

Being a member of Sons of Norway and Nordahl Grieg Lodge is like being a part of any family. I was reminded of this while attending the memorial service for **Elderid Everly**. Joining with others in the church to stand and sing *"Ja, vi elsker"* during her service was so memorable and made for a moment that made me realize that I was, indeed, part of a larger family.

The younger Lodge members really need to realize and appreciate the wealth of knowledge and life experiences that our older members possess before it is lost forever. I truly believe that to grow as a lodge we need to remember our roots and grow even stronger from what we learn.

I look forward to all the knowledge that I still have to learn, not just from the members of Nordahl Grieg, but from the whole Sons of Norway family that I am a member of.

Fraternally,

Laura Porter, President

April Agenda Alert

Lodge Social – Friday, April 27 at 6:30 PM
… enjoy a "Minnesota Potluck" with a cultural presentation by Mary Schlink at 7:30 PM
… a brief business meeting will be held during the social
… see event details on page 4

District 6 Convention Delegates

The 2018 District 6 Convention will be held in Santa Rosa, California, from June 10 to 14. The following delegates were elected at the February 2018 business meeting to represent Nordahl Grieg Lodge at the convention: **Laura Porter**, **Janie Kelly**, **Bruce Fihe**, **Judy Purrington**, **Dave Melius**, **Claire Smyth**, and **Jane Marshburn**.

What Fun Things Would You Like To Do At The Lodge?

Do you have ideas for an interesting or entertaining program at the Hall? Have you been wanting to do something just a little bit different for a social? Whatever your ideas (wild or otherwise) we'd love to hear them! Your idea might turn into the absolute best event Nordahl Grieg Lodge has ever had! (Not including the Lutefisk Dinner, of course.)

Send or tell your wonderful ideas to either of the Co-Social Directors (Barbara Shoup and Duane Adams) or the Co-Cultural Directors (Kathy Whitesel and Judy Purrington) or any of the Lodge officers. Contact information is listed on the back of the *Tidende*.

Nyheter Fra Solveig Club

Elderid Everly left a tremendous legacy that the Solveig Club is committed to honoring. Not only was she a devoted member of Nordahl Grieg Lodge, but as a long-time member and past President of the Solveig Club, Elderid had the foresight and dedication to establish and grow our scholarship fund. We are proud to be part of this important effort to provide opportunities for Nordahl Grieg youth that our dear Elderid envisioned and championed.

Our planned trip to Filoli in March was rained out, so we've re-scheduled the outing for Wednesday, April 18. We'll meet in the Lodge parking lot at 9:15 AM to carpool together. Once there, Solveig Club member **Mary Schlink** will lead us on a private tour of the home and gardens, with a break for lunch at the café. We're looking forward to all our members joining us for what promises to be a very enjoyable event.

Beste hilsen,
Duane Adams, Solveig Club President

News About Members

HAPPY NEWS!

Liv Braaten has her traveling shoes on again! She is heading for Japan this week with her daughter and grandson and is looking forward to experiencing that part of the world. Then, in the fall, she is planning a trip to Germany with her square dance group. Have fun, Liv, and come see us in between your travels.

There is a new Viking on the horizon! **Kristen and Mark Hunsbedt** will be adding a new member to their family come fall and are looking forward to giving **Andrew** a sibling. Our congratulations and best wishes to all of you!

HEALTH NEWS

Harry Bjerkhoel has completed his second chemotherapy infusion and continues to receive daily injections for his blood count. He is on oxygen, as well. He is taking it easy and finds it hard not to be able to be his usual busy self. Meanwhile, **Jo Ann Bjerkhoel** had a stroke which has caused her some vision loss in her right eye, so she is not able to drive Harry to his treatments in Vacaville. Family members have been helping out and providing care and transportation. We are thinking of you both and wish you better days ahead!

Mike Block fell off a ladder and broke his heel, so he won't be back dancing with the *Leikarring* for a while. Future treatment at this time is uncertain. We wish you a quick recovery, Mike. Watch out for those ladders!

Sonja Flanagin will be having eye surgery the middle of April. We hope it goes well for you, Sonja.

Barbara Shoup fell and banged up her knee, but she is doing well and back to work and her usual activities. Be careful, Barbara!

IN MEMORIUM

Earl Thygeson, a member of our Lodge since 2006, passed away very recently. He was 85 years old and lived in Saratoga. We did not get to know him very well, but he attended our Lutefisk dinner. He was active in the community and contributed his skills to make it a better place. We send our condolences to his family in their loss.

...News About Members is continued on page 3

April Birthdays

1	Hans Skogheim
4	Donald Schilling
4	Ken Peterson
6	David Melius
7	Marsha Owen
8	Andy Hunsbedt
9	Eric Olson
11	Kay Broadway
13	Blake Lebeck
14	Rebecca Bennett
14	Karen Harris
18	Raymond Howard
18	Alissa Hansen
19	Kato Andersen
19	Alissa Bjerkhoel
19	Sharon Bratton
21	Kenneth Leventon
21	Timothy Evjenth
22	Homer Stennes
25	Tor Hanssen
26	Linda Larsen
26	John Stubblebine
27	Beverly Smestad
28	Timothy Knutson
28	Kristine Estensen-Goldberg
29	Kathy Whitesel
29	Anna Likens
29	Kenneth Yamanoto

Heritage member

6	Trever Siler

News About Members continued from page 2...

Our Lodge is mourning the loss of one of its most beloved members, **Elderid Everly**, who passed away at home in Mountain View on March 10 at age 96. A member for over 50 years, she was a mainstay of our Lodge, and we would not be what we are today without her. Elderid was fiercely proud of her Norwegian heritage and displayed it in many ways. She helped us maintain and honor our culture through her many talents. She readily volunteered these talents to the Lodge and the Solveig Club. She served as the Solveig Club President for many years and was instrumental in establishing and growing the Solvieg Club Scholarship Fund, which provides camperships and college scholarships to young people in our Lodge. Many of us have learned the fine art of making lefse and Norwegian cookies from Elderid. She enjoyed nothing more than teaching others how to make lefse and especially enjoyed teaching her great-grandchildren and heading up to Camp Trollfjell each year to share her expertise with the campers. Elderid filled a number of roles within our Lodge over many years, including repeatedly serving as a Social Director, Greeter, and Trustee. She was a strong supporter of our Lutefisk Dinner and worked diligently to preserve the event for others to enjoy. Elderid possessed a delightful sense of humor but was not hesitant to speak her mind. She was a "determined" (not stubborn) Norwegian. We will truly miss **Our Lefse Queen!** We offer our sincere condolence to Elderid's large extended family. Please feel free to visit and share memories or photos of Elderid at:
http://www.altamesafuneralhome.com/obituary/elderid-everly-

Fraternally, *Shirley Shoup, Sunshine Chairperson*

Membership Update

The troll is still playing havoc within my computer system. I promise to provide an update on all the membership information as soon as possible.

Fraternally, *Kari Warner, Financial Secretary*

Europe's Fastest Growing City Makes the Must-Visit List

Travel guide publisher Lonely Planet has named Oslo one of the top 10 must-visit cities for 2018. Nestled between the Oslofjord and forested hills, and known for its captivating landmarks, including the Royal Palace, Oslo is Europe's fastest growing city. From new neighborhoods to fashion and art scenes, the city is buzzing with energy. Whether you're looking to experience Oslo's cultural life or natural pleasures, this urban metropolis offers a wide range of activities

Visit one of the 50 art museums, hike through the forests of Nordmarka, or indulge in popular Nordic cuisine. Touring the city can be done in various ways: partake in a guided walking tour and learn about architecture and history, or island hop in the Oslofjord and see the beaches and charming cottages.

2018 will be a great year to visit Oslo, as the King and Queen celebrate their 50th wedding anniversary and the Opera House marks its 10th birthday. It will be a celebratory season of performances, cultural events, and culinary festivals. To start planning your trip to Oslo, consult a variety of maps that Sons of Norway offers, with special pricing for members.

The maps have been recently updated for travel in 2018, and may be ordered at
https://www.sofn.com/member_benefits/member_discounts/Norway_map_service/

...from SON Newsletter Service

Lodge Social • Friday, April 27

Potluck Supper and Program

6:30 pm

Minnesota-Style Potluck Supper

Bring your favorite hot dish (casserole) or jello salad to share.

Bread Pudding for dessert will be provided by Russ Behel.

7:30 pm Program

Norway's UNESCO World Heritage Sites

A presentation by Lodge Member Mary Schlink

Norway is home to eight UNESCO World Heritage Sites. So, whether you're a history buff or just want to learn more about Norway's special destinations of cultural and natural significance, Mary's presentation is sure to inform and delight!

Geiranger and Nærøy Fjords

Bergen Bryggen

Donations of non-perishable food, used paperback books, and cash for the **Camp Norge** piggybank gratefully accepted.

A brief Business Meeting will be held during the Social.

Sons of Norway • Nordahl Grieg Lodge, 580 W. Parr, Los Gatos, CA

Summer camp will soon be here!

• ***Trollfjell Folkehøgskule*** for 14-17 year olds – June 24 to July 7

• ***Camp Trollfjell*** for 8-13 year olds (and this year, 14 year olds can also attend) – July 8 to 21

Children, grandchildren, and great-grandchildren of Sons of Norway District Six members in good standing are eligible to attend. Check out the "youth" tab at ***www.sofn6.org*** for additional info.

Nordahl Grieg Lodge and the Solveig Club will again award campership scholarships. Children, grandchildren, and great-grandchildren of Nordahl Grieg members in good standing may apply.

To apply, campers must write a letter that includes the following:

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

Letters must be postmarked by Tuesday, May 1, 2018 and mailed to:

Laura Porter, Nordahl Grieg President
820 La Jennifer Way, Palo Alto, CA 94306

College Scholarships

Nordahl Grieg Lodge offers two college/ university scholarship opportunities.

Applications and a full list of eligibility criteria for each scholarship are available at ***www.nordahl-grieg.org.*** Eligible students may apply for both scholarships each year.

Solveig Club College Scholarship

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

Deadline to apply: June 30
Submit applications to:

Laura Porter, Nordahl Grieg President
820 La Jennifer Way, Palo Alto, CA 94306

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 & Peggy Riddervold (donation, Nov 2016)

Bronze Level

In Memory of John Hansen
Virginia Hansen (donation, Mar 2017)

Shelley Curtis (donations, January 2018, 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) and
Alan Pintacura (donations, Nov 2017, Jan 2017, and Nov 2015)

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)

Special Raffle Donation

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

Tusen Takk for your support!

Donations made before January 2015 are not listed. Please view past issues of *Tidende* to see donors and honorees from earlier contributions. *Takk!*

Blood Donation Olympics

Sponsored by
Stanford Blood Center & Nordahl Grieg Lodge

When

Saturday, April 21, 2018
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 4 more 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!

NORDAHL HALL, INC.

2017 Annual Report to Membership by Board of Directors ▪ March 9, 2018

The following individuals served on the Nordahl Hall Board of Directors in 2017:

2015 – 2017 Term: **Claire Smyth**, **Virginia Hansen**, **Victoria Slama / Russ Behel**
2016 – 2018 Term: **Fred Hymans**, **Vicki Everly**, **Dave Melius**
2017 – 2019 Term: **Larry Hulberg**, **Leslie Jones**, **Earl Rosebraugh**
Lodge President: **Laura Porter**
Lodge Vice-President: **Karen Aaker**
Hall Board Officers:
President **Leslie Jones**
Treasurer **Victoria Slama / Russ Behel**
Co-Secretaries **Vicki Everly** and **Dave Melius**.

Virginia Hansen and **Victoria Slama** stepped down during 2017. **Leslie Jones** is moving out of the area and is unable to continue as a member of the Hall Board.

2018 Election Results:
2017-2019 Term: **Bruce Fihe** (completing Leslie Jones remaining term)
2018-2020 Term: **Claire Smyth** and **Russ Behel**

Dave Melius has agreed to assume the position of President. **Claire Smyth** has agreed to take on the position of Vice President, which has been vacant for some time. We are so pleased to have Claire helping Dave with the Hall Board duties.

Janie Kelly, operating through her business Viking Property Management (VPM), has been our Rental Manager since March 2011. Her efforts keep the Hall running smoothly and the rental income continues to be our major source of income. Special recognition goes to **Dave Melius**, who continues to do an outstanding job managing the bar with help from **Claire Smyth** bartending. Special recognition also goes to **Marlin Jones**, who designed our new camera surveillance system and has mostly single-handedly installed it, with some help from **Larry Hulberg**, **Russ Behel**, and **Leslie Jones**.

The Hall Board accomplishments in 2017 include:

Repairs: Solved the roof leak; repaired a leak in the bar; purchased a new front entrance sign; replaced the outside kitchen door; and fixed damaged portions of the vinyl perimeter fence.

Improvements: Installed new landscaping at the front entrance; installed a retractable movie screen at the stage; added new shelving in the pantry; and completed miscellaneous upgrades in the Solveig Room

Purchases: A new floor scrubber/polisher; video surveillance camera system; a pressure washer; and four high top/low top cocktail tables for the bar.

Camera Surveillance System: After a few instances such as hit-and-run damage and dealing with a persistent homeless person abusing our property, the Hall Board began considering having a camera surveillance system. **Marlin Jones** prepared an exceptional proposal for the Board, detailing camera locations and estimated cost. At the October 2017 meeting, the Board voted and approved the purchase and installation of the system with a "not to exceed" purchase price of $3000. The overall equipment cost came in well under budget at approximately $1800. Marlin is donating a considerable amount of time to complete the installation. The camera system became operational on March 11.

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

We continue to take advantage of the Love Your Lodge Fund (officially the Hall Capital Improvement Fund) to help us make improvements. We deeply appreciate each member's donations; many of you have donated multiple times.

Respectfully submitted, *Leslie Jones, 2017 Hall Board President*

Celebrate Memorial Day at Camp Norge

May 26, 27 and 28th, 2018

The Camp Norge Board invites you to **Camp Norge** for a fun and relaxing three-day camping experience at your own recreation center, our *"Jewel in the Sierras."* Come celebrate this true American Holiday with us. There are a variety of fun activities for everyone to enjoy!!

- Our annual **Field Trip** on Saturday is the perfect way to begin the weekend!
- Brand new **Disc Golf** course
- **Cocktail Party and Wine Tasting** Saturday
- Family **Movie Night** Saturday night
- Scenic and energizing **Hike** on Sunday
- Annual **Meatball Cook-off** and **Aquavit Tasting**
- Plus craft workshops and more!

Bring your tent or RV or **call Camp to reserve a room at (530)389-2508**. Not familiar with the rooms or want to learn more? Click on ⇨ www.campnorge.org

Delicious meals will be provided for the weekend and served in the **Heritage Hall**. The usual amenities will be available: swimming pool, horseshoe pit, games, the hiking trails and more!

Food Reservation Form

The Camp Norge Board invites you to **Camp Norge** for a fun and relaxing three-day camping experience at your own recreation center. Come celebrate this true American Holiday with us. We will provide a delicious variety of meals. *Please complete this form and send with your check as soon as you can!*

We expect a big crowd this year so be sure to reserve early!

Mail this form with a check for the meals to: Camp Norge, P.O. Box 622, Alta, CA 95701

Name _____ Lodge Name & # _____

Address _____ City _____ State _____ Zip _____

Contact # (____)_____ Email _____

Saturday Breakfast...	Adult(s)_____	x $6.00 = $_____	Children_____	x $3.00 =	$_____
Saturday Lunch	Adult(s)_____	x $8.00 = $_____	Children_____	x $4.00 =	$_____
Saturday Dinner	Adult(s)_____	x $12.00 = $_____	Children_____	x $6.00 =	$_____
Sunday Breakfast....	Adult(s)_____	x $6.00 = $_____	Children_____	x $3.00 =	$_____
Sunday Lunch	Adult(s)_____	x $8.00 = $_____	Children_____	x $4.00 =	$_____
Sunday Dinner	Adult(s)_____	x $12.00 = $_____	Children_____	x $6.00 =	$_____
Monday Breakfast	Adult(s)_____	x $6.00 = $_____	Children_____	x $3.00 =	$_____

Or purchase the weekend package and save!

Weekend Package.. Adult(s)_____ x $50.00 = $_____ Children_____ x $25.00 = $_____

Total Enclosed $_____

PRE-REGISTRATION of meals is imperative in order to allow for the purchase of the correct amount of food.

The Registration Deadline is May 18, 2018. Questions: fred.hymans@campnorge.org..

Deviled Eggs with Prosciutto

- 10 large eggs
- ¼ cup plus 1 Tbsp. mayonnaise
- 3 cornichons (tiny dill pickles), minced
- 2 Tbsp. goat cheese at room temperature
- 2 tsp. Dijon mustard
- 1½ minced shallot
- 2 tsp. snipped chives
- Kosher salt and freshly ground pepper
- 1 oz. prosciutto, torn into 20 pieces

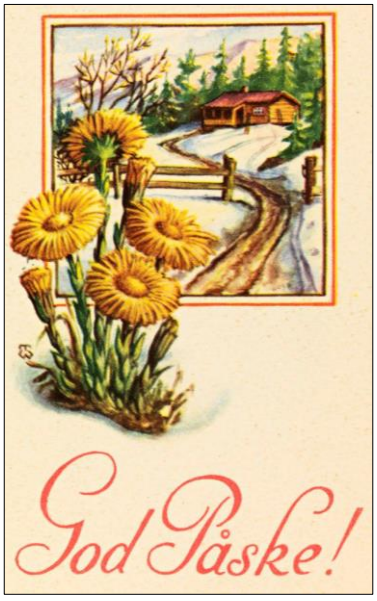
In a large saucepan, cover the eggs with cold water and bring to a boil over high heat. Remove eggs from heat and let stand in the hot water for 10 minutes. Transfer the eggs to cold water until chilled, about 5 minutes.

In a medium bowl, mix the mayonnaise, cornichons, goat cheese, mustard, shallot and 1 teaspoon of the chives. Peel the eggs and halve them lengthwise. Add yolks to the bowl, mix until smooth and season with salt and pepper. Thin the mixture with 1 tablespoon milk as needed.

Set the egg whites on a serving platter. Scrape the egg yolk mixture into a pastry bag fitted with a large, round tip and pipe the filling into the whites; alternatively, use a plastic ziplock bag with a corner snipped off or spoon in the filling with a teaspoon. Top each egg with a piece of prosciutto, sprinkle with the remaining 1 teaspoon of chives and serve.

For a meatless option, substitute 1 oz. of thinly-planed slices of Norwegian *gjetost* (goat cheese) for prosciutto.

...from SON Newsletter Service



Connections ...ways to connect with your Norwegian heritage

Camp Norge "Folkedans Stevne" – April 20 – 22 – event flyer is available from the District 6 website at ***http://sofn6.org/.*** Click on *Events/News* and scroll down to select *Folkedans Stevne 2018*. Deadline for discounted registration is April 6. For more info, contact **Zena Corcoran** (email ***ZMCorcoran@aol.com***, phone 650-355-3752) or **Meg Laycock** (email ***meg@jstub.com***, phone 408-255-2111).

7th Annual Bunad Camp – May 4 to 7 at Camp Norge – for info, log onto: ***http://sofn6.org/7th-annual-bunad-camp/***

Online registration is now available for the 2018 District Six Convention – June 10 – 14

- Delegates, and guests who want to purchase a meal plan, please use this form: ***http://2018.sofn6.org/registration/***
- For guests who want to register for just the Leadership Seminar and/or the free Cultural Programs, please use this form: ***http://2018.sofn6.org/leadership-seminar-registration/***
- A paper version of the Convention registration form available at: ***http://2018.sofn6.org/wp-content/uploads/2018/02/2018-D-6-Registration-Form.pdf***
- The Convention organizers have negotiated a substantial discount for hotel rooms at the **Graton Resort & Casino**. Instructions and Group ID code are included with both the on-line and paper registrations forms (at links noted above). The deadline to receive the special hotel rate is May 10, 2018.

PBS's "New Scandinavian Cooking" showcases Nordic cuisine, culture, and history. Recipes available at ***newscancook.com***.

- **Sunday, April 1 at 6:30 AM on KQED Plus:** Is a taco originally from Norway? Gnocchi? How about American pancakes? Travel through the Gudbrand's valley and investigate traditional recipes that are similar to these classics.
- **Sunday, April 8 at 6:30 AM on KQED Plus:** Travel across the Arctic Circle on the train from Trondheim to Bodo.
- **Sunday, April 15 at 6:30 AM on KQED Plus:** Like the Vikings, travel by boat to visit the islands of Lofoten, a historically important Norse settlement in the high north, and inside a replica of a thousand-year-old long house.
- **Sunday, April 29 at 6:30 AM on KQED Plus:** Travel north on the Coastal Express.

Norwegian Folk Dancing – Every Wednesday 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***.

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

Save the Date for a celebration at Nordahl Hall on Sunday, May 20

Details will be included 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 a Hall Board member, or contact **Dave Melius** at (408) 244-4497 or ***dmelius@hotmail.com***

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

a little in English...

Holding Back a Sneeze Can be Dangerous

In the worst cases, holding in a sneeze can lead to throat tearing or a ruptured eardrum, or cause a vein in the brain to burst, doctors warn.

Some people choose to block their respiratory tract when they know that a sneeze is on its way and in doing so they "swallow" the explosive force of the sneeze.

Usually it is harmless, but in some cases it may turn out to be very painful and, in fact, dangerous. This was recently illustrated when a 34-year-old man appeared in a Leicester, England emergency room with a swollen neck and extreme pain.

"The patient described the feeling of a pop in his neck after trying to restrain a sneeze by holding his nose and closing his mouth," explain physicians in a study published in the medical journal *BMJ Case Reports*.

A CT scan confirmed the physicians' suspicion: the power of sneezing had torn the back of the throat. The man—who could hardly swallow or speak—was admitted to hospital, where he was fed through a tube and given antibiotics until the swelling and the pain let up. He was discharged after a week.

"Stopping a sneeze by blocking the nostrils is a dangerous maneuver, and should be avoided," conclude the doctors behind the study.

In rare cases, holding in a sneeze has led to a condition where air is trapped between the lungs, "and even caused cerebral aneurysm." A cerebral aneurysm is a condition where a vein in the brain has swelled up.

litt på norsk...

Å holde tilbake et nys kan være farlig

Å holde tilbake et nys kan i verste fall føre til rifter i halsen, at trommehinnen ryker eller at en blodåre i hjernen sprekker, advarer leger.

Enkelte velger å blokkere luftveiene når de kjenner at et nys er på vei og dermed «svelge» hele den eksplosive kraften i nyset.

Vanligvis er det ufarlig, men i enkelte tilfeller kan det vise seg å bli svært smertefullt og direkte farlig. Dette ble nylig illustrert da en 34 år gammel mann dukket opp på legevakten i Leicester i England, med hoven nakke og ekstreme smerter.

– Pasienten beskrev følelsen av et puff i nakken etter at han prøvde å stagge et nys ved å holde seg for nesen og lukke munnen, forklarer leger i en studie publisert i det medisinske tidsskriftet BMJ Case Reports.

En CT-skann bekreftet legenes mistanke: kraften fra nyset hadde revet opp baksiden av halsen. Mannen – som nesten ikke kunne svelge eller snakke – ble innlagt på sykehus, hvor han ble matet gjennom slange og gitt antibiotika fram til hevelsen og smerten ga seg. Han ble skrevet ut etter en uke.

– Det å stoppe et nys ved å blokkere neseborene er en farlig manøver, og bør unngås, konkluderer legene bak studien.

I sjeldne tilfeller, har det å stagge nys ført til en tilstand hvor luft blir innestengt mellom lungene, «og til og med at en cerebral aneurisme sprekker». En cerebral aneurisme er en tilstand hvor en blodåre i hjernen har svulmet opp.

...from SON Newsletter Service

Norwegians Embrace Easter Crime Novel Tradition

While many people currently celebrate Easter as we traditionally know it, for Norwegians, this time of year also brings another unique national pastime known as *Påskekrim*, or Easter Crime.

For more than 90 years, the eagerness to crack open a spine-tingling crime novel during the holiday break has been widely embraced. Throughout Norway you'll find book shelves stocked with murder mysteries, horror programs featured on the local television and radio stations, and even crime cartoons printed on the back of milk cartons.

Although nobody knows exactly how this unusual tradition developed into the phenomenon it is today, many believe it originated in the early 1920s when two young men from Bergen wrote the book *"Bergenstoget Plyndret I Natt"* ("Bergen Train Robbed Last Night").

In hopes of promoting their new novel, the pair decided to place a front-page ad in the Oslo daily newspaper, Aftenposten, and titled it the same as the book. Readers were initially frightened after believing a train had indeed been robbed, and the simple marketing tactic generated such notoriety that the book became a huge success. Publishers then capitalized on the infamous Easter-time "crime" in the years to follow, and ultimately turned Påskekrim into an annual tradition.

Find your own murder mystery just in time for the holiday break by logging in to the digital edition of Viking magazine and checking out the following issues:

Nordic Noir, page 38 — ***http://msp.imirus.com/Mpowered/book/vvk14/i4/p38***
Read On, page 24 — ***http://msp.imirus.com/Mpowered/book/vvk16/i7/p24***
Summer Reading Guide, page 20 — ***http://msp.imirus.com/Mpowered/book/vvk15/i7/p18***

...from SON Newsletter Service

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

✂ Please save the stamp on your *Tidende* envelope for *Tubfrim.*

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SONS OF NORWAY

Nordahl Grieg
1902 – 1943
Norwegian Poet, Novelist, Patriot

***Nordahl's Tidende* is published on the 1st of each month.**
Deadline to submit information for the next issue is the 15th of each month.
Please send all entries via email to *editor@nordahl-grieg.org*.
Advertise in the *Tidende* – information and rates are available at *www.nordahl-grieg.org*.
Business meetings are generally held on the 2nd Friday of the month and announced in the *Tidende*.
Social events are announced in the *Tidende* and via email.

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Apr 1	*God Påske!* Happy Easter!
Apr 20-22	Folk Dance Weekend at Camp Norge
Apr 21	Blood Drive at Nordahl Hall
Apr 27	Minnesota Potluck Lodge Social and Cultural Presentation
May 1	Campership Application Deadline
May 17	Norwegian Constitution Day
May 20	Syttende Mai Celebration at Nordahl Hall
May 26-28	Memorial Day Weekend at Camp Norge
Jun 1	Solveig Club College Scholarship Deadline
Jun 10-14	District 6 Convention in Santa Rosa
Jun 30	Nordahl Grieg College Scholarship Deadline

See *"Connections"* for other cultural 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, used paperback books for the VA Hospital, and cancelled stamps for Tubfrim. Tusen Takk!