SONS of NORWAY

Nordahl's Tidende

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

VOLUME 64, NO. 6 | JUNE 2018 | BUSINESS MEETINGS ON 2ND FRIDAY

In Memoriam

Harry Leland Bjerkhoel

July 31, 1932 – May 9, 2018

1980 Nordahl Grieg Lodge President

Harry Bjerkhoel was a beloved member of Nordahl Grieg Lodge. A Life Member of Sons of Norway, he was honored in February at our Anniversary Dinner in recognition of 50 years of membership.

Harry was very proud of his Norwegian heritage. He served as Lodge President in 1980 and co-chaired our annual lutefisk dinner for 20 years. He also served as President of the Recreation Board for Camp Norge, where he was instrumental in building the Heritage Hall. Harry was much loved for his musical talents and played the accordion at many Lodge events.

Born in Roseau, Minnesota, Harry and his young family relocated to California in 1960 after growing tired of winters in Minnesota. After he retired in 1989, he and his wife, JoAnn, moved to Berryessa Highlands, Napa. Harry and JoAnn enjoyed their Seniors Bowling League, boating and fishing on Lake Berryessa, extensive travels overseas, and trips in their RV, especially to Hostfest in Minot.

We extend our heartfelt sympathy to JoAnn and their entire extended family in the loss of this special man.

A "Celebration of Life" will be held at Nordahl Hall on July 29 at 1 PM. Memorial donations can be made to Camp Norge, the Nordahl Grieg Love Your Lodge Fund, the Sons of Norway Foundation, or to a hospice organization.

—see also page 3 of this newsletter—

June Agenda Alert

Wheat Weaving Class
– Saturday, June 23 … see page 4

Ice Cream Social and Business Meeting
– Sunday, June 24 at 1 PM

Kjære Venner (Dear Friends),

Once again, our lodge has been touched by the passing of a long-time member. As the years go by, this will become a more common experience for us as the average age of our membership increases. I love having the wealth of knowledge that our long-term members bring to our lodge. I personally always try to soak up as much of that knowledge as possible when I'm at a lodge event. My hope is that we can attract new members and grow as a lodge to build on the foundation that our long-term members have built.

One of the best ways our lodge grows is through our amazing events. Recently we had a wonderful *Syttende Mai* celebration. We watched a very interesting documentary of Queen Sonja and her love of hiking in the mountains. It was very nice to see a different side of a Norwegian Royal Family member. After that, we had a wonderful open-face sandwich potluck meal with some amazing desserts. I love the amazing meals that this lodge can pull together. One of my favorite parts of the celebration was when my son **Kai** led us all in a flag parade around the hall and out to the parking lot entrance sign. This event really showed how we can come together as a lodge and celebrate our love of Norwegian culture.

On a personal note, I'm looking forward to representing Nordahl Grieg lodge at the District Six convention this month. This will be my first convention, and with all the knowledge I have gained by talking to our long-term members who have attended conventions in the past, I'm confident that I will have the time of my life. I look forward to coming back to the lodge and sharing all the important information that we gain at convention.

Fraternally,

Laura Porter, President

Nyheter Fra Solveig Club

This month we're hosting our annual "Thank You Luncheon" to show our gratitude and appreciation to Solveig Club and Lodge members who have helped us in so many ways with our fundraising efforts this past year. *Mange Tusen Takk* to all!

We are also extremely grateful to the many, many people who contributed to our Scholarship Fund in memory of **Elderid Everly**. Her family had specifically designated the Solveig Club Scholarship Fund for memorial contributions and Elderid would have been overwhelmed and thrilled at the response. Individual donations ranged from $5 to $1,000 and we extend our heartfelt thanks to the following, many of whom are not even members of our Norwegian community:

Duane Adams
Randi Adams
Karen Barker
Apryl Bratton
Mary Carlson
Sharon and Chong Chang
Sandra Christy
Lee Cornman
Michael Goldeen and Mette Hellestad
Terry and Helena Gregoire
Jo Grondahl
Masoud, Belinda, and Darius Haghighi
Andy Hunsbedt
Samantha Kann
Gloria Kaste
Diana Kato
Janie and Patrick Kelly
Sally and Henry Lau
Kathy Shields
Shirley Shoup
Shari Sullivan
Kari Warner
30 members of the Executive Board of the **Conference for Food Protection**

We invite you to attend a Wheat Weaving Class on June 23 taught by Solveig Club member **Mary Schlink**. It should be lots of fun, and you'll go home with a beautiful hand-made wheat ornament. See details on page 4 of this newsletter.

Beste hilsen, ***Duane Adams, Solveig Club President***

June Birthdays

1 Gary Ansok
1 Melvin Fadness
5 Carol Fadness
7 Amanda Sorensen
14 Fred Hjelmeset
15 Pamela Valentine
15 Joe Horner
16 Gerald Pickett
19 Marilyn Wall
19 Marla Berg-Vivit
19 Jonas Capp
20 Mark Groethe
23 Dayna Bjerkhoel
23 Donald Peterson
24 Don Erickson
26 Norman Hulberg
27 Jo Anne Burton
28 Kari Warner
29 Eilif Land

Heritage members

8 Svea Leventon
28 Skyla Leventon

Membership Update

We welcome two **NEW MEMBERS** to our lodge this month:

Svein Fauske
44 Palmer Avenue, Aptos, CA 95003
(831) 662-2944 ***sveinf@gmail.com***

Jim Sturtevant
1078 Ticonderoga Drive, Sunnyvale, CA 94087
(408) 738-3831 ***jimm@thesturtevants.com***

Please update your Lodge directory with the following **NEW ADDRESS**:

Laszlo and Regina Gunderud
28115 Dobbel Avenue, Hayward, CA 94542 *(Phone number and e-mail address are unchanged)*

Last month, we had six members on the Past Due List from International; this month, we have 14. No doubt this is due to the newly changed dues structure and the confusion about Family Memberships. We hope that our members will catch up on the new Dues Structure and continue their memberships in our great lodge. If you need further information about your dues, please contact me.

Fraternally, ***Kari Warner, Financial Secretary*** (408) 248-5046 ***karia107@att.net (NEW e-mail address)***

News About Members

Sunshine news is on hiatus this month as the "caregiver" of our Lodge, **Shirley Shoup**, recovers from a broken hip. As this newsletter goes to print, Shirley is at El Camino Hospital–Los Gatos rehab facility. She's doing well following surgery… in good spirits… walking a bit… and following the orders of doctors, nurses, and therapists. Take care, Shirley, we are all sending you our loving and healing thoughts!

We extend condolences to **Laura Porter** and her son **Kai** in the loss of Kai's grandfather and great-grandmother. Laura and Kai were able to attend services in Hawaii and have now returned. We are thinking of you both during this sad time.

We're just wild about Harry…

… Our "Lutefisk King," **Harry Bjerkhoel**, will be greatly missed by everyone at Nordahl Grieg Lodge. He was a mainstay of our Lodge, accomplishing many projects over many years and, with his wife **JoAnn**, co-chaired our annual lutefisk and meatball dinner for years. Harry knew where everything was, how things went together, and what needed to be done to make the event come off without a hitch. Year after year, he provided organization, management, carpentry and plumbing skills, cooking expertise, security, and entertainment. He knew how to cook the lutefisk to keep our customers coming back for more. He devised creative solutions to many problems like dealing with inclement weather or fish that arrived water logged. With his son **Leland**, Harry provided musical entertainment until late on Saturday night, then locked the building up and was up early on Sunday morning to pack everything and put it all away for the next year.

Harry was a hard worker and a man of many talents who always seemed to have a twinkle in his eye. He often had an impish grin that made you think he was up to something… but, usually, he was just taking joy in life's many small accomplishments. He was a tireless worker, never complaining, but always looking forward to relaxing and visiting with friends. He worked hard but was always ready for a party and wanted everyone to have a good time.

We will miss his friendship, his humor, and infectious smile but will always be thankful for the time we had together.

Norway Takes Roadside Stops to a New Level

Natural wonders are being amplified by art, design, and architecture on selected roads in Norway. Several Norwegian architects have transformed average resting areas and parking lots into magnificent, must-visit attractions. The scenic route covers 1,336 miles across western Norway and has taken two decades to complete.

Ureddplassen, one of the most popular attractions, is a wave-shaped bathroom facility that overlooks the open sea. With a wide terrace and sitting area, this rest stop has become a popular spot for locals and visitors to view the northern lights. It is also a memorial to those who died when the submarine "Uredd" hit a mine in World War II.

The Stegastein viewpoint, Steilneset Memorial, and Selvika Bay are only a few among a dozen other off-road attractions that have helped boost tourism in the more remote corners of Norway.

To learn more about Norway's scenic routes, visit ***https://www.visitnorway.com/plan-your-trip/travel-tips-a-z/norwegian-scenic-routes/***.

…from SON Newsletter Service

Norwegian Stick Bread

Dough:

- 8 Cups flour
- 4 Tbsp. sugar
- 1 Tsp. salt
- 3 Tsp. baking powder
- 2¼ Cups water
- 1 Tbsp. oil

Flour for dusting
Sticks for cooking bread

Step 1: Wash all sticks so that they are free of dirt. Hazel wood sticks seem to work best.

Step 2: Combine all ingredients in a large bowl and stir to mix well.

Step 3: Dust your hands with flour and gently knead the dough a few times.

Step 4: Make sure the stick is wet prior to wrapping it in dough so that the stick does not burn in the fire.

Step 5: Form 1/2 cup dough into a long ribbon. Wrap dough around the stick. Place on grill and rotate frequently until bread is browned equally on each side.

…from SON Newsletter Service

June Dates to Remember

June 9 – Happy Birthday Donald Duck. Donald is the most popular Disney character (by far) in Norway and Scandinavia. Donald first appeared in print in 1934, making him a spry 84-year-old this year.

June 17 – Father's Day. Observed in more than 40 countries worldwide, this is a special day to celebrate and honor fathers and fatherhood.

June 29 – Waffle Iron Day. A must-have appliance for making this yummy, heart-shaped treat. Top it with your favorites like strawberry jam and sour cream or gjetost.

Wheat Weaving Class

Saturday, June 23

10:00 AM – Noon

Nordahl Hall

Solveig Room

The Solveig Club invites you to come and spend a Saturday morning learning the Norwegian craft of wheat weaving with our instructor and Solveig Club member **Mary Schlink**. Everyone in class will make at least one project, be given hand-outs to take home with directions for other projects, and learn about the history and folklore of this ancient craft.

- Class Fee: $5, payable in class
- **Register early - class size is limited to 20**
- **Last day to register is June 20**
- To register, call Duane Adams at 831-479-4376 or email her at ***duane@startmail.com***
- Please bring a pair of scissors to class

- **Doors open at 10 am for coffee, juice, scones, and muffins**
- **Class: 10:30 AM to noon**
- **Class will be held in the Solveig Room at Nordahl Hall**

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

Syttende Mai Celebration

On Sunday, May 20, Cultural Directors **Kathy Whitesel** and **Judy Purrington** hosted our celebration of *Syttende Mai*. About 50 people attended, with many wearing their *bunads*, Norwegian sweaters, or other clothing celebrating our Norwegian heritage. We feasted on picture-perfect open-faced sandwiches and desserts brought by those attending, and had a flag parade around Nordahl Hall and the grounds, with a brief stop at the entrance, for a group photo opportunity.

Many thanks to those who lent their time and effort to make this day festive: Co-Social Directors, **Barbara Shoup** and **Duane Adams** for their support; **Vicki Everly**, for the Solveig Club tables; **Duane Adams**, for securing permission from NRK to show *"The Mountain Queen*"; **Claire Smyth** and **Dave Melius** for the bar, projector set-up, and for the lovely background music played during social time; **Marv Bertelson**, for the rousing piano accompaniment and a great send-off for the parade; President **Laura Porter** and her son **Kai**, for leading our parade; and for **Kathy Whitesel**'s diorama of handmade Norwegian period dress displayed on 18-inch dolls.

Tusen takk!

Cultural Co-Directors, Kathy Whitesel and Judy Purrington

Sunday, June 24 at 1 PM at Nordahl Hall

Join in the fun with this summer tradition! A brief business meeting will be held during the social.

Spring Cleaning A Big Success!

We had a great show of volunteers to help spruce up Nordahl Hall on Saturday, May 5. Thank you so much to everyone who helped; we got a lot done, and it shows!

Volunteers included: **Karen Aaker**, **Martin Alkire**, **Russ Behel**, **Vicki Everly**, **Bruce Fihe**, **Larry Hulberg**, **Janie Kelly**, **Dave Melius**, **Claire Smyth**, and **Kathy Whitesel**.

Tasks completed included:

- ✓ Fix the surveillance system camera (Martin)
- ✓ Fix Solveig Room blinds (Dave)
- ✓ Clean the HVAC vents (Martin)
- ✓ Clean windows (Karen, Bruce; pictured above)
- ✓ Clean bar icemaker (Bruce, Claire)
- ✓ Clean dishwasher (Janie)
- ✓ Clean refrigerator (Karen)
- ✓ Trim Shrubs (Larry)
- ✓ Weed exterior (Larry)
- ✓ Sweep exterior (Larry)
- ✓ Organize kitchen and linen cabinets (Vicki)

Tusen Takk!

Dave Melius, Hall Board President

Love Your Lodge Donations

Platinum Level

In memory of Elderid Everly
Solveig Club (donation, April 2018)

In memory of Grace Larsen
Solveig Club (donation, April 2018)

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)

Gold Level

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

Silver Level

In memory of Elderid Everly
Laurette Kennelly (donation, May 2018)
The families of Elderid's sisters Eva & Rachel (donation, May 2018)

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

Bronze Level

In memory of Elderid Everly
Rebecca Ng (donation, May 2018)
Winifred Doty & Kathy Jones (donation, May 2018)

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

Shelley Curtis (donations, Jan 2018 and 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)

Tusen Takk for your support!

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

Labor Day Weekend –September 1, 2, 3-2018

NORTHERN CALIFORNIA KRETSSTEVNE (NCK)

Zones 1,2 and 3 invite YOU to our "Jewel in the Sierras" for the "Gathering of the Clan"!! Come for the entire weekend or play with us just part of the weekend!

Delicious Meals provided by our lodges and/or catered will be served in the **Heritage Hall.**

Activities: Horseshoe Tournament, Bingo, Kids' games, Swimming pool fun, hiking

Craft Faire: Join in this event with a **Wine Tasting Event** and appetizers!

Mail this form and a check for the meals, made out to NCK to: Carl Ingvoldstad, NCK Treasurer, 17207 Squirrelhill Road, Hidden Valley Lake, CA 95467-8813

Name_____ Lodge Name & #_____

Address_____ City/State/Zip_____

Contact # (____)_____Email_____

Saturday Breakfast.....Adult(s)_____x $5.00= $_____ Children (under12)_____ x $2.50= $_____

Saturday Lunch.....Adult(s)————x $6.00= $_____ Children (under 12)_____x $3.00= $_____

Saturday Dinner.....Adult(s)_____ x $15.00=$_____ Children (under 12)_____x $7.50= $_____

Sunday Frokost..... Adult(s)_____x $8.00 = $_____ Children (under 12)_____ x $4.00= $_____

Sunday Dinner..... Adult(s)_____x $15.00=$_____ Children (under 12)_____x $7.50= $_____

Monday Breakfast..... Adult(s)_____ x $5.00= $_____ Children (under 12)_____ x $2.50=$_____

Kretsstevne Pin ..... # of pins X $2.00_____

Or purchase the weekend package and save (includes the pin)

Weekend Package....Adult(s)_____ x $48.00 _____ Children (under 12)____ x $24.00 = $_____

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

The Meal Registration Deadline is August 24, 2018.
Make checks payable to NCK and mail to Carl Ingvoldstad (see address above).

Bring your tent or RV or **call Susan to reserve a room (530) 389-2508.**

Check out the accommodations: www.campnorge.org.

Connections ...ways to connect with your Norwegian heritage

Genealogy Workshop: June 16 –from 10 AM to 4 PM at Oakland Family History Library, 4766 Lincoln Avenue, Oakland. Sponsored by **Snorre and Bjørnson Lodges**. Workshop is FREE to all! All knowledge and ability levels welcome! **Ralph Severson** will teach the art of genealogy research. Presentation begins at 1 PM and will include Norwegian resources such as the *Digitalarkivt*. The library has over 70 computers – there is room for everyone! Bring a flash drive to download information *(or change for copying costs).* There is a small kitchen – all are encouraged to bring snacks to share at noon. Plenty of free parking is available and accessible to all abilities. For additional information or questions, contact **Karla Henderlong** at ***karlagenealogy@gmail.com***.

2018 District Six Convention: June 10 – 14 in Santa Rosa

- Leadership Seminar or Cultural Programs: ***http://2018.sofn6.org/leadership-seminar-registration/***
- Convention registration form: ***http://2018.sofn6.org/wp-content/uploads/2018/02/2018-D-6-Registration-Form.pdf***

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

Nordahl Grieg College Scholarship

Deadline to apply is June 30. Submit application to:
Laura Porter, Nordahl Grieg President
820 La Jennifer Way, Palo Alto, CA 94306

Application and a full list of eligibility criteria is available at ***www.nordahl-grieg.org.***

Bring a Friend to Camp

Campers… would you like to share your Norwegian culture and heritage with a friend? Introduce a friend to the fun of Camp Trollfjell or Trollfjell Folkehøgskule? Invite your friend to come to Camp with you!

We are offering to extend the joy of Camp and provide in introduction to Norwegian culture and heritage to children and youth who would normally not qualify because they are not related to a Sons of Norway member. "Friends" must be sponsored by a Sons of Norway member, we expect this to be the same sponsor as the regular Camper or Student. "Friends" are not eligible for camperships.

Friends may register for Camp Trollfjell and Trollfjell Folkehøgskule using the same on-line form as regular Campers ***(http://sofn6.org/arv/camp-trollfjell/)*** and Students ***(http://sofn6.org/arv/trollfjell-folkehogskule/).*** Just ignore the requirement to have a parent or grand-parent being a Sons of Norway member and enter "Friend" in the Sponsor's relationship line.

Help expand the excitement of Camp Trollfjell and Trollfjell Folkehøgskule by bringing a friend to Camp.

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...

Selfies weaken self-esteem

This is what happens in the mind of someone who takes a selfie. If you take a selfie and share it on social media, your self-esteem is lowered, in most cases. This is what Korean psychology researchers found when they looked into this very common phenomenon.

Sensitivity and self-esteem: The study from South Korea is supposed to have been the first to investigate how the selfie-taker is affected by the action. Seventy-eight students participated in the experiment. The researchers focused on two factors: something called social sensitivity, and then on self-esteem. Participants in the experiment took photos with their own smartphones. Then they were told to share the image on social media, or just save the image on their cell phone. Immediately afterward, the researchers measured participants' reaction time on certain social stimuli that were presented on a computer screen. Self-esteem was examined by measuring how large the participants wrote their signature.

Smaller signatures: The reaction time to social stimuli became shorter after the participants in the experiment had taken a selfie and shared it online. The same shrinkage happened to the size of the participants' signatures. The first part made the Korean researchers conclude that the sensitivity you feel for people around you increases by taking a selfie and sharing it with others on sites like Facebook, Instagram, or Snapchat. That the signature became smaller, made researchers conclude that self-esteem was weakened. The relationship between small signatures and impaired self-esteem has been determined in previous studies. This means that the self-esteem was even more weakened if the participants took a selfie—and only saved it to the mobile phone.

Other research on selfies: Several other recent studies have looked at the modern phenomenon of selfies and selfie-sharing on social media. Researchers have, among other things, confirmed that selfies are about how we want to appear to the outside world. Because selfies can easily be changed with image editing tools on a smartphone, it becomes even easier to manipulate the presentation of ourselves. According to researchers, selfies mean—not too surprisingly—that we want to receive validation from the outside world.

Social rules for sharing selfies: When someone validates us through commenting on a selfie, it usually happens in alignment within certain social rules. This is a type of social interaction between people that repeats constantly. Thus, it bears the mark of a ritual: You take a picture of yourself. You put the image on social media (possibly after editing it). A number of friends give you feedback. It all happens in line with social mores as to just how this interaction should take place and what can go in the comment box. The new aspect of the South Korean study is that it says something about how this can affect your self-esteem.

litt på norsk...

Selfier svekker selvtilliten

Dette skjer i hodet på den som tar en selfie. Dersom du tar en selfie og deler den på et sosialt medium, så får du i de fleste tilfeller dårligere selvtillit. Dette finner koreanske psykologi-forskere som har sett nærmere på et svært hverdagslig fenomen.

Målte følsomhet og selvtillit: Studien i Sør-Korea skal være den første som har gransket hvordan den som tar en selfie selv påvirkes av handlingen. 78 studenter deltok i eksperimentet. Forskerne fokuserte på to faktorer: Det som kalles sosial sensitivitet. Og altså selvtillit. Deltagerne i eksperimentet tok bildene med sine egne smarttelefoner. Deretter fikk de beskjed om å dele bildet på et sosialt medium. Eller bare lagre bildet på sin egen mobil. Straks etterpå målte forskerne deltagernes reaksjonstid på visse sosiale stimuli som ble presentert på en dataskjerm. Selvtilliten ble gransket gjennom å måle med hvor stor skrift deltagerne skrev signaturen sin.

Skrev mindre signaturer: Reaksjonstiden på sosiale stimuli ble mindre etter at deltagerne i eksperimentet hadde tatt en selfie og delt den på nettet. Det samme ble størrelsen på deltagernes signaturer. Det første får de koreanske forskerne til å konkludere med at følsomheten du kjenner på overfor mennesker rundt deg, blir større av å ta en selfie og dele den med andre på medier som Facebook, Instagram eller Snapchat. At signaturen ble skrevet mindre, får forskerne til å konkludere med at selvtilliten ble svekket. Sammenhengen mellom mindre signatur og svekket selvtillit er funnet i tidligere studier. Det hører med at selvtilliten ble enda mer svekket om deltagerne tok en selfie – og kun lagret den på mobilen.

Annen forskning på selfier: Også flere andre nyere studier har sett på det moderne fenomenet selfie og selfiedeling på sosiale medier. Forskere har blant annet fått bekreftet at selfier handler om hvordan vi ønsker å framstå overfor omverdenen. Fordi selfien lett kan endres med bilderedigeringsverktøy på smarttelefonen, blir det enda lettere å manipulere presentasjonen av oss selv. Selfier handler også ifølge forskere – ikke helt overraskende – om at vi ønsker å få en bekreftelse på oss selv fra omverdenen.

Sosiale regler ved deling av selfier: Når noen bekrefter oss gjennom å skrive i kommentarfeltet under selfien, skjer det som oftest i tråd med visse sosiale regler. Dette er en type sosial samhandling mellom mennesker som hele tiden gjentas. Dermed får den preg av å være et rituale: Du tar et bilde av deg selv. Du legger bildet ut på et sosial medium (eventuelt etter å ha redigert det). Et antall venner gir deg tilbakemelding. Det hele skjer i tråd med sosiale regler for hvordan akkkurat denne samhandlingen bør foregå og hva det kan stå i kommentarfeltet. Det nye med den sørkoreanske studien er altså at den sier noe om hva dette muligens gjør med selvtilliten din

....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*.

Bank Interest Rates Got You Down?

Contact me for fresh ideas for how Sons of Norway financial products may be able to give you a lift.

Fred Hymans
Financial Benefits Counselor
(916) 486-4429
fred@fredhymans.com
CA Ins. Lic.#0D55562

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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Jun 1	Solveig Club College Scholarship Deadline
Jun 10-14	District 6 Convention in Santa Rosa
June 14	Flag Day!
June 16	Genealogy Workshop at Oakland Family History Library
June 17	Happy Father's Day!
June 23	Wheat Weaving Class at Nordahl Hall
June 24	Ice Cream Social and Business Meeting
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!