SONS of NORWAY

Nordahl's Tidende

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

VOLUME 64, NO. 8 | AUGUST 2018 | BUSINESS MEETINGS AS ANNOUNCED

En hilsen fra Nordahl Grieg Presidenten

Kjære Venner (Dear Friends),

We are in the full swing of summer now and as I write this message we have only 137 days until our Lutefisk dinner. I hope every member who is willing and able can participate in the preparation for this wonderful event in whatever way they dream of. Personally, for myself, I'm looking forward to being able to participate in the meatball making again this year. For the last few years, I have been unable to make it to meatball making but this year my calendar is free for that day. Please don't think that you need to be an expert to help out at any of our prep days because there are always a few experts on hand who are willing to teach some new helping hands.

It really is true that time does go by faster the older you get. Hopefully, everyone will enjoy the rest of their summer. This year we are taking August off as a lodge by not having any events planned. I hope that our members are still able to spend this time exploring their love of Norway. I personally plan to use the month of August to explore my Norwegian family roots. I have never had the time to really look into it but, now that I have set it as a goal to achieve, I believe it will be possible. I look forward to telling everyone what I am able to discover in one of my future messages.

As we move into a busy time of the year for the lodge, I look forward to seeing more of our members again. This year has really been one of growth for us as a lodge. Not necessarily a growth in numbers but growth in knowledge as to what it will take to make our lodge continue for generations to come. As your President, I always look forward to hearing feedback from our members as to what your thoughts are about our lodge. Some ideas we can implement quicker than others but please keep in mind that I do hear everything that is brought to me. I look forward to seeing what Nordahl Grieg Lodge will be like in the future and I will always be proud to be a member of this lodge.

Fraternally, *Laura Porter, President*

IN MEMORIAM

ROBERT (BOB) MINKE

APRIL 13, 1936 – APRIL 27, 2018

1975 NORDAHL GRIEG PRESIDENT

Like so many in our Lodge, Bob was a Minnesota boy who ended up in California. He came West after graduating from the University of North Dakota in accounting, arriving in 1959 with his wife, Lorraine (his high school sweetheart), and their young son. In 1960, they added daughter DeAnne to their family. They settled in San Jose and lived there until he retired.

Bob was very proud of his Norwegian heritage, especially enjoying the traditional Norwegian cuisine and the fraternalism afforded through the Lodge. Lorraine was active in the Solveig Club and served as helpmate to Bob while he was Lodge President. DeAnne remembers spending many hours at the Lodge and the good times at Heritage Camp at Camp Norge.

Bob retired from Teledyne in Mountain View after 30 years. Bob and Lorraine moved to Sun City in Lincoln in 2002 and made many new friends in their new community. They also continued to enjoy time at their vacation home in Lake Tahoe.

After about a year of health issues, Bob succumbed to a stroke at age 82. Services were held on June 2.

We extend our sincere sympathy and condolences to Lorraine, his partner for 61 years, and to his son, daughter, and grandchildren.

Save these 2018 Dates on Your Calendar

Sunday, September 9 – Business Meeting
Saturday, September 15 – Hawaiian BBQ Social
Friday, October 15 – Business Meeting
Friday, October 26 – Lodge Social
Saturday, November 3 – Lutefisk Prep Wine/Cheese Kick-Off Party
Sunday, November 4 – Meatball Making
Saturday, November 10 and Sunday November 11 – Lefse Making
Sunday, November 25 and Monday, November 26 – Cookie Making
Thursday, November 29 – Hall Set-Up
Friday, November 30 and Saturday, December 1 – Lutefisk Dinner
Sunday, December 2 – Hall Clean Up

August Birthdays

1	Fred Hymans
3	Jacqueline Mehus
4	Coy Bratton
5	Ona Saras
6	Bente Ellis
7	Paul Petersen
8	Linda Smestad
8	Rhonda Ansok
12	Bodil Grodum
18	Bryce Hymans
18	Hali Hansen
18	Kristen Hunsbedt
20	Paul Nore
21	Genevieve Deppong
23	Janet Mattison
25	Patricia Nyberg
30	June Stennes
30	Johan Lund

Heritage Members

14	Johan Roed
30	Kathleen Howard

Nyheter Fra Solveig Club

Congratulations to Solveig Club College Scholarship recipients **Shiloh Curtis** and **Nicole Stennes**.

Shiloh is the daughter of lodge member **Shelley Curtis** and is studying electrical engineering and computer science at Massachusetts Institute of Technology. Nicole is the granddaughter of lodge members **Homer and June Stennes** and is studying kinesiology and dance at San Jose State University.

The Solveig Club is proud to assist these promising young women with their college expenses, and we wish them both the very best with their continuing studies and future careers.

The Solveig Club will not meet in August. Join us at our next meeting on Wednesday, September 19 at 10:30 AM in the Solveig Room.

Beste hilsen, Duane Adams, Solveig Club President

Membership Update

We have no new members this month.

Past President **Harold Shellum** has transferred out of our lodge. He and his wife **Ruth** moved to Southern California several years ago to live closer to their daughter. Harold will celebrate Birthday #100 in February 2019. Early congratulations to you, Harold!

Heritage Members **Nora Frost** and **Svea Leventon** are now both 16 years old and qualify for lodge membership. Congratulations to our young ladies.

We currently have 16 members who are over 45 days Past Due. Please pay your dues, YOUR lodge really needs all of you. Unfortunately, we are all feeling the pinch of the latest dues increase from Minneapolis. However, if we lose these members, it will drop our membership to 245 (including Juvenile members with insurance). When I transferred into Nordahl Grieg lodge in 1976, we had more than 400 members and that membership remained steady for several years.

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

Sailing for Growth
2018 International Convention
Sons of Norway · Bloomington, MN

Follow Convention Happenings via...
Sons of Norway blog, accessible from the homepage at sonsofnorway.com

Facebook:
https://www.facebook.com/SonsofNorway/

Twitter:
twitter.com/sonsofnorway
via @SonsofNorway
or #SofN2018

Instagram:
@Sonsofnorway or
#SofN2018

News About Members

CONGRATULATIONS

To **Shiloh Curtis** who has been awarded a District 6 College Scholarship and the Nancy Lorraine Jensen Memorial Scholarship from International. She will continue her studies at MIT in the fall. She is enjoying the summer at home with her family and is serving an internship in her special field of robotics. Shiloh (pictured here with Shirley Shoup) gave an interesting presentation about her studies at our July picnic-potluck meeting. Our best wishes for a successful school year, Shiloh.

MORE TRAVELERS

Russ Behel is heading for Norway in August, along with his sister, **Leslie Jones**, and her family. They are looking forward to a fun and interesting trip, including visiting **Egil Larsen**'s home area. Enjoy!

In the meantime, **Egil Larsen** will be heading to New York for a visit with his son, Einar, and his family. Have a wonderful visit, Egil!

Our President **Laura Porter** and her son, **Kai**, are heading for a visit to Oahu. They would like to visit the Big Island, but the volcano may prevent that. Whatever happens, enjoy the trip.

HEALTH NEWS

Janet Pankratz is now living with her daughter and son-in-law, **Rena and Craig Slama**. She is now on 24-hour oxygen. We are sending you healing thoughts, Janet.

IN MEMORIAM

Our Lodge in again mourning the loss of another long-time member, **Lucille Basso**, who died on July 5 at the age of 88. She joined the Lodge in 1972 and was a Golden Member. Lucille had experienced several health issues during recent years and had been in a nursing facility for most of the past year. Her faithful husband of 68 years, **Jim**, spent time with her every day. Lucille leaves four children, and several grandchildren and great-grandchildren who remember her with much love. We extend our sympathy and condolences to Lucille's family.

Fraternally, *Shirley Shoup, Sunshine Chair*

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)
Alan Pintacura, 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!*

Connections ...ways to connect with your Norwegian heritage

- **Northern California Kretsstevne (NCK) – September 1-3 at Camp Norge.** See the June and July *Tidende* issues for a full page of registration information. Accommodation information is available at ***www.campnorge.org***.
- **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***.
- **Watch "New Scandinavian Cooking" on KQED-9 most Tuesdays at 7 PM** and visit locations such as Roros, Kjollefjord in Finnmark, the Lofoten Islands, the west coast … and an episode on coffee in Norway.
- **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

Hawaiian Barbeque

Saturday, September 15
6 pm

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 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.

Birthday Cheer!

Egil Larsen celebrates his 95th birthday with a gang of Lodge friends.

Left to right: **Helen Jorgensen**, **Jeannie Thompson**, President **Laura Porter**, and **Karen Muller** all celebrate their July birthdays at the Picnic Potluck meeting *(apologies for the helium balloon string in front of Laura's face)*.

Happy National Coffee Month!

In Norway, a cup of coffee means more than just a boost of energy to help you power through your day. Instead, drinking coffee is largely recognized as a cultural custom or social norm that's been bringing people together for more than a century.

Among other Scandinavian countries, Norway consistently ranks in the top three coffee drinking nations in the world. Statistics reveal each Norwegian consumes nearly 7.5 kilos (about 16.5 lbs.) of coffee beans per year – far exceeding the world average of just 1.3 kilos.

Norway's love of coffee, and its rise in popularity, is rooted in history, and can be traced back to the 1800s when the country began trading its ample fish supplies for American coffee beans. But it wasn't until the early 1900s when Norway passed prohibition laws that coffee started to secure its status as the nation's preferred social drink. During this time when alcohol wasn't an option, Norwegians wanted another casual drink they could enjoy in social settings and found coffee a safer and healthier alternative. Nation-wide appreciation for coffee has existed ever since then.

Learn more about coffee and the Nordic approach to brewing it from some of the world's most innovative coffee experts by checking out Viking magazine's November 2015 cover feature, "Norway's Love of Coffee," available with member login at ***www.sonsofnorway.com.***

Congratulations to King Harald V and Queen Sonja

King Harald V and Queen Sonja will celebrate their 50th wedding anniversary on August 29.

Photo credit: Sølve Sundsbø

....this page from SON Newsletter Service

Norwegian TV Show "Skam" Now Available in the U.S.

It's official! Norway's hit TV show, "Skam," has finally made its way to the United States. While the original series follows a group of high school friends from Oslo, Norway, as they navigate life's accomplishments, struggles and insecurities; the English remake, "Skam-Austin," will follow a very similar plot but focus on what it's like to be a teenager in Austin, Texas.

The teen-drama series first aired in Norway in 2015, and quickly become one of the most adored programs in the nation's history. More than a quarter of the country's four million-person population tuned in to each episode. But what truly makes the show interesting is how the producers utilize social media and real-time clips throughout each season. Unlike any other TV series, fragments of the upcoming episode are posted in real-time throughout the week. For example, if a scene in the show is intended to take place at school on a Tuesday afternoon, that particular clip will go live on Facebook on Tuesday afternoon. If something took place at midnight during a Saturday night house party, then that particular clip is uploaded on Saturday night. At weeks' end all the clips are rolled into one single episode and aired every Friday evening. This marketing technique not only heightens the anticipation for each episode, but also keeps viewers waiting for something new to be posted all week long.

See what the buzz is all about and watch "Skam-Austin" on Facebook's new Watch Video series at Facebook.com.

Photo credit: popbuzz.com

August Dates to Remember

August 8 – Sneak Some Zucchini on Your Neighbor's Porch Day. Seriously, your neighbor may have a great zucchini bread recipe and be happy to see the bounty from your garden.

August 16 – National Tell a Joke Day (U.S.). The perfect day to share your favorite Ole & Lena joke!

August 21 – National Spumoni Day (U.S.). What could be better than an ice cream treat on a hot summer day?

Source: http://holidayinsights.com

a little in English...

Coffee can protect against heart disease

Coffee does not cause arrhythmia, researchers conclude. It might even protect you from it.

Cardiac arrhythmia such as atrial fibrillation or ventricular fibrillation causes the heart to beat irregularly. Heart fibrillation is often harmless but may also coincide with serious events such as strokes or heart failure.

In the past, people with heart arrhythmia were often told to stay away from caffeine since it was assumed that the drug could increase the risk of rhythm disturbances. But in recent years studies have suggested that there is no such effect.

Recently a team of Australian researchers went through the field research. Their conclusion is as follows: Coffee is safe and may even appear to protect against heart arrhythmia.

Ten cups – no effect

Aleksandr Voskoboinik and his colleagues have looked at the results of several types of studies. For example, population studies where researchers have mapped people's diet and lifestyle and compared them to data on disease. But they've also looked at experiments where participants have been told to drink coffee or to give it up so that the researchers could compare the effect.

The results seem consistent: Even large amounts of coffee – up to ten cups a day – seem to have no negative effect on the heart rate.

This corresponds to information that the Landsforeningen for hjerte- og lungesyke [National Association for Cardiovascular Disorders] published on its websites as early as 2015.

According to the new research it is possible that caffeine actually helps by blocking the substance adenosine, which may help trigger atrial fibrillation.

Three cups are safe

Voskoboinik and colleagues may not recommend that everyone toss back ten cups of coffee a day. However, they believe the research data supports that it is completely safe – and perhaps beneficial – to enjoy three cups. It is completely in line with a study of the overall effect of coffee on health, which gave the green light to three to four cups a day.

However, the researchers point out that there may be individual differences. There are cases when patients report experiencing heart rhythm disorders associated with caffeinated drinks. In those cases, it may be a good idea to limit intake, they write.

But otherwise, there's no reason to worry.

And what if you want a tiny piece of chocolate with your coffee? Yes, we have research that hints that that, too, could prevent heart arrhythmia.

Enjoy your coffee break!

litt på norsk...

Kaffe kan beskytte mot hjertesykdom

Kaffe gir ikke hjerteflimmer, konkluderer forskere.
Kanskje det til og med beskytter.

Hjerterytmeforstyrrelser som atrieflimmer eller ventrikkelflimmer gjør at hjertet banker uregelmessig. Hjerteflimmer er ofte ufarlig, men kan også henge sammen med alvorlige hendelser, som slag eller hjertesvikt.

Tidligere fikk mennesker med hjerteflimmer ofte beskjed om å holde seg unna koffein, siden man antok at stoffet kunne øke risikoen for rytmeforstyrrelser. Men i senere år har studier pekt mot at det ikke finnes noen slik effekt.

Og nå har et team av australske forskere gått igjennom forskningen på feltet. Konklusjonen deres er som følger: Kaffe er trygt og kan til og med se ut til å beskytte mot hjerteflimmer.

Ti kopper – ingen virkning

Aleksandr Voskoboinik og kollegaene hans har sett på resultatene fra flere typer studier. For eksempel fra befolkningsstudier hvor forskere har kartlagt folks kosthold og livsstil, og sammenlignet det med data over sykdom. Men også fra eksperimenter der deltagerne har fått beskjed om å drikke kaffe eller å la være, slik at forskerne kunne sammenligne virkningen.

Resultatene virker samstemte: Selv store mengder kaffe – opptil ti kopper om dagen – ser ikke ut til å ha noen negativ effekt på hjerterytmen.

Dette stemmer med informasjon som Landsforeningen for hjerteog lungesyke la ut på sine nettsider, allerede i 2015. Ifølge den nye forskningen er det mulig at koffeinet faktisk hjelper, ved å blokkere stoffet adenosin, som kan være med på å utløse atrieflimmer.

Tre kopper er trygt

Voskoboinik og kollegaene vil kanskje ikke akkurat anbefale alle å tylle ned ti kopper kaffe om dagen. Men de mener det er støtte i forskningsdataene til å si at det er helt trygt – og kanskje beskyttende – å nyte tre kopper. Det er helt i tråd med en studie av kaffens generelle virkning på helsa, som ga grønt lys for tre til fire kopper om dagen.

Forskerne påpeker imidlertid at det kan være individuelle forskjeller. Det finnes tilfeller hvor pasienter rapporterer at de opplever hjerterytmeforstyrrelser i forbindelse med koffeinholdig drikke. Da kan det være en god ide å begrense inntaket, skriver de.

Men ellers er det altså ingen grunn til bekymring.

Og om du vil ha en ørliten bit med sjokolade til kaffen? Ja, da har vi jammen forskning som hinter om at det også kan virke mot hjerteflimmer.

God pause!

....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.

NORDAHL HALL ▪ 580 WEST PARR AVENUE, LOS GATOS, CA 95032 ▪ HALL RENTALS 408-909-9055 ▪ LODGE 408-374-4454

PRESIDENT	LAURA PORTER	808-781-8869
	laura.porter@rocketmail.com	
VICE PRESIDENT	KÄREN AAKER	831-454-8509
	vicepresident@nordahl-grieg.org	
CO-SECRETARIES	VICKI EVERLY	510-501-0417
	secretary@nordahl-grieg.org	
	DUANE ADAMS	831-479-4376
	secretary@nordahl-grieg.org	
TREASURER	MIKE BLOCK	831-336-9972
	treasurer@nordahl-grieg.org	
FINANCIAL SECRETARY	KARI WARNER	408-248-5046
	financial-secretary@nordahl-grieg.org	
TIDENDE CO-EDITORS	VICKI EVERLY	510-501-0417
	editor@nordahl-grieg.org	
	SHAREE FROST	530-478-0980
	editor@nordahl-grieg.org	
CO-SOCIAL DIRECTORS	BARBARA SHOUP	408-406-0502
	social-director@nordahl-grieg.org	
	DUANE ADAMS	831-479-4376
	social-director@nordahl-grieg.org	
CULTURAL DIRECTOR	KATHY WHITESEL	408-258-2562
	cultural-director@nordahl-grieg.org	
ASSISTANT CULTURAL DIRECTOR	JUDY PURRINGTON	408-799-3262
	asst-cultural-director@nordahl-grieg.org	
COUNSELOR	DONALD SLAMA	408-243-1592
WEBMASTER (CO-EDITOR)	BRUCE FIHE	831-454-8509
	webmaster@nordahl-grieg.org	

Sept 1-3	Northern CA Kretsstevene at Camp Norge
Sept 9	Business Meeting
Sept 15	Hawaiian BBQ Social
Oct 12	Business Meeting
Oct 26	Lodge Social
Nov 3	Lutefisk Prep Wine/Cheese Kick-Off Party
Nov 4	Meatball Making
Nov 10 - 11	Lefse Making
Nov 25 - 26	Cookie Making
Nov 29	Hall Set-Up
Nov 30 - Dec 1	Lutefisk Dinner
Dec 2	Hall Clean Up

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!