SONS of NORWAY

Nordahl's Tidende

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

VOLUME 65, NO. 10 | OCTOBER 2019 | BUSINESS MEETINGS AS ANNOUNCED

En hilsen fra Nordahl Grieg Presidenten

Kjære Venner (Dear Friends),

Since our potluck movie night social was the only scheduled lodge event in recent months, and having been sick for the multi-lodge picnic, I came to realize just how beneficial our lodge fellowship is to me.

It's nice to keep in touch with fellow members between lodge events, but it's just not the same as seeing each other at official events. I'm looking forward to seeing more of our members over the next few months as we start the preparation for the Lutefisk and Meatball Dinner. I always enjoy the conversations with members and friends as we roll meatballs and package up the lefse, and during the dinner service at the fun-filled weekend. This year I am determined to actually make it to cookie making since that is the one Lutefisk prep event that I have not yet participated in. I encourage all members to try and make it to any of the preparation events. These events are also a great opportunity to invite friends to join you and help out. So, I encourage anyone planning on attending to invite a friend or family member to come along.

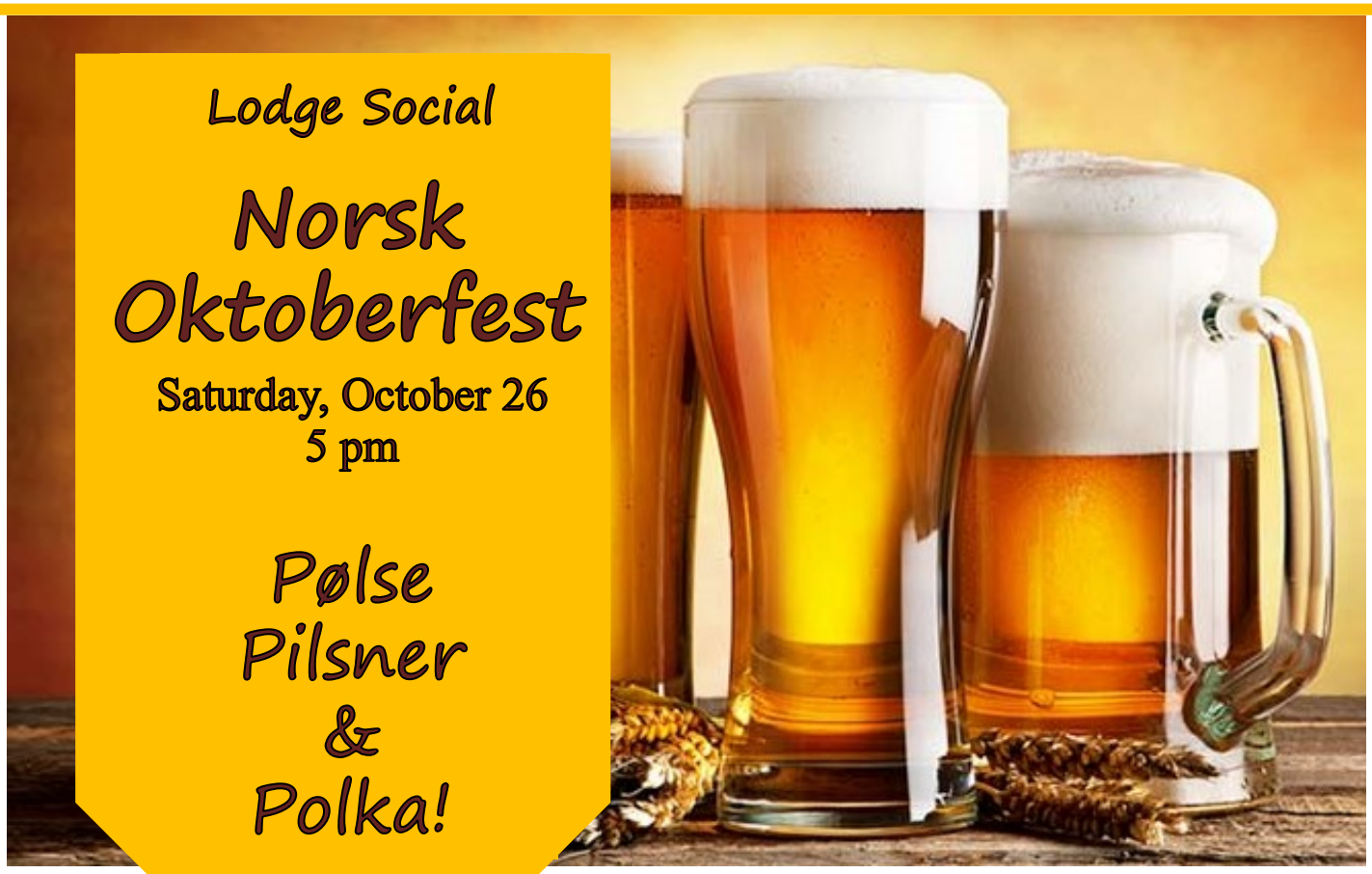
As we move into the end of our year, it's now time again to think about how you as a member can help out in our lodge next year. I know there are several officers who don't plan to continue in their current positions, so there will be a number of opportunities next year to serve in the lodge. Far too often we have the same individuals working hard to keep the lodge going, and I know that getting some new leadership might help shake things up. All our current officers are doing an amazing job and I would love to have everyone continue in their current positions, but I know that it's completely unreasonable for that to happen. I have enjoyed being your president over the last three years and I will gladly continue to serve the lodge until another member is willing to take the reins.

Fraternally, *Laura Porter, President*

October Agenda Alert…

- **Wednesday, October 16 – Solveig Club Meeting at 10:30 AM**
- **Saturday, October 26 – Norsk Oktoberfest and Business Meeting – begins at 5 PM – see details on next page**

Nordahl Grieg Members Join in the Celebration at Camp Norge's 60th Anniversary Dinner



Lodge Social

Norsk Oktoberfest

Saturday, October 26
5 pm

Pølse Pilsner & Polka!

5 PM • Doors Open

Beer and cocktails in the bar

6 PM • Dinner

Pølse med lompe
(smoked sausage and Norwegian-style wienerpølse served on potato flatbread)

Rød Surkål
(Norwegian-style red cabbage sauerkraut)

Potetsalat (potato salad)

Agurksalat (cucumber salad)

Sjokoladekake (chocolate cake)

A brief business meeting will be held during dinner.

After Dinner Dancing

Live music by members and friends of *Nordahl Grieg Spelemannslag*

Cost:
Adults - $15
Children 12 and under - Free

***PLEASE* reserve by October 23**
(Sorry, no walk-ins)

To reserve, mail your check, payable to Nordahl Grieg Lodge, to:

Kari Warner
1000 El Camino Real, #107
Santa Clara, CA 95050-4284
(408) 248-5046

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

Nyheter Fra Solveig Club

The Club took the summer off to enjoy some activities that were strictly for fun – our Rosemal Stenciling Class, Volunteer Thank You Lunch, and an outing to a Japanese tea ceremony at Hakone Gardens (see pictures).
We're now ready to get back to our fundraising work.

We are pleased to report that we made the following awards and donations in 2019:
$1,100 – Love Your Lodge Fund
$1,000 – Two college scholarships
$500 – Camp Norge Youth Language and Heritage Camp
$275 – New projector and lefse sticks for the Lodge, and a raffle prize for *A Taste of Norway*
$200 – Local family shelter and foster youth education program

Don't miss the many unique items we'll be offering for sale at the upcoming Lutefisk Dinner Bazaar, including items **direct from Norway** that **Vicki Everly** purchased just for us on her trip this summer. Vicki was assisted in her shopping spree by her cousin **Amy Kristin Geirdal**, an Oslo resident. Thank you, Vicki and Amy!

Our next meeting will be on Wednesday October 16 at 10:30 a.m. in the Solveig Room, hosted by **Shirley Shoup**. At that meeting we'll be sorting costume jewelry donations to prepare them for sale at our Lutefisk Dinner Bazaar.

Beste Hilsen, *Duane Adams, Solveig Club President*

News About Members

HEALTH NEWS

Elaine Edwards has spent the summer recuperating from hand surgery. She is doing well and is happy to be able to play the piano again.

Egil Larsen has had a couple falls lately but, thankfully, didn't break anything. Be careful, Egil, and remember to use your walker! We also send condolence to Egil and his family. Egil's sister, who lived in Oregon, recently passed away. Egil was not able to travel to Oregon to attend her services, but other members of his family were able to be there. Egil had visited his sister last spring accompanied by his granddaughter **Alicia**. Our loving thoughts are with you, Egil.

Judy Purrington is on antibiotics again for a reoccurrence of the infection in her foot. It hasn't slowed her down much as she attended Kretstevne at Camp Norge, as well as Camp Oldfjell.

TRAVEL NEWS

Russ Behel has just recently returned from a trip to the Midwest.

Liv Braaten has visitors from Norway, her younger brother and his wife, and they are doing some sightseeing around the area.

Vicki Everly had a great trip to Sweden and Norway and brought back lots of things for the Solveig Club Bazaar. She visited her grandniece **Morgan Frost** in Sweden, and cousins in Norway.

Ginny Hansen and her granddaughter **Megan** drove down from Oregon to attend Kretstevne at Camp Norge. It was great to see them and they send greetings to all Nordahl Grieg members!

Lots of other members have been "on the road." We hope everyone had great times and brought back happy memories.

IN MEMORIAM

Pamela Valentine passed away recently at the age of 75. She joined our Lodge in 1998 and received her 20-year membership pin this year. We did not get to know her well but remember her friendly smile and manner. We send our condolences to her family as they mourn their loss.

Fraternally, *Shirley Shoup, Sunshine Chair*

October Birthdays

2	Beverly Horner
2	Stephanie Bratton
2	John Mattson
5	John Ecklund
6	Mark Hunsbedt
7	Louisa Capp
10	Jenevieve Schilling
17	Mike Block
19	Jakob Dybdahl
20	Lavonne Hardy
20	Anne Herbert
21	Donald Hansen
21	Sue Ellen Laurie
23	Martin Alkire
23	Bob Goodenough
23	Brendan Mcvey
24	Leland Bjerkhoel
27	Paul Crawford
28	Darrell Brekke
31	Jessyca Bratton

Connections ...ways to connect with your Norwegian heritage

Do you like to sing? The **Zaida Singers**, dedicated to the preservation of Scandinavian vocal music, are looking for new members. The group sings mostly Swedish folk songs, a cappella in 4-part harmony, but also enjoys mixing things up with new pieces. If interested, please contact choir director **Zaida Binetti** at 408-621-8959 or ***zaidasingers@gmail.com.*** Website: ***zaidasingers.org***.

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. Enjoy music, friendly folks, and fun! For more information, contact **Meg Laycock** at ***meg@jstub.com***.

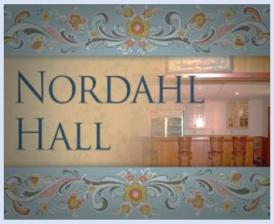
Tell us about activities and ideas to **CONNECT** with our Norwegian Heritage! View Nordahl Grieg Activity Photos ***www.nordahl-grieg.org*** ***www.facebook.com/Nordahl.Grieg***

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



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.

Lutefisk Dinner Wine and Cheese Kick-Off Party

Friday, November 8 • 7:30 PM

A brief business meeting will be held in conjunction with this event.

If you would like to help with the Lutefisk Dinner, this party is a great opportunity for you to learn how you can get involved, and to connect with your fellow Lodge members.

Everyone is welcome and we really need more volunteers!

Report from Camp OldFjell

At *Folkehøgskole for Voksene* (Folk School for Adults) – Camp Oldfjell – there was a chance to participate in lessons in Norwegian Folk Dancing, Hardanger Embroidery, Rosemaling, and Cooking.

I was the only attendee from Nordahl Grieg Lodge, but our own **Bruce Fihe** and **Kären Aaker** were teachers. I watched the dance classes and participated in Tablet Weaving andViking Wire Knitting, and made a Viking Apron Dress.

Tablet Weaving (pictured with instructor Bruce Fihe) – examples have been found in ancient Viking excavations and are still used today for belts and trims on some Norwegian bunads.

Viking Wire Knitting – 1300 years ago, Vikings knit silver and gold wire into ropes, which were then stretched and made into jewelry such as bracelets or ornaments on clothing.

Viking Apron Dress – a historically accurate style, it is worn with brooches and beaded necklaces. The dress has several gores in the skirt, top stitching at the seams, and may be adorned with strips of tablet weaving; and is worn over a full length underdress.

Submitted by Judy Purrington

Camp Norge Folkedans Stevne

October 18-20, 2019

Come join in a celebration of Norwegian folk dance!

Nordahl Grieg Leikarring og Spelemannslag (NGLS) present a weekend of Norwegian folk dance and music featuring **Mikkel Thompson** and **Ginny Lee** as dance teachers, and **Toby Weinberg** teaching fiddle and hardingfele. Our focus will be regional dances from Finnskog and Ålesund as well as dances from other areas of Norway. All experience levels are welcome. No partners are necessary.

Saturday breakfast through Sunday lunch are provided. The complete flyer is available on the Camp Norge website at ***https://www.campnorge.org/site/wp-content/uploads/Flyer-Fall-2019-Stevne-Final.pdf***

To find out about late registration space availability and lodging options, please contact **Zena Corcoran** at (650) 355-3752 or (415) 308-5761, or by e-mail at ***zmcorcoran@gmail.com***.

Love Your Lodge Donations

Platinum Level

Solveig Club (donation, June 2019)

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)

Gold Level

In memory of Clarian Pintacura
Alan Pintacura (donation Oct 2018)

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 honor of Paul Nore
Solveig Club (donation, June 2019)

Campbell Chamber of Commerce (donation, Nov 2018)

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)

Tusen Takk for your support!

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

Bergens Fiskesuppe (Bergen Fish Soup)

Ingredients

For the Fish Stock

¼ cup coarsely chopped parsnips
½ cup coarsely chopped carrots
1 large yellow onion coarsely chopped (approx. ¾ cup)
1 large potato coarsely chopped (approx. 1 cup)
1 tsp salt
6 whole peppercorns
1 tbsp chopped parsley stems
1 bay leaf
3 celery ribs with leaves
1 lb. fish trimmings (heads, bones, etc,, washed)
4 quarts cold water

For the Soup

½ cup coarsely chopped carrots
¼ cup coarsely chopped parsnips
1 lb. halibut, cod, or haddock, boneless, in one piece
½ cup leeks finely sliced, only the white parts
2 egg yolks
Sea salt & freshly ground pepper to taste
3 tbsp finely chopped parsley (for garnish)
6 tbsp sour cream (for garnish)

Directions

For the Fish Stock

- To prepare the base for this soup, combine the ingredients for the Fish Stock in a 4- to 6-quart stock pot.
- Bring the ingredients to a boil, turn the heat down to low and simmer for 30–40 minutes.
- Strain the stock you have made through a sieve into a large bowl, press down on the vegetables and fish trimmings to extract any remaining juices before getting rid of them.
- Wash your stock pot and return the stock to it. Boil the stock rapidly, uncovered, for about 20 minutes until it is reduced to about 6 cups.
- Strain the reduced stock through the sieve once more.

For the Soup

- Pour your stock into a 6-quart stock pot. Add the carrots, parsnips and fish. Heat to boiling and then lower the heat and simmer uncovered for approximately 10 minutes.
- Add in the leeks and simmer for another 2–3 minutes.
- Remove your soup from the heat and gently lift out the fish with a slotted spoon and set aside.
- Beat the egg yolks in a small bowl with a wire whisk, add in about ½ cup of hot soup 1 Tbsp at a time.
- Add the soup and egg yolk mix back into the soup, slowly beating continuously with a whisk.
- Flake the fish that you have set aside with a fork and add it to the soup.
- Season to taste with salt and pepper. Do not return to a boil.
- Serve garnished with the chopped parsley and 1 Tbsp of sour cream.

…from SON Newsletter Service

Viking History Comes to Life

Tucked away in the fjords of Norway is a small town called Gudvangen that hosts a real-life Viking village, complete with real-life Vikings. Bringing in thousands of tourists every year, the village of Njardarheimr provides an authentic experience showing how Vikings lived 1,000 years ago.

The community was built using traditional methods with only local materials found throughout the fjord. Ironwork is handmade by an experienced blacksmith and the food court serves dishes that are cooked in a pit, smoked or spit roasted. The village also has an undisputed king, Georg Olafr Reydarson Hansen, who for the past 20 years has worked to establish this Viking settlement.

Around 40 Viking reenactment groups in Norway are active participants in the village and help provide an unforgettable experience for visitors. To learn more, visit ***https://www.uk.vikingvalley.no/*** *…from SON Newsletter Service*

For the Joy of It

With gifted young athletes such as Martin Ødegaard, Ada Hegerberg and Jakob and Henrik Ingebretsen, Norway seems to have the formula down for producing world-class athletes. Is this discipline and drive to succeed a product of cutthroat training regimens and a lifetime of stiff competition? In fact, the exact opposite is true.

Rather than coaxing youth athletes toward greatness in a single sport from an early age, Norway's national sports organization (Norges idrettsforbund) promotes *idrettsglede for alle*, or the "Joy of Sport for All." With an emphasis on inclusiveness, low program fees, and each child's right to choose their sport(s) and level of involvement, 93% of Norwegian kids participate in organized sports activities. Scores are not allowed to be tallied before kids turn 13. The idea is to emphasize the beneficial aspects of sport: good health, camaraderie and overall well-being.

Sons of Norway members also can enjoy the benefits of an active life while earning pins through the Sports Medals Program. Visit sonsofnorway.com or contact ***sportsmedals@sofn.com*** to get involved. *…from SON Newsletter Service*

2019 Lutefisk & Meatball Dinner Preparations

The Lutefisk is Coming! It's once again time to start planning for our annual Lutefisk and Meatball Dinner. This is a great tradition for our lodge and an important fundraiser but we need your help to make it happen.

Please contact the chairpersons listed below to let them know you're willing to help. Calling or e-mailing in advance makes it easier to plan. **If you don't know where you're needed, contact Victoria Slama (Volunteer Coordinator).**

Please note that cookie making this year will be the Saturday and Sunday *before* Thanksgiving (*not* on the Sunday and Monday after Thanksgiving as in past years).

Many thanks!!

General Chairpersons

Larry Hulberg (408) 813-2615
lwhulberg@gmail.com
JoAnn Bjerkhoel (707) 246-3967
buddyeste@gmail.com

Volunteer Coordinator

Victoria Slama (831) 359-5887
Vslama57@gmail.com

Mark your Calendar!

November 3 (Sunday) – Meatball Making
November 9 &10 (Sat/Sun) – Lefse Making
November 23 & 24 (Sat/Sun) – Cookie Making
December 4 (Wed) – Hall Setup
December 5 (Thurs) – Table Setting
December 6 & 7 (Fri/Sat) – Lutefisk Dinner
December 8 (Sunday) – Hall Clean-up

Please see Committee Chairs listed below for contact information. Thanks!

Help make meatballs, cookies, and lefse and work towards a SON Cultural Skills pin in "Traditional Norwegian Cooking." Details will be available at each preparation day.

Student Volunteers! We can provide community service hours – students just need to bring paperwork with them and the committee chair will verify the student's hours and sign their paperwork that day.

Committee	Chairperson	Telephone	E-mail Address
Tickets/Publicity	Barbara Shoup	(408) 406-0502	bshoup33@gmail.com
Bar Manager	Dave Melius	(408) 244-4497	dmelius@hotmail.com
Cookies	Sheryl Hawes	(925) 997-1698	sheryl.hawes@att.net
Lefse	Vicki Everly	(510) 501-0417	vicki.everly2@gmail.com
Meatballs	Janie Kelly	(408) 559-6563	janiekelly6@aol.com
Potato Crew	Andy Hunsbedt	(408) 353-3673	anstein@msn.com
Kitchen Crew	Victoria Slama	(831) 359-5887	vslama57@gmail.com
Lutefisk Crew	Scott Ansok	(408) 772-7055	scott.ansok@gmail.com
Table Setting	Duane Adams	(831) 479-4376	duane@startmail.com
Dining Room	Kate & Don Slama	(408) 247-6345	kateslama@att.net
Solveig Bazaar	Duane Adams	(831) 479-4376	duane@startmail.com
Music	Leland Bjerkhoel	(530) 550-7399	lelanders@sbcglobal.net
Parking	Ken Leventon	(408) 893-3685	kleventon@sbcglobal.net
Hall Clean-up	JoAnn Bjerkhoel Larry Hulberg	(707) 246-3967 (408) 813-2615	buddyeste@gmail.com lwhulberg@gmail.com

Are Those Homemade Vafler (Waffles) I Smell?

Members enjoy sharing their heritage over wonderful Norwegian foods and treats. Next time you come to the lodge, please ask a friend or neighbor to come along and sample our lodge favorites!

Don't forget to pass the coffee AND invite them to join our Sons of Norway family.

2019 Annual Lutefisk and Meatball Dinner

Nordahl Hall – 580 W. Parr Avenue, Los Gatos, CA

			Nordahl Grieg Members		Non-Members
Friday, December 6					
Early Diner's Special	1st Seating	3:30 PM	$17.00	DONATION	$22.00
	2nd Seating	5:30 PM	$22.00		$27.00
	3rd Seating	7:30 PM	$22.00		$27.00
Saturday, December 7					
Early Diner's Special	1st Seating	3:30 PM	$17.00		$22.00
	2nd Seating	5:30 PM	$22.00		$27.00
	3rd Seating	7:30 PM	$22.00		$27.00

Special reduced children's prices: Children 6-12 years – $8.00 Under 6 years – free

Invitation to Dance – Diners from all seatings (both Friday and Saturday) are invited to participate in the entertainment and dancing on Saturday night beginning at approximately 9:00 PM.

Visit the Solveig Club Bazaar – The Solveig Club will host its bazaar and raffle on both Friday and Saturday. Stop by and see their unique selection of Scandinavian items, baked goods, and "white elephant" treasures. Doors open each day at 3:00 PM and close promptly at 9:00 PM. **Please bring cash or checks for the bazaar and raffle... sorry, no credit cards are accepted.**

Participate in Nordahl Grieg's Community Outreach – Please bring non-perishable food donations to benefit a local food bank. We are also happy to collect extra 2020 calendars and paperback books for veterans at the Palo Alto VA Hospital.

Join Now and Enjoy Member Prices – Join Nordahl Grieg Lodge #52 to get member prices for Lutefisk Dinner tickets and have fun all year! **Call Karen Aaker, Nordahl Grieg Vice President, at (831) 454-8509 for membership information.**

RESERVATIONS – All reservations MUST be made by mail. You may make copies of the reservation coupon below for your friends. Please be sure to indicate your first and second choice of seating times.

NO reservations will be accepted if postmarked before Monday, October 15. Any mail received before this date will be returned.

PLEASE INCLUDE A SELF-ADDRESSED STAMPED ENVELOPE to mail your tickets.
Please mail your reservation form together with your check or money order PAYABLE TO: Nordahl Grieg Lodge #52
Barbara Shoup, 814 Maryann Drive #2, Santa Clara, CA 95050-5057

QUESTIONS? Please call Barbara at (408) 406-0502

Invite a friend!

✂ .....

2019 Lutefisk and Meatball Dinner Reservation Coupon

Please indicate your FIRST and SECOND CHOICE of seating times

Friday, December 6	_____	1st Seating	3:30 PM	*Early Diner's Special*
	_____	2nd Seating	5:30 PM	
	_____	3rd Seating	7:30 PM	
Saturday, December 7	_____	1st Seating	3:30 PM	*Early Diner's Special*
	_____	2nd Seating	5:30 PM	
	_____	3rd Seating	7:30 PM	

Name: _____ **Phone:** ( ) _____

Email Address: _____

# of adult Lodge members: _____ # of Non-member adults: _____ # of Children 6-12: _____ # of Children under 6: _____

NOTE: Parties of 8 or more will be seated first; but all must be present to be seated.

☐ **All tickets for my dining group are included with this reservation coupon.**

☐ **I plan to dine with others who have ordered tickets separately. The total number of people in our dining group is: _____**
The last names of others in my dining group include: _____

TOTAL AMOUNT of check enclosed: $ _____ **PLEASE NOTE: there will be NO REFUNDS**

Mail to: Barbara Shoup, 814 Maryann Drive #2, Santa Clara, CA 95050-5057
DO NOT MAIL BEFORE OCTOBER 15 ▪ Please include a self-addressed stamped envelope

a little in English...

Most of us still eat dinner at home

What did you eat yesterday? When, where and with whom? And who made the food?

This is what researchers have asked Norwegians, Swedes, Danes, and Finns about 15 years apart. First in 1997, then in 2012.

Now the book that summarizes the findings has come out: *Everyday Eating in Denmark, Finland, Norway and Sweden*. It was launched at Oslo Met.

Those who expected us Norwegians to have rejected traditional dishes in favor of exotic foods from other continents or that we eat either standing up or out at restaurants were wrong.

Our eating habits are remarkably stable.

One of the few, clear changes is that men make dinner to a greater extent. It is also more common for us to cook together.

Nordic cakes on the outs

Other changes can be summarized as follows:

- *Water has replaced milk for lunch and dinner*
- *Meat dominates at dinner*
- *We eat more vegetables*
- *On weekends we eat less regularly*
- *More are going out to restaurants*
- *More are eating unstructured and less healthy*
- *Cakes are out, snacks are in*

Meat dominates, vegetables on the rise

Meat still dominates for dinner, and vegetables are on the rise. Eating vegetarian dishes for lunch is much more common than before.

Norwegians typically use ground meat for spaghetti with meat sauce, tacos and pizza.

Chicken is also very popular, both roasted and in dishes inspired by other cultures.

In Norway we eat more fish than in the other countries. Fish of various kinds is still popular, especially in Norway and Denmark.

A total of 13,000 inhabitants in the four countries were surveyed, of which 8,000 were in 2012.

litt på norsk...

De fleste av oss spiser fortsatt middag hjemme

Hva spiste du i går? Når, hvor og med hvem? Og hvem lagde maten?

Dette har forskere spurt nordmenn, svensker, dansker og finner om med 15 års mellomrom. Først i 1997, så i 2012.

Nå kommer boken som oppsummerer funnene, *Everyday Eating in Denmark, Finland, Norway, and Sweden*. Den ble lansert ved Oslo Met.

De som forventet at vi nordboere har forkastet husmannskost til fordel for eksotisk mat fra andre verdensdeler som vi inntar stående eller ute på restaurant, tok feil.

Matvanene våre er påfallende stabile.

En av de få, klare endringene er at menn i større grad lager middagen. Det er også vanligere at vi lager mat sammen.

Nordiske kaker ut

- *Andre endringer kan oppsummeres slik:*
- *Vann har erstattet melk til lunsj og middag*
- *Kjøtt dominerer til middag*
- *Vi spiser mer grønnsaker*
- *I helgene spiser vi mindre regelmessig*
- *Flere går på restaurant*
- *Flere spiser ustrukturert og mer usunt*
- *Kaker er på vei ut, snacks inn*

Kjøtt dominerer, grønnsaker på vei opp.

Kjøtt dominerer fortsatt til middag, og grønnsaker er på vei opp. Å spise vegetarretter til lunsj er mye vanligere enn før.

Nordmenn bruker kjøttdeig typisk til spagetti med kjøttsaus, taco og i pizza.

Kylling er også veldig populært, både helstekt og i retter inspirert av andre kulturer enn de nordiske.

I Norge spiser vi mer fisk enn i de andre landene. Fisk av ymse slag er fortsatt populært, spesielt i Norge og Danmark.

I alt har 13 000 innbyggere i de fire landene svart, hvorav 8000 personer i 2012.

...from SON Newsletter Service

October 9 is Leif Erikson Day

Leif Erikson is believed to be the first recorded Nordic person to have visited North America. It is believed that he visited places such as Baffin Island and Labrador around 1000 CE. Leif Erikson was born of Norwegian descent around 970 CE in Iceland. It is thought that his father and grandfather were outlaws and explorers around Scandinavia and Greenland. His father founded two settlements in Greenland. Leif had two brothers and one sister. He married a woman named Thorgunna and they had one son, called Thorkell Leifsson. *...from timeanddate.com*

Remember... Columbus used a Viking map 😉

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.

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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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Oct 16	Solveig Club Meeting
Oct 18 to 20	Folkedans Stevne at Camp Norge
Oct 26	Norsk Oktoberfest (and Business Meeting)
Nov 3	Meatball Making
Nov 8	Lutefisk Dinner Wine and Cheese Kick-off Party (and Business Meeting)
Nov 9 & 10	Lefse Making
Nov 23 & 24	Cookie Making
Dec 4	Hall Set-up
Dec 5	Table Setting
Dec 6 & 7	Meatball and Lutefisk Dinner
Dec 9	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!